

POWER TAPPING

ANYTHING IS POSSIBLE

The Art & Science of Tapping Into Your Power

with ROBERT RUDELIC



ROBERTRUDELIC



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WHAT IS THE POWERTAPPING TECHNIQUE?

The PowerTapping Technique (sometimes referred to as (AcuTapping) is a powerful process that can help just about anyone achieve genuine freedom from the emotions that have created problems in their life. Tapping techniques have been described by some as one of the most important breakthroughs in the area of psychology in this century and has been used successfully by thousands of people with a broad range of difficulties.

PowerTapping is known to many amazed users as a modern miracle. It can dramatically relieve emotional disturbances along with many physical symptoms. It often works in minutes, its results are usually long lasting, and side effects are almost always positive.

PowerTapping is versatile and has been used confidently by hundreds of therapists on thousands of clients with successes on even the most difficult problems, by relieving imbalances in their clients' energy systems. Most importantly, PowerTapping does not rely on a practitioner forcing their ideas or agendas on you. You can become your own therapist. Once the technique is learned, you can get to what is standing in your way very quickly and work through it anywhere and anytime you feel the need to clear up negative thoughts.

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HOW POWER TAPPING WORKS

PowerTapping is based on a revolutionary new discovery that violates most of the beliefs within conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system. With remarkable consistency, PowerTapping relieves symptoms by an unusual (but scientific) routine of tapping with the fingertips on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system. The tapping serves to release the blockages that are created when a person thinks about or becomes involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance. Once balanced, the person cannot get upset about the circumstance no matter how hard they try. The memory remains but the charge is gone. Typically, the result is lasting and the person's awareness usually changes in a positive way as a natural result of the healing.

Most energetic imbalances may be partially or completely relieved within a short time using this process. Other more stubborn issues may require repetition of the process to achieve the desired result.

UNDERSTANDING THE ENERGY SYSTEM

Understanding how emotional healing with PowerTapping works may require an open mind for many people. The effectiveness only makes sense if it is related to the human energy system. Fortunately, you do not have to believe any of this to receive the positive benefits of using these techniques. In addition to having a physical body, which is fueled by food, we humans also run on an intricate energy system, which is fueled by electrical impulses that run through the body. This energy system holds the key to many of the disturbances we experience in our daily lives. When it is out of balance, our emotional life could be compared to a car that is in desperate need of a tune up. The result may take the form of any type of emotional disturbance including phobias, anger, depression, grief, guilt, anxiety, and a full range of fears, to name a few. There may also be physical symptoms like pain, headaches, asthma and tension that are related to the emotions. PowerTapping provides relief from the majority of these disturbances. What is even better is that it often provides relief in minutes and the results are usually long lasting. In fact, it frequently provides relief where other techniques fail and has a high success rate, typically 80% or better.

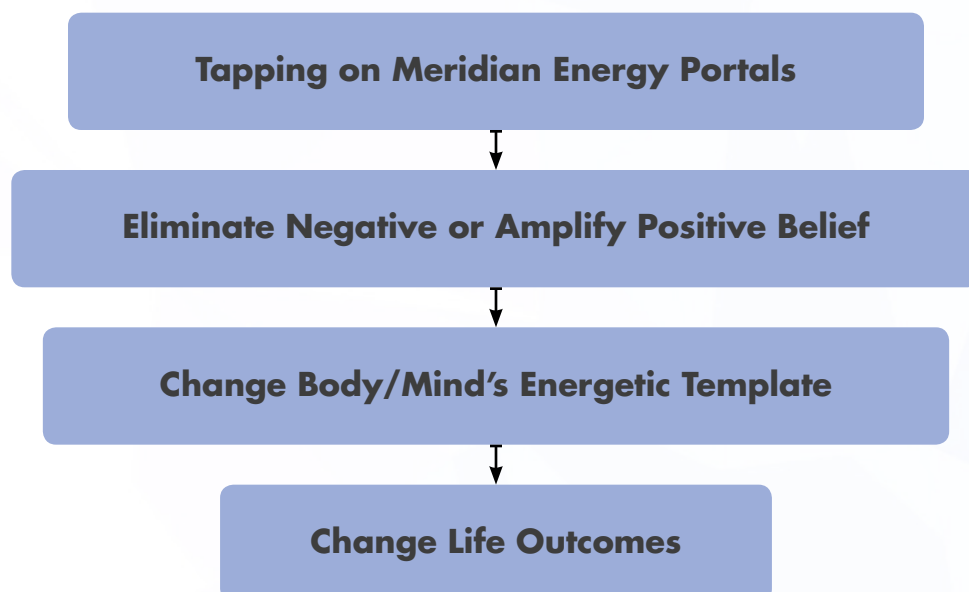
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Some examples of energetic patterns that have been successfully cleared using PowerTapping:

- Fears related to performance like public speaking, concentration, sports, etc
- Phobias like the fear of heights, flying, enclosed spaces, driving, etc
- Emotional trauma from war experiences, physical abuse, etc
- Disturbing emotions like depression and anger
- Emotions related to addictive patterns like eating and smoking
- Insomnia
- Emotions related to physical conditions

“The power to remake your world and achieve your heart’s desire is truly at your fingertips!”

SIMPLIFIED FLOW CHART EXPLANATION OF WHY POWER TAPPING WORKS



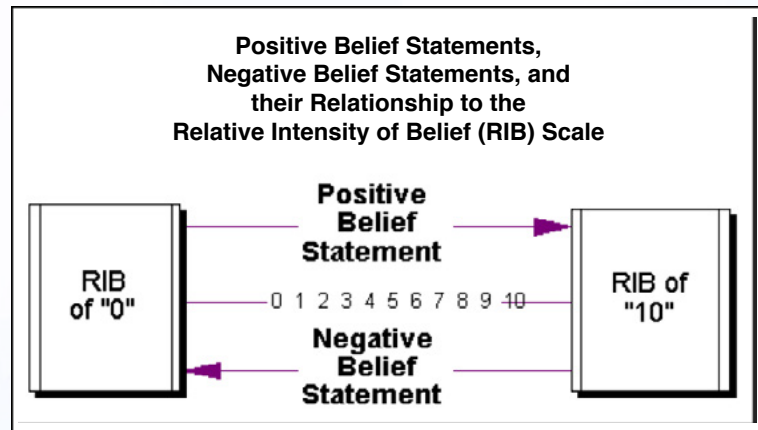
TO BEGIN A BASIC POWERTAPPING SESSION

1. Become Aware of Your Blocking Beliefs:

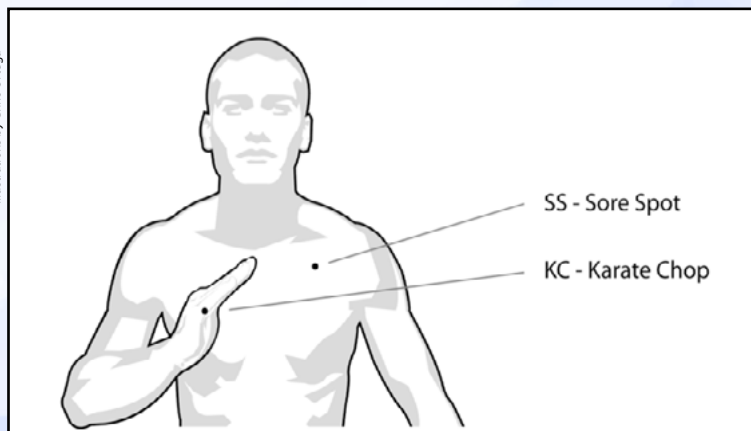
Become aware of any limiting negative beliefs that you hold with respect to any particular issues or goal in your life, including both intensely held negative beliefs (e.g., “I have this intense physical pain that won’t go away” or “I will never have a satisfying relationship or financial success”) as well as weakly held positive beliefs (e.g., not really believing that “I am a powerful self-starter” or that “I am loving and lovable”); a good place to start is to focus on any problems that you may have in any area of your life, and then ask yourself “What do I believe about this?” or “What’s in my way here?” or “What is blocking me?”

2. Pick a Blocking Belief or Problem to Work On and Rate Its Intensity:

Once you have chosen a belief to work on, you need to make a subjective determination of how intensely you hold this belief; PowerTapping uses a Relative Intensity of Belief scale, or RIB, that indicates how intensely you hold a belief; the most intense negative belief you can have is rated as a “10,” and the goal is to bring it down to a “0,” while the weakest positive belief you can have is rated as a “0,” with the goal being to bring it to a “10”;



THE KARATE CHOP POINT



Begin by tapping on the Karate Chop point using your open fingers on the opposite hand. Either hand may be used. Tap firm enough to feel a tingling sensation on the Karate Chop point.

3. Correct for “Psychological Reversal” while Speaking Aloud the Belief You are Working on:

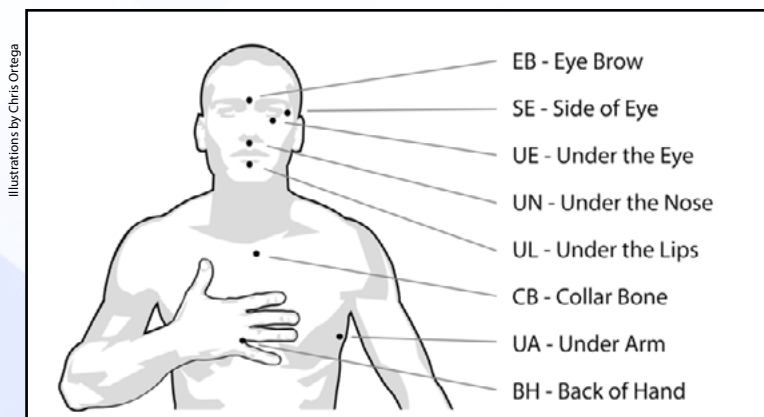
You prepare yourself for tapping out (eliminating or zeroing out) negative beliefs, or tapping in (amplifying or bringing to a “10”) positive beliefs, by first rapidly correcting for what is known as “psychological reversal,” a type of energetic disorganization and self-sabotage; to do this, you state aloud the belief that you are working on in a specific way (which differs for positive and negative beliefs) while either rubbing one of the “sore spots” on either side of your upper chest, or by working with what are called “karate chop” points on the sides of your hands;

The intension statement, states the problem that’s bothering you. Use this as a template in the beginning -

Even though _____ STATE PROBLEM _____ I deeply and completely accept myself.

RUB VIGOROUSLY ON THE SPOT JUST BELOW YOUR CLAVICAL CLOSE TO THE COLLAR BONE (SORE SPOT) WHILE SAYING THE ENTIRE INTENTION STATEMENT 3 TIMES.

BASIC TAPPING OUT POINTS



NEXT – TAP ON EACH SPOT SHOWN ABOVE 7-10 TIMES WHILE SAYING THE INTENTION STATEMENT (ABBREVIATED).

Example- Even though I’m angry with my boss I deeply and completely accept myself. In brief say “angry with my boss” while tapping the points and tuning into the feelings.

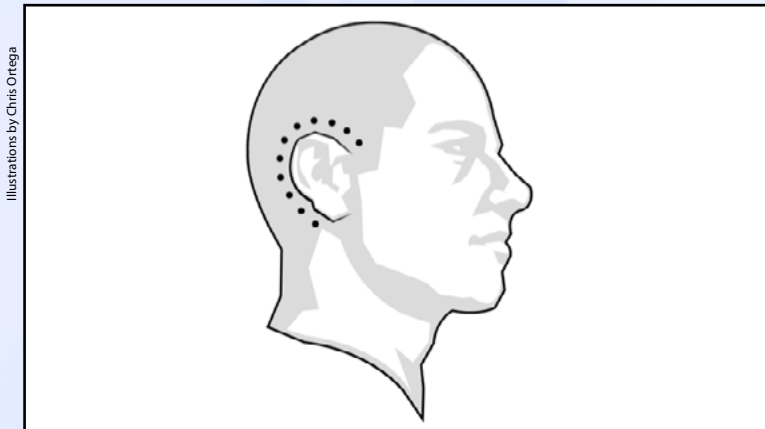
1. Inside point of the Eyebrow (on the hair,) tapping with 2 fingers
2. Side of Eye (on the orbit bone,) tapping with 2 fingers
3. Under Eye (on center of bone,) tapping with 2 fingers
4. Under Nose, tapping with 2 fingers
5. Under Lower Lip, tapping with 2 fingers

**Please note: This is the simplified version for learning just the basic face points.

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Go through this sequence 2-3 times - if no result happens go through the whole sequence again then reevaluate.

TEMPORAL TAPPING SEQUENCE POINTS



NOW – REPLACE THE OLD BELIEF WITH A NEW BELIEF WITH TEMPORAL TAPPING!

Temporal Tapping helps people build confidence, optimism, and self-esteem while replacing old habits with constructive behavior. Once the problem is no longer a problem, create a positive affirmation statement (what you want to believe or have happen) and tap it in. The new belief statement has to be a present tense “I am” statement. Example - I am always calm and confident when confronted by my boss. The subconscious mind takes in as fact anything you tell it so even if the said behavior or belief is not real yet, the moment you tap it in it is real and your behavior will reflect it.

1. Create your statement.
2. Start tapping at your right temple in front of the ear canal and continue tapping on the scalp around the top edge of the ear until you reach the back center of the ear, just opposite where you started. The active spots are only along the upper half of the ear, from front center to back center. Tapping with all your fingertips bunched together ensures that all the points along the Temporal-Sphenoidal (T-S) line are stimulated. Say your affirmation while you tap; repeat this procedure three times.
3. Repeat the statement to yourself and evaluate how much you believe it, if it's not 100 % repeat the process 1-2 more times. If 100% belief has still not been achieved ask yourself why - and what ever answer first comes to you go back and tap it out. Then return to tap in

HOW INSTILLING NEW BELIEFS IN THE SUBCONSCIOUS MIND WITH TEMPORAL TAPPING WORKS

This energy technique helps break old habits, attitudes or emotional responses and establishing new ones. Simply tapping on the head around the top of the ear calms the part of the nervous system that fights to maintain your current belief systems and patterns of behavior. The brain is then more receptive to learning new beliefs and instilling new affirmations.

Begin by identifying a habit, attitude, or condition in your life that you would like to change. Then describe the change in a single sentence, and state it as an affirmation in present time as if the condition already exists. For example, you could say, "I always have more than enough money to pay my bills," or "Right now, I am prosperous." Affirmations can be anything you wish to become true and operative in your life. They can be specific or general, and in your own language, your own lingo, and aligned with your own values. For easy recall, make them short and to the point. To perform the Temporal Tap, start tapping at your right temple in front of the ear canal and continue tapping on the scalp around the top edge of the ear until you reach the back center of the ear, just opposite where you started. The active spots are only along the upper half of the ear, from front center to back center. Tapping with all your fingertips bunched together ensures that all the points along the Temporal-Sphenoidal (T-S) line are stimulated. Say your affirmation while you tap; repeat this procedure three times.

Do this several times a day, waiting at least 30 minutes before repeating the same affirmation. You can tap for as many different affirmations as you wish as long as you can easily address them all several times a day. Reinforcement is part of the process. Once your affirmation has become a part of your life, you can replace it with a new one.

Temporal Tapping has helped people build confidence, optimism, and self-esteem while replacing old habits with constructive behavior. It can be used for almost any area of your personal life, including mental, emotional, physical, spiritual, occupational, domestic, and social. People have used it to lose weight, to improve job performance, and even to stop fingernail biting. It is a simple yet powerful way to change many patterns or habits. Focus on what part of your life you most want to change, and create a simple affirmation that reflects your highest ideals.

SIMPLY PUT

- PowerTapping is a breakthrough approach to problem solving – putting YOU in the driver's seat of your life.
- Using this scientific approach, you will immediately have the tools to eliminate the beliefs and emotions that get in the way of being your best. It's simple and it gets quick results.
- This technique goes way beyond using positive affirmations. It's a step by step procedure for permanent change – change that is imprinted upon every cell of your body.
- You will no longer be held hostage to past experiences or traumas. PowerTapping is a revolutionary path to high performance, emotional well-being and good health.

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SOME FREQUENTLY ASKED QUESTIONS ABOUT POWERTAPPING

- Q** How long do the results last?
- A** PowerTapping is generally long lasting. Physical healings are often impressive and long lasting as well, but are more likely to re-emerge than emotional issues.
- Q** Are PowerTapping results due to either placebo effects or distraction?
- A** No! Placebo effects require some belief in the process and this is rarely the case for newcomers to PowerTapping. Also, although PowerTapping may appear to be distracting, it will not work if you, in fact, are distracted. That is why you continually repeat a phrase which “tunes in” to the problem.
- Q** Are there any negative side effects?
- A** By comparison to almost any other process, PowerTapping is quite gentle and rarely has any side effects. It is often used instead of other procedures, because it’s gentle and non-invasive.

WHY YOU MAY NOT HAVE HEARD OF POWERTAPPING BEFORE (OR OTHER RELATED TECHNIQUES)

The use of this technique is relatively new and may be a part of the beginning of a complete revolution in the way we handle our emotions. In many cases, difficulties that have persisted in spite of years of work using the methods of traditional psychology may be relieved in minutes. If not, relief is generally possible within days or weeks rather than years.

EFT - one of the foundations of PowerTapping was developed earlier in the 1990's by Gary Craig whose academic training includes a Stanford Engineering Degree. While personal healing has been his passion for over 30 years, Gary is neither a licensed therapist nor a trained psychologist. Many of the concepts underlying EFT came from Gary's training in Thought Field Therapy (TFT) under the tutorship of Dr. Roger Callahan. TFT involves the use of 10 or 15 individualized tapping routines.

EFT and PowerTapping differ in that they employ only one comprehensive tapping routine, which is used for all emotional and physical problems. Because of this, they are easy enough to be mastered by most people.

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PRACTICE AND PERSIST WITH POWERTAPPING

“Practice makes perfect” certainly holds true for PowerTapping. Although it is relatively easy to become familiar with the various techniques in a very short time, it is nonetheless a learned skill, and you must do the learning in order to use PowerTapping most effectively. Persistence is just as crucial, both with respect to any individual goal or issue, and also with respect to developing a real-time PowerTapping practice, that is, a PowerTapping practice that enables you to tap in or tap out, whenever necessary, so that “anything is possible” becomes not just a phrase, but an instantly accessible “power tool” and even a way of life.

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