


If you can't join us live, find the audio recording after the class at:
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Tap Away
Limiting Beliefs and Fears



Blocks and Barriers

with
Lindsay Kenny
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?



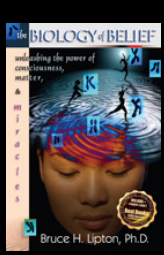
Limiting Beliefs...and Fears

Common Limiting Beliefs & Fears


- ◆ *Money is the root of all evil*
- ◆ *It's not safe "out there"*
- ◆ *I'm afraid I'll get hurt again*
- ◆ *I'm disorganized and scattered*
- ◆ *I don't deserve to have it all*
- ◆ *I never have enough time*
- ◆ *I'm too old*
- ◆ *Life is hard*
- ◆ *I'm not good enough*



- ◆ *Fear of; rejection, looking foolish, failure, loss...*
- ◆ *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."





Something's wrong with me

I'm not lovable

I'm not safe

I'm not good enough

I'm not ok

Who we are is based on our *Perceptions*



Not reality

Limiting Beliefs and Fears



... become your own Glass Ceiling

Belief Busting Technique



Bundling Baggage for Beliefs and Fears

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



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.”

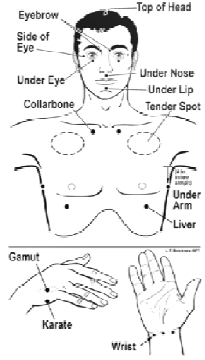
5. Assign a number for how strong these fears and beliefs are – from 10 to 1




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..."

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