The Tapping Solution For
Financial Success & Personal Fulfillment
7-WEEK PROGRAM

· Workbook - Bonus 2 ·
How to Achieve Maximum Energy through Tapping

Our new and improved workbooks now allow you to type in your notes and save them right to your computer! Just type your answers into the blue boxes and then save the file to your computer.

There are a couple of different approaches that we're going to cover in this Bonus Session, using EFT / Tapping to achieve maximum energy:

Releasing Excess Emotional Weight

The first one is a natural consequence of all the tapping we have already been doing. Some of you may already be noticing it: when you tap away the stress from issues that have been weighing down on you for all these years, there is a natural release of energy that was, until this point, repressed.

When you do your work on all that stuff that was holding you back, when you tap on these limiting beliefs, these childhood issues, these traumas, these events, these emotions, all this stuff, your energy naturally increases.

Be aware that you may have a short period, right after you tap, when you may feel exhausted for a couple of hours, or a couple of days, as your body processes that energy. But after that, for the most part, people feel a natural resurgence of energy.

The great author Caroline Myss uses a wonderful metaphor: Imagine that every day you get 100 units of energy, or $100, that are downloaded into your body. When you wake up in the morning, that's what you've got. Then all those things that have happened in your life, those traumatic events, those limiting beliefs, those ideas, those negative thoughts, they each cost you $1, or a unit of energy. They drain you of the energy with which you started. And this happens every single day, and they stack up on each other, so you end up with very little energy left.

So being able to release those energetic drains actually restores your natural energy to its optimum level. With every tapping round that you do, with everything you do to rid yourself of those restraints, to empower yourself at the deepest levels, you'll find that natural physical energy, the energy to move forward and get things done, to just get up early, or stay up late if that's what you need, will come back naturally.

Let's start by doing a round of tapping on energy. Tune in and just ask yourself, "On a scale of 0-10 how much energy do I have?"

Write it down here:

Tapping on the side of the hand:

KC: Even though I'm tired,
I deeply and completely accept myself.
Even though my energy is so low,
I'm running on empty,

I deeply and completely accept myself.

Even though I'm feeling really tired and fatigued,
I deeply and completely accept myself.

EB: All this low energy.
SE: This low energy.
UE: I'm feeling fatigued.
UN: I'm run down.
CP: Maybe I've been doing too much.
CB: And not taking care of myself.
UA: All this low energy.
TH: All this fatigue.

EB: My blood is clumping together.
SE: My red blood cells are all stuck together.
UE: Maybe I'm dehydrated.
UN: All this low energy.
CP: All this lack of oxygen in my body.
CB: This low energy.
UA: Raising my energy.
TH: Raising the oxygen levels in my blood.

EB: Releasing this fatigue.
SE: Raising this energy.
UE: Raising the energy in my body.
UN: I'm feeling better and better.
CP: I'm feeling stronger and stronger.
CB: I have all this energy in my body.
UA: I have all this energy in my body.
TH: I'm increasing it now.

Take a deep breath, and let it go.

Rate your energy level again. Has it changed?

Breathing And Your Energy

The other thing we can do to increase our energy level is, on the surface, pretty simple: breathe!

Breath is a big part of energy on a daily basis, whether we're being very active or just sitting at the computer or watching TV. Most of us have a tendency to constrict our breath, to collapse our posture, and that can really reduce the flow of energy.

Close your eyes and take a deep breath. Let it go. Now do one more, and notice, as you take this breath, how constricted it feels. A proper breath is expansive; it starts in your belly and moves up into your chest. If it's constricted, it will be a little higher up in your chest and you'll feel you just can't take a deep breath.

Go ahead and test that again and see how constricted it is on a 0-10 scale.

Write it down here:

Tapping on the side of the hand:

KC: Even though my breath is constricted,
I deeply and completely accept myself.

Even though I just can't take a deep breath,
I deeply and completely accept myself.

Even though my breath is totally constricted,
I choose to open it up now.

EB: This constricted breath.
SE: I'm having trouble breathing.
UE: I can't take a deep breath.
UN: I just can't take a deep breath.
CP: All this constriction in my chest.
CB: All this constriction in my lungs.
UA: All this tightness in my chest.
TH: All these stuck emotions in my lungs.

EB: Whatever is causing the constriction.
SE: I choose to release now.
UE: Whatever emotions are stuck here.
UN: I choose to release now.
CP: Releasing this constriction now.
CB: Letting it go.
UA: Releasing all this constriction.
TH: Opening up my breath.

EB: Opening up my breath.
SE: Increasing the oxygen in my lungs.
UE: Increasing the oxygen in my body.
UN: Opening up my breath.
CP: Releasing any stuck emotions.

CB: Releasing any traumas.
UA: Releasing any traumas in my breath.
TH: Letting it all go.

Go ahead and take a deep breath. How does it feel now? Any different?

How would you rate it?

So the easiest thing you can do to increase the energy in your body, besides tapping, is to take these deep breaths and to open up the lungs. Concentrating on that, plus just a couple rounds of tapping, can make a big difference.

If you find yourself constricting again, or something comes up and you find yourself constricted, you can just tap on it. It's a good thing to be aware of, "How deeply am I breathing?" Not only when you're taking a deep breath, which is one time to check in, but on a daily basis, when you're sitting at the computer, relaxing or doing any kind of activity. What's your posture like and how are you breathing? That's going to make a big difference in your energy.

Always keep in mind, however, that we use the tapping as an aid to create energy. It's not a fix. It's not a drug. It's not a cover up. It's not a pill. It's not coffee. It helps us gain clarity on what's the best, healthiest thing for ourselves. We might do a whole lot of tapping on lack of energy and then discover that what we really need is to take a break, and that's OK!

If you're so busy that you're not enjoying what you're doing, the answer may not be to just power through. You don't want to do the tapping for more energy just so you can drive yourself even further. That would take out the personal fulfillment side of the equation. Use the tapping to get clear on what you really want and need.

Tapping and exercising

We all know exercise is good for you. It increases blood flow. It increases oxygen in the body. It reduces inflammation in the body. You feel physically good afterwards, and you also feel good about yourself.

Unfortunately, one of the things that happen with exercise is that we know we should do it, but we don't. And then not only do we have the negative physical effect of not exercising, now we have the negative mental attitude because we didn't accomplish our goal. We don't exercise, and we beat ourselves up for it.

When you make that commitment to yourself, it's so important to follow through with it, to keep that energy positive and to keep that commitment to yourself. We know we should exercise. We don't want to. What do we do? It's very simple:

Say to yourself, “I don’t want to exercise.” How true does that feel?

Rate in on our 0 – 10 scale:

Tap on the side of the hand:

KC: Even though I don’t want to exercise,
I deeply and completely accept myself.

Even though I really don’t want to exercise,
It’s too hard,
I don’t want to get sweaty,
It’s too much work,
I’ve got too much to do,
I deeply and completely accept myself.

Even though I really don’t want to exercise,
You can’t make me exercise,
I hate exercising,
I deeply and completely accept myself.

EB: I don’t want to exercise.
SE: I just don’t want to exercise.
UE: You can’t make me exercise.
UN: I don’t want to exercise.
CP: I hate exercising.
CB: It’s too much work.
UA: I don’t have enough time.
TH: I don’t have enough time to do this.

EB: This resistance to exercise.
SE: All this resistance.
UE: All the reasons why.
UN: I don’t want to exercise.
CP: You can’t make me exercise.
CB: All this resistance.
UA: All this resistance in my body.
TH: Letting it all go.

Take a deep breath, and say, “I don’t want to exercise!”

How true does that feel now?

So when you know you want to exercise and you feel that resistance coming up, you can do the tapping right then. Even just one round like that can shift the energy enough to help you get it done.

How To Use Tapping For Energy In Conjunction With Nutrition

At the most basic level, reducing sugar intake in the body as much as possible is going to make a big difference.

Sodas have a huge amount of hidden sugar in them. Any kind of candy is loaded with sugar. Processed carbohydrates turn into sugar inside the body. Unfortunately, the challenge with cutting sugars out is that sugars give us energy, so we get that burst, but then we get a crash...

There can obviously be a lot of emotional issues and addictions around sugar, but that's a deeper subject. But if you're trying to cut sugar out of your diet, you can do the tapping on, "Even though I'm craving this sugar, I've got to have it, I want it, I need it for energy."

And if you do tapping for energy alongside it, you might find the withdrawal isn't as bad, because you're finding other ways to create energy in your body.

Energy and Fresh Air

Vitamin D has been shown to play a crucial role in the proper functioning of the body, even to the point of reducing the incidence of many diseases, cancer included. And sunlight is the best source of Vitamin D.

Certainly the sun can be dangerous if you get overexposed or burn, but healthy amounts of sunlight — and it all depends on where you live and your skin pigmentation — are really, really valuable.

Think of this: when you go outside and put your face in the sun for 10 or 15 minutes, it feels so good, doesn't it?

And if you can't get enough sunlight for whatever reason, consider vitamin D supplements. Talk to your doctor about it, and about getting the right amounts.

Other Important Aspects

Proper hydration is crucial at all times. When you're tapping, hydration is also really important, so make sure you're getting really good quality water and drinking the right amounts.

And clean food: organic whenever possible, whenever affordable; local is even better, local and fresh, better still. Picked out of your own garden, even better!

Raw foods are fantastic for energy. Fermented foods are fantastic for energy: sauerkraut, kimchi, among others. Hopefully you can find someone locally making them. You can make them yourself, which is even cheaper. Fermented foods are some of the best foods on the planet.

Herbs are always part of a good diet, in terms of increased energy and clearing out pathogens in the body, and they help in just having more clarity.