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Tap Away Limiting Beliefs and Fears



Blocks and Barriers

with
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EFT Master



www.LKcoaching.com

Things Almost Everyone Wants



- Money
- Good health
- Love, family
- Peace of mind
- Joy, happiness
- Recognition



- Respect, acceptance
- Confidence
- Loving home
- Purpose in Life
- Meaningful work



What blocks you from getting what you want?



Limiting Beliefs...and Fears

Common Limiting Beliefs & Fears

- ◆ *Money is the root of all evil*
- ◆ *I'm afraid I'll get hurt again*
- ◆ *I'm disorganized and scattered*
- ◆ *I don't deserve to have it all*
- ◆ *It's not safe "out there"*
- ◆ *I never have enough time*
- ◆ *I'm too old*
- ◆ *I'm not good with money*
- ◆ *I'm not good enough*
- ◆ *Fear of; rejection, looking foolish, failure,*
- ◆ *Fear of **Success***





"The Biology of Belief"
By Dr. Bruce H. Lipton




 ***“Our perceptions, true or false, positive or negative, affect genetic activity at the cellular level.”*** Dr. Bruce Lipton

“Our beliefs actually alter our genetic code.”



Who we are is based on our
Perceptions



Not reality

Something's wrong with me



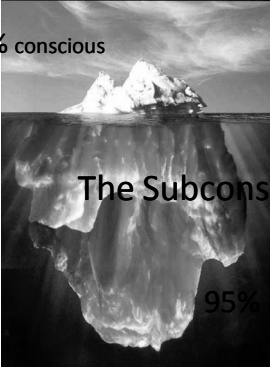
I'm not lovable

I'm not

I'm not good enough

I'm not ok

The Mind




5% conscious

The Subconscious Rules

95% subconscious

The image shows an iceberg floating in the ocean. The small tip above the water is labeled '5% conscious'. The much larger part of the iceberg that is submerged below the water is labeled '95% subconscious'. The text 'The Subconscious Rules' is written across the submerged portion of the iceberg.


Limiting Beliefs and Fears



... become your own Glass Ceiling

The image shows a person standing on a flat surface, leaning a long ladder against a transparent, rectangular block that represents a glass ceiling. The person is reaching up towards the ceiling. The sky is visible through the ceiling.

Belief Busting Technique



Bundling Baggage for Beliefs and Fears

The image shows a large, messy pile of various cardboard boxes and packages, representing clutter or baggage.

Steps to Busting Beliefs and Fears

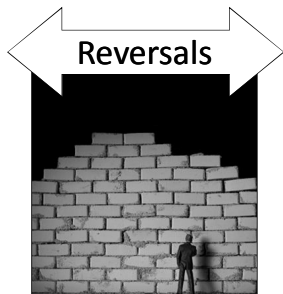


1. Think of one thing you want; good health, unlimited income, a loving relationship, career...
2. List some of your limiting beliefs, doubts and fears (about that desire)
3. Put a circle around your list of fears and beliefs and (bundle them together.)
4. Give your bundle a name (i.e. "Obstacles" or "Fears & Limiting Beliefs about love" or "Beliefs & Fears about money" etc.

5. Assign a number for how strong these fears and beliefs are – from 10 to 1




6. Do a Reversal Neutralization; *"Even though I DON'T want to let go of these beliefs and fears..."*



Can block effectiveness of tapping

Reversals


Secondary Benefit Syndrome (SBS)



Subconscious Resistance to Change



Reversals

To Neutralize a Reversal
Tap on the KC Point while saying:



“Even though I don't want to let go of this (issue,) I love and accept myself anyway.”

5. Assign a number for how strong these fears and beliefs are – from 10 to 1

6. Do a Reversal Neutralization; *“Even though I DON'T want to let go of these beliefs and fears...”*

7. Tap away the bundle; *“Even though I have these Beliefs and Fears... learned from my experiences...”*

ENERGY POINTS

1. Eyebrow (EB)
2. Side of Eye (SE)
3. Under Eye (UE)
4. Under Nose (UN)
5. Chin (Ch)
6. Collarbone (CB)
7. Under Arm (UA)
8. Liver (LV)
9. Wrists (WR)
10. Crown of Head (CrH)

Tapping Away Beliefs and Fears

changing negatives to positives



1. Set-up statement: "Even though I have this bundle of self-limiting beliefs, I accept myself completely..."
2. 1st 'round' use reminder phrase- "these Bs and Fs"
3. 2nd round: vent your feelings "*My belief about _____. I learned it through experience. It's not my fault.*"
4. Reassess the intensity: Give it a new 10-0 rating
5. Repeat Step 2 and 3, until gone adding "*I want to get over this...*" "*I allow myself to let this go...*"
6. Choose to let go of your beliefs "*I allow myself to eliminate these beliefs and fears*"

Installing New Beliefs

Using Pro EFT to tap in positive beliefs


Instill Positive Beliefs

Tap in:

- ◆ *I am smart and resourceful...*
- ◆ *I choose to trust myself...*
- ◆ *I'm more than good enough...*
- ◆ *I choose to be fearless...*
- ◆ *I allow myself to be confident*
- ◆ *I choose to feel grounded and balanced*
- ◆ *I'm capable and creative*
- ◆ *I'm compassionate and likeable*

Change Negative Thoughts to Positive Ones



- What if this doesn't work ⇨ *I allow it to work*
- What if I fail ⇨ *I choose to succeed*
- I'm just not that confident ⇨ *I to be confident*
- I can't trust my instincts ⇨ *I choose to listen to
... and trust my intuition*
- What if I don't do this right ⇨ *I choose to be excellent
and avoid perfection*
- Everything (life) is so hard! ⇨ *I choose to make it easy!*
- I'll never get this done ⇨ *I choose to have MORE
than enough time!*
- I'm just afraid... *I choose to be fearless!*

Tapping Basics

1. Assess intensity level (from 1 to 10)
2. Set-up statement: "Even though I'm angry at Bob for embarrassing me, I accept myself completely..."
3. 1st round: Use reminder phrase- "this anger at Bob"
4. 2nd round: vent your feelings "I can't believe he did that... what a jerk!"
5. Reassess the intensity: Give it a new 10-0 rating
6. Repeat Step 2 and 3, until gone adding "I want to get over this..." "I allow myself to let this go..."
