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Rapid Learning Solutions

“All I need to do to learn anything is to **hear** it once, **see** it once or **do** it once I’ll be able to use it right away and for the rest of my life.”

This came to me when I was on a flight to Scottsdale, AZ for a conference on Frequency Specific Microcurrent – a form of therapy I use in my practice. Primarily medical doctors and trainers for major sports teams were attending the conference and I was feeling a bit intimidated, I felt perhaps unqualified and unprepared. I was reading the book “Power vs Force” by *David Hawkins* because the doctor who invited me to the conference, as well as several others in my field of sports medicine referred it to me. I got on the plane and cracked open the book to continue reading. As I started reading I thought to myself “Oh no!” this is over my head – I’ll never get it. I felt defeated even before giving myself a chance. The flight attendant was serving coffee so I put the book down, got a cup of coffee and started to run all sorts of scenarios in my head about being incompetent and not knowing enough to even be attending the conference. I felt anxious. As I always do when I feel less than great about something, I started tapping. It didn’t take long before I laughed at myself and I heard a voice in my

head that said “you fool, you’re giving up before even trying ... all I need to learn something is to **hear** it once, **see** it once or **do** it once, I’ll have it and be able to use it right away and forever”. I started taping that into my subconscious mind, and continued tapping until I felt differently. I cracked open the book and resumed reading. Much to my surprise I was seeing the information clearly. In fact, I thought to myself that it looked a lot like Buddhism and “The 10 Worlds”. The more I read the more sense it was making. I read more than half of the book before we landed and I felt I really got it. At the first night’s cocktail party the conversation was about the seminar and some of the other trainers were commenting on how fast I picked up the concepts and how good my questions were. Later we got philosophical and without even finishing the book I more than held my own and, in fact, added another dimension to the conversation by relating it to Buddhist principles without saying it was Buddhist principles. I believe it was all from my accepting and believing (after tapping it in) that I’m a fast learner. To this day I’m a fast learner.

Boy I wish I had had this tool when I was in school!

Think of it – math made easy, reading made enjoyable, homework would have become something I just did automatically without my parents nagging at me to get it done. Better grades and how about sports which were such a big part of my life. Imagine being able to learn plays faster or get better at something quickly by hearing the coach tell me what to do and turning around and doing it just as he told me or making a mistake and correcting the problem with PowerTapping and being able to do it correctly right away and then have it happen automatically in the future, WOW.

Actually that’s exactly what has happened in my life. I’m an achiever, I love to practice and be really good at everything I do. Before I start doing anything new I go over it in my mind and observe what thoughts come up that would limit my being good at it or keep me from even trying. I then apply PowerTapping to each reason I can’t do it and once the intensity of the belief is down to a harmless level I tap *in* how I want to execute learning how to do it. I never go into anything now without believing 100% I can do it, and guess what – I usually get it quickly and start enjoying it right away. It’s more enjoyable when you can do something competently. Having the belief that I can get good at anything I try makes me motivated to do more and take bigger risks in life. The bigger the risk the bigger the reward and the more fun life is. The sky’s the limit and PowerTapping is the tool that gets you there.

I was working with the daughter of a professional football player for her sports related injuries when her mother asked if I could check out her headaches. She was getting headaches whenever she had a test. During our therapy session I asked her about her headaches. She said she gets really stressed out when she has to take a test and gets bad headaches. I asked if she would like to not get them anymore and she of course said yes, so I began tapping her for test anxiety. As she followed along I brought up many common reasons for test anxiety like fear of failing, or not getting a good grade and having mom or dad get mad, or being embarrassed if she doesn’t do as well as her friends, or letting down her parents or teacher and on and on. After a few minutes she said “it’s not any of those things anymore, it’s that my teacher is a bad teacher and I can’t learn from him”. She went on to tell me none of the other kids can learn from him either and that he’s a bad teacher. We started tapping again and as she kept talking I asked her if she has this same teacher for other classes. She responded with “sure, he teaches all my

classes and is really good except in math where he's terrible". I focused on that and as we tapped she started to recognize it was not the teacher but she believed girls are bad at math and can't learn math very easily. I switched focus once again while tapping and within minutes she laughed and said actually I'm pretty good at math, I just don't want to disappoint my parents with a grade less than an A. By the time we finished she not only was over believing she was not good at math but that she liked taking tests because she's a fast learner and all a test is, is a way for the teacher to find out what I've learned so far (all of which we tapped in during the session). I also showed her a little short process to do before going in to take a test. A few weeks later her mom reported - no more headaches. That evening I asked her about school and she told me that several of her friends are now tapping before test because she taught them the short process after they saw her doing it. How fun to see 5th graders overcoming something at such a young age that could be the cause of tremendous angst in their future.

Let's go through the process and then I'll go over some common Q and A.



First, close your eyes and see yourself walking into the classroom for your test. Play this as a movie in your mind. Whenever you feel nervous or tense, stop and in your mind, tell me about it.

Ask the obvious question - what is it about taking a test that you don't like? Whatever the answer is, ask yourself why? Rate it on a scale of 1-10 then go on and ask what else? Whatever the answer is go with it and ask why? Do this until you're out of questions.

Another way to start that works especially well for those who "don't know why they have this problem" is to tap on the points around the right ear and state - "I am great at taking test and I love taking tests". Say that statement 3 times and continue tapping but say nothing and observe the mind chatter that starts. This causes a state of cognitive dissonance where the conscious mind starts arguing with the subconscious as to which is right. Whatever comes up will be the real reasons for the problem.

Now, start tapping on the karate chop point, switching the focus of your statements to eliminating the negative belief. Say, "even though I have (this problem ... fill in the blank) and did not recognize it, I deeply love and accept myself. I was doing my best." After a few rounds it will not be an issue any

longer. You check it by Tapping In the original statement around the right ear, and asking yourself if it's still an issue. You can continue to do this process until nothing else comes up except, "I love taking tests it's a way for me to let everyone know how much I know and I love affirming my ability to learn quickly and recall information easily" This statement is being tapped in between every 2nd or 3rd round. By challenging your beliefs you'll learn a lot about yourself and the story you tell people about who you are. It's in this way that as an adult you can transform your life on every level. It's a never ending process and the results are complete ownership of who you are instead of you being a sum total of things you learned as a child. Remember most of your beliefs about yourself and your behavioral responses are learned before you're 13 years old.

Now Let's Go Through This –

Tap on the karate chop point, TAP OUT each issue until you lose interest, feel tired (you'll start yawning), get bored and can't focus on the topic any longer.



Karate Chop Point (KC)

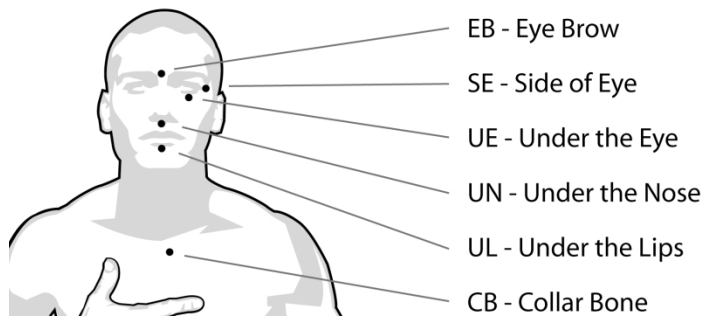
Generalized Tapping Script for Test Anxiety As You Tap On The Karate Chop Point

- ➔ **KC:** "Even though I have this anxiety in my body and I can feel it the closer it gets to taking a test, I deeply and completely love and accept myself anyway!"

- ➔ **KC:** "Even though I feel nervous about taking tests because I think my brain will freeze and I will not remember everything I need to do well on the test, I deeply and completely love and forgive myself. I know I'm capable of doing well anyway!"

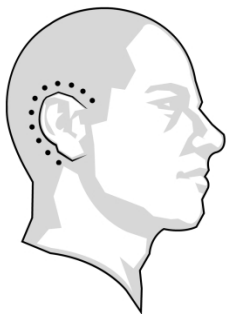
- ➔ **KC:** "Even though I really do feel nervous, I suspect I might be unconsciously making excuses by saying I have this problem to give myself an out if I don't do well, I deeply and completely love and honor myself. I'm doing the best I can for now!"

Then tap on each point shown below while saying each statement.



Sample Statements as You Tap Through All The Point

- "My nervousness"
- "I might fail"
- "I always get triggered on test day"
- "I won't remember everything"
- "I'm not smart"
- "I afraid of disappointing my mom"
- "My dad"
- "My teacher"
- "Myself"
- "Even if I don't know what it is"
- "I'm open to the possibility I can overcome this nervousness"
- "If I don't do well I won't move on in school and the other kids will laugh at me"
- "I don't want to do better than all my friends they will call me a geek"
- "I just don't know what to do to quiet my mind"
- "I hate taking tests"
- "Actually I'm a good student and a fast learner"
- "No I'm not dumb and let my nerves get the best of me every time"
- "Actually I do really well in try outs and evaluations"
- "I'm afraid I'll have this the rest of my life"
- "Wait, I feel I'm getting over this right now"



Temporal Tapping Sequence Points

Now it's time to TAP IN you're new beliefs.

Go to the right ear and start tapping in “from this moment on, I believe I can walk into any test situation relaxed and do well. I believe because I’m a fast learner and recall information quickly and easily, testing is fun. I believe from this moment on I have the confidence and emotional composure to perform well on any test, evaluation or tryout.

Take a deep breath. Ask yourself on a scale of 1-10 how much you believe that. If it’s an 8 or better you can leave it at that and do another round later or the next day or ask yourself “how come it’s not a 9 or 10?” Wait and listen for the subconscious response. Whatever it is, go back and tap it out, then tap in the positive sequence again 3 times. Take a breath in, release it and ask again “how much do I believe the positive statements?” You’re looking for a 9 or 10. When you get this, you end the session with a powerful fist pump (make a fist, raise your fist in the air and pull it down forcefully while saying out loud with emotion YES!!!! (The emotional nature of the fist pump locks in the work and locks out the chattering monkeys.)



What if you could be taught a new technique and totally get it after 1 or 2 tries, because you know you’re a fast learner and all it takes to do it is a belief in yourself? What if you could become a more accurate pitcher because you eliminate fear, what about becoming a good free throw shooter by just playing a movie in your mind for a few minutes of yourself shooting free throws while tapping on a few of the points.

Second Example

I had a young man in High School who was preparing to go to college and had to do well on his SAT’s as well as finish his Junior and Senior years strong to get in. He had a 3.8 GPA and felt confident but he had a big mental block about the SAT’s. He took study classes, got tutored and was told by his teachers he will do fine yet he was nervous to the point that he froze on the practice tests. Every time he froze he got even more worried. His mom asked if I could help.

I met with him and we discussed his testing history and athletics and there were no problems there, but when I had him visualize walking into the testing room for the SAT’s he got physically uncomfortable and started clenching his pencil. This is how we addressed the issue –

While tapping on the karate chop point, I had him repeat after me the following statements:

➔ “Even Though I am scared to death about taking the SAT but don’t know why, I forgive myself. I have not given up yet!”

➔ “Even Though I am concerned if I don’t do really well on the SAT’s I will not go to college, I deeply and completely honor my efforts in school. So far I’m doing the best I can!”

➔ “Even Though I have to be perfect on the SAT’s I forgive myself. It’s not life or death, it’s just my future!”

Then he tapped on the first tapping out point (Eyebrow) while saying the first statement below. He continued moving to the next point and the next statement until he went through a few rounds.

● “I won’t get into the college”

● “I have to go to Stanford”

● “I’m going to freeze again”

● “I’m going to over prep and get confused on the test”

● “I won’t remember everything”

● “They are going to try to trick me with questions”

● “The test is not fair”

● “My dad did not do well on his SAT’s”

● “He said it was hard for him”

● “I don’t want to do better than him”

● “This is my future”

● “I won’t be happy unless I get into Stanford”

● “No other school will help me fulfill my dreams”

● “Wait ... I don’t know what my dreams are except to get into Stanford!”

While tapping with the middle finger on the center of the forehead I had him say –

➔ “WHAT IF?” And say if with great curiosity!

➔ “WHAT IF I do well enough to go anywhere, and decide Stanford is not the best fit after all

➔ “Hmmm....What if there’s better choices for me and I don’t know it yet?”

➔ “What if my parents would be just as proud of me if I went to another school and, all *THEY* want for me is to get a great education, have, fun and be happy!”

➔ “From this moment on I choose to believe in WHAT IF!”

Then start tapping around the right ear continuously and say –

● “I’m fully prepared to do well on the SAT’s!”

● “I look forward to taking the SAT’s and seeing how well I do!”

● “I’m excited about taking the SAT’s! I’ve prepared really well and feel ready to go!”

● “Whenever I take a test – any test I walk in knowing I’m fully prepared, confident and emotionally composed to do my best!”

Take a deep breath ... rate on a scale of 1-10 ... give yourself a big fist pump and you’re done!

The story ended with him rating his belief a solid 10, he was totally ready and it stayed that way. He did very well on the test and feels confident he'll be able to go anywhere he wants. As for Stanford, it's still his #1 choice but he has found two other schools that are in serious contention. He remarked to me that he was so focused on the prestige of Stanford he did not give much thought to another school being a better fit socially and athletically. The results in these examples are the norm for my clients and the resulting changes affected many aspects of their life, making it easier and more enjoyable. If you're ready to experience the amazing results of my work, contact me and fill out the Coaching Form. I'll evaluate it we'll connect.

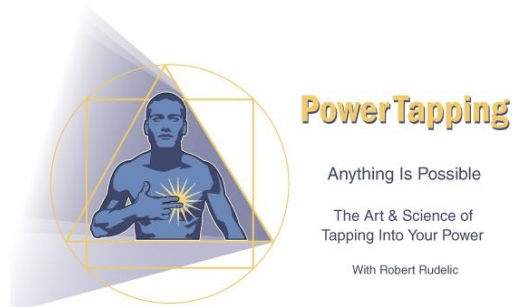
Should you want more information about my one-on-one coaching program, my contact information is below.

CONTACT ME

<http://www.robertrudelic.com/contact>

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**** For more information about PowerTapping go to www.PowerTapping.com ****