

"Excellent! ... I think every player going into a new season is looking for something that will give them an edge, and my work with Robert has definitely done that."

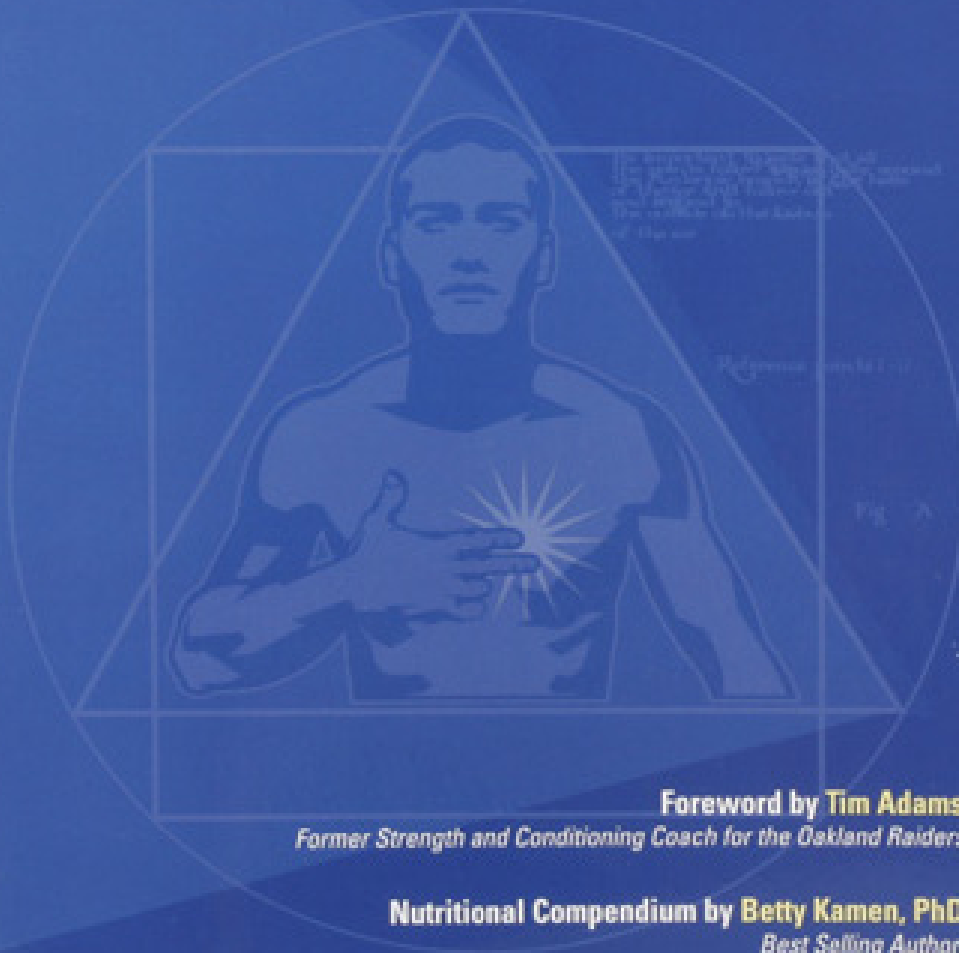
Trace Armstrong, President, NFL Players Association

Anything Is Possible

The Art & Science of Tapping Into Your Power

Robert Rudelic, BS, NMT, MES

Therapist for Oakland Raiders



Foreword by Tim Adams

Former Strength and Conditioning Coach for the Oakland Raiders

Nutritional Compendium by Betty Kamen, PhD

Best Selling Author

ANYTHING

IS

POSSIBLE:

**The Art & Science of
Tapping Into Your Power**

By Robert Rudelic, BS, NMT, MES

***How to Get Out of Your Own Way
and Let Yourself Through
with PowerTapping®***

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*For PowerTapping to work,
the only prerequisite is a
sincere desire to change.*

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Forward

So many factors contribute to improving performance. Among areas that are influential are physiology, bio-and neuro-chemistry, biomechanics, mental and emotional components, pre-habilitation, rehabilitation, technique and skill, team building and cohesion, tactics and strategies.

Within each of these categories experts have come up with a wide variety of tools that may enhance an individual's performance by using specific methods to address problems. Just as a carpenter uses a hammer for nails and a screwdriver for screws, a great practitioner uses the tools available for a very specific purpose to help the client take that next step towards adaptation – bringing the athlete closer to reaching his or her performance goals. Anecdotally, I have found the greatest of these tools to be a combination of both mental and physical components specific to the athlete's needs.

While working in a professional athletic organization I have witnessed many athletes who fail to recognize the importance of taking care of their bodies. They don't always understand that everything they do has an effect on how their actions relate to their own confidence and ability to perform. As a result, many athletes may not come close to reaching their potential. This discrepancy may only be minimal quantitatively yet may mean the difference between making a play and dominating their competitor. It may even ultimately determine whether or not that individual succeeds.

With that said, I have also witnessed athletes with no limiting thoughts and a positive attitude who dominate more physically superior athletes. If you could combine the mental with the physical you increase your chances of creating success.

Robert Rudelic does just that. Robert is an accomplished sports therapist who has integrated tapping into his practice to address the mental limitations many of us place on ourselves. While performing a variety of therapy techniques he can concurrently address any limiting thoughts one may have with tapping. Anyone can take advantage of this

powerful technique. He has refined the tool of tapping and simplified its application so that we can all personally benefit from it mentally as well as physically.

As a practitioner, I am always interested in what works. I have had the good fortune to witness many great practitioners use a variety of tools to help individuals improve their performance. Robert is one practitioner who gets results. Within a very short period of time he has transformed obstacles into challenges, and limitations into non-existent issues. This empowers athletes to accomplish all that they are intended to accomplish. This tool can also enable **you** to create a new path for success.

I encourage you to approach this book with an open mind and a willingness to take that next step towards improving who you are and what you want to achieve. You will gain the confidence to know that ***you can do anything***.

– Tim Adams

Former Performance Enhancement
Coach, Oakland Raiders
Strength & Conditioning Coordinator

Acknowledgements

At a dinner party in 1991, my wife met an insightful intuitive woman – known only as Aunt Becky – who had the first vision of this book. This meeting occurred several years before my wife and I first met, yet all the things that Aunt Becky shared with my wife that night are now happening.

Sheryl, my wife and business partner, is the main reason that this book is now in your hands. She lovingly pushed and prodded me to write. She believes so strongly in my work and my vision that she kept me focused and on track until the project was completed.

I have a very special Aunt, Bernice Collura, who introduced me to tapping in a dramatic fashion. After telling me about tapping for some time, she finally had the opportunity to tap on me in person, and I was sold the moment she finished. She continues to be an integral part of my life.

As fortune would have it, Sheryl introduced me to a man I have a lot in common with, and who has had a big impact on this book, Jordan Gruber. His excitement about tapping and his diverse life experiences and insight, as well as the research, content, and structure that he contributed, greatly enhanced the book and gave it style and continuity

There's so many others I'd like to thank: my mom, Fran Solomon; my sister, Mary Avesian; Betty Kamen, Ph.D., who has provided useful information and insight in so many ways; and to a number of my clients who have cheered me on to write about my work, for which I am eternally grateful.

– Robert Rudelic

Introduction

Anything Is Possible: The Art & Science of Tapping Into Your Power is my first book. While there are many excellent volumes on self-help, peak performance, and living a rich and satisfying life, I felt called upon to add my own contribution for two reasons.

First is the profound and even miraculous changes I have seen in my own life, and in the lives of my clients, since I personally and professionally began to practice tapping several years ago. Second, as my understanding of the art and science of PowerTapping has deepened, I have come to the unshakeable conviction that this technique can positively revolutionize virtually anyone's life if earnestly and consistently applied.

Perhaps there is a third reason as well. There comes a time when the momentum of possibility can overcome the inertia that binds untold numbers of unhealthy and unfulfilled lives. It is time, both personally and collectively, for us to tap into the immense power that is our birthright as conscious human beings and as members of a conscious human civilization that is still being born. It is my sincerest hope that this book, and the understanding that it embodies, will make a positive contribution both to many individuals and to the world at large.

PowerTapping, to the degree that it has its roots in, emerges from, and largely overlaps with Roger Callahan's Thought Field Therapy (TFT) and Gary Craig's Emotional Freedom Technique (EFT) (see chapter III-1), has already had an impact on hundreds of thousands of people throughout the world. Bravo! But now it is time to take these previously developed techniques and to simplify, refine, and prepare them for an even wider and more effective use. The Real Power, of course, lies within each of us. By learning to tap into *that* power, and by practicing how to channel it through the various physical and energetic techniques covered in this book, genuine miracles of transformation can and will occur. Remember: *anything is possible*.

On a personal level, I want to share with you that there was a time when instead of affirming “anything is possible,” I would often say “very little is possible.” For more years than I care to admit, I struggled mightily with my life. Voices from my childhood told me that I should “be more prudent” and “get a real job,” and I was filled with significant doubts about many areas of my life. Although I have had a fine career as a neuromuscular/medical exercise therapist (which has led me to working regularly with the Oakland Raiders and other professional athletes), I once could not imagine that I would *ever* have any business talking to anyone else about psychological or emotional issues.

I had, of course, tried many types of self-help books and programs, as well as considerable psychotherapy. But none of that had made a real difference in my life. Although I had found a personal spiritual practice that kept me grounded and sane, I knew that I was not using anywhere near my full potential nor achieving anywhere near the levels of success I desired. And instead of really acknowledging what was going on and doing something about it, I would downgrade my goals, dreams, and desires, and tell myself that everything was “OK.” In short, I had little confidence, only a modicum of real-world success, and deep down I was not very satisfied with much of my life.

The Universe was kind to me, however, and relatively early on I came upon a mentor, Don Rude, who not only helped me with my spiritual life, but who also clearly communicated to me that I was strong enough to work through my “stuff,” succeed, and then be able to lead others into greater and greater levels of success. So I kept searching, reading, and trying new things. Eventually, during a phone call with my Aunt Bernice, a professional solutions coach, I was introduced to the idea of tapping. I was soon reading an excellent work called *Instant Emotional Healing* by Lambrau & Pratt (2000), and was then led to the foundational works of Roger Callahan, Fred Gallo, David Feinstein, and Gary Craig.

By framing negative beliefs in a certain way, and by physically tapping – with fingertips – on certain acupuncture meridian points on my body, those beliefs, and the results and

effects that they had in and on my life, vanished with astonishing speed. With diligent practice of these tapping techniques and the forward-looking modifications that I made to them (especially with regard to the dynamic interplay between tapping *out* negative beliefs and then tapping *in* positive beliefs), I experienced what can only be described as amazing changes in my overall confidence, happiness, and effectiveness. What used to be my long-term dreams and even fantasies became my yearly goals, what used to be my yearly goals became my monthly goals, and what used to be my monthly goals have become my weekly and daily To Do items.

Today, I am a very confident person, and it is a confidence without arrogance that comes from a deep sense of who I am and what I (and virtually anyone else!) can accomplish. I may not be perfect, but I know that whenever an issue comes up – in business, in relationships, with regard to my health – I can quickly and easily tap to make certain that I have done everything that I can to ensure that my mind, emotions, and even spirit are lined up in accordance with what is best for me and what I want to achieve.

For example, I once thought that because I was not a medical doctor or did not have a Ph.D., I could not write or bring forth to you a book and program of substantial value. Today, as a result of my having developed and used PowerTapping to tap out my negative beliefs and tap in my vision of what is possible, you now hold in your hands that very same program and book of great potential value. I say “potential” here because although even one round of PowerTapping will change you, as with anything else, to get the full potential value you will need to diligently practice. This nuts-and-bolts orientation is reflected throughout *Anything Is Possible*, which is filled with many practical tips, techniques, and examples, as well as a Resources section near the end of the book.

As for the best way to use this book: just dive in. After taking a look at the overview materials in Part I, “A Tapestry of Possibilities,” including the Personal Challenge in chapter I-3, you can turn to Part II’s “How To” TAP-FAQ (Frequently Asked Questions), and be PowerTapping within minutes. If you earnestly apply yourself to the Personal

Challenge, and if you conscientiously take tapping to task, then there is a very good chance that you too will come to experience and affirm not only the simple truth that *anything is possible*, but that this possibility already applies to you personally, in this moment, as you read these words, exactly the way you already are.

Part I – A Tapestry of Possibilities

I-1 – Anything Is Possible

“The thing about growing up with Fred and George,’ said Ginny thoughtfully, ‘is that you sort of start thinking anything’s possible if you’ve got enough nerve.’”

– J.K. Rowling, *Harry Potter and the Order of the Phoenix*

What I now know, with one hundred percent certainty, is that *anything* is possible. Do you believe this as well? Do you believe that within the realm of the humanly and physically possible, you can achieve your heart’s desire in this lifetime? Do you believe that extraordinary success, health, and happiness are possible for you, personally, regardless of your current state or your past condition?

Imagine that the power to remake the world is at your fingertips. Imagine that anything you want to accomplish – from the healing of emotional difficulties or physical pain, to the achievement of tremendous success in work, sports, relationships, or creative endeavors – could be made possible by a relatively simple set of techniques that have been refined for over thirty years and now known as PowerTapping. Would it surprise you to learn that *you are already equipped to perform these techniques, and that beyond the price of this book (unless you are the rare person who needs professional assistance) the technique will cost you nothing but some focused time and effort?*

Finally, I would ask you to discard all your preconceptions about what is and what is not possible. With your disbelief suspended and your mind and heart open, consider the possibility that you are about to learn of a magical key – a golden elixir, a philosopher’s stone – one that can quickly, easily, and relatively painlessly, make anything possible. Unlikely as it may seem at first, the simple act of using your fingers to tap and rub certain locations on your body (acupressure meridian points) while making specific types of statements, will enable you to achieve your heart’s desire.

How is this possible? The rest of this book focuses on what is known about how and why PowerTapping works, how to perform the various techniques that are involved, plus a

variety of other topics including advanced tapping, how to tap in real-time, what to do about tapping in public, and how to develop PowerTapping into a fine art that will reliably deliver remarkable results.

Before reading any further, please make a short list (preferably on paper, even if that means writing in the back of this book) of what it is that you hope to achieve. Do you want to lessen or eliminate some new or ongoing emotional pain or trauma? Are you looking for healing of a physical pain or symptom? Do you want to bring something into your life that is not there now, such as a satisfying relationship or success in business or the arts? Perhaps you just want to be calm, happy, and relaxed. Be as honest as possible. Admit to what you do and do not want in your life, and please write down at least three items. (And if you haven't actually written anything down *yet*, please do so now...you'll be using them in chapter I-3, entitled "A Personal Challenge.")

Is Anything Really Possible?

With PowerTapping, anything that is possible that can be accomplished. The laws of form, physics, and society cannot be bent or changed (at least not overnight): you cannot suddenly gain ten inches in height, or have twenty million dollars in ancient gold coins appear in your safe deposit box, or expect the laws to change so that all damage to the environment is halted. But your basketball skills could improve to the point where you make it to the pros; your business might rapidly transform to the point where you have all the money you ever hoped for; and a focused lobbying effort that you participate in might result in curtailing the spread of an environmental toxin. You should absolutely shoot for the moon with respect to all your dreams and goals, but don't sabotage yourself by aiming at that which is structurally or inherently unachievable. Assuming you have focused on some goals that are indeed possible, please note that when I say that any such thing is possible, I do not mean that you can just wish for whatever it is and that it will magically or automatically happen. *If you want something, you first have to believe that you can achieve it. Without that belief, nothing is possible.* But once you establish the belief that you can obtain your desire, you will set out to gain the skills and tools, and do

whatever else it is that is necessary to achieve that goal. What once was a hope or a wish will now become a possibility. With your strengthened desire, motivation, and drive you can and will succeed.

It is not enough for you to simply want something, to “try” to make it happen, or to be partially convinced that you can achieve it. You have to be fully confident that you can make it happen, and you have to be totally committed to making it happen. Those who have maximum confidence and commitment are much more likely to achieve their goal, and much more likely to do it in far less time. To reach this optimum level of dedication, you might have to tap *out* and eliminate such feelings as:

- “I’m afraid of achieving my goal.”
- “I don’t really want to put out the effort to achieve my goal.”
- “I’m embarrassed by having this type of goal.”
- “If I achieve my goal, I’ll be ridiculed or disliked.”
- “I don’t really want to make the commitment required to achieve my goal.”
- “I don’t want to face the risk of failure.”

... and so on.

Or you might have to tap *in* and amplify:

- “I am capable of reaching this goal.”
- “I am achieving my goal with ease.”
- “I am worthy of achieving this goal.”
- “I know I can do it.”
- “I **am** doing it.”

As these are just some of the types of positive and negative beliefs that you may find yourself working with when PowerTapping on a specific issue or goal, it should be clear

that a great deal of fearless self-examination, and a good deal of focused work are often part of the PowerTapping process. I want you to be prepared for anything.

Choosing to PowerTap

Whether PowerTapping is for you, then, depends on what kind of person you are and want to be or become. Every moment of every day people find ways to deceive themselves to make their reality more palatable instead of taking on the challenges that are directly in front of them. For example, compared to many modern day working Americans, the immigrants who built America worked far harder and with far less complaining and whining, all for low wages with no job security or health care. For these immigrants, even though their lives were often bleak, the notion that “Anything is Possible” was a truism which led them to work very hard for what they wanted – a better life for their children.

Now, with PowerTapping, it is possible for you to lay (and un-lay) the groundwork necessary for you to achieve anything you desire. Once you believe that you can succeed at whatever it is – from pain relief to achieving true happiness – it is simply a question of focusing on the mechanics of getting whatever it is done. Along the way there may be doubts, problems, and difficulties, but if you are willing to PowerTap whenever your fears and insecurities arise, or whenever your positive vision falters, you can keep on moving towards the achievement of your goal.

Think of champion mountain climbers. When they get to the top, did they get there by luck? No, they got there through hard work and practice. Of course, there is a certain amount of luck in everything, but good luck is made, not bestowed upon us. Luck is a currency we all have an equal share of, that is, we all have the same inherent chance of being lucky. People who are lucky (also called optimists) expect to be lucky, and expect that things will work out in the end. Luck is a developed skill, a mindset or belief that draws the good breaks our way, and PowerTapping is perhaps the best way to develop that skill. The great golfer Ben Hogan was once asked why he referred to himself as the

luckiest golfer alive despite the fact that he obviously had an extremely dedicated practice schedule: “The harder I practice,” he said with a smile, “the luckier I get.”

Don't wait for luck. Don't wait for things to just turn around by themselves. Don't wait to see yet another therapist: instead, become your own therapist. If there is something you want, or something you don't want, you can make the desired change through PowerTapping, often with a speed that will dizzy you. Ask yourself, “What am I afraid of?” and then when you have become clear as to what your fear is, just tap it out (or tap in a positive belief, if that's what's needed). We are, by almost any account, using only a small percentage of our human potential and capacities. I believe that it is possible for anyone to be happy and fulfilled, and to lead an interesting and exciting life. Sure, you'll have to work your way through some fears, and through some negative tendencies, and through some weak beliefs about who you are and what you can accomplish, but isn't that better than living a life of mediocrity?

PowerTapping really is the magical key that I suggested earlier. With this book I am handing *you* that key, and inviting you to put it into the right keyhole and turn it. If you do this, and practice PowerTapping with persistence and diligence, it is likely that your whole life will substantially change for the better. Sure, you will have to wipe out the negative beliefs that do not work for you, and amplify the positive beliefs that are too weak to serve you, and in the process your justifications for believing what you formerly believed will have to come to the surface. This will not always be pleasant or easy: you will see where you were fooling yourself, and where you were unwilling to risk moving out of mediocrity. But why not risk being happy? Yes, you might fail, but isn't failing at being happy a better outcome than never daring to be happy? Any forward movement will result in your having a better attitude, and a higher quality of life.

PowerTapping, on one level, is simply a set of techniques that will enable you to mechanically remove the energetic impediments in your mind and body that prevent you from achieving greater success. Ultimately, what it boils down to is trusting yourself to

use some of the great and amazing power that you are born with. Many people have rediscovered their strength and become aware of their true capacities, and you can too. All it takes is a choice, and from that choice will flow all of the other steps that you need to achieve health, happiness, and whatever else it is that you desire. I hope that your next two choices will be to read the overview of PowerTapping presented in the next chapter, and to then read and take the Personal Challenge that follows.

“I knew PowerTapping was the ultimate tool for me from the moment I saw how it helped my daughter. She had a huge phobia as a result of an injury to her knee, which was significantly reduced with her first PowerTapping session.

I am familiar with different kinds of personal growth and therapies, having experienced therapeutic work for more than thirty years. Compared to all other forms of therapy that I’ve had (and some of them were quite good), PowerTapping has been the most powerful and effective. Other therapies worked to help me cope better with my personal issues, but only PowerTapping clearly erased the emotional loop and left me free to feel more “present” and act more rational, even under stressful situations.”

- Andrew Copperman

I-2 – A PowerTapping Overview

PowerTapping does not require special gifts. You don't have to be at a certain level of intelligence for it to work. You don't have to be confident, self-aware, or intuitive. Anyone who has a desire to be better in some way, shape, or form can receive great benefit from PowerTapping, and anyone can learn and then master the necessary techniques. All you have to do is practice and apply yourself. And then get out of your own way, let yourself through, and look out for the great things that are bound to happen!

PowerTapping is comprised of five main activities or steps. These steps are first summarized immediately below, and are then described in more detail, both in the remainder of this chapter, and throughout the rest of this book. Here are the five steps:

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 a good job”) as well as weakly held positive beliefs (e.g., not really believing that “I am a powerful self-healer” 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”;
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;

4. **Tap Out, Tap In, and Tap Dance:** You tap out the belief in question, while you continue to say key parts of it aloud, by using a specific sequence of finger-tapping on meridians points and related movements, continuing until you have completely (or near-completely) gotten rid of the negative belief (a “0” or “1” on the RIB scale), or tap in until you have amplified a positive belief so that you hold it with (or near) certainty (a “9” or “10” on the RIB scale); importantly, in a single PowerTapping session you will often perform a kind of “tap dance” with your fingertips, going back and forth between eliminating negative or strengthening positive beliefs; your RIB assessments at the end of each sequence (or set of sequences) will help you decide what to tap on next, and whether you should be tapping in a positive, or out a negative, belief; and
5. **Practice and Persist in PowerTapping:** “Practice makes Perfect” certainly holds 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.

PowerTapping, as you can see, is relatively simple and straightforward. This is, however, somewhat problematic: because it is simple and straightforward, many people do not take it seriously at first. “If it isn’t sophisticated, expensive, and technologically advanced,” they ask, “then how could it possibly work?” The only real proof is experiential proof, and for that reason you will be invited time and time again throughout this book to try PowerTapping, to be part of the excitement and the experiment, and to see for yourself if it really works. The very first step is to focus on your problems and issues, and the beliefs that underlie them.

1: Becoming Aware of Your Beliefs.

The first step is to become aware of your beliefs. This is critical, because until you become aware of the limiting or blocking beliefs that you have, you will be held back in life and be unable to achieve what you want. For example, suppose a man you know decides to lose some weight, and therefore embarks on an ambitious but reasonable eating and exercise regime. At first, he finds himself succeeding, but as soon as he gets distracted, or something unexpected happens, or there is a bit of a setback, he will find himself disappointed, his willpower will be shot, and he will have to start all over.

If we were to dig a little bit into this person's subconscious, we would probably find that although he was willing to give it a shot, deep down he thought that achieving his weight goal was an impossibility. With this belief acting as a saboteur, it is no wonder that he did not succeed. (This is not to say that certain individuals are not able to simply make up their mind and achieve remarkable results in weight loss, but in my experience it is the very rare individual who has both the native willpower *and* the lack of negative sabotaging beliefs necessary for this to happen.)

The vast majority of us have been inundated with negative beliefs for almost all of our lives: "I can't do that"; "No, that's not possible"; "I'll never make it as a professional, so I might as well give it up"; "It may work for others, but it won't work for me"; "I'm just too shut down and hurt by my past experiences to romantically engage again." We have heard these and similar negative beliefs not only from our own minds, but from our parents, siblings, friends, mates, teachers, the media, and even total strangers. Sad to say, our friends are often the worst in this respect: because of their own fear and negative beliefs, they don't want us to thrive and achieve our dreams, believing that we will somehow get "ahead of them" and that they will somehow necessarily be "losing" if we are "winning." Unfortunately, many and perhaps most people are firmly stuck in the notion of a "zero sum game," that is, that the pie of life's goodies is ultimately limited, and that if one person (such as yourself) has more, then someone else (such as your so-called friend) will necessarily have to have less. It is important to recognize that if you

yourself believe in a zero sum game, then you are severely limiting what you can accomplish in and with your life.

The power of the mind, especially the power of our subconscious beliefs, is very great. Every negative thought you have about yourself or the world is based on a negative belief that you hold in your subconscious mind. And if you think that something is impossible to achieve, you will not even try to make it happen, or if you do try to make it happen, you will find yourself unable to succeed. Even more likely, you will find yourself downgrading your goals, dreams, and desires so that you can at least achieve *something*, even if it is not at all what you really want. Or you might find that you have a pattern of telling yourself that negative outcomes and experiences, whether they be physical, emotional, financial, or otherwise, are “OK” and “just part of life.”

The first step in PowerTapping, therefore, is to become aware of your base level of negative beliefs and where your positive beliefs are weak. At this point, there are a few rare individuals who will be able to simply overwhelm their negative thoughts and move through them and into success. Such individuals, however, are few and far between (and probably have a deep-seated belief that they *can* succeed) – this book is for everyone else. (And may be helpful to these rare individuals as well!)

Later on we will go over some of the current thinking about how and why PowerTapping can so effectively eliminate negative beliefs forever. The important point – which will be made several times throughout this book – is that even if we don’t know scientifically exactly how it works, we do know that it does in fact work. Bottom line: instead of “spinning” negative beliefs so they are acceptable, instead of merely finding a way to work around negative beliefs and the lack of positive beliefs that are 100% certain, PowerTapping actually eliminates negative beliefs and makes powerful positive beliefs a certainty that then leads to real-world changes.

2: Taking a RIB (Relative Intensity of Belief) Reading

After you have decided to work on a certain belief, or on a certain goal which will quickly lead you to the negative or positive beliefs you need to work on, you will need to make a subjective determination of the Relative Intensity of Belief, or RIB, that you hold with respect to that positive or negative belief. You will be asked to internally and subjectively rate the belief you are working on from a scale of 0 to 10, with 10 representing an absolute and irrevocable resonance with and commitment to the belief (whether negative or positive), and 0 being a complete lack of conviction in the belief. This rating will help you determine how well you have done in eliminating or strengthening the belief in question, and will inform your next steps. A quick overview of the RIB scale is given in chapters I-2 and II-6, and it is covered in detail in chapter IV-3.

3. Correcting for Psychological Reversal While Stating the Belief Aloud

Having become aware of your strong negative beliefs, and having rated their intensity on the RIB scale, it will now be possible for you to erase all of the doubts in your mind, all of the negative chit chat, and all of the internal thought saboteurs (negative self-talk) angling for your failure. It will also become possible to insert or amplify the positive beliefs necessary for your success. Before actually tapping, however, a subtle but very real condition that affects most people some of the time, and some people nearly all of the time, has to be dealt with. Called “psychological reversal,” and explained in detail in chapter IV-2, this condition can most simply be explained metaphorically.

Accepting, for now, that we are energetic as well as physical beings, imagine that as with electrical circuits, our life current must flow in a certain way in order for us to be successful, happy, and achieve what we want. If the flow of our current is somehow reversed or disrupted, as when batteries are put the wrong way into an electronic device, then things won't work at all or won't work the way they are supposed to. In practical terms, the subsequent steps of tapping out, tapping in, and tap dancing in and out, will

simply not work, or will not work nearly as well as they otherwise might have. When we are reversed, we do not really want to succeed, we do not really want to be happy, we do not really want to find relief for our emotional and physical aches and pains.

Another way to think of psychological reversal is that it is similar to the mathematical idea of negative 1 (“-1”). Regardless of what you multiply by negative 1, you end up with a negative number. Regardless of the energy or intention that you put into revealing and eliminating your negative beliefs, or amplifying your positive beliefs, if you are psychologically reversed you will still end up with a negative experience or outcome.

It is absolutely critical, therefore, to correct for psychological reversal. Because psychological reversal has clinically proven to be so prevalent, the basic techniques of AcuTapping and now PowerTapping automatically assume that you might be reversed, and start out with an easy to learn and perform physical correction that takes no more than fifteen seconds. You simply rub a certain spot on your upper chest (dubbed “the sore spot”) three or more times while stating aloud (or sub-vocally) the intention statement or affirmation (more on these later) that you will be working on in any given round of tapping. The sore spot is a neuro-lymphatic point that, when actively rubbed, undoes psychological reversal. Another spot, known as the “karate chop” point, will also undo psychological reversal, although it does not seem to be quite as effective at doing so.

4. Tapping In, Tapping Out, and Tap Dancing In & Out

Having become aware of your beliefs, and having corrected for psychological reversal, it is now time to do the actual tapping. For tapping out – to eliminate or greatly reduce negative beliefs – the basic tapping sequence consists of using your fingertips to physically tap eight different acupressure meridian points on your head, torso, and hands in a specific order. It typically takes less than a minute to go through this sequence. For tough cases, where your RIB score is not moving in the desired direction, there is an extended sequence as well, which involves some simple tasks such as humming, counting from 1 to 5, and doing some simple eye movements.

For tapping in, that is, for inserting or amplifying positive beliefs, the same sequence can be used, but thanks to pioneers like Larry Nimms and George Goodheart, there is a much shorter sequence that involves tapping solely on your head around the ear, known as “temporal tapping.” The earlier versions of tapping focused almost solely on the negative, on getting rid of negative beliefs. PowerTapping, on the other hand, places a nearly equal emphasis on tapping in positive beliefs, and on the dynamic interplay that exists between tapping in and tapping out during the length of a focused PowerTapping session. This is called Tap Dancing, and is a hallmark of PowerTapping.

5. Practicing and Persisting

PowerTapping is a learned skill. The more you practice, especially at first, the better you will become at it. Many people get such quick results, and become so skilled, that they are not able to hold back from sharing PowerTapping and even teaching it to their friends (with my blessing!). Finding the correct points to tap takes a little bit of work in front of a mirror; knowing how to uncover deeper layers of your issue or problem, and how to move back and forth between tapping in and tapping out, comes with time and experience. What takes the most effort – and what yields the greatest results – is the willingness to turn PowerTapping into a day to day, and even an hour by hour (or minute by minute!), practice. (As will be discussed later, there are some privacy and social implications of tapping in public, but none of these concerns should ward you off from establishing a PowerTapping practice.)

For example, I live in San Francisco and I take the SF Metro Subway to my office every day. While riding in on the train I typically visualize my upcoming day. I tap out anything that’s bothering me or that I don’t feel good about, and tap in what I want to think and feel. One morning I noticed several people watching me (but not watching, if you know what I mean). I became self-conscious, so I tapped out my embarrassment, and tapped in how confident I felt in my surroundings and how I was not bothered by people looking at me with curiosity. I immediately felt no embarrassment – in fact, I *wanted* these people to ask me about what I was doing so that I could share tapping with them.

Several days later I was tapping on the way home when a woman asked me what I was doing. As I was explaining tapping to her, two other people got in on the conversation because they were curious as well. I felt so confident after this experience that now I'll tap anywhere, at any time, without giving it a second thought.

As you begin to practice PowerTapping you will find that some issues, certain particularly strong negative beliefs or weak positive beliefs, are very resistant to change. You may have some difficulty with certain of these issues, and find yourself unable to eliminate a negative belief or strengthen a positive one. In these cases, persistence should be your watchword. While it is true that there are some cases where a professional therapist familiar with tapping may need to be called in (as discussed in chapter IV-5), for the most part most issues will eventually be resolved if you simply persist. And persistence, of course, is also necessary to develop the kind of hour-by-hour PowerTapping Practice briefly mentioned above. Persistence pays off!

Before moving on, here is a quick Review of the basic steps to PowerTapping:

- 1) Identify the problem, what's holding you back or blocking you;
- 2) Determine how intense the problem or belief is on a 1-10 scale;
- 3) Correct for psychological reversal by "rubbing the sore spot";
- 4) Tap the problem out until the intensity of the belief is 0-1, and tap in a new belief until you believe it 100%
- 5) Practice, be persistent, and march on to the next thing in your life!

Now that you have been introduced to PowerTapping, please turn to the next chapter, in which I will issue you a Personal Challenge that has the capacity to forever change your life for the better in relatively very little time.

“I am a hairstylist and I spend a lot of time on my feet. I booked an appointment with Robert for my severe back pain and he introduced me to PowerTapping during my first session. I was very willing to give it a try.

Robert took me step by step through the process and it really released my stress. He taught me this technique and very quickly I was doing it on my own. I can do it anytime – anywhere, and it gives me instant relief – it’s a great stress-buster! Since I have been doing the PowerTapping, my lower back pain has greatly diminished and I generally feel better about myself.”

- JoAnne Huey

I-3 – A Personal Challenge

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now." – Goethe

Provoking the Possible

My goal in writing this book is to bring you to the same place that I am at: from moment to moment I make sure that I stay in positive thought, with my creative mind flowing and directed towards bringing me what I desire. When something comes up that does not work for me – a thought, a behavior, a belief – I simply get rid of it by tapping it out, or I amplify any less-than-firm positive belief that comes up by tapping it in until I am 100% behind it. In this state, I find both my personal growth and my ability to manifest my true potential constantly accelerating, with no end in sight for either of these. I no longer live in a finite world, in a world of the zero sum game, but instead live in a world of infinite potential, a world where anything that is possible is truly possible.

If you are the type of person who buys many self-help books but rarely does the exercises or performs the suggested programs, *let me invite you to try something different and take my Challenge*, as described below. If you are serious and diligent, in just a short time – just five days – your life will probably change forever for the better. I cannot guarantee that PowerTapping will work for you, but I can tell you that it works for most of the people who give it a fair try, and for nearly everyone who truly wants it to work.

Be aware, then, that my goal here is indeed to provoke you, even to shake you – if you need shaking – from your long-time slumber in mediocrity. To be perfectly honest, nothing exhausts and frustrates me more than people who have a whole litany of excuses as to why they can't do what they want to do, can't have what they want to have, and can't achieve what they want to achieve. It's as if they want to keep their "stuff": they are comfortable with it, they have already built up a whole world of justifications for why they should stay where they are, and they would be extremely uncomfortable if someone was to directly challenge them. But, really, who cares about all the minutiae in your life?

Instead, if you want to be happy, healthy, and whole, drop the story, identify the problem, get rid of the problem through tapping out, see if there is anything else there that you need to get rid of . . . and tap it out, then tap in the beliefs and attitudes that you do want, and then move on! Don't even give the problem another thought once you are through with it. If you do give it another thought, you are clouding the new imprint that you have just tapped in with doubt, at which point you'll need to tap out the doubt. These doubts – and there may be several – are just more aspects of the problem that need to be addressed.

Again: PowerTapping is a magic key, and you have merely to stick it in the keyhole of your life and turn it in order for your whole life to open up. All the beliefs that you've had that don't work for you can be wiped out, and all the justifications that you've had for believing what you believed will come to be looked upon as just that: justifications. Yes, it may be somewhat painful to see that you were fooling yourself, that you wouldn't risk being better, that you wouldn't risk going way beyond your mediocrity in order to be happy. But let me ask you this: *wouldn't you rather experience some shock, pain, embarrassment, guilt, etc., as opposed to never even finding out that you had been living a life that was far below your true potential?*

A large part of the problem is that many people basically see themselves, deep down, as being frail. I have known professional athletes and powerful business executives who are all huff and puff on the surface and throw their bravado around like it was confetti on New Year's Eve. But underneath, these successful people have unachieved goals, personal health issues, and a goodly amount of "stuff" that, like nearly everybody else, they just do not want to deal with. Please understand that no matter how rich, powerful, or successful someone might seem, it is very likely that they are covering up their issues and, like the rest of us, justifying why they needn't do anything about them.

Resignation is one of our society's biggest problems. Many people, because of their life experience, have resigned themselves to believing that life can't and won't work for them, that they don't have enough money, aren't smart enough, aren't healthy enough, aren't good looking enough, and so on. If a person doesn't want to change whatever it is

that is interfering with their ability to be happy, then they will be resigned to doing nothing, and they will build up all sorts of stories, reasons, explanations, justifications, and so on, for why they can't possibly change.

When you are resigned, you don't have to risk failure, you don't have to risk success, and it becomes very easy to agree with all of your nay-saying friends that life is essentially difficult, hard, and unpleasant. You'll note that when someone steps out and says, "No! I don't want to be resigned to this kind of life, this is not what I want!", their friends will quickly but quietly try to drag them down and get them to rejoin the pack in its ongoing mediocrity. If you are not strong enough, or have resigned yourself to a great many things you don't really want to have, you'll generally go back to the pack.

What's important is that we have the ability to reason, to forward-think, and to change how it is that we participate in the co-creation of our personal realities. So let me invite you, once again, to be honest with yourself as you undertake my Personal Challenge. No one has to know what you are working on, what your fears are, or what you are tapping in or tapping out. You may find that the very hardest thing for you to admit to is that you have any fear; once you admit this, you will find that with PowerTapping the rest of your issues become relatively easy to deal with.

Although almost everyone wears masks to cover up their fear and imperfections – and often presents different masks to different people in their lives – in just a short time you will, in all likelihood, not need to wear as many masks. You will have had the opportunity to change those masked imperfections into badges of honor, and the very act of taking the Challenge, the very choice to try something different, will have already changed you for the better.

The Challenge

Are you ready to take full responsibility for your health, your success, and your happiness? If so, then I invite you to take my Personal Challenge, which is fairly simple and consists of five steps, as follows:

1. Admit that you have “stuff,” parts of your life that you would like to see changed or improved – an aspect of your physical health; your relationship with money; a lack of confidence in finding a mate that you really want ... anything at all that bothers you, is less than you want, or that you otherwise would like to experience differently.
2. Use the chart below – or a copy of the chart if this is not your book or you just don’t like writing in your books – and write down three aspects of your “stuff” that you would really like to see changed, that is, three of the things that bother you the most about your life right now. You may have already written down three items after having been requested to do so in chapter I-1.
3. Fill in your initial RIB (relative intensity of belief) score for each of these items; the most intense negative beliefs that you hold are rated a “10,” with the goal being to move them to a “0”; the weakest “positive” beliefs you hold are rated a “0,” with the goal being to bring them to a “10”; you can read more on the RIB scale in chapters II-6 and IV-3.
4. Read the rest of the “How To?” F.A.Q. and then spend 10 minutes in the morning, and 10 minutes before going to sleep, on each of the 3 items you have written down in the Personal Challenge Chart.
5. At the end of five days (Monday through Friday works great), reevaluate your final RIB score for each of these items, and how you feel about each of these items – has there been any real improvement or not? Is the problem as intense as it was? Is there anything else that you would now like to try PowerTapping on? If there is – go for it!

Please note that *I am indeed asking you for a time commitment here*, twenty minutes a day (10 minutes in the morning and 10 minutes in the evening) for five days. You will also need a small amount of time to read through and learn the most basic PowerTapping techniques, described in the “How To” in chapter II-6 so that you can give PowerTapping a fair try.

Problem or Issue	RIB Score pre-Challenge	RIB Score post-Challenge	Any Real Improvement?
1.			
2.			
3.			

Figure 1 – Personal Challenge Chart

Why am I asking you to do this? So that you can prove to yourself that there is a way to have the things that you want. If you find that PowerTapping doesn't work for you, then all you have lost is a relatively small amount of time. The good news is that the very act of taking the Challenge shows that you are ready and willing to make change in your life, that you are no longer resigned to mediocrity. If you are the type of person who is waiting for all their ducks to be lined up and all their planets to be lined up and everything else that might be necessary for real change to be lined up – then you will have already moved beyond your typical stuck pattern even if all you have done is take the first three steps above and admit you have stuff, write three types of your stuff down, and rate just how bad that stuff is for you. Congratulations! You are already moving into a new life of new possibilities, one where you are no longer resigned to merely waiting for something to happen.

If, up until this time in your life, you have chosen not to really go out and challenge yourself, then odds are you will have gotten what you've created, and you will probably not be very happy. But if you have finally chosen to take another direction, if you are willing to use the techniques in this book to get out of your stuff and to achieve what you want, then your time has come. And you *will* get what you want, because you have finally *chosen* to get what you want.

No doubt about it: it is uncomfortable being out there by yourself. But if you are strong enough to make this move, strong enough to get off your duff and move out of your mediocrity, and strong enough to take the Challenge, then you will find that your movement will attract all the things that you need to get the job done. If you are bold enough to tap into your true power, then as Goethe suggests, the magic of the Universe and your own personal genius will deliver to you your fondest hopes and dreams in ways that will surprise, delight, and perhaps even astonish you.

The last part of the Challenge is this: GET OVER YOURSELF. Enjoy your life! Rediscover your greatness! And move on! If you don't want to do these things, if you want instead to stay stuck in your story, then put this book down and give it to someone else. This is not a warm and fuzzy book meant to comfort you. Instead, it is meant to challenge you, in as compassionate way as possible, to get off the dime and start living as and from who you really are. I can tell you ahead of time that your excuses, justifications, explanations, and rationalizations, whatever they might be, are inherently lame and uninteresting. Instead, be brave and ready, be daring and truly human, and Get Out Of Your Own Way and Let Yourself Through With PowerTapping!

“When Robert introduced me to his coaching protocol, I was initially skeptical but figured it couldn’t hurt to give it a shot. The process was simple, quick, and frankly not very intense at all. What was surprising is how this simple process did uncover some deep emotions and issues

that weren’t revealed until immediately after working with him. There was also a sense of real connection and progression through the issues. I found Robert’s work to be a very positive and immediate experience, particularly in comparison to more traditional therapy.”

- Parker Moore

II. A TAP-FAQ & Guide

A Frequently Asked Questions and Guide to PowerTapping

*The only prerequisite for PowerTapping to work
is a sincere desire for change. – Robert Rudelic*

- 1. What?**
- 2. Why?**
- 3. Who?**
- 4. When?**
- 5. Where (on the Body)?**
- 6. How (to Tap)?**

II-1 What?

What is a F.A.Q. and what is this F.A.Q. about?

“F.A.Q.,” short for “Frequently Asked Questions,” is a list of frequently asked questions and answers about a given subject. Borrowed from the technical and on-line worlds, F.A.Q.s have proven enormously useful as a means of gathering together the answers to questions that appear most often. Answers to many of the questions that you might have about PowerTapping – including how to actually perform the basic techniques – will be found in this F.A.Q.

What is “PowerTapping”?

PowerTapping is both a technique and an ongoing practice designed to rapidly eliminate negative beliefs and their consequences, and to amplify positive beliefs and their impact, mainly through the simple act of tapping on your body’s acupuncture meridian points while stating aloud the belief being worked on in specific ways.

What can I expect from PowerTapping?

If you follow the instructions in this book and give PowerTapping a fair try, you can expect to see dramatic changes both in the intensity of your positive and negative beliefs, and in the areas of your life which corresponds to these beliefs. It is often possible to eliminate a negative belief entirely, and to “lock in” a positive belief so that you are permanently 100% behind it. In my experience, over half of all individuals who try PowerTapping find significant results the very first time they try it, and ninety percent or more who persist at PowerTapping will see substantial, if not amazing, results over time.

What general sorts of issues or problems can I work on with PowerTapping?

PowerTapping works on almost everything you can think of: phobias; depression; physical pain; relationship problems; sports performance; business performance; anxiety; and on and on. Gary Craig, the creator of a form of AcuTapping known as EFT, likes to say “try it on everything!” More specifically, you can work on the following:

- Any goal, desire, ambitions, or state of affairs that you desire or would like to achieve
- Any problem, difficulty, onerous situation, “stuck” place in your life, or other undesirable condition or situation (including physical and emotional pain) that you would like to change for the better
- Bringing down the intensity of any negative belief that you hold from a high level of intensity (rated, for example, as a “10” on the RIB scale used throughout this book) down to “0” intensity
- Bringing up the intensity of any positive belief that you hold from a low or non-existent level of intensity (rated, for example, as a “0” on the RIB scale) up to a “10” or a level of unambiguous, 100% belief

What are some specific examples of issues, problems, or goals that PowerTapping has proven successful with?

A partial list of what PowerTapping works on includes the following (a more comprehensive list is found in chapter III-3):

Phobias	Weight Loss	Relationships
Depression	Abuse	Sports Performance
Sadness	Trauma	Business Success
Unhappiness	Fear	Memory
Low Self-Esteem	Pain Relief	Creative Expression
Anxiety	Addictions	Personal Power
Stress	Compulsions	Various Diseases
Embarrassment	Guilt & Shame	Spiritual Connection

Figure 2 – Partial List of Problems Successfully Addressed by PowerTapping

What dangers or side effects are there to PowerTapping?

Although it is extremely rare, there is always a possibility that the technique and activities involved in PowerTapping will unleash suppressed emotions in a real-time psychological or psychiatric trauma sometimes known as an “abreaction.” *This situation, if it occurs, must be handled by a medical professional.* If you are already suffering from a psychiatric disorder and are under the care of a medical professional, you should consult with that professional before embarking on PowerTapping.

For most people, however, the far greater danger will be that of not giving PowerTapping a fair chance. Many people will avoid PowerTapping, claiming that it couldn’t possibly work, or that there isn’t enough science behind it, or that it is too “touchy feely” or “New Agey.” In many such cases, the person unwilling to try PowerTapping is simply avoiding doing what is necessary to make a real difference in their lives. Frequently, the very dysfunctional belief or pattern at the core of someone’s problem or issue will assert itself yet again in the guise of an unreasonable hostility towards trying or even considering trying PowerTapping.

PowerTapping has no known negative side effects.

What are the origins of PowerTapping?

PowerTapping, which in the broadest sense is a form of Energy Psychology or Energy Medicine, owes its origins to Roger Callahan, Ph.D., who invented Thought Field Therapy (TFT) roughly 30 years ago, and Dr. Fred Gallo author of several books on the subject and creator of NAEM, HELP & EDx™. More recently, Gary Craig condensed and simplified TFT into his own system, known as EFT (Emotional Freedom Technique). PowerTapping represents an extension of EFT both with respect to its focus on achieving positive outcomes, and with respect to making it a real-time practice. Both TFT and EFT, as well as PowerTapping and other systems that have come out of T.F.T, and E.F.T, can be seen as forms of “AcuTapping,” that is, they are systems that make use of physical tapping on the body’s acupuncture meridian points.

II-2 Why?

Why should I give PowerTapping a serious try?

With PowerTapping, your life can smoothly accelerate to levels of health, achievement, and satisfaction that you may have long ago given up hope on. Not only is it possible to rapidly and completely get rid of the limiting beliefs that hold you back, it is also possible to reprogram yourself with positive, expansive, beliefs that can completely remake your world. Anything is possible with PowerTapping, including the achievement of your heart-of-heart's deepest desires.

Why does PowerTapping work?

The exact reason why PowerTapping works is not known. There are, however, several different theories as to why it works, and these will be briefly reviewed in chapter III-2. The simplest explanation is that PowerTapping (and AcuTapping generally) works because of the physical tapping that is done on well-established acupuncture meridian points discovered by Chinese medicine some 5,000 years ago. It has been suggested that this tapping “collapses the negative thought form” or belief associated with any difficulty or problem. It is somewhat less clear why PowerTapping works to amplify positive beliefs and achieve goals.

Why is PowerTapping not better known if it works so well?

Gary Craig, founder of EFT, has written that “EFT should have been discovered 50 years ago and should be as common today as aspirin.” Unfortunately, because all forms of AcuTapping are in direct opposition to deeply entrenched scientific and medical paradigms – paradigms which do not recognize the fundamentally energetic nature of the human being and human body-mind – it has been hard for many individuals to believe that the results claimed for tapping could possibly be true. As Roger Callahan has put it, “[Tapping] is very counterintuitive. In a psychotherapeutic tradition that emphasizes talk therapy and/or drugs to treat emotional problems, what could be more peculiar than

accessing energy systems by tapping specific points on the body – and, in the process, providing healing in just minutes?” It is expected that this generalized societal disbelief will change over time, and that at some point in the not-too-distance future a type of “threshold effect” will occur, after which PowerTapping will suddenly become very well-known and widespread.

Why does PowerTapping often work far better than standard psychotherapy?

Psychotherapy typically does not eliminate the base or core beliefs that are the root cause of most psychological and many physical problems. When an individual is sufficiently stressed, these core beliefs come back into play, and the original difficulties can easily re-emerge. PowerTapping, on the other hand, can eliminate these root beliefs, often during the first session. Moreover, PowerTapping is much quicker than psychotherapy – which often gets stuck in endlessly reexamining and spinning past events – and also costs far less, and can be performed on oneself or on a friend with relatively little training. Almost everyone is born already equipped to PowerTap at virtually any time and in virtually any place.

Why bring another system like PowerTapping into existence when TFT and EFT are perfectly valid and functional?

As the latest form of AcuTapping, PowerTapping brings to the forefront certain ideas and techniques that are missing from TFT, EFT, and their brethren. What’s new in PowerTapping includes the following:

- A more direct and systematic focus on achieving positive goals and dreams
- A focus on identifying and then changing the relative intensity of beliefs, both positive and negative, as the core technical leverage point (as opposed to a focus on thoughts, distress, or “energetic disruptions”)
- A way of working with both positive and negative beliefs in the same session, going back and forth between them to gain even better results, using a kind of “Tap Dancing”

- An emphasis on turning the technique into a real-time practice that will bring you far greater results in your life than would otherwise be possible
- A willingness to work with the scary (for some) but critical idea of “Power,” for after all, what these techniques give us is a way to directly and unambiguously tap into the *real power* that is at the core of who we are

Why is there more than one main PowerTapping Sequence?

There is more than one main PowerTapping sequence for the same reason that a carpenter has more than one tool in his toolbox. As further described in chapter II-5, the three main PowerTapping Sequences are as follows:

- the *Basic Tapping Out Sequence*, which is used to greatly reduce or completely eliminate the intensity of a negative belief associated with a problem or issue;
- the *Extended Tapping Out Sequence*, which is used for difficult or stubborn tapping out situations; and
- the *Temporal Tapping In Sequence*, which is used to more strongly tap in (raise the intensity of) a weak or non-existent positive belief.

The Basic Tapping Out Sequence is where you will usually start if you have some problem, pain, or issue, or if you have directly identified the negative belief you wish to work with. If after two or three rounds of the Basic Tapping Out Sequence the problem remains, then you will want to try the Extended Tapping Out Sequence. When you want to tap in a belief (either right off the bat or after you have already been working to tap out a negative belief), you will use the Temporal Tapping In Sequence. In certain circumstances, as described in chapter IV-1, you may find the Basic or Extended Tapping Out Sequences useful for tapping in as well. Over time, all three of these sequences will become second nature to you as you learn when, how, and in what order to use these sequences to your greatest advantage. (There is also an Abbreviated Tapping Out Sequence, which will be described in chapter IV-1.)

“After several months of struggling out of sand bunkers, Robert introduced me to PowerTapping. I thought it was strange at first, but I later realized that it worked quite well. The next time I played, I hit two bunker shots within 6 feet of the cup. Before that, I was routinely hitting shots over the green or leaving shots in the sand. It had nothing to do with technique – my problem was a lack of confidence, which resulted in very strange things happening to me physically.”

- Mike Ambrose

II-3 Who?

Who can benefit from PowerTapping?

Almost everyone who gives PowerTapping a serious try will benefit from it. Even animals seem to show positive results from being tapped on! However, if you are suffering from a known psychiatric disorder, you should see your physician or health care provider and obtain their advice and consent before undertaking PowerTapping.

Who is unsuitable for PowerTapping?

Certain individuals suffering from extreme psychological reversal and related issues may not be able to succeed on their own with PowerTapping. These individuals might want to consider seeing a professional therapist with knowledge of tapping. Individuals with known psychiatric or severe psychological difficulties may be unsuitable for PowerTapping, and in any case, these individuals should consult a professional healthcare provider familiar with Tapping. Finally, PowerTapping will not be found suitable by those who do not want to change or who do not want to try something new and potentially extraordinarily effective.

Who can I tap on, and whom should I let tap on me?

Obviously, you should feel free to try PowerTapping on yourself. Once you have mastered the basic technique, you can also try PowerTapping on your friends and relatives once you have obtained their permission. You can get great benefit from working with a therapist or someone else who is familiar with tapping, especially if they work with you on particularly difficult or stuck issues or goals.

Who is likely to oppose my PowerTapping practice?

Surprisingly, your friends and family, that is, those who are closest to you, may offer the most opposition to your PowerTapping practice! These individuals may be surprised, or often shocked, at the remarkable progress you can make in many areas in your life, and such surprise and shock often breeds discomfort in those who are not directly taking part. Looking at you with a kind of “comparative mirror” effect, they may try to stop you or slow you down with sabotage, gossip, rumors, and so on.

One solution is to invite them in, let them know what you are doing, and even ask if they want to participate or learn PowerTapping for themselves. Another solution is to tap out your distress, embarrassment, or concern at their reaction, or tap in a belief such as “I am a powerful person utilizing tools that my dear friends don’t yet know about.” With focused PowerTapping, you will soon be so secure that it won’t matter what your friends say anyway! As you change, you may naturally find that you have grown apart from some of your old friends, and that you are attracting or seeking out new friends with whom you are now more compatible.

Conventional medical doctors and psychotherapists who are not aware of the efficacy of Energy Medicine and Energy Psychology in any of their many forms may also oppose what you are doing. Again, you can try to bring them into the fold by explaining what you are doing, perhaps giving them a copy of this book or other quality tapping reference materials, or you can simply tap out any distress, embarrassment, or concern at their reaction. And you may also want to find a new doctor or therapist who is more in tune with the modern Energy Psychology and Energy Medicine movements. For more information on these topics, please contact us at www.RobertRudelic.com.

Always remember, though, that your main purpose in tapping *is to improve your own life and be more of who you really are*, and never to impress or “weird out” other people. If you are tapping to get a reaction from others, or to distress them, then you are still a “wannabe.” If you have in fact been tapping to impress or distress others, then you should

determine the beliefs that underlie that behavior, and then tap them out. Then tap in who you really are: confident, secure, and willing and able to rely on and trust yourself.

II-4 When?

When is the best time to tap?

The best time to tap is whenever a negative thought or belief comes up, or whenever you recognize that you don't really believe 100% in some aspect of who you are or what you are doing. In short, *real-time tapping is what you should strive for*, notwithstanding any issues that you may have about tapping in front of other people. (This will be addressed shortly.)

When is the best time not just to tap, but to consciously practice PowerTapping?

PowerTapping goes a step beyond other types of AcuTapping in part because of its emphasis on persistence, practice, and putting together a program that will positively create the fullest life that you can imagine. It is important, therefore, to set up some regular time during the day – when you first wake up, when you take a shower, during lunch, before you go to bed – when you take the time to work on your issues and goals in a systematic way. A number of guidelines, processes, suggestions, and charts are provided later on to help you create an effective PowerTapping practice.

When I'm in serious crisis or physical pain, is tapping a good idea?

Yes, absolutely. You can start tapping on something as simple as “Even though I am in crisis, I completely love and accept myself,” and that alone may bring your stress and anxiety down dramatically. Or, for pain, you can start tapping on “Even though I am in a great deal of pain right now, I deeply and completely love myself.” As you learn how to tap, you will see that there are many ways to use tapping during the ordinary and extraordinary challenges and travails that arise during everyday life.

When else might I want to tap?

When you are in a great mood, you might want to tap yourself into an even better mood! Or, when you are in a great mood, you might want to tap in the possibility – tap it into a 100% strong belief – that whenever you want you can instantly remember and be brought back to that great mood, including all of its physical and emotional aspects.

You might want to tap right before you fall asleep (or right when you wake up), feeding your subconscious mind with bright and powerful intentions and affirmations. Or suppose you are interested in lucid dreaming or remembering your dreams? Again, you can tap in your ability to do either of these things right before you fall asleep. Or, if you have trouble falling asleep, you can try tapping on your insomnia.

Anytime, really, is a good time to tap. As your PowerTapping practice develops, you will be surprised at the number of occasions – especially at first – that you can make good use of tapping. Over time you will have less problems and issues, and be achieving and coming closer to many of your goals, so you might not want to tap quite as frequently.

When there are other people around, is it OK to tap?

Yes, of course, but you may have to first tap out your embarrassment and your willingness to be seen in public doing what is good for you. Nobody wants to become a “tapping freak,” with people pointing at you and whispering, so you do want to use some discretion. On the other hand, if you have a need to tap, then you should go ahead and find a way to do it. This issue is covered in more depth in chapter V-5.

When should I not tap?

Tapping can, will, and should absorb a good deal of your attention, so you don't want to tap in any circumstance when all of your attention may be suddenly called for.

II-5 Where (on the Body)?

Where are the acupuncture meridian points that are used in the main PowerTapping sequences?

The F.A.Q. following this one will describe in detail *how* to practice the core PowerTapping sequences, but before getting there, you will need to become familiar with the physical location on your body of some fifteen different acupuncture meridian points. Take a deep breath (and let it out): this will not be as hard as it seems, as these points are divided up into three different main sequences as follows:

- the **Basic Tapping Out Sequence** (used to greatly reduce or completely eliminate a negative belief associated with a problem or issue), which makes use of eight meridian points
- the **Extended Tapping Out Sequence** (used for difficult or stubborn tapping out situations), which uses an additional five meridian points
- the **Temporal Tapping In Sequence** (used to amplify a positive belief so that it is held with 100% conviction), which requires you to tap closely along a curved line from a clearly defined starting point to a clearly defined ending point; note that although not usually necessary, the two *tapping out* sequences can also be used for *tapping in*, a subject that will be covered later in chapter IV-1

It is important that you study and commit these points to memory over time, although there is no reason why you, as a beginning PowerTapper, can't tap along with Figures 3 and 4 as you begin to practice tapping. As you first become familiar with the various points, you may want to try practicing tapping them – typically with two or three fingers, tapping gently but firmly four to seven times in about two seconds – and see if you can feel a type of tingling or resonance as you hit the “sweet spot.” The good news is that tapping is a very forgiving technique, that is, you don't need to hit the exact meridian point (as would a competent acupuncturist) in order for the meridian to be stimulated and for the “magic” of tapping to have its effect. Nonetheless, it is good to get a good idea of where the various tapping points are so that you can reliably come as close to them as possible.

Note, too, that some of the tapping points occur on both sides of the body (“symmetrical” meridian points), while others occur only once, on the body’s centerline. It generally does not matter which of two symmetrical tapping points you work with, or which hand you use to tap it with. This topic is covered in more detail in chapter IV-1.

Where are the points used in the Basic Tapping Out Sequence?

The Basic Tapping Out Sequence consists of seven points, as shown in Figure 3. At first, you should tap on the points in the exact order listed below, that is, start with tapping the EB or Eyebrow point or EB and work your way down to the UA or Under Arm point and then to the BH or Back of Hand point. Later on you may decide to alter the pattern or even to add in some different points, as described in chapter IV-1, but in the beginning you should practice all three of the main tapping sequences until you are very familiar with them and can perform them at a moment’s notice without even having to think.

Recommendations are made as to how many fingertips to tap with, but you should follow your own comfort and sense of what works best for you. When tapping with two fingers, use the index finger and middle finger; when tapping with three fingers, add in the ring finger; and when tapping with four fingers, add in your pinky. The tapping points for the Basic Tapping Out Sequence are described in Figure 3 and shown in Figure 4, as follows:

	Abbrev.	Name	Where	Fingers
1 st	EB	Eyebrow	the beginning or inside start of eyebrow	2
2 nd	SE	Side of Eye	corner of eye (orbit bone) or “crows feet”	2
3 rd	UE	Under Eye	the bone just under your eye, centered with your pupil when looking straight ahead	2
4 th	UN	Under Nose	indentation between your upper lip and nose	2
5 th	UL	Under Lips	indentation between your lower lip and chin	2
6 th	CB	Collarbone	beginning of the collarbone, at the angle where your collarbone and breastbone meet	2 or 3
7 th	UA	Under Arm	the side of the body in line with a man’s nipples or a woman’s bra strap, using the flat of your fingers and not just your fingertips	3 or 4 (flats of fingers)
8 th	BH	Back of Hand	just down from the crease where your fourth and fifth fingers meet	2 or 3

Figure 3 – Description of Tapping Points for the Basic Tapping Out Sequence

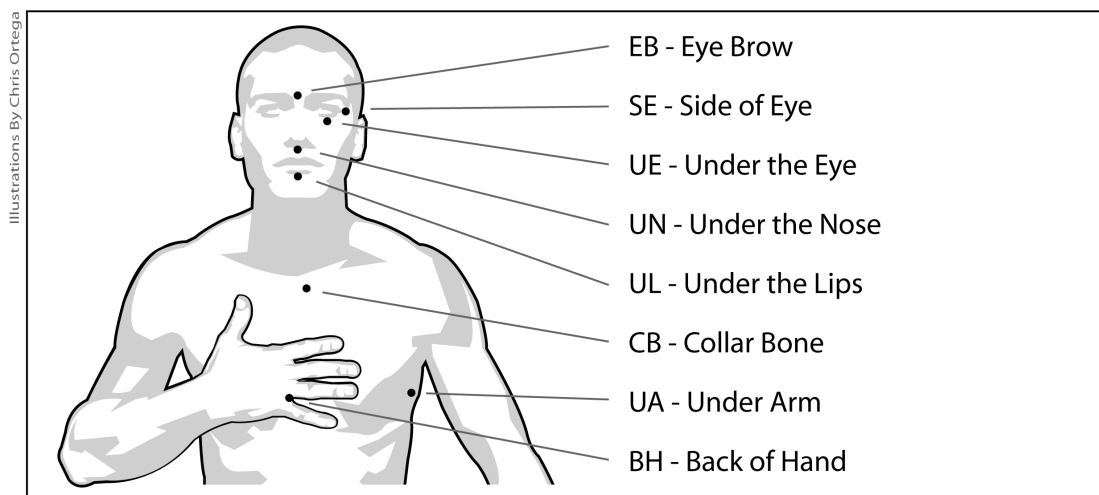


Figure 4 – Basic Tapping Out Points

Most of these points are easy to locate and, as mentioned earlier, you can often verify that you have found the point in question (or are close enough) because when you tap on it you will feel a kind of tingling or energetic resonance at that point, or there may be a small emotional release signaled by a change in breathing. The most difficult point to find may be the Collarbone point, which isn't actually on the collarbone (clavicle) itself, but is at or just below the angle or junction of the collarbone and the breastbone (or sternum).

Where are the additional points used in the Extended Tapping Out Sequence?

In addition to the eight points used in the Basic Tapping Out Sequence, the Extended Tapping Out Sequence makes use of four more points, located on each of your fingers except your ring finger, as described in Figure 5 and shown in Figure 6. Please note that all of these points are easy to find and locate, and can be effectively tapped with only one finger.

	Abbrev.	Name	Where	Fingers
1st	TH	Thumb Nail	with palm facing you, on top outside edge of thumb, in line with bottom of nail	1 or 2
2nd	IF	Index Finger Nail	with palm facing you, on top outside edge of index finger, in line with bottom of nail	1 or 2
3rd	MF	Middle Finger Nail	with palm facing you, on top outside edge of middle finger, in line with bottom of nail	1 or 2
4th	LF	Little Finger Nail	with palm facing you, on top outside edge of little finger, in line with bottom of nail	1 or 2

Figure 5 – Description of Tapping Points for Extended Tapping Out Sequence

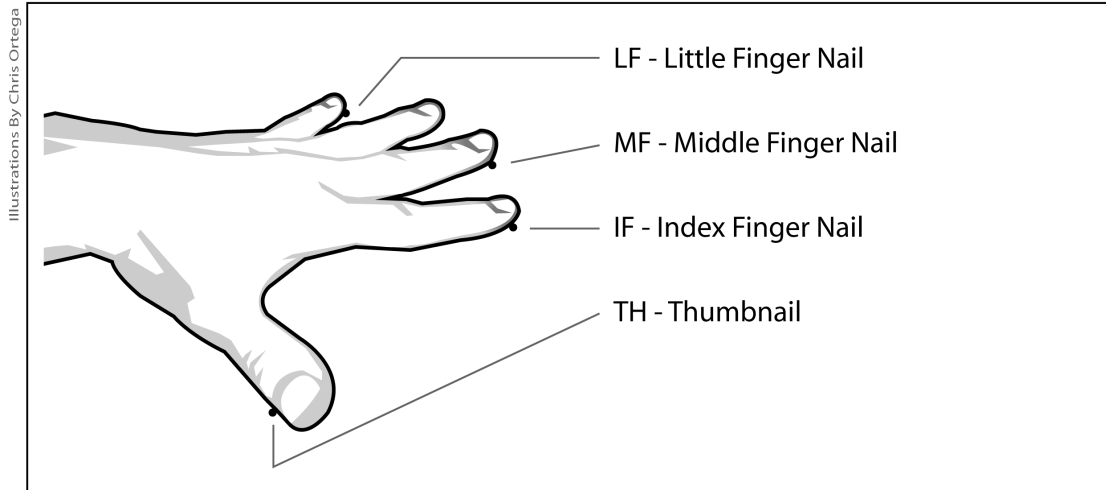


Figure 6 – Extended Tapping Out Points (either hand)

Where are the points used for the Temporal Tapping In Sequence?

As shown in Figure 7 below, the points for the Temporal Tapping In Sequence are found on a circular line on the scalp just outside the ear. You start tapping even with the ear canal, then go up through the temple, over the top edge of the ear, and then back down until you reach the mastoid bone or a point that is just opposite where you started from. You tap all along this line, quickly tapping on each spot a few times. Couldn't be simpler!

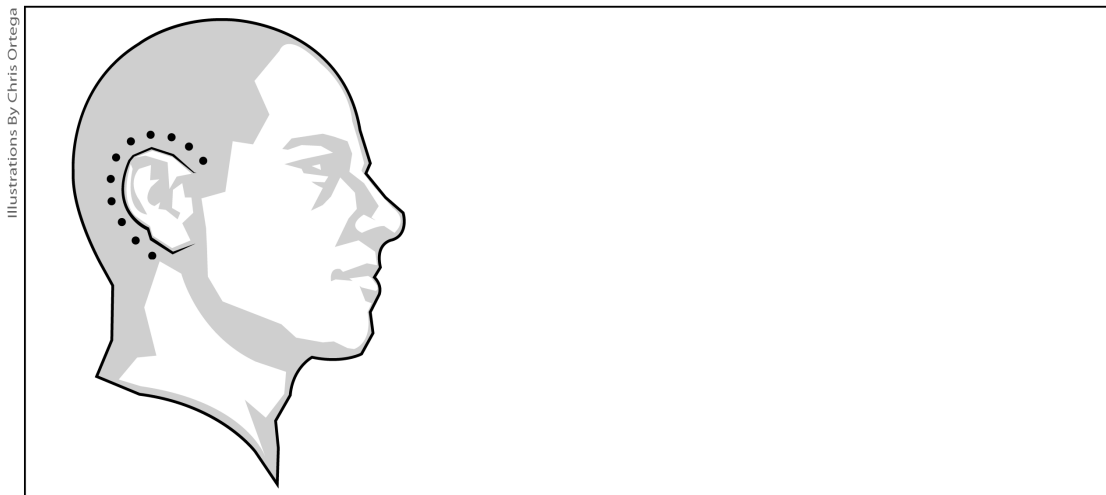


Figure 7 – Temporal Tapping Sequence Points (either side of head)

Where else do I need to tap or rub?

There are only two remaining points that you need to become familiar with, both of which are used to address what is known as Psychological Reversal. Under any view of the human body, we are or we contain a fantastically complex energy system, and if the energy in that system is not flowing properly, we can expect to have serious difficulties. Put most simply, Psychological Reversal occurs when the actual belief that you hold is contrary to the belief that you want to hold. Such an energetic “polarity misalignment” can stop you from being successful with PowerTapping. (See chapter IV-2 for a detailed description of Psychological Reversal.) In fact, Psychological Reversal is so common that – as explained in the next F.A.Q. – each time you begin a new PowerTapping sequence you will start out by correcting for Psychological Reversal, whether or not you actually need it or think or feel that you are afflicted by it.

The primary way of addressing Psychological Reversal is to rub what is known as the “sore spot,” a neuro-lymphatic junction that, when rubbed, cleans things out and repolarizes our energy system so that it once again flows correctly. As seen in Figure 8, it is located on either side of the body on the upper chest, a few inches below the collarbone. Try vigorously rubbing this spot in a clockwise circular motion with two or three fingers. You will know you have found it because it will indeed feel sore or perhaps sensitive.

A secondary way of correcting for psychological reversal is to use two fingers to tap on what has been called the “karate chop” point. As Figure 8 shows, this point is at the outside edge of the hand, and is where you would make contact with an object if you were delivering a karate chop.

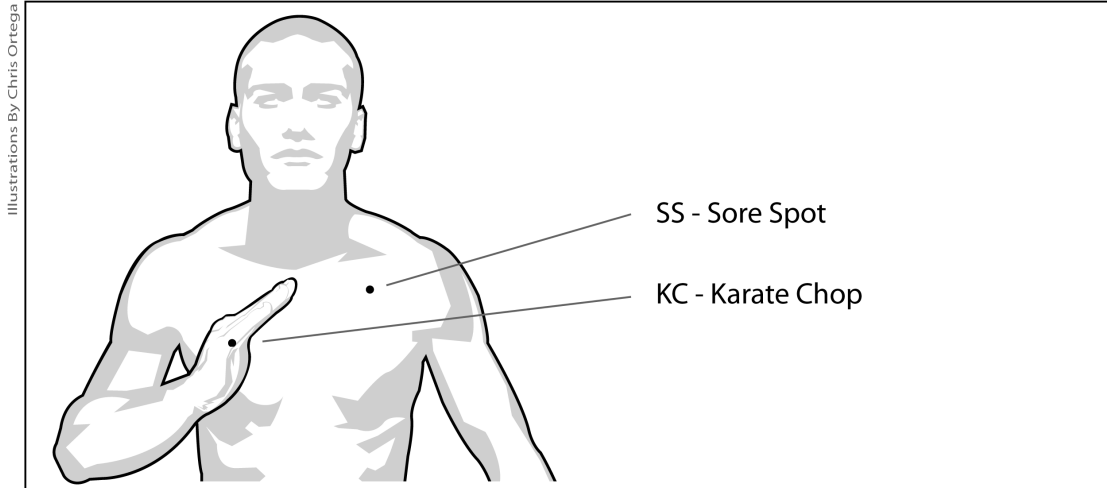


Figure 8 – Sore Spot and Karate Chop Point (either side of body)

Where are any other points that I might want to know about?

There are a few other points that are not part of the main PowerTapping sequences. One such point is on the very top of the head; another is where the “third eye” would be, that is, slightly up from a point centered between your two eyebrows. In truth, there are many additional acupuncture meridian points found throughout the body, and over time you may discover that certain points when tapped on have positive effects for you or just plain feel good (even if they are not acknowledged meridian points). Ultimately, “what works” and what feels good should be your two guidelines. But before going off to explore these many different possible points, you should first study and master the location of the points used in the three main PowerTapping sequences. In short, first make sure that you are on point, and then, and only then, go out and explore yourself to your heart’s content.

II-6 How (to Tap)?

How can I prepare for my first PowerTapping experience? It's So Easy!

If tapping in all of its forms is new to you – if you have never tapped before – then you may want to take some time to read or re-read chapter I-2, “A PowerTapping Overview,” so that you have a general idea of what’s in store and how the technique works.

In chapter I-2, “A PowerTapping Overview,” PowerTapping was described as having five main stages or activities, as shown in the following flow chart:

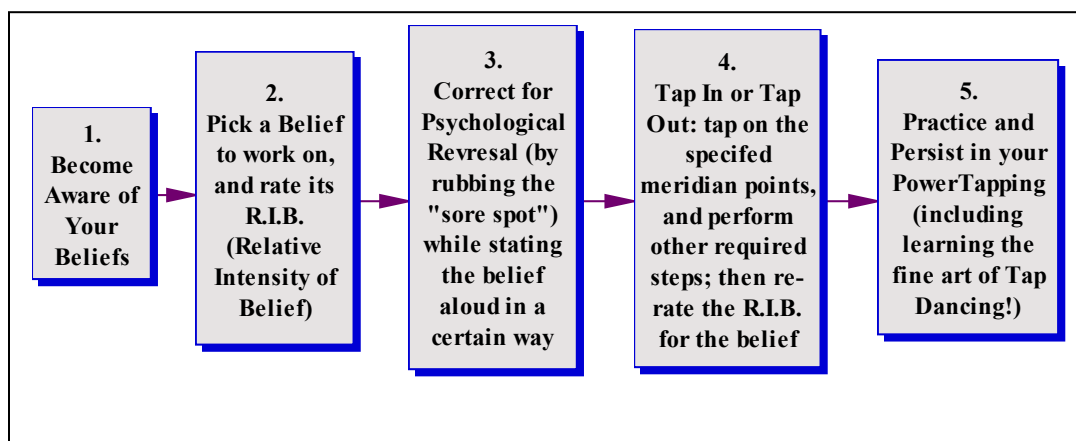


Figure 9 – Five Main Steps to PowerTapping

Certain of these steps require that you have some previous knowledge. For instance, to perform the second step, you will need to understand the RIB scale, as described both in chapter II-6 and in more detail in chapter IV-3. To briefly summarize, if you have a negative belief (such as, “I am not good enough”) that is as strong as any negative belief or emotion you can possibly hold, then you would rate it a “10,” and your goal would be to bring that belief down to a “2,” a “1,” or better yet, a flat out “0.” If you have a positive belief (such as, “I am a great negotiator”), and you have no conviction in that belief whatsoever, then you would rate it as a “0,” with the goal to bring it up to an “8,” a “9,” or a “10.”

Similarly, to perform the third and fourth steps, you will have to know where the “sore spot” is and where the various other spots are for the Basic Tapping Out Sequence, the

Extended Tapping Out Sequence, and the Temporal Tapping In Sequence, as shown in the previous chapter of this F.A.Q.

How do I begin to tap out a belief?

The place to begin is with what you believe. Pick an issue or problem in your life, and a belief related to that issue or problem. For example, suppose you have a serious long-term problem with shyness, enough so that you avoid new people and new situations and sometimes won't even go into a room with strangers even if you are supposed to be there. Your belief, then, would be "I am painfully shy." Or suppose you think you are overweight and that you will never be at your ideal weight. In this case your belief might be "I believe I am going to be fat forever."

Before doing anything else, go ahead and make a subjective rating of your belief using the RIB scale. If this is an intense problem for you in your life – if when you check in with yourself you find that it is incredibly psychologically distressing, and you feel not only psychologically distressed but also noticeably physically upset just from contemplating your belief – then you might rate it a "10." It is important for you to really tune in and see just how intense your belief is; it is believed, in part, that tapping works because you have "tuned in" to the "thought field" surrounding the belief, and that without first tuning in to it you can not "collapse" or eliminate that thought field.

How do I state my belief aloud while correcting for psychological reversal?

The next step in tapping out a belief is to frame what we will call the Negative Belief Statement (or "NBS") in one of the following, all very similar, ways:

- "Even though I am painfully shy, I deeply and completely accept myself"
- "Even though I believe I am going to be fat forever, I deeply and completely love and accept myself"

- Even though I'm afraid of public speaking, I completely and deeply love and accept myself.”
- Even though I believe I don't deserve to be really successful, I completely and deeply love and accept myself.”

The point of framing your Negative Belief Statement in this way – and saying it aloud at least three times while you consciously find and rub the “sore spot” – is that you are giving yourself permission both to recognize the psychological and emotional reality of your belief, while also acknowledging that you do, in fact, love and accept yourself. By saying the belief aloud while you rub the “sore spot,” you correct for psychological reversal, thereby opening yourself up to the beneficial effects of the tapping that you are about to perform. Note that experienced PowerTappers may choose to not say the Negative Belief Statement aloud, but may instead say it very softly or even sub-vocally; it is important, though, that you do go through the process of actually stating the belief, even if you are only doing so in your mind, both to correct for psychological reversal and to prepare yourself for the actual tapping that comes next.

How do I actually tap out a negative belief?

You have already identified your belief, rated its intensity, and corrected for psychological reversal while saying Negative Belief Statement aloud. It is now finally time to actually begin tapping! Following the steps of the Basic Tapping Out Sequence, and with Figures 3–8 at easy reach, use one of your hands to tap first on one of your Eyebrow points, then on one of your Side of Eye points (usually on the same side of the head as your Eyebrow point), then an Under Eye point (again, the same side of your head), then your Under Nose and Under Lips points, and then move down from the head to one of your Collar Bone points, the Under Arm point on the same side of your body, and then the Back of Hand point.

Importantly, while you are tapping these points *it is crucial that you keep repeating aloud a shorthand version of the belief you are working on*. In the examples given, you might softly say, as you go from point to point, “painfully shy” or “always be fat.” This serves

the purpose of keeping you “tuned in” to the problem you are working on. Later on, in chapter IV-3, there will be a discussion on changing the shorthand version while you are in the middle of a tapping sequence or between sequences. But for now, pick one simple phrase that is a shorthand version of your problem, and say that aloud as you continue to do your tapping.

After you have finished your first run-through of the Basic Tapping Out Sequence, you might want to stop for a few seconds, let yourself breathe fully, and take another assessment of your RIB score. Has the intensity of the belief changed at all? Are you as upset as you were? Or has the RIB score moved downwards. Sometimes you will find that it goes from a very high score, an “8,” “9,” or “10” all the way down to “1” or “0,” and other times you may not find very much movement at all. It is also very helpful, as discussed in chapter V-2, to write down your results in a PowerTapping Log, an example of which will be provided.

Suppose your belief – “painfully shy” – was a “9,” and has now moved down to a “7.” Go ahead and run through the Basic Tapping Out Sequence another time or two. You may want to switch hands and tap the symmetrical points on the other side of the body that you didn’t get to the first time through (e.g., Eyebrow, Side of Eye, Under Eye, Collar Bone, Under Arm, Back of Hand). Then, take a rest for a moment and breathe again. Has your RIB moved down? Do you hold the belief as strongly as you used to? Are you as upset as you were? Can you really even get upset about this belief any more?

Suppose that you have moved your RIB down to a 5, but it seems stuck there. At this point, it would be time to try the Extended Tapping Out Sequence, which involves not only some new points, but also some eye movements, humming, and counting!

How do I continue to tap out a belief using the Extended Tapping Out Sequence?

If you are “stuck” and cannot get your RIB to move down any lower (or can not get it to move at all!), then it is time for the Extended Tapping Out Sequence. (Another option is to try Tap Dancing by tapping in a positive belief, but for beginners it is better to work with the Extended Tapping Out Sequence before attempting to tap in.) Note that *all the time that you are performing the extended sequence you should be saying aloud the shorthand version of the belief that you are working on.*

To perform the Extended Tapping Out Sequence, refer to Figures 5 and 6 and do the following:

1. Go all the way through the Basic Tapping Out Sequence;
2. After the Back of Hand point, go through the Thumb Nail, Index Finger Nail, Middle Finger Nail, and Little Finger Nail points, tapping on each of them in order (the ring finger nail, it has been found, does not add to the effectiveness of the technique and can therefore be skipped);
3. Return to tapping the Back of Hand point, and continue tapping it all the way through the rest of the Extended Tapping Out Sequence;
4. Now, hum a few bars of a song: “Happy Birthday” or “I’ve Been Working on the Railroad” will do, or pick any song that you happen to like;
5. Count aloud from 1 to 5;
6. Close your eyes, then open them, and without moving your head, sharply look down and to the right;
7. Then sharply look down and to the left;
8. Without moving your head, roll your eyes in a big circle all the way around, starting at the top, moving to the right, then down, then to the left, and then to the top;
9. Still without moving your head, reverse directions and roll your eyes in a big circle all the way around to the left; and
10. Hum a few more bars of your chosen song.

That's it! At the end of the entire procedure you should check in with yourself and re-rate your RIB score for the belief being worked on. Although this may seem complicated at first, it is easy to learn if you do it while reading through it a few times in a row. Here is a simplified version of the Extended Tapping Out Sequence steps:

1. Perform Basic Tapping Out Sequence;
2. Tap on four fingernail points;
3. Tap on Back of Hand point through all the next steps;
4. Hum a few seconds, then Count to 5;
5. Eyes closed then open, then sharply down to right, then to left
6. Eye rolls in both directions
7. Hum a few finishing bars.

How can I get the RIB score to go lower if it seems stuck?

If you can not move your negative belief down all the way to a "2" or lower, then there are three things you can try:

- **Simply persist:** Often it takes five or ten times or more of going through the Basic and Extended Sequences before you will see real movement on a particular negative belief. Persistence is a great virtue, however, and you should not give up too easily.
- **Change the wording of the Negative Belief Statement:** One particularly effective strategy is to say something like "Even though I *still have some of this problem* of such-and-such, I deeply and completely love and accept myself." In the example used above, you might say, "Even though I still have some of my shyness, I completely love and accept myself." The shorthand reminder phrase you use while going through the various points can also be changed to "remaining shyness" as you tap through the Basic Tapping Out Sequence or the Extended Tapping Out Sequence.

- **Try Tap Dancing:** If you feel stuck and your RIB is going nowhere, you can try *tapping in* a positive belief instead using the Temporal Tapping In Sequence. Then, later on, come back to the negative belief and see how it is doing. Tap Dancing is described later in this chapter, and in more detail in chapter VI-4. As for how you can know that it is a good time to try Tap Dancing ... well, when you are all “tapped out,” of course!

How do I know if I am doing the eye rolls part of the Extended Tapping Out Sequence correctly?

When you are rolling your eyes, it is important to try to cover the entire circle in each direction, as if your eyes were on the minute hand of a clock that went around the entire outside of a circle. If you have a tendency to skip over certain portions of the circle in either direction, it is important to overcome that tendency. At least part of the purpose of the counting, and eye rolling, techniques which are borrowed from disciplines such as EMDR and neuro-linguistic programming, is to bring balance to your brain by calling both hemispheres of your brain into use. (Humming stimulates the right side of the brain, while counting stimulates the left side of the brain. Eye movements activate the visual cortex and seem to integrate and balance the whole brain.) If you find yourself skipping over part of the eye circle rolls, that may represent a type of “stuckness” or glitch in the way you process thoughts or in the way that energy flows through your system.

How do I perform the Temporal Tapping In Sequence?

As described earlier and shown in Figure 7, the Temporal Tapping In Sequence is easy to learn and perform, and quicker and more subtle than the Tapping Out Sequences. Again, starting a bit below the temple on either side of the head, you simply tap up and around the ear and end up opposite of where you started.

As with the two Tapping In Sequences, you should correct for psychological reversal before you start. In this case, however, the Positive Belief Statement (or “PBS”) that you

say aloud will not be in the “Even though...” format. Instead, while firmly and circularly rubbing the sore spot a good three times, you want to say aloud a positive affirmation of who you are or who you want to be with respect to the belief that you are attempting to amplify or bring up from a low RIB (a “0,” a “1,” or a “2”) to a high RIB (an “8,” a “9,” or a “10”). Following the earlier examples, you could say any of the following for your Positive Belief Statement:

- “I am gregarious, outgoing, and love to meet people”
- “I thoroughly enjoy being places where I don’t yet know anyone”
- “I am having a great time at this party”
- “I am perfectly fit and strong and am at my ideal weight”
- “I look great in a swimsuit”
- “I absolutely love to exercise and eat right”

More detail as to how to frame Positive Belief Statements will be found in chapter IV-3.

How do I get the RIB score to go higher if it seems stuck when I am tapping in?

As with tapping out, there are three things to try here:

- **Persistence:** Again, simply persist. It is a tried-and-true strategy, and often the only thing that will ultimately work.
- **Change the wording of the Positive Belief Statement:** The wording of Positive Belief Statements is discussed in more detail in chapter IV-3. If the way you are framing the belief that you are hoping to tap up to a “10” is not effective, then try a different version, either changing the time (take it from a present tense affirmation and make it a future tense one), or change the subject matter slightly (instead of saying aloud “I am gregarious, outgoing, and love to meet people,” you might say “I love parties like this and am having a great time.”)

- **Try Tap Dancing:** Instead of working on strengthening or amplifying a positive belief, ask yourself “What’s in the way of my believing this entirely?” and then tap out whatever negative belief comes up. If you are trying to tap in “I am having a great time at this party” and you get stuck, then after asking yourself what’s in the way of believing that, you might find that tapping out “”Even though I am embarrassed because I feel underdressed, I completely love and accept myself” is what does the trick. You will be shocked at what comes up as you start to dig into the underlying levels of your beliefs, and happily surprised at the results that follow once you are done tapping them out.

“My depression was initiated by my husband leaving me after thirty years of marriage. I was also menopausal and gaining weight, and to add to my problems, I was short of funds! Although I knew I needed help, I was not the least bit motivated to take any action.

I live in New York. My friends told me about Robert Rudelic, who does phone sessions from California. I was pleasantly surprised at the success of our long distance sessions. I’m back in the gym (and loving it), optimistic about my future and its unlimited possibilities. I’m smiling once again, thanks to Robert.”

-Linda Pogrell, PhD

III. From AcuTapping to PowerTapping

The History, Science, and Evolution of a Revolutionary Technique

“A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die and a new generation grows up that is familiar with it.” – Max Planck

III-1 – The History and Origins of AcuTapping and PowerTapping

In simplest terms, PowerTapping is derived from Gary Craig's EFT, or Emotional Freedom Techniques, which is itself derived from Roger Callahan's TFT, or Thought Field Therapy. All three of these (and a number of similar systems, including Tapas Acupuncture Technique or TAT, Getting Thru Therapy or GTT, Be Set Free Fast or BSFF, Emotional Diagnostic and Treatment Methods or EdxTM, and Whole-Life Healing or WLH.) can be thought of as forms of AcuTapping, since their primary distinguishing characteristic is a reliance on the physical tapping on acupuncture meridian points. All of these systems therefore owe a huge debt, as Roger Callahan puts it in the Acknowledgements section of his fine book *Tapping the Healer Within* (2001), to "the unknown genius of the Orient who, over five thousand years ago, first discovered the meridian (acupuncture) system." The basis of treatment in the Traditional Chinese Medicine philosophy is "Qi" or "Chi," a form of vital energy or life force that flows through the body. When a person's chi has a balance of the two opposing universal forces of Yin and Yang (masculine and feminine force), then that individual will be in good health.

Whether it was one or many individuals who discovered the meridian system, the fact is that despite continued nay saying certain skeptics, in 1996 the U.S. Federal & Drugs Administration reclassified acupuncture needles as medical devices, roughly 4,000 physicians in the U.S. have acupuncture training, insurance companies increasingly are willing to reimburse acupuncture treatments, and roughly between 10 and 15 million Americans spend approximately \$500 million a year on acupuncture for treatment of a wide range of maladies. These include depression, AIDS, allergies, arthritis, asthma, bladder and kidney problems, bronchitis, colds, constipation, diarrhea, dizziness, fatigue, flu, gynecologic disorders, headaches, high blood pressure, migraines, paralysis, pain control and relief, PMS, sciatica, sexual dysfunction, smoking, stress, stroke, tendonitis, and vision problems.

In short, except for the most die-hard of medical and scientific skeptics, there is little doubt that acupuncture works, and that the meridian system is real. Fortunately, Roger Callahan, Ph.D., though he had not been formally trained as a therapist, had a basic familiarity with Traditional Chinese Medicine and acupuncture. He was also familiar with the work of Dr. George Goodheart, a chiropractor thought of as the father of applied kinesiology or “AK,” who in the late 1970s found that “percussing” or tapping on the various points of the energy meridians was another way to stimulate them. Callahan had also worked with the Australian psychiatrist Dr. John Diamond, and had received some valuable ideas from him.

In 1980, this double familiarity led Callahan to ask a particularly tough patient of his, suffering from an intense water phobia, to try tapping the point that we now call the Under Eye point. (His patient had been complaining of stomach queasiness being generated by her fear of water, and Callahan knew that the Under Eye point was somehow related to the stomach meridian). Lo and behold, his patient lost her water phobia on the spot – forever – and right then and there she bent down and splashed water from a swimming pool on her face. Later that evening, she was able to wade into the ocean, up to her waist, without any fear. Callahan was dumbfounded, and although he didn’t know exactly what happened, he knew that the taping technique must have been at the heart of it.

Over time Callahan found relief for a variety of problems for other patients of his. He also determined that often a whole series of points needed to be tapped in a specific sequence. He began to bundle together these series of points tapped into a specific order into what he called “algorithms,” each of which he found was particularly effective at addressing a specific disorder. Callahan also borrowed a couple of processes from Neuro Linguistic Programming and Eye Movement Desensitization and Reprocessing (EMDR); these processes are now found in the Extended Tapping Out Sequence.

Gary Craig, a student of Callahan’s and a Stanford engineer, subsequently questioned the idea of specific tapping algorithms for specific problems. Craig’s system, known as

“Emotional Freedom Techniques™,” or EFT, uses a “one stop protocol” that hits upon all of the major meridians. Craig discovered that rather than spend a great deal of time diagnosing individual difficulties and determining the correct protocol for them, it was possible to simply tap on the major meridians, and that just as wide a set of problem could be even more effectively dealt with in this manner.

Just as EFT comes out of and represents a streamlining of TFT, PowerTapping represents a further refinement and extension of these techniques. As described throughout this book, PowerTapping adds substantial focuses on creating positive changes and dreams, on identifying and changing the relative intensity of both negative and positive beliefs, on working with both positive and negative beliefs in the same session (“Tap Dancing”), on turning tapping into a real-time practice, and on directly addressing issues of ... power. For if AcuTapping in its many forms is as potent as it seems, then we are unquestionably dealing with the fact that a tremendous amount of power resides at each of our fingertips, a state of affairs which makes many nervous, and which many would like to deny.

Just how this power originates, and the way that it flows in, through and around the human body, is the subject of even wider fields of inquiry that call themselves Energy Psychology and Energy Medicine. Dealing not only with the acupuncture meridian system, but also with energy centers known as “chakras,” and the subtle energy field surrounding the human body known as the “aura,” it is expected that these wider fields will have considerable impact upon the scientific and medical establishments over time. Another fascinating approach, bringing Einstein and quantum physics into the mix, has been pursued by Dr. Fred Gallo, and is well worth future consideration.

One last word on origins. The great scientific pioneer of modern psychology, Sigmund Freud, spoke frequently of the body in hydro-mechanical terms, and how blocked psycho-sexual energy (libido) could be “cathected” or moved for purposes of release and then healing. The idea that we are energy beings, and that we can consciously work with our energy to bring about healing, is perhaps not so far out of at least part of the current psychological mainstream as we might have thought.

“PowerTapping came to my emotional rescue during a recent stressful period in my life. Because of bureaucratic confusions, I was faced with the probability of losing my health insurance, something I was relying on. Robert suggested that if I tried PowerTapping, accompanied by some centering words, this process would empower me to cope with my turmoil.

I was amazed by the results of using PowerTapping. Although the outer problem (gaining health insurance) did not immediately go away, one brief session of PowerTapping quickly relieved my inner problem of emotional distress. PowerTapping allowed me – in the face of my fears – to remain calm and poised to take all the action steps required to deal with my challenges in a logical, practical way.”

- Joan Cody, R.N., B.S., C.M.C.

III-2 The Science Behind AcuTapping

AcuTapping, in all its many forms (including TFT, EFT, and now PowerTapping), is a powerful tool for emotional and physical healing, and can also be used to produce dramatic positive changes in your life. The next chapter, “The Proven Potential of AcuTapping,” will review some of the different types of proof for the effectiveness of AcuTapping. But *why* and *how* does AcuTapping work? What is the science behind it? And does it matter if we understand the science behind it or not?

To start at the end: no, it doesn't really matter if we do not, at this point, have an exact and rigorous scientific explanation for the efficacy of AcuTapping. Several reasonably good explanations have come down the pike, and it may be that one of these, or one not yet formulated, will in the long run shown to be the correct, most useful, or most comprehensive explanation. In the meantime, let us turn to a frequently used analogy very few people in the world understand the true depths of how electricity works, and yet, we have no hesitation about coming into our homes and flipping the light switch to bring illumination. We don't have to or need to understand how electricity works in order to use it, and the same thing is true of the fingertip meridian tapping that underlies all forms of AcuTapping, including PowerTapping.

Energy Psychology Explanations from the Founders of TFT and EFT

Although we do not need to know exactly how tapping works, it will be useful to review some of the explanations that have been put forth by the proponents of AcuTapping in its various forms. First, we will look at the explanations of the two most important originators of AcuTapping, Roger Callahan and Gary Craig.

Roger Callahan, Ph.D., creator of Thought Field Therapy or TFT (see chapter III-1), starts with the idea that thought is a kind of energy, that there are “Thought Fields” that

surround and are woven into and through the physical and energetic body of each human being, and that any kind of emotional distress will have an associated “perturbation” in a Thought Field. More precisely, he claims that it is the perturbation of a Thought Field associated with a negative experience that controls, guides, and generates all of the other changes in the body, from chemical to hormonal to neural changes, that result in our ongoing distress and upset. These perturbations are associated with specific acupuncture energy meridians, and therefore by tapping on the right meridian points in the right sequences, the perturbation can be “collapsed” and eliminated, thereby leading to healing. In other words, tapping influences the body’s internal electromagnetic energy; stimulation from physically tapping on meridian points directly impacts the Thought Field, eliminates the perturbation associated with it, and thereby brings healing.

Gary Craig, creator of EFT or Emotional Freedom Techniques™, the system from which PowerTapping directly descends (see chapter III-1), starts out by putting forth what he has called the “Discovery Statement,” which simply states that all negative emotions are caused by a disruption in the body’s energy system. Therefore, if this disruption can be relieved, then the associated negative emotion will also be addressed. The way to relieve the disruption is to do a tapping sequence that taps on all of the body’s major meridians, thereby “overhauling” the body’s entire energetic system and in the process eliminating the need to diagnose specific problems. Essentially, this is the same explanation as Roger Callahan’s, although the two take different directions with respect to how to eliminate or relieve an energy “perturbation” or “disruption,” with Callahan believing that the unique algorithms he developed for specific negative emotions are necessary, and Craig claiming that a single master protocol will pretty much do the trick.

In discussing this disagreement as to specific algorithms vs. a master protocol, certain skeptics have pointed out that since therapists using Gary Craig's master protocol have been able to produce excellent results regardless of exactly where they tapped, then perhaps there really is nothing special about tapping on specific meridian points. These therapists then put forth explanations such as the placebo effect, expectancy, conditioning, relaxation, and so forth. The problem here, however, is that there is a great

deal of proof, as described in the next chapter, that the actual act of tapping make a significant difference and is a primary cause both for the healing of emotional distress and physical symptoms, and (especially with PowerTapping) for creating tremendous positive results in one's life.

Meridian Points as Energy Portals

The perspective of PowerTapping is very similar to that of Lambrou and Pratt who, in their foundational work, *Instant Emotional Healing* (2000), state that tapping does not work to directly change stubborn thoughts and unproductive patterns and responses. Instead, it clears the disturbance in the body's energy system that makes these unproductive thoughts, patterns, and responses "stuck" in the first place. Tapping dislodges or breaks up "the interference to the free flow of the body's energy, or chi," and once the stuck point is dissolved, and the negative emotional complex is released, the energies which have been trapped can now freely flow and the imbalance that previously existed can self-correct itself. Lambrou and Pratt's emphasis on self-healing – that what tapping primarily does is to enable the individual's body/mind to heal itself – is an appealing one that is in accord with the deepest insights of holistic health and energy medicine.

PowerTapping agrees with this perspective, and reframes the meridian tapping points as portals into the energetic body. When you tap, you are physically and mechanically creating an electrical or energetic charge that flushes out any disturbances in the human energy system, including the negative beliefs that are at the root of virtually all difficulties (and the weak or absent positive beliefs that cause, or fail to cause, desired results).

Whether this is a "regular" electrical charge that is created, or is some type of subtle energy charge that at this point is essentially beyond the scope of scientific investigation, is not known, and, once again, is really not that important. But if you find yourself concerned about not knowing exactly how PowerTapping works, then you might want to

tap on *that* concern before proceeding with any other tapping. Here's an example of what you might tap out: "Even though I don't believe I can get benefit from PowerTapping because I don't understand how it works, I completely love and accept myself."

Given the universal equivalency of energy and mass brought home by Albert Einstein's famous equation, it is fair to say that human beings are fundamentally made up of energy. If, then, you want to make substantial lasting changes in how your emotions and your physical body express themselves, it follows that you will have to make energetic changes to the body-mind as well. One extremely powerful way to do this is through tapping on the meridian energy portals while bringing your underlying thoughts, and even beneath those, your underlying beliefs, to the surface. When you tap, you produce vibrational changes in the frequency of the body-mind's energy system, and then the rest of the mind and the body are energetically enticed, entrained, or compelled to follow suit.

A Simplified Explanation

There does not seem to be a single theory that explains how Acutapping works to the satisfaction of all involved. Roger Callahan states that the explanation for tapping lies at the point where we bring together quantum physics, biology, acupuncture meridian therapy, the general Eastern understanding of the body-mind's energy system, and even clinical psychology. While all this may be true, it is a bit too complex, and instead, PowerTapping looks at things a bit more simply.

First, we are undoubtedly energetic beings, and are at least partly electrical in nature. (As Gary Craig whimsically puts it, it is obvious that our electrical systems are vital to our physical health, because when the electrical energy in our body stops flowing, we die.) Second, belief is a kind of energy, both indicative of and related to our other energy systems (including our thought systems). Third, if you believe something, then it is true for you, and your extraordinarily powerful deep self will manifest for you what it is you believe. (Exactly how this reality co-creation happens is beyond the scope of this book, but once again, we do not need to know exactly how it works to know that it does, in fact,

work.) Fourth, if you change a negative belief, you will get rid of the energetic disturbances that create your problems, and similarly, if you enhance a positive belief, you will create an energetic template from which positive outcomes will follow. Fifth and finally, for whatever reason, tapping on the energetic portals known as meridian points gives us the ability to either eliminate or amplify a belief. Putting it all together, we have the following:

**Tapping on Meridian Energy Portals →
Eliminate Negative or Amplify Positive Belief →
Changing Body/Mind's Energetic Template →
Changing Life Outcomes!**

Figure 10 – Simplified Flow Chart Explanation of Why PowerTapping Works

Put another way, whatever the presenting problem may be (including the lack of positive outcomes in someone's life), it has a counterpart in the human energy system and can be treated at that level. Tapping on the meridian energy portals into the energy system while being tuned in to the underlying belief is an extraordinarily effective and powerful way of addressing the human energy system and bringing about desired life outcomes.

Patricia Carrington, Ph.D., an EFT practitioner, makes a final point that should be mentioned. In her view, the tapping that is done on meridian points quickly brings an individual into a state of heightened receptivity. (Note that Carrington goes through great pains to point out that this is not “hypnosis” or “trance” in the ordinarily understood sense of these words, and she is certainly not ascribing the transformative effects of tapping to “mere hypnosis.”) One way to think about this is that when you engage in tapping you are putting yourself into a state of mind that allows you to be consciously aware of your subconscious beliefs, thereby enabling you to pull out those beliefs that do not work for you without resistance, and then put back in the positive beliefs that you do want. Thus, after you have practiced tapping on several occasions, you can almost effortlessly fall into this state of heightened awareness and receptivity when performing further tapping. When you say aloud a Negative Belief Statement you are working on while rubbing the sore spot and correcting for psychological reversal, and then repeat it in shorthand format as you go through the tapping sequence, and then tap in a Positive

Belief Statement, your body can “hear” these Belief Statements in a “deep” way, resulting in a reprogrammed mind and changed life outcomes.

Carrington’s notion that tapping puts us into a state of heightened receptivity is important for two reasons. First, in addition to perhaps providing a part of the explanation for how tapping works to get rid of undesirable emotional problems or physical complaints, it also points to how and why it is possible for positive beliefs to make their way through the mind and have their impact.

Second, Carrington points to an aspect of the practice of PowerTapping that is important to keep in mind. As a real-time practice, one dealing with both eliminating negative beliefs and amplifying positive beliefs, PowerTapping will work best if it is treated as a special activity, one that we should to some degree hold as a serious life practice that is akin, in some ways, to a spiritual or religious ritual. If we treat it this way, PowerTapping will continue to work for us, and will continue to be able to transform our lives in just the ways that we want. But if we just rush through our tapping without any real desire, focus, or intent to connect to issues and new outcomes, then it will probably lose its impact, and our tapping will have become, as described in chapter VI-7, nothing more than another thing that we do just for the sake of doing it. In other words, we need to be careful to treat our tapping practice carefully and seriously, or it will become just more "food for the ego." Remember: beliefs are transformed on an ongoing basis, by creating links to other positive beliefs which build support for each other, thereby causing lasting and powerful change.

III – 3 The Proven Potential of AcuTapping

In the province of the mind what one believes to be true, either is true or becomes true within certain limits. These limits are to be found experimentally and experientially. When so found these limits turn out to be further beliefs to be transcended. – Dr. John Lilly

“Proof” is defined as “the evidence or argument that compels the mind to accept an assertion as true.” What proof, then, do we have for the proposition that AcuTapping is an effective and powerful healing and self-growth tool?

There are four types of proof relevant to AcuTapping:

- strict scientific proof
- clinical evidence
- anecdotal reports
- in the pudding

This chapter will consider all four of these types of proof in turn. As a brief summary beforehand, we can say that although strict scientific proof is just beginning to become available (the first peer reviewed scientific study has just been published), there is a good deal of clinical evidence and an even larger amount of anecdotal reports. Most importantly, with respect to the proof in the pudding, have you begun to determine for yourself whether tapping works for you? If you haven't, then a good place to start is with the Personal Challenge back in chapter I-3.

Strict Scientific Proof: The First Peer-Reviewed Study Is Published

Modern science is properly extremely rigorous in its demands for proof. A legitimate scientific experiment or study must follow certain strict rules set by scientists, including, for example, the use of a control group. In many cases, nothing less than a randomized, placebo-controlled, double-blind protocol – one where not even the experimenters know which subjects are part of the control group and which ones are getting the “real” stuff –

must be used. In each area of science the requirements for an acceptable study are set by the experts in that field, and by the editors of the scientific journals that anchor the discipline. Having a research study published in a legitimate peer reviewed journal – an extremely competitive endeavor as “publish or perish” is often the guiding criterion for many professional academics – is considered the ultimate hallmark of success.

The first-ever study on AcuTapping in a peer reviewed journal was recently published. The study, performed by Steve Wells, Kathryn A. Polglase, Henry B. Andrews, Patricia Carrington, and Harvey Baker was published in the Fall 2003 edition of the prestigious Journal of Clinical Psychology (J Clin Psychol. 2003 Sep;59(9):933-42). Called “Evaluation of Meridian-Based Intervention, Emotional Freedom Techniques (EFT), for reducing specific phobias of small animals,” the Australian study, led by Steve Wells, compared the use of EFT to an advanced deep breathing technique (diaphragmatic breathing) in the treatment of individuals who were phobic towards small animals.

Some 35 individuals were randomly divided up into two groups, and in four out of five of the test measures used (including the critical behavioral test of how close the subjects were willing to come to the small animal at the heart of their phobia), EFT did significantly better than the deep breathing technique. (There was no difference in the fifth measure, which recorded pulse rates.) Moreover, a follow-up study showed that six to nine months later, those treated with EFT had maintained and even enhanced their results. Importantly, the control group (the deep breathing group) used all of the same “reminder” phrases and other aspects of the EFT protocol, that is, the only difference between the two groups was that at the point of the experiment where the control group used deep breathing, the experimental group used tapping. This shows that the difference in results had to be caused by the tapping.

It is fitting that the first “real” scientific study on any form of AcuTapping should be on phobias, as it was the treatment of a phobia that first led Roger Callahan to develop the first form of AcuTapping, Thought Field Therapy, as described in chapter III-1. The Wells et al. study is a landmark that will undoubtedly generate more grants, more

research, more studies, and more interest in AcuTapping in its many forms. While it is only one study, the fact is that there is now at least one piece of strict scientific proof that has met all the requirements of the scientific establishment. If someone asks, “Where is the *real* proof?”, meaning the acceptable-to-conventional-scientists proof, we now have at least one place to turn.

Clinical Evidence

“Clinical” is defined as “of, relating to, or connected with a clinic,” or “involving or based on direct observation of patients.” For our purposes, clinical evidence is evidence gathered by those who have been working with and observing patients, including those who have performed experiments that are not quite up to the levels of strict scientific proof described in the last section.

To start with, we have the clinical reports of Roger Callahan (inventor of Thought Field Therapy and the father of the entire AcuTapping movement), Gary Craig (inventor of Emotional Freedom Techniques™, the discipline from which PowerTapping most directly derives), and other practitioners of AcuTapping in its many forms. Callahan and Craig have both worked with thousands of patients, and have both reported extraordinary success rates in dealing with emotional and physical difficulties.

In his book *Tapping the Healer Within* (2001), Callahan further cites to a number of different studies of TFT that have been performed. One such set of studies has been undertaken by Charles Figley, Ph.D. and Joyce L. Carbonell, Ph.D., psychologists at Florida State University. Using the SUD (subjective units of distress) scale, they found that TFT was significantly more effective than any of the other treatments they compared it to for patients who had a phobia or who had suffered from a trauma. Callahan also cites to other studies, including ones performed by: Stephen Daniel, Ph.D. (who performed a study on 214 other therapists who had psychological difficulties); Robert L. Bray, Ph.D. and Crystal Folkes, M.S. (a study on refugees and immigrants with post-traumatic stress difficulties); and Ian Graham of the United Kingdom (who treated 177

people, all but 11 of whom responded positively to his treatment of a variety of psychological problems).

Dr. Fred Gallo is another leader in clinical reports with respect to a number of aspects of energy psychology. His works on the Edx™ form of tapping, as well as his seminal work on energy itself as a discipline, are well-worth studying.

An excellent on-line source reporting a variety of clinical studies in progress is http://www.energypsychresearch.org/energy_research_in_progress.htm. Some ten different studies are summarized on this page (which, unfortunately, has not been updated since 2001), including the following:

- An earlier version of the Australian Wells study discussed previously;
- *A Meridian-Based Intervention called Be Set Free Fast (BSFF) in the Treatment of "Small Animal" Phobias* by Kathleen Christoff, Ph.D.;
- *Claustrophobia and Thought Energy Study* by George Pratt, Ph.D. and Peter Lambrou, California-California, USA (4 subjects with claustrophobia were successfully treated with Thought Field Therapy);
- *Meridian Tapping Procedures in Anxiety, Somatoform, Addictive and Related DSM IV Disorders with 5000 Patients Treated Over 5 Years: Preliminary Clinical Trial (2001)* by Joaquin Andrade, M.D. from Uruguay, South America (5,000 patients treated over five years, with tapping outperforming drugs plus cognitive behavioral therapy by a 93% to 63% margin); for a further description of this work, see David Feinstein's article "Subtle Energy: Psychology's Missing Link," published in the Institute of Noetic Science's Review, June-August 2003, p. 18;
- *The Use of Meridian Based Interventions: Emotional Freedom Techniques (EFT); Be Set Free Fast (BSFF); Neuro-linguistic Programming (NLP) and Brief Exercise with Depressed Patients: Clinical Trials and Research* by The Lifeworks Group in Australia (a variety of tests using EFT and BSFF (Be Set Fast Free) technique);
- *Thought Field Therapy and Quantitative Electroencephalogram (QEEG)* by John Diepold, Ph.D. and David Goldstein, Ph.D. (2000) (a single patient was treated with TFT and his brainwave patterns revealed all signs

of brainwaves associated with a trauma were eliminated; at 18 months, the patient's brainwave patterns still showed no returned signs of the trauma);

- *A Meridian-Based Intervention: Emotional Freedom Techniques (EFT) for Post Traumatic Stress Disorder in Auto Accident Victims* by Lee Pulos, Ph.D. and Paul Swingle, Ph.D., University of British Columbia, Canada (initial promising results, and additional funding being sought for test with a control group);
- *A Meridian-Based Intervention: Emotional Freedom Techniques (EFT) with Epileptic Children* by Paul Swingle, Ph.D., University of British Columbia, Canada; and
- *A Meridian-Based Intervention (Emotional Freedom Techniques or EFT) with Specific Phobias* by Harvey Baker, Ph.D. and Linda Siegel in Queens, New York (this is a follow-up study to the original research done in the published Wells et al. study)

As you can see, a wide variety of successful clinical studies have been performed on various forms of AcuTapping. With the successful publication of the Wells et al. study discussed in the last section of this chapter, it can be expected that more clinical trials, some of which will eventually turn into additional published studies, will be undertaken.

Anecdotal Reports

Anecdotal reports are not considered to be scientific proof. Yet, when thousands, or tens of thousands, of individuals report astonishing success using AcuTapping in its many forms, it is hard not to take notice. Taken together, these anecdotal reports suggest the following:

- AcuTapping works on an extraordinarily diverse set of emotional and physical problems
- AcuTapping is easy to learn and easy to self-administer
- AcuTapping brings fast, often immediate relief
- The results of AcuTapping are long-lasting and often permanent
- Aside from the rare abreaction (see chapter II-1), there are no side effects from AcuTapping

In chapter II-1 a partial list of what AcuTapping works on according to anecdotal reports was presented in Figure 2. While still partial, the following more extensive list of what AcuTapping is anecdotally said to work on, presented in Figure 11, gives a better idea of the full range and extent of the technique’s inherent possibilities. Remember, too, that for the most part AcuTapping has been focused on the relief of emotional or physical pain, and not on the production of positive results that follow from amplifying weak or absent positive beliefs. In other words, we can expect that this partial list will need to be substantially expanded to handle the positive results that follow from more and more people taking up a real-time PowerTapping practice.

Subjects of Reported AcuTapping Success

Abuse	Addictive Cravings	Allergies
Anger	Animals	Anxiety
Asthma	Back Pain	Birthing
Blood Pressure	Breathing Problems	Business Success
Children	Compulsions	Creative Expression
Depression	Disease	Dying
Dyslexia	Embarrassment	Fear
Grief	Guilt	Heart Disease
Insomnia	Nightmares	Night Sweats
Obsessions	Pain Relief	Panic Attacks
Peak Performance	Personal Power	Phobias (all types)
Physical Healing	Procrastination	PTSD
Relationships	Sadness	Self Image
Sexual Prowess	Spiritual Connection	Sports
Stuttering	Trauma	Underachievement
Unhappiness	Violent Tendencies	Weight Loss

Figure 11 – Subjects of Reported AcuTapping Success

There are a few caveats that should be mentioned here. First, with respect to some of what seem to be purely physical conditions (such as dealing with certain diseases or the management of pain from a broken leg), it is important to always consult a medical doctor and to make sure that you continue to do whatever is prudent and necessary. For example, if you have back pain and find tremendous relief from it by using tapping, you still would not want to go out and test your back to see how much stress it can now stand, nor would you want to discontinue any medicines prescribed for you. However, if PowerTapping brings you relief, you might want to have a discussion with your medical doctor as to discontinuing your pain medications sooner rather than later.

Reducing the Pressure Cooker

I remember a conversation I had with a client about his high blood pressure. When I asked him why he had high blood pressure, he told me that his doctors told him that his high blood pressure was a hereditary ailment and that there was nothing much that could be done about it other than the medicine he was taking. "Is that what you believe?" I asked him. He said "yes," that was what he believed.

So I asked him when his high blood pressure started. He said it started about the time he and his wife split up, but that he had already completely taken care of that through therapy. I asked him if he would be willing to try tapping on it anyway, and he agreed. So we tapped out any remaining anger or resentment he had towards his ex-wife, and then we tapped out the difficult time he had after they split up. Finally, we had him tap on the Negative Belief Statement, "Even though I have high blood pressure, I love and accept myself." He was able to bring that down to a "0," and he admitted he felt a tremendous amount of emotional relief.

Sure enough, the next time he had his blood pressure checked, he had made great progress with it, and was negotiating with his medical doctor to go off his medication.

Second, many people have a hard time understanding how PowerTapping could possibly help with something that seems to be of a purely physical nature. It is important to remember, however, that many, if not most, physical maladies have some sort of emotional or belief-based element, and that tapping can certainly address at least that part of whatever is going on. For example, if someone has high blood pressure, there is usually a component of anxiety, anger, of self-hatred that is at least in part the cause of

that high blood pressure. If you address the emotional or belief-based cause, then you can expect a lowering of the high blood pressure. Also, you should be open to the possibility that since we are fundamentally energy beings, as discussed in chapters III-1 and III-2, it is indeed possible for seemingly miraculous healings to occur.

Ultimately, what the wide range of anecdotal reports boil down to is this: while AcuTapping (and now, PowerTapping) can't help everyone with everything, the number of conditions, problems, desires, and goals that it can help you with is extraordinarily broad. If there is a belief component involved – and there is a belief component involved in almost everything – then PowerTapping can help you. Try it on everything – you have nothing to lose.

The Proof is in the Pudding

Will PowerTapping work for you? Once again, let me invite you to find out. Take the Personal Challenge offered in chapter I-3, or simply begin to practice the PowerTapping techniques outlined in chapters I-2, II-5, and II-6. I can tell you, without reservation, that PowerTapping has completely transformed my life, and my belief is that it will transform yours as well if you give it a fair try. All of the other types of proof discussed in this chapter – strict scientific proof, clinical evidence, and anecdotal reports – really don't amount to very much unless they have intrigued you enough for you to see whether PowerTapping can actually make a difference in your own life. I can swear to you up and down on six stacks of Bibles that PowerTapping has completely transformed my life – which it has – but none of that will, or should, make any difference to you until you see it work firsthand.

So, are you willing to mix up the ingredients of this particular pudding and give it a taste? Suppose you have a great deal of doubt, despite all the discussion in this chapter, as to whether there is anything “real” behind PowerTapping. Following the Basic Tapping Out Sequence described in chapter II-5, you might want to **start out with tapping out the following: “Even though I have a great deal of doubt about tapping, I completely**

love and accept myself.” When you have tapped that down to a “2” or below, then try tapping in the following, using the Temporal Tapping In Sequence: “I choose to believe that tapping will work for me, and I am excited to try it.” If you can bring that belief up to an “8” or above, then it is time to pick a more pressing problem in your life, and see what you can do with it. And by the way, if you’ve just done this exercise – if you’ve just moved from tapping your negative belief about tapping to tapping in a related positive belief about tapping – then you have moved from the realm of mere tapping into the realm of PowerTapping, as described in the next chapter.

“The morning I woke up and heard my neck crack, I knew I needed help. I could not straighten my neck for over 24 hours. I suffered for years from lower back problems most likely stemming from a successful collegiate woman’s rugby career at Stanford University. My body finally protested after claiming all-American rugby honors and playing with the 1998 and 1999 National Collegiate Championship teams. To my surprise, Robert did not touch my neck at our first appointment. Using only the PowerTapping method, he eased the pain and enabled me to straighten my neck completely. I was stunned. After that first appointment I knew Robert could help me with my lower back. I had tried many therapies, traditional and alternative to no avail. Thanks to Robert and the PowerTapping method, less than a year later I was live pain free.”

- Biasha Mitchell

III- 4 From AcuTapping to PowerTapping

As described earlier in chapter III-1, PowerTapping is directly descended from Gary Craig's Emotional Freedom Techniques™ (EFT) system, which in turn evolved from Roger Callahan's Thought Field Therapy (TFT) system. All three of these systems, and their several cousins (such as Larry Nims' BSFF or Be Set Free Fast method), are forms of AcuTapping, that is, they all have tapping on acupuncture meridian points at the core of their healing modalities. AcuTapping, in turn, is part of the broader fields of Energy Psychology and Energy Medicine, both of which start out with the premise that we are energetic as well as physical beings, and that healing and growth must take place on more than just the physical level.

EFT, TFT, and the other forms of AcuTapping are undoubtedly effective. Why, then, do we need a new system called PowerTapping? As summarized in chapter III-4, PowerTapping fills in several gaps found in these previous systems, as follows.

First, PowerTapping turns the main focus from the healing of emotions and physical ailments by working with negatively focused belief statements or Intention Statements (usually in the form of "Even though I so-and-so, I completely love and accept myself) to also working with positively focused belief statements or Expression Statements (which often but not always take the form of real-time positive affirmations). PowerTapping thus recognizes that although mostly unexplored, it is possible to use AcuTapping not just to eliminate negative beliefs, but also to insert or amplify positive beliefs so that desired life outcomes follow.

Second, having recognized that it is just as important to work with positive beliefs as negative beliefs, PowerTapping introduces the technique of "Tap Dancing," which is the art of going back and forth between negative belief elimination and positive belief amplification in a single session. Moving back and forth like this, from bringing the RIB (Relative Intensity of Belief) score on an Intention Statement down to zero or near zero and then to bringing the RIB score on an Expression Statement (a positive belief that is

weak or absent) up to or near a “10,” is a very potent technique that can often reveal where one may have been previously blocked. Chapter VI-4 discusses Tap Dancing in detail.

Third, PowerTapping isn't something that you do just when you have a problem, or even several times a day, but is something that you do in real-time, whenever a problem or a challenge or an opportunity comes up. Making PowerTapping an ongoing practice, a habit of mind and heart, yields the greatest possible results that one can imagine. If a negative thought or feeling comes up, you just tap it out (after formulating your Intention Statement and correcting for potential psychological reversal by rubbing the Sore Spot); if there is something that you hope to achieve or desire, you just tap in whatever qualities or beliefs you need to make it happen (again, after formulating an Expression Statement, and correcting for potential psychological reversal).

Fourth and finally, PowerTapping, even in its name, directly addresses the fact that we are all incredibly powerful beings, and that the ability to remake the world is literally found at each of our fingertips. Given the condition of the modern world, it is time for us to come to tips with our power, to acknowledge it, to use it, to allow for the possibility that creating a much better world is something that we can each actively play a role in, starting immediately and continuing until the day we die.

In short, PowerTapping is real-time AcuTapping, focused not just on negative belief elimination but on positive belief amplification – and the back and forth between them – as well, all in the context of the incredible power that is found at the fingertips of each human being. While bits and pieces of PowerTapping's focuses can be found in other existing AcuTapping systems, PowerTapping, taken as a whole, represents an evolutionary advance, and will undoubtedly bring much good to the world as knowledge and use of PowerTapping as a system spreads. The following table, Figure 12, sums up some of the distinctions between current AcuTapping systems and PowerTapping:

Existing AcuTapping Systems, Including EFT and TFT	PowerTapping
Basic AcuTapping	Performance AcuTapping
Tapping to get rid of specific problems in your life	Tapping as a lifestyle choice and practice, capable of changing <i>anything</i> in your life you want to change
Tapping to get rid of the emotional or physical “stuff” that is in your way	Tapping for purposes of achievement, performance, and goal attainment
A separation between “tapping out” and “tapping in”	An interactive conversation or positive feedback loop between “tapping out” and “tapping in”
When you are stuck in your life, or have no or very little movement	When you already have some movement and want to move much faster
About using the power of AcuTapping to help find relief for your problems	About acknowledging the tremendous power at your fingertips and using that power to create a better world

Figure 12: Some Difference Between Existing Forms of AcuTapping Generally and PowerTapping

“I am a dentist and I recently decided to have all my teeth capped with cosmetic crowns so I’d have a great looking smile. Even though I perform these same procedures every day, the thought of being numb and lying in the chair for hours did not excite me!

As you can imagine, I was nervous and anxious when the day arrived. The dentist, who was one of my former classmates, reviewed the entire procedure with me. When my anxiety level climbed to an all-time high, I decided to use the process of PowerTapping. Robert had given me brief instruction before my ordeal. Skeptical at first, I decided to try the process anyway just to see if it worked. Because the dentist was working in my mouth I was unable to use the Tapping points on my face, so I focused on the areas at the tips of my left fingers and thumb. I tried to follow the outline that Robert had given me the day before the appointment. While I was receiving the local anesthetic, I tapped on my left fingers and focused on that process only. I kept reminding myself that I was okay and that everything was going to be fine. I kept this up during the entire dental visit, which lasted about nine hours. Each time I felt tense or anxious, or when a sensation of pain made its way to my brain, I began using the PowerTapping again.

I finally finished the appointment around 6:00 pm. To my astonishment, I felt no discomfort, my anxiety level was literally non-existent, and even though I was still numb from the anesthesia, I wasn’t stressed at all.

My conclusion regarding this unconventional method for anxiety and stress control was: If I can spend a whole day under the most stressful conditions a person can have involving teeth, with face numb, and finish the appointment with very little after-effects, I will probably start offering this process to my patients in lieu of drugs and nitrous oxide sedation.”

- Richard B. Marill, BS DDS

Part IV – The Pragmatics of PowerTapping:

Procedures, Protocols, & Practicalities

“It’s not that some people have willpower and some don’t. It’s that some people are ready to change and others are not.” – James Gordon, M.D.

IV – 1 The Right Touch: Basic Tapping Tips & Techniques

Chapters II-5 and II-6 describe, respectively, *where* on the body to tap and *how* to tap; if you have any questions about *where* or *how*, then please start by reviewing these two chapters. This chapter will provide additional information and tips about how to actually perform the basic tapping techniques.

Which Parts of the Fingers to Tap With

Percussive tapping on acupuncture meridian points (or just “tapping”) is typically performed with the fingertip pads of the index, middle and ring finger of either hand. This enables you to apply a firm but not injurious force, and more importantly, it enables you to cover more ground – more surface area on your body – which makes you more likely to actually tap on the meridian points being aimed for. While tapping is generally very forgiving, and all you need to do is come close to the desired acupuncture meridian point, it is easily possible to be too far off and to thereby weaken the results of your tapping in and out tapping sequences.

When tapping the Under Arm point, you will use the flats of the fingers, all the way down to the beginning of the palm. Three or four fingers can be used to tap this point.

How Hard to Tap

The force used to tap with will of course vary from individual to individual, but can still be described in the following manner. At one extreme, it is possible to tap so hard that bruising will occur. This is unnecessary and may prevent you from establishing a long-term tapping practice. At the other end of the extreme you can tap so lightly as to barely be able to feel it. (Note, though, that a type of advanced tapping called Intentional Tapping, discussed in chapter V-6, doesn’t involve any actual physical contact at all!)

The middle way is the right way here: you want to tap solidly, firmly, and distinctly, hard enough so that if the definitive scientific explanation for tapping turns out to indeed be based on freeing or dislodging energy disturbances (see chapter III-2, you will have put enough “juice” into your system to get the job done.

How Long and How Fast

The duration and speed of tapping will vary from individual to individual, and will change for you over time as you become more experienced with PowerTapping.

First, as to duration, a good rule of thumb is that the Basic Tapping Out Sequence (see chapters II-5 and II-6 for a description of the three main sequences used in PowerTapping) will probably take you about one minute to do each time you run through the full sequence, including assessing your initial RIB score, rubbing the Sore Spot, saying aloud the Positive Belief Statement, performing the tapping sequence, and then assessing your RIB score again. The Extended Tapping Out Sequence adds up to another minute. Of course, while working on any particular Negative Belief Statement, you might go through two, three, four, five, or more tapping rounds using both the Basic Tapping Out Sequence and the Extended Tapping Out Sequence. Persistence is a key, one which shows its worth when a previously stuck RIB score finally goes down to a “2” or below after a focused effort involving multiple rounds of tapping.

The speed or rapidity of tapping will also vary from individual to individual. Earlier on it was stated that most points will be tapped from four to seven total times in about two seconds. Anywhere between five and ten total taps in two to three seconds will probably work just fine. After you find a comfortable pace you will probably stick with that pace for the rest of your tapping career. However, as discussed in chapter IV-1, after you have mastered the main tapping sequences you may want to allow the duration of your tapping time to “float,” that is, tapping for longer (but probably not much shorter) on a given point is something that is fine for you to experiment with. A theme repeated throughout this book is that what works for you should be your ultimate criterion in developing your

PowerTapping practice. If, for example, you find the Collarbone point to be particularly effective or “needful,” then go ahead and tap on it longer. The goal here is to succeed in eliminating negative beliefs and amplifying positive ones, not to practice tapping according to someone else’s standards.

Which Hand To Tap With and Which Side to Tap On

You can tap with either your dominant or non-dominant hand. Some people (including those who are ambidextrous) like to always use the same hand, but it is probably better to switch back and forth over time, as this is more likely to bring balance to your brain and to your energetic systems. Also, since certain of the symmetrical tapping points, i.e., those that occur on both sides of the body, can only be reached by the opposite hand (especially the Under Arm point and the Back of Hand point, and to a certain extent the Collarbone point), when you switch off you will ensure that you have tapped all of the prescribed points found on both sides of the body. While some people find that it is fine for them to always and only tap the symmetrical points found on one side of the body (usually the side opposite from their dominant hand), there is something to be said, both aesthetically and energetically, for hitting all of the points on both sides of the body. This is especially true if you are working with a difficult or stubborn belief whose RIB does not easily move in the intended direction.

You can also switch hands in the middle of one round of a tapping sequence, but this is generally not recommended as it can be disruptive or confusing. Also, simultaneously tapping the symmetrical points is generally not recommended (and in some cases, like with the Back of Hand point, is not possible!).

What to Tap With: Bare Fingers Are Best

It is best to tap with your bare fingers, as described above. Wearing gloves or using other devices to tap yourself with (a pencil, a back scratcher, a crystal wand) is not as desirable as bare fingers, for three reasons. First, although we may be uncertain as to exactly how

and why tapping work (see chapter III-2), several of the available theories suggest that there is a bio-electrical or subtle energetic force that is stimulated when tapping, and it is thought that this force is best actuated when your bare finger – your actual life-force infused skin and bones – touches (taps on) the meridian point that you are working on. Second, because your bare fingertips are so precise, you will more likely tap in the right places when using them. In other words, it is harder to tap exactly where you want to tap if you are wearing gloves or if you are using a foreign object to tap. If you are working with a therapist who knows tapping, he or she may insist on wearing liners or protective devices of some kind, but this will be the rare exception. Third, there are meridian points in the fingertips themselves as well, and these points will be more directly stimulated if you are using your bare fingers.

On the other hand, if you are at a meeting and holding a pencil or a pen, and it is easiest for you to tap by using it, then go ahead and do so (see chapter V-5). Even tapping one point (such as the Back of Hand point) with a pencil can have a dramatic effect on your real-time experience. It is better to tap a little with a foreign object than not to tap at all.

How To Know When You Are Tapping Correctly

How do you know when you are tapping on the right place and doing so correctly?

First, from a purely mechanical perspective, there is the application of correct technique: tapping hard enough (not too hard and not too soft), and tapping rapidly enough and for a long enough duration, as described above.

Second, although tapping is very forgiving, you will still need to be tapping on the right place, that is, you will have to be tapping within the general zone of the actual acupuncture meridian point in order for there to be any useful effect. The correct tapping point zones will typically feel different than other places on the body, as if there were more stored energy in them. In other words, as you tap, and as the belief that you are focusing on moves from being subconscious to fully conscious, the energy associated with that belief will come to the surface. Thus, a kind of “ripeness” or “readiness” will be

felt when tapping at the correct meridian points, but not when tapping on non-prescribed areas. At times, you may even feel an actual electrical “shock” when you hit a certain meridian point that holds a particular charge for you. However, you will not and should not expect to get a big “Wow” every time you tap – you may be tapping on a point in a perfectly fine manner and not feel much while you are tapping. The proof, as always, is in the pudding, and in the movement you have created in your RIB score, and the real-life results that follow from the desired changes in the intensity of your beliefs.

Is It Crucial To Tap On Every Point In Order?

Although it is not crucial to follow the exact order given for the three main sequences (Basic Tapping Out Sequence, Extended Tapping Out Sequence, Temporal Tapping In Sequence), it is recommended that you do so, especially at first. By following the exact order, you will learn all of the points more quickly and thoroughly.

Also, to the extent that PowerTapping can be seen as a type of energetic ritual (see chapter III-2), and to the extent that you want to turn your PowerTapping into an ongoing practice (see chapter VI-7), there are certain benefits that accrue from always (or almost always) tapping the meridian points in the same order. It is less confusing for the mind and body to have a regular order to follow, and it takes less energy to make tapping into a regular habit if you always do it in the same way (or at least perform each of the main three sequences the same way). If PowerTapping works because it helps you to move into a heightened state of awareness where you will be able to uncover, delve deeper into, and then work to eliminate (your negative) or amplify (your positive) your beliefs, then anything that frees your attention to focus on your internal work will be beneficial. In short, if you regularly follow the prescribed order of the three main sequences, you will probably derive the most benefit from PowerTapping.

On the other hand, if you happen to tap out of order, there is no reason to start again, or go back and correct the order. In most cases, however, you should make sure that you do tap on all the points that comprise a given sequence. Even if every single one of the

points are not necessary, it is quite difficult to tell which ones are or are not needed, and you thereby greatly increase your chances of complete success if you tap on all the points.

There is, however, one Tapping Out Sequence, known as the Abbreviated Tapping Out Sequence, that you can try after you have mastered the Basic Tapping Out Sequence and the Extended Tapping Out Sequence. This sequence uses just three of the points describe earlier, as follows:

- Eyebrow point
- Under Eye point
- Collarbone point

You can use this Abbreviated Tapping Out Sequence when you are in a hurry, or when you are in public and don't want to be too obvious about your tapping. (See chapter V-5 for a fuller discussion of tapping in public). However, if you can't get your RIB score to budge much using this Abbreviated Tapping Out sequence, then you probably want to return to the Basic Tapping Out Sequence as soon as you can.

Temporal Tapping and Other Ways of Tapping In

Unlike the Basic Tapping Out Sequence and the Extended Tapping Out Sequence, the Temporal Tapping In Sequence (named for the temporal lobe of the brain) makes no claim as to hitting all of the major acupuncture meridians. And yet, even though it is a much briefer protocol that can be done in just a matter of seconds, it nevertheless seems just as effective for tapping in beliefs (raising their RIB scores) as the tapping out sequences seem for lowering them.

As suggested in chapter III-2, the science behind the Temporal Tapping In Sequence is not definitively known. There is, however, an interesting bit of acupuncture lore that sheds some light on the effectiveness of this technique. Temporal Tapping overlaps substantially with the gall bladder acupuncture meridian. It is important to understand,

however, that this anatomical name for the meridian has almost nothing to do with how this meridian was named and conceived of by the ancient Chinese who first discovered and worked with it.

As described in Professor J.R. Worsley's *Classical Five-Element Acupuncture, Volume III, The Five Elements and the Officials* (1998), for the ancient Chinese what we now call the gall bladder meridian was originally the meridian associated with the Official responsible for "judgment" and "decision making." It is important to understand that in the ancient Chinese cosmogony, the human body was seen to be a holographic reflection – as above, so below – of the governance structures of China, which was composed of twelve key officials. It was only later, when an attempt was made to synch up the meridians with the Western view of anatomy and specific organs, that the gall bladder become associated with this meridian.

Forgetting about the gall bladder, then, what else can be said about this official associated with "judgment" and "decision making"? According to Worsley, this official was also associated with "vision, purpose and the growth and regeneration of the spring," as well as with fulfilling the hopes and dreams of the individual. The real expertise of the official associated with what we now call the gall bladder meridian is in our mental abilities, including deciding, judging, evaluating, and coordinating. If this part of us is healthy, then our integrated body, mind, and spirit will experience a sense of growth, purpose, and hope, all of which leads in an otherwise balanced person to positive and desirable real-life outcomes.

When we stimulate this meridian with the Temporal Tapping In Sequence we are bringing crystal-clear clarity to our purpose and intention. The body, mind, hormonal systems, and all of the rest of us notice and respond to this crystal-clear clarity. As we use Temporal Tapping In to increase the intensity of our positive beliefs, we are able to powerfully bring to bear all of our ordinary and non-ordinary powers and faculties of reality manifestation and co-creation. If some of this sounds nebulous to you, then just think of Temporal Tapping In as a way to access the part of ourselves that is truly

responsible for decision making. By feeding this part of ourselves a steady diet of the realities we hope to experience now and in the future, those realities become much more likely to come into being.

The Temporal Tapping In Sequence has also been subject to a wide range of commentary on how it is to best be used. Some say that you should run through the sequence only once in every half hour or two hours, because it is extremely powerful and needs to have a chance to sink in before it is accessed again. Others recommend only tapping on the right side or the left side of the head, depending on the particular kind of positive belief being tapped in. As with everything else, once you are experienced with PowerTapping, you should see if there are anything to these claims as to specific usage. As a beginner, I suggest that you tap on the right side to tap in a belief, and tap on the left side to tap out a negative belief. You can, however, go ahead and tap on either side of the head, and do so as long as it takes in order to raise the RIB of the Positive Belief Statement you are working on to an “8” or higher.

For some people, the Temporal Tapping In Sequence simply does not feel substantial enough to create the results that they want. It seems too quick and frilly, and not quite able to give one the time necessary to really work with a belief. If this is the case for you, then you can instead use the Basic and Extended Tapping Out Sequences to tap in your beliefs. See if this is a more effective way for you to work with your RIB scores than the Temporal Tapping In Sequence. One variation when tapping in beliefs is to reverse the sequence in the Basic Tapping Out Sequence, that is, start with the Back of Hand point and work your way *up* to the Eyebrow point, possibly even finishing off with the Temporal Tapping In sequence, or the top of the head, for good measure. The real key, though, is your honest subjective assessment of your RIB scores. If Temporal Tapping In works for you, then use it; if it does not, then try something else.

There is one last interesting point about Temporal Tapping In. Look in a mirror as you perform the Temporal Tapping In Sequence. You will notice that, in some ways, you look a bit like a movie star primping yourself as you run your hand up and over your ear

and then towards the back of your head. You can take this metaphor to heart, for with Temporal Tapping you are the star of the movie of your life, choosing to direct it in the way that you want. As The Kinks once said, “Everybody’s a dreamer, and everybody’s a star; everybody’s in show biz, doesn’t matter who you are.”

Final Tips on Technique

Before tapping, if possible, you should remove your glasses, your watch, and any jewelry that will interfere with your tapping. Some people believe that any metal worn on the body interferes with the energetic and electrical flow of the body; whether or not this is the case, if you are wearing jewelry that makes it difficult or impossible to physically tap on a point, then you should take it off. Obviously, if you are doing Real-Time Tapping in public, or are just doing a brief tapping session, it may not be possible or convenient for you to remove these impediments. In those cases, simply do the best you can to tap on all the points that compromise the sequence you are undertaking.

IV – 2 Reversing Reversal: Ensuring Your Success

The Nature of Psychological Reversal

One of Roger Callahan's greatest discoveries in formulating Thought Field Therapy (see chapter III-1), was the idea of "psychological reversal," and the importance of correcting this self-sabotaging situation before proceeding with any meridian point tapping. The simplest way to describe psychological reversal (and the related, sometimes separately discussed, phenomenon of "neurological disorganization") is to say that an individual's "polarity" – the polarity of the electrical (and possibly other subtle) energy that flows through the body – is backwards, which has negative effects on thought, emotion, and behavior. Put slightly differently, psychological reversal is a misalignment of the electrical or subtle energy that flows through the body, or is akin to what happens when the batteries in an electronic device are put in the wrong way. Psychological reversal can also be thought of as the equivalent of being "ungrounded," which can be taken in both an energetic and a psychological sense. Lastly, psychological reversal can be thought of as a physical bio-energetic disturbance that simply needs to be flushed or cleaned out to create the optimum possible environment for creating change in your life.

If you are psychologically reversed, you will have negative, self-defeating thoughts and beliefs, often unconsciously, and PowerTapping will not work for you, or not work as well or as fast, because, deep down, you will not *want* to succeed. Someone who is psychologically reversed will often find that when they try to do something, the opposite happens. For example, you may try to be happy but keep getting sadder, and the harder you try, the more unhappy you will get. Further, when you are psychologically reversed, you may say things backwards, or think one thing and say another. In this sense, psychological reversal acts as a filter that distorts our ability to take in and process information, as well as our ability to make change and move forward with our lives.

Most people are psychologically reversed some, but not all, of the time. There is, however, a tendency for individuals with chronic diseases, addictions, and long-term depression to be psychologically reversed almost all of the time. Life issues – emotional or physical – that you have particular difficulty with are likely to be the ones where psychological reversal is present for you. Also, whenever you feel particularly “stressed out,” you are likely to be psychologically reversed. Finally, if you have found yourself interested in undertaking either a first try or a more concerted effort at PowerTapping but recognize that for some mysterious reason you have not done so, it may simply be that you are psychologically reversed and therefore are not proceeding with tapping because you don’t really want to have your life change in positive ways. Correct for psychological reversal, and you may find yourself PowerTapping right away, or if necessary, you may need to go work with a therapist (see chapter IV-5), and have him or her assist you in correcting your psychological reversal and moving forward.

Correcting for Psychological Reversal

As stated earlier, the first step in performing any of the PowerTapping sequences is to correct for possible psychological reversal. This is done whether or not you believe that you are likely to be psychologically reversed with respect to a given belief. It is mainly a question of odds: the chances of successfully PowerTapping are greatly increased over the long run by spending just a few seconds correcting for possible psychological reversal at the beginning of each tapping sequence.

There are three main ways of correcting for psychological reversal. The first is to rub the Sore Spot, as described in chapter II-5. The Sore Spot is a neuro-lymphatic junction that flushes energy. From the point where your clavicle (collarbone) and sternum (breastbone) meet, go down and out on a 45-degree angle, searching around with a firm pressure, and you will find it. By rubbing the Sore Spot with a firm steady circular pressure – pretend you are rubbing massage oil deeply into the Sore Spot – you stimulate and free up your energy so that it can smoothly flow and so that the various energetic systems in your body involved with creating change are activated. Just a few seconds of vigorous circular

rubbing will in most cases correct any psychological reversal that is present. As stated earlier, you will know you have found the Sore Spot because it will be slightly tender. If you can't find the sore spot, just rub the general area with clockwise circular strokes.

The second way to correct for psychological reversal is to tap on the Karate Chop point (see chapter II-5), of one hand with two or three fingers of the other hand. Although tapping on this point is not quite as effective at correcting for psychological reversal, it can sometimes be used in place of the Sore Spot, especially in the middle of several rounds of tapping sequences where it serves as a welcome break from routine.

In longer tapping sequences, where you are persistently working with the same Positive Belief Statement or Negative Belief Statement, you can begin the next round of tapping without having to re-rub the Sore Spot or use the Karate Chop points. The danger here, however, is that you might reach another aspect or layer of the issue that you are working with, and at *that* level you may be psychologically reversed. It is a good idea, therefore, to rub one of your Sore Spots or tap one of your Karate Chop points before too long a period of time has gone on or too many rounds of tapping have passed.

The third way to correct for psychological reversal is with the following breathing exercise. Place your tongue on the roof of your mouth, breathe in through your nose, and then pause at the top of your breath for a count of one or two. Then gently blow out the air through pursed lips as your tongue moves away from the roof of your mouth until you are completely out of air. Once you have forced all of the breath out of you, pause for a second, close your mouth, and then reapply your tongue to the roof of your mouth and start breathing in. Three or four rounds will take only a minute or two, and will have very beneficial effects. This exercise can be done before any other PowerTapping activities – or whenever you can use some extra stability – and will always serve to ground you and to help correct for psychological reversal (although it is not a full substitute for rubbing the Sore Spot).

After you have been practicing PowerTapping for some time, and are quite comfortable with these three ways of correcting for psychological reversal, there are a few more techniques that you can try, especially in situations when you are tapping in public (see chapter V-5), or otherwise do not have much time. Instead of actually rubbing the Sore Spot, you can try just touching it (with a clear intention to address any psychological reversal). Gently tapping the Sore Spot, again with a focused intention, may also eliminate any psychological reversal. Finally, as an aspect of what is known as “Intentional Tapping” (see chapter V-6), it may be possible to affect any existing psychological reversal merely by focusing on it with your thoughts and intention, including *visualizing rubbing the sore spot*. However, if you are not getting the results you want in moving your RIB scores, then you should go back to tried and true Sore Spot rubbing or Karate Chop point tapping.

Reversing Reversal Whenever It Occurs

You do not have to wait until you are about to begin a tapping sequence before you correct for psychological reversal. If you think you are reversed because you are stressed out, or because you are saying things backwards, or because you experience yourself as being ungrounded, you can simply rub the sore spot and say “Reverse Polarity, Reverse Polarity.” You can do this (or the breathing exercise just described) virtually any time of night or day, and if you are in public and don’t want to be seen rubbing yourself, the Karate Chop points are almost always available for nonchalant tapping.

“While undergoing chemotherapy for breast cancer, PowerTapping helped me to release the negative associations I was beginning to develop towards the treatment itself, the infusion center at the hospital, and some of the hospital staff. By overcoming my resistance to the treatment I was able to receive the chemotherapy with only minor discomfort, absolutely no nausea and fully benefit from the intended effects of the medicine. Now that my cancer is gone, I am happier, healthier and more authentic expression of myself. PowerTapping been a profound tool for integrating the challenge, struggle, opportunity and true gift that my experience of cancer has been.”

- Betsy Haggerty

IV – 3 The Set-Up Phrase and the Relative Intensity of Belief (RIB) Scale

In addition to correcting for psychological reversal, it is important for you to properly frame the belief you are working on, and to assess its intensity, before you actually start tapping on it.

Positive and Negative Belief Statements

In previous forms of AcuTapping, most of the emphasis has been put on working with negative beliefs, and framing them according to the following formula or something quite like it: “Even though I have such-and-such a problem, I completely love and accept myself.” As pointed out in chapter II-6, while the general form of this statement – especially the beginning phrase – should be followed, there is no particular set of magic words that *has* to be used here, especially at the end. However, I have found when working on a problem that I either blame myself for, or feel that I am responsible for, ending with “I forgive myself” has a very powerful releasing effect.

Experience has shown that it is very useful to start out with the “Even though,” but there is no particular set of words that must happen at the end of the statement in order for it to be effective. Thus, you can end it with “...I completely love and accept myself,” or “I completely accept myself,” or any other variant that gets the same general message across to the subconscious mind (including, for example, “...it is now OK with me to release this problem”). And what is that message? Even though you have a particular problem, even though you may not be perfect, even though you are less than 100% effective and happy, you can still completely love and accept yourself and reverse, let go of, eliminate, forgive, and otherwise get rid of the energetic blockage that makes you hold onto the issue or problem in question. By acknowledging the problem (“Even though...”) and stating in the same phrase that you still love and accept yourself, and by tapping on your meridian points at the same time, it is possible to dissolve or eliminate the negative energy that holds you back.

While this negative energy can take many forms, the easiest and most straightforward way to approach it is to think of it as a negative belief. Therefore, tapping works with negative beliefs and their ramifications by bringing down the strength or intensity of those negative beliefs. (The RIB scale used to rate the intensity of these beliefs will be considered shortly.) Importantly, however, there is a different dynamic in place when we are working towards directly bringing about a positive change or a new possibility. Here, instead of bringing down the intensity of the negative belief, we are attempting to amplify or increase the strength of a positive belief.

PowerTapping separates out the framing of statements working with positive beliefs from those working with negative beliefs, and calls the two, respectively, “Positive Belief Statements” and “Negative Belief Statements.” (Previous forms of AcuTapping tended to call both of these “affirmation statements,” and sometimes called the Negative Belief Statement an “Intention Statement.”) A Positive Belief Statement (or PBS) is one that works with a belief that states something good, desirable, or “un-limiting” about yourself. Such a positive belief may be entirely absent from your mind (it would rate a “0” on the RIB scale), or may be very weak or have almost no psychological or energetic charge. The goal, therefore, is to raise the relative intensity of your belief so that you feel it very strongly, up to and including a 100% belief in it (which would rate a “10” on the RIB scale).

A Negative Belief Statement, on the other hand, is one that focuses on a problem, or a lack, in your life. (“Even though I have *this* problem...”) Here, obviously, the goal is to bring the RIB score down to as close to a “0” as possible. With both a Positive Belief Statement and a Negative Belief Statement the goal is to frame the belief as clearly as possible, and then move it either up or down in intensity as much as you can. Figure 13 below shows how both Positive and Negative Belief Statements relate to the RIB scale (to be described in more detail shortly).

One (but not the only) way to frame a Positive Belief Statement is in terms of a standard affirmation, that is, you state something in the positive present tense, regardless of whether or not you “think” what you are saying is true. Here are some examples of Positive Belief Statements framed in this way:

- I am extremely wise with money
- I always look great in a swimsuit
- I am enthusiastic, energized, and engaged
- I am an excellent fastball hitter

Suppose, taking the first of these examples, that your actual track history to date has been pretty spotty with respect to money. When you frame the Positive Belief Statement in this positive present tense manner – “I am extremely wise with money” – your subconscious mind, which always takes what you say literally, will indeed take this statement in as a fact. Then, the next time a money-related decision comes up in your life, you will be far more likely to act wisely. The same thing holds true for the baseball player making the last statement above. If he has tapped on this Positive Belief Statement, and raised the intensity of his belief to a “10” or near a “10,” then sure enough the next time he is facing even a Hall of Fame level fastball pitcher, he will be more relaxed, more confident, more coordinated, and so on.

Importantly, these types of “I am” statements have to be framed as if they have already happened. You *already are* wise with money, you *already are* happy, you *already are* an excellent fastball hitter. Sometimes, however, when you make this kind of statement your disbelief will be so strong that you will be unable to tap it in to a higher RIB score. In this kind of situation, it is time to ask yourself “What is in my way here?” Or, “Why can’t I believe this now?” Then listen for the first answer that comes to mind without any editing or self-censorship. In this way, you discover the negative belief that is still bothering you and holding you back, and you can work on tapping it out. (This, by the way, is the beginning of the Tap Dancing process described in chapter VI-4).

Dr. Patricia Carrington, an EFT practitioner, has come up with a different way of stating Positive Belief Statements using what she calls the “Choices” method. The idea here is that instead of making a positive present tense affirmation that contradicts what you know to be true about reality, you frame what you want to tap in and up as a choice. For example, you might tap in “I choose to be pain free,” or “I choose to be an excellent manager of money.” Dr. Carrington has a well-developed system with respect to her “Choices” option, and there is no reason not to incorporate the notion of “choice” into the framing of your Positive Belief Statements.

The Relative Intensity of Belief (RIB) Scale

Up until now, almost all forms of AcuTapping have made use of the “Subjective Units of Distress” or SUD scale. Originally developed by psychiatrist Joseph Wolpe in the 1950s, the SUD scale considers a “0” or “1” (depending on which version is used) to be the complete absence of distress, while a “10” is considered to be the worst distress that an individual can experience or imagine experiencing. Just as most people have no difficulty saying how much something hurts, most people have no difficulty in providing a subjectively accurate SUD reading for any given problem, pain, or issue that they may have. Even when someone claims that they are at an “11” or a “20,” that still gives a numerical baseline against which progress can be evaluated.

The value of the SUD scale in AcuTapping has been two-fold. First, by checking back in and re-rating the SUD score for a problem, issue, or pain after every round or two of tapping, an individual can more easily keep his or her focus on the negative emotion or “thought disturbance” at hand, which can therefore more readily be tapped out. Second, use of a scale like the SUD scale makes it possible for an individual to monitor his or her progress as they go through a single round or multiple rounds of tapping, and to see whether his or her results have “stuck” after some time has elapsed.

Related to this notion of monitoring progress is an intriguing difficulty for the AcuTapping practitioner that Roger Callahan has labeled the “Apex Problem,” a term he

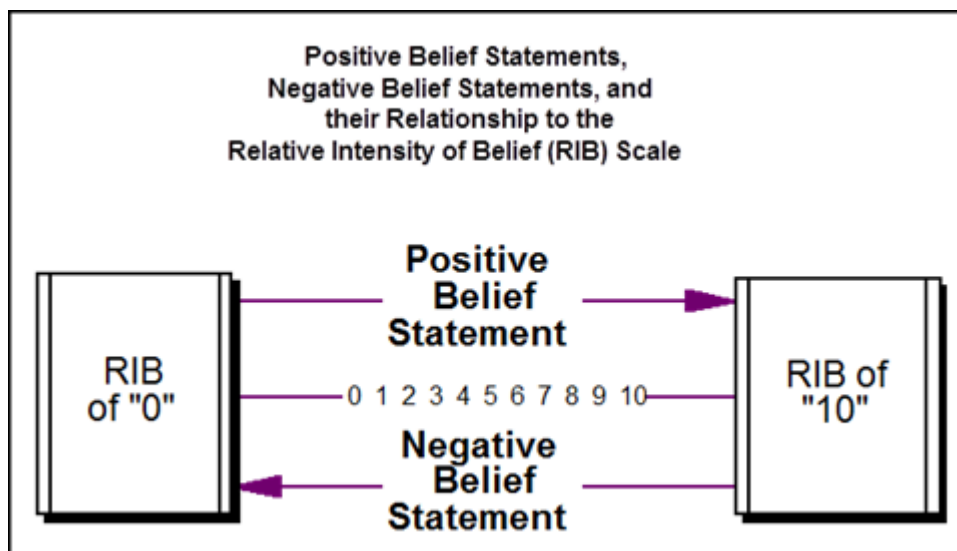
borrowed from the great writer Arthur Koestler. The Apex Problem is a form of cognitive dissonance. Once AcuTapping in any of its forms has brought healing (or a positive result) to someone, they often fail to remember that they had any problem at all to begin with, or that if they did have a problem, they convince themselves that the problem went away by itself, and that the overlap with having just done a tapping treatment is simply pure coincidence. In other words, because AcuTapping can produce such remarkable, lightening-fast, and long-lasting results, people sometimes have a very hard time giving it credit! Once a rating such as a SUD or RIB score has been made – especially if it is written down – then it is far easier to remind and convince the individual that, indeed, he or she at one point may have had what they considered to be a very severe problem that is now completely gone.

While the SUD scale has proven extremely useful, it is inadequate for purposes of PowerTapping. By its very name and nature, the SUD scale has “distress” as its main focus, and is therefore incapable of serving as a useful tool when measuring the baseline for, or progress in, tapping in a positive belief. Positive beliefs are not about distress, after all, and you could have a complete absence of distress yet not have a positive belief or feeling whatsoever. Moreover, without a way to measure the positive part of the equation, the idea of Tap Dancing, as described in chapter VI-4, would be impossible.

PowerTapping holds that the *intensity of belief* is the critical issue when dealing with either a negative problem, issue, or difficulty of any kind, or when dealing with any type of a positive vision, feeling, or opportunity. As an example, suppose a woman has a serious snake phobia, and that even imagining the presence of a snake brings her to a level “10” on the SUD scale. We could then ask her, “How much do you believe that? How much do you believe that being present with a snake would be the worst thing that could happen to you?” But we would ask her to rate her belief on a Relative Intensity of Belief, or RIB scale, that is, we would ask her whether she believes that as a “10” with a “10” being the most intensely she could possibly believe something, or whether it was something lower than that, a “9” perhaps, or maybe some number even lower than that.

Importantly, the RIB scale works both for positive and negative beliefs. If we were to ask a saxophonist how much he believed he was a world class musician, we might find out that he had no belief in that statement at all. It would rate a “0” on the RIB scale, and if we were to have him tap on this, we would be in effect inserting the belief for someone who did not have that belief at all. Or if he answered that he would rate it a “1,” we could then amplify or increase his belief until it reached a “10” or near a “10.”

As with the SUD scale, when we use the RIB scale to work with decreasing or eliminating a negative belief, the idea is to get the individual’s RIB score down to a “2” or below. If it can be brought down to a “0,” then there is a good chance that the belief in question will have been eliminated forever, or at worst will need to be occasionally looked at, perhaps every six months or one to two years. Conversely, when working with positive beliefs, the goal is to bring the intensity of the belief up to at least an “8,” and if possible, a “10.” When you confirm that the RIB score you give to a Positive Belief Statement is a “10,” then you have an invincible, unwavering, confidence in your belief. Such confidence can produce incredible changes in the psychology, behavior, and real world manifesting capability of virtually anyone. When you are holding a positive belief as a “10,” then indeed, *anything* is possible.



*Figure 13 – Positive & Negative Belief Statements and the
Relative Intensity of Belief Scale*

IV – 4 Intuitive Tapping: What Works Best For You

To develop a PowerTapping practice, it is critically important for you to start out by learning all of the tapping points in order, and to practice them that way, until you have them memorized and have a very good feel for what is involved. Similarly, you will want to tap for a roughly equal duration on each of the major tapping out points, in both the Basic Taping Out Sequence and the Extended Tapping Out Sequence, as well as stick closely to the initial instructions given for the Temporal Tapping In Sequence.

As your practice matures, however, and as you become familiar with all of the basic PowerTapping movements, routines, and instructions, there will come a time when you want to try things in a new or different way. “What about this point?” you might ask yourself. Or you might decide to experiment with tapping on your feet and your legs since, after all, there are meridian points on those parts of your body as well (they just aren’t very convenient). Or you might wonder, “What happens if I tap these points in the reverse sequence, going up my body instead of down my body?” If you have a “heavy heart,” you might try rubbing it or tapping on it, or if you need spiritual inspiration, you might try tapping on the very top of your head. Or you might try a different way of framing your Negative or Positive Belief Statements, or you might blend in some other practice from outside of PowerTapping and see what effect it has on your PowerTapping and vice-versa. (See chapter V-7 for a discussion of working with your other practices.)

The point here is an obvious one: once you have a good handle on PowerTapping, you should trust your intuition and tap how, when, and where you want to tap. If certain points feel better than others to tap at certain times, then by all means, go ahead and tap them. But remember, just because a point feels good doesn’t necessarily mean it has anything to do with PowerTapping or eliminating or strengthening your negative or positive beliefs. Common sense should always be your guide here. If you break away from the established routines and stop getting good results, then it is time to quickly go back to what works.

On the other hand, if you are experimenting with something interesting and useful but find that no one else has gotten the same results you have, then by all means, keep on experimenting. After all, PowerTapping is meant to be fun and exciting as well as extremely healing and useful, and certainly following your intuition as to how to better PowerTap for yourself is a worthwhile endeavor. If this is the road you choose to follow – experimenting and discovering what works best for yourself – then you might want to tap in the following Positive Belief Statement until it is a “10” for you:

I intuitively discover, practice, and benefit from what works best for me in PowerTapping.

IV – 5 Working With Others: Therapists, Friends, and Family

The place to start with PowerTapping is with yourself. While working with both friends and therapists can be very valuable, as discussed below, PowerTapping is first and foremost meant as a self-treatment tool that will enable you to tap into and take hold of the incredible power that already resides in your mind and at your fingertips.

Having said this, there are situations in which working with someone else can be very helpful. First, when just learning PowerTapping, if you already know an experienced tapper, he or she can save you some time and energy by showing you where the various tapping points are and how to tap. Second, if you are blocked, stuck, or otherwise just not making any progress, it may make sense for you to see a professional therapist familiar with tapping. Third, working with a friend may bring you clarity as to your issues, and working on a friend is a great service that you can perform. As they say, there is no better way to learn something than to teach it.

Working With Therapists

Up to two-thirds of newcomers to PowerTapping are able to raise or lower the RIB score of the belief they are working on the very first time they try PowerTapping, and for those who persist and take their time the numbers are even higher. However, if you have tried PowerTapping to no avail, if you have given it a good shot but have been unable to move the RIB score for the belief you are working on in the desired direction, then it may make sense for you to see a professional therapist – or a religious practitioner such as a priest, minister, or rabbi – familiar with tapping. (But don't give up *too* easily and rush to see a professional tapping therapist: the real goal here is for you to take control of your own life, and for you to quit relying on others to do something for you that, in many cases, you can do for yourself.)

A professional therapist trained in tapping can be useful in several different ways. First, they can help show you exactly how to tap, that is, they can help you with the mechanics. Second, if you are suffering from what some have called “energy toxins” that have left you severely depleted or nearly permanently psychologically reversed (see chapter ___ for a discussion of psychological reversal), then they can help to diagnose and quickly resolve whatever deeper level ailment you have that is preventing you from succeeding with your own tapping. Third, you may just need an honest yet caring individual to give you feedback as to the issues and possibilities in your life (something a friend can also help you with).

Fourth, if you are substantially or massively psychologically reversed, you may need to work with a therapist to get going with PowerTapping at all. Working with a therapist, including putting out the necessary time, money, and energy, may be just what you need to burst through whatever defeatism or lack of willingness that you ordinarily deal with. Sad to say, but many people are unwilling to accept that something has great value unless it requires them to spend substantial amounts of time, money, or energy in order to have access to the thing in question. (The obvious downside here is that you can save a great deal of time, money, and energy in your quest for healing and happiness by working on your own or with a friend. But if you need to see a therapist to get going, then that is what you need to do, and in the long run it will be well worth it.)

Fifth and finally, a therapist can help you to clear out your deepest negative beliefs so that you can thereafter successfully work on yourself. An analogy may be helpful. Suppose you live where it snows, and there has been a very heavy snowfall. By yourself, you may not be able to shovel through and clear out the bulk of the snowstorm. But if you hire someone with professional equipment (or just a strong back), and that person clears out most of the snow, then you will be able to keep clearing through the additional smaller snowfalls that continue to accumulate throughout the winter. Put somewhat differently, a therapist is there to help you find and work with some of the really difficult and nasty deep-down material that you might otherwise avoid forever. Once that material is worked through, there will be a great deal of other, relatively simpler and easier,

material that you can process through on your own. In short, once a therapist helps you to get going with your PowerTapping practice, then you will be able to move forward by yourself.

Working With Friends

Along with good health (and family), friends are perhaps the greatest blessings we can have in this life. If your PowerTapping practice is going nowhere, then it may make sense to start out by speaking with a friend about your situation, most importantly for purposes of further identifying the core beliefs that you are or should be working on. A true friend will be honest with you, and from that honesty you may be able to discover things about yourself that you could not see on your own. Once you've made these discoveries, you can then tap out or tap in the belief in question, either lowering decreasing or amplifying its intensity as the need arises.

For example, suppose you feel stuck with respect to your current career, including both quality of working life and the amount of money that you make. You may have tried tapping on the various issues that are associated with this in your mind – lack of self-esteem, fear, self-worth, and so on – but not seen any changes emerge from this work. At this point you could go to your friend and say to her “I’m still having all these problems with my work and career, and I just don’t know what to do about them.” Your friend might look you in the eye, feel you through your heart, and then say, “Tell me, really, what’s going on here.” At this point, you may find that there are different aspects to your issue that you had not yet thought about. Your friend functions to help get you out of the loop you are in by challenging you to think and feel differently. With the new information that has now come to you about your core beliefs, you can tap in or tap out as appropriate.

What a good therapist does, really, is to start asking questions and then listen carefully. A good friend can and will do the exact same thing. They will see and hear things that you obviously can not see and hear, and they will open up avenues to healing and growth that

would have remained completely obscured to you on your own. Even a stranger can make a difference in this way. How many of us have met a complete stranger in the airplane seat next to us and spilled our guts to them? If something different, interesting, or new about your life situation comes out of such a conversation, you can write it down and tap on it later, or (depending on your willingness to be seen tapping) tap it out right then and there.

Another aspect of working with friends is when you share the idea of PowerTapping with them, or actually perform PowerTapping on them. You don't need any more specific training other than a desire to help your friend, a willingness to listen, and the knowledge of how to perform PowerTapping contained in this book. Of course, you want to make sure that your friend understands that you will be touching them if it is to be a hands-on session (be especially clear about how you reach over and touch them, especially with respect to the Under Arm point). Or, if touching would be too intimate for whatever reason, you can have them follow along with you as you tap the points and make the necessary statements aloud. Once again, the very best way to learn something is to teach it, so if you know someone who can use your assistance and is open to being helped, then you can simply say to them: "I've learned this really interesting technique, and I think it would help you if you'd allow me to do this for you." If they say "yes," and you've explained that touching will be involved, then go for it!

Working with Family Members

Most of what has just been said about working with friends will also apply to members of your family, depending on the relationship you have with each particular family member. If you need a patient and compassionate ear to serve as a sounding board before you can make further progress with your PowerTapping, then it may be that a family member – parent, sibling, cousin, or even potentially a child – will be perfectly willing, appropriate, and effective.

You should, however, be aware of two potential difficulties when working with family members. First, with some family members there may be a type of competitiveness or jealousy built into the relationship. Even if they seem willing and able to help you, their might be a type of unconscious sabotage that will come into play. Second, you and your family member may have some very similar psychological issues or energetic dysfunctions. If you and a family member have the same “stuff,” there is a good chance that this “stuff” will come to the fore and become the focus of your time together, or that it will make any PowerTapping progress extremely slow. Of course, you can always individually tap on this “stuff” before you get together with your family member, but in some cases it will just be better to find someone else to work with.

IV – 6

Atypical Tapping Techniques: Surrogate Tapping, Mirror Tapping, and Tantric Tapping

Surrogate Tapping: Tapping on Animals & Children

The best way to proceed with tapping on a child, obviously, is with their permission as well as the permission of their parents or guardians. If no such permission is forthcoming, or if you want to see if PowerTapping can have an impact on an animal that you are in contact with, then you may want to try what has come to be known as “surrogate” or “proxy” tapping, which involves tapping on *yourself* while working with a Positive or Negative Belief Statement that is formulated from the perspective of that other person or animal or with that other person or animal in mind.

For example, if you bring a new cat into the house and your old cat attacks it, after separating the cats you might want to sit down with the old cat (put her on your lap if she is willing) and try tapping in the belief “I feel accepting of the new cat who has come into our home.” In other words, you attempt to get into the mind space of the unhappy cat, and tap from that cat’s perspective.

For a child, you can tap on yourself while holding the child, or you can even try tapping on yourself while your child is at a distance. For example, suppose you have a child with a cough who cannot fall asleep. From near their bedroom you can tap on yourself, but from the child’s perspective, saying “Even though I have a cough, I completely love and accept myself.” (For a suggestion of how such “surrogate distance tapping” might work, see chapter V-6 on “Intentional Tapping.”)

The great difficulty here – and this becomes most acute when performing surrogate tapping on behalf of other human beings – is that many ethical issues can arise in this situation. Even if it is possible to change someone else’s (or an animal’s) beliefs and their

resulting behavior from a distance, is that an ethically and morally legitimate and acceptable thing to do? PowerTapping should never be used to try to change someone else's beliefs without their permission – it won't work anyway – but instead should be directed at whatever it is you need to do to make your life into what you want it to be.

There is a fine line as to when permission has or has not been given, or, in the case of an animal, whether permission is really even possible. In one case, I had a friend whose baby had consistently slept through the night until one night when the baby woke up crying. Thereafter, the baby could not sleep through the night without waking up crying. When my friend told me about this, I mentioned that tapping might help. She agreed to give tapping a try, but because the baby was so fidgety, she held the baby and focused on the problem while I tapped on the baby. Soon, the baby was sleeping again just fine.

Mirror Tapping

Some AcuTapping practitioners advocate the use of a mirror while performing tapping, especially when tapping in positive affirmations. It is said that tapping while you stare at your own eyes in a mirror is a way of more directly connecting with your own subconscious.

Tantric Tapping: Tapping Together

Tantric Tapping involves two persons tapping together, either on themselves or on each other, using the same Belief Statement. This kind of tapping can happen in sequence (first you tap on your partner, and then they tap on you) or simultaneously. It is normally used only with Positive Belief Statements, but you can do Tantric Tapping with a Negative Belief Statement as well. Obviously, you would only want to try Tantric Tapping with someone whom you are in an intimate relationship or otherwise very familiar with.

In order of difficulty, here are the different Tantric Tapping technique combinations that you can practice:

- Sequential Tantric Tapping, partners tap themselves
- Sequential Tantric Tapping, partners tap each other
- Simultaneous Tantric Tapping, partners tap themselves
- Simultaneous Tantric Tapping, partners tap each other

For example, suppose you have an intimate partner and you and your partner agree to do the most basic of these, Sequential Tantric Tapping with partners tapping on themselves, using the following Positive Belief Statement:

I am deeply and completely in love with you and accept all of you with 100% of my heart.

You and your partner should first hold one of each other's hands (ideally, you would hold each other's non-dominant hand) and get comfortable. Ideally, you should also be facing each other. (If you are feeling particularly adventurous, you might want to intertwine your feet or legs as well.) Next, the partner going first would check in and determine his or her RIB score for this Positive Belief Statement, and then rub his or her sore spot, and then go ahead with the Temporal Tapping In Sequence with his or her free hand. When he or she is done, and has gone through the number of rounds necessary to get this belief to a "10" or near "10," the second partner would then have his or her turn.

The next more complex form of Tantric Tapping would be for one partner to tap on the other, but to still do so one at a time. Here, the partner being tapped on says the Positive Belief Statement aloud and then evaluates his or her RIB score (which can be said aloud or not), and then the PBS is said again while his or her Sore Spot is being rubbed, and so on, all the way through the Temporal Tapping In Sequence.

More complex – but also much more fun – is for the partners to tap on themselves in unison. Suppose the case of two persons who are right hand dominant. Here it is easy to hold each other's left hand while the right hands are used to go through the Temporal Tapping In Sequence. It can be a little difficult at times not to lose focus here, but some powerful results can follow if this technique is performed with love and intention.

Finally, after practicing these three types of Tantric Tapping, it is time to give Simultaneous Tantric Tapping with partners tapping on each other a try. This can be hard to coordinate at first, but again is great fun and can produce spectacular results. Give you and your partner plenty of time to practice this and see where it can take you.

You can also tap on the physical aspects of your relationship together and possibly eliminate the need for drugs and their unwanted side effects. The act of choosing to work together on a difficult problem can by itself strengthen the trust and intimacy necessary to address the problem at hand.

IV – 7 Stubborn Issues: Perseverance, Tap Dancing, and Digging Deeper

Suppose you have had general success with PowerTapping – you know when and how to do it, you have seen some positive or even remarkable changes in your life in some areas – but with respect to certain issues, which are often the most difficult or challenging issues in your life, you see very little or no movement whatsoever. These stubborn or lingering issues can present a real challenge, especially because they may incline you to give up your PowerTapping practice or to just conclude that the particular issue at hand is one that you will never be able to resolve.

If you have hit one or more stubborn or lingering issues, you may want to try one or more of the following strategies:

- Work with a Therapist (or a Friend)
- Shift Your Language
- Tap Dancing
- Dig Even Deeper
- Persevere

The first of these, working with a therapist, was previously discussed in chapter IV-5. A therapist should usually be your last resort, but depending on your financial situation and your desire to move powerfully forward with your life, you may want to find a professional therapist familiar with tapping sooner rather than later. A therapist can help you to quickly clear out some of your most intractable negative beliefs, enabling your own PowerTapping practice to take off.

Sometimes, however, it will be the mere fact of having another person involved that will help you to break through your stuck place. In this case, a compassionate and caring friend or family member who is a good listener, and who is willing to spend some time with you, might be just as helpful as a therapist.

Second, you can try shifting your language. Suppose you are working with the problem of embarrassment (as in being embarrassed to be seen tapping in public). You may have started with the Negative Belief Statement, “Even though I am embarrassed when I am seen tapping in public, I completely love and accept myself.” Suppose you have brought the RIB on this down from a “9” to a “6,” but that’s as far down as you can get it. At this point, you might want to shift the Negative Belief Statement to “Even though I *still* have some embarrassment when I am seen tapping in public, I forgive and accept myself.” Or, you might try tapping on I “forgive myself for not being able to get rid of my embarrassment.”

The point here is that your subconscious mind may have some very distinct ideas of its own about what it is and isn’t willing to let go of. By finessing the way you present your subconscious mind with the belief you are working on, you may find a way to make considerable progress. After moving the RIB score of the alternatively stated Negative Belief Statement down to a “2” or less, you may then go back to the original way of framing it, see what your RIB score is, and if it is still higher than a “2” try tapping it down and out again. Note that the idea of restating your Belief Statement will work just as well with a stuck Positive Belief Statement. For example, if the highest RIB score you can get to is a “5” with the Positive Belief Statement “I am always patient and understanding with my son,” then you might want to rephrase it as “I am almost always patient and understanding with my son,” or “More and more, I am always patient with my son.” If you give a little on the phrasing of the Belief Statement, you may find yourself rewarded with great returns.

Third, you may want to consciously or more fully engage in the process of Tap Dancing, as described in detail in chapter VI-4. Tap Dancing involves moving back and forth between Negative Belief Statements and Positive Belief Statements. In the process, you will uncover different aspects of the issue or problem or unachieved goal you are working on, and you will often find that it is possible to make great progress by switching your perspective back and forth between increasing and decreasing RIB scores for, respectively, Positive and Negative Belief Statements. The use of the PowerTapping Log

as described in chapter V-2 can be very helpful in this regard, as it will graphically show your progress with respect to either lowering or raising RIB scores.

The fourth strategy for when you are stuck is quite simple: just dig deeper. How do you do that? First state the problem, and ask yourself: “Why?” Make note of the first thing that comes to mind, and then again ask: “Why?” Continue with this process until nothing comes to mind. State the problem again and ask: “What else is there?” As described in Chapter VI-1, there is often a hidden or subconscious belief underneath the belief you are working on. Whatever it takes for you to dig deeper – working with a therapist or friend, Tap Dancing, reviewing your family history, being brutally (but compassionately) honest with yourself – is what you will need to do here.

The fifth and final strategy is simple to understand, but takes great patience and personal commitment: *just persevere*. Simply, you will need to keep going with the stubborn, stuck, or lingering issue until you find a way through it. This may mean many multiple rounds of tapping, sometimes to the point where you just want to quit; this may mean tapping in Positive Belief Statements several times a day even when you are not otherwise working on the issue; this may mean shifting your language, Tap Dancing, Digging Deeper, and doing whatever else it is you have to do to really get to the root core of the issue at hand. The point here is that there is a pearl of great price at the other end of whatever stubborn or lingering issue you are working with, and you have to ask yourself if you are willing to do whatever it takes to claim that pearl. Most of us have powers of patience and perseverance that are ordinarily never put to the challenge. This is a superb context in which to demonstrate those powers, because nothing less than the full potential of your life is at stake here.

In addition to these strategies, you can also work on your Meta-Tapping, that is, tapping on your ability to tap, as described in the next chapter.

“I was seeing Robert for therapeutic bodywork to help me deal with the stress and anxiety I was experiencing during the time I was preparing for difficult exams. Robert suggested that I try a tapping routine while speaking affirmations and specific belief statements. I was game for anything. Amazingly, my anxiety was noticeably reduced. I learned to do the tapping myself and it helped me immensely.

While in the waiting room prior to my exam, I was tapping and chanting to myself. I got some strange looks, but I remained calm and I passed the exam! Thanks Robert!”

- Mark Hirschfield, MA

IV – 8 Meta-Tapping 1: Tapping on Tapping

The Greek word “meta” translates as “besides” or “after.” Thus, the term “metaphysics” initially referred to the writings of Aristotle that followed his writings on physics. In English, when “meta” is used as a prefix, one of its primary meanings is “beyond, transcending, or more comprehensive.”

This chapter on Meta-Tapping, therefore, is about tapping that is beyond or transcends ordinary tapping, because it is tapping itself – the techniques, procedures, and sequences that you use to do your PowerTapping – that you will be tapping on. In this way, you can use tapping to increase the potency and effectiveness of any other PowerTapping that you do. Once you have tapped on some or all of the basic techniques and procedures that you use in your PowerTapping practice, you can expect to get even better results from the time you spend tapping.

To start with, you can tap on the basic way you phrase your Negative Belief Statement. Suppose that you typically phrase it this way:

Even though I have such and such a problem ... I completely love and accept myself.

In order to meta-tap on this, you would take the critical second half of this Negative Belief Statement and turn it into a Positive Belief Statement:

I completely love and accept myself.

Now, try tapping on this statement just as you would on any other Positive Belief Statement. When you check in and first assess your RIB score on this, can you honestly say that you hold this as an unequivocal “10”? If not, then you should tap on this statement (with Temporal Tapping In) to raise its RIB score. If you can not get it up to at

least an “8,” then you should realize that this is a significant challenge worthy of turning all your tapping attention to. For example, you might now think of this as a lingering or stubborn problem, and do whatever it takes – shift your language, Tap Dance, simply dig deeper, or persevere – until you can hold this statement at an “8” or above. Try it now, just for fun, and see what your RIB score is; if it is below an “8,” then you may want to put this book down immediately to work on this – what could be more important? – or instead just do a quick round or two of PowerTapping on this statement, see how far you can get, and note that this is an area for future focus.

Another aspect you can try meta-tapping on is your basic belief in the efficacy of PowerTapping. Do you believe that PowerTapping is as effective as has been stated in this book? Do you believe that its effectiveness is potentially true for all people, some people, or maybe is true for just a few people? Do you believe that it is or can be or will be effective for you? For example, check in on your RIB score for the following Positive Belief Statement:

PowerTapping is a potent technique that works incredibly well for me.

If you can not get a RIB score of an “8” or above for this right off the bat, then keep at it, or perhaps try downshifting your language a bit and tap on the following instead:

PowerTapping is a technique that works well for me.

Or how about your faith in your mastery of the mechanics of PowerTapping? You might try tapping on one of the following:

I am knowledgeable of and always find the right tapping points.

I always tap on each point for the perfect and appropriate length of time.

I always know when to use and when to switch between the Basic Tapping Out Sequence, the Extended Tapping Out Sequence, the Abbreviated Tapping Out Sequence, or the Temporal Tapping In Sequence.

When I switch from the Basic to the Extended Tapping Out Sequence, it always help me move through blocks in a potent way.

You can tap on any aspect of your physical tapping technique, your knowledge of PowerTapping as a whole, or anything else that you believe will improve or enhance your overall PowerTapping experience. In fact, you can tap on this Positive Belief Statement:

I easily come up with potent Positive Belief Statements that I can meta-tap on.

This last statement is actually a kind of “meta” meta-tapping, so before we head into the land of what logicians call an “infinite regress,” it is time to end this chapter and turn to the Practice of PowerTapping, and your conscious commitment to remake your world.

**Part V – The Practice of PowerTapping:
A Conscious Commitment to Remaking Your World**

*Dislodging a green nut from its shell is almost impossible, but
let it dry and the lightest tap will do it. – Sri Ramakrishna*

V – 1 The Benefits of Establishing a PowerTapping Practice

*In theory there is no difference between theory and practice.
In practice there is. – Yogi Berra*

PowerTapping works well when it is used from time to time, and it can certainly help you to make changes in your life even if you only PowerTap on occasion. But if you want to get the most possible value from PowerTapping – if you want your life to move to levels that you perhaps once only dreamt of – then it will be necessary for you to practice PowerTapping on a regular basis. Put differently, you will see the greatest possible benefits if PowerTapping in and of itself becomes a regular (even formal) practice that you consciously commit to and carry out, like meditation or yoga.

The benefits of practice are well known and scarcely need repeating. From piano playing to gardening to engineering to chess, virtually every human endeavor demands a dedicated practice regime if you are to attain mastery or even competence in whatever it is. (Probably the best modern volume on the benefits of practice in the self-development and human potential domain is George Leonard and Michael Murphy's 1995 *The Life We Are Given*.) "Practice makes perfect," "the harder I practice the luckier I get," and "there ain't no such thing as a free lunch" are all true sayings. With PowerTapping, *anything* may be possible, but in order to be able to achieve that anything, you will have to know what you are doing and then spend the time to do it well.

The benefits of maintaining a PowerTapping practice are threefold. First, the more you practice, the more effective you will be during your individual PowerTapping sessions. You will learn better how and where to tap, when to Tap Dance, when to dig deeper, and so on.

Second, when you work on one issue in your life, there are often generalized benefits, sometimes called "inconspicuous benefits," that will follow from your work. For example, when you eliminate a negative belief about your time management skills, you might find that your general level of organization in other areas of your life and home

improve as well. By working on one area of yourself, you will see some surprising and unexpected benefits in other areas. A regular PowerTapping practice, therefore, will improve your life in many areas, including ones that you have not spent any time on!

Third, if you have a commitment to a PowerTapping practice, then by definition you are much more likely to keep with your PowerTapping over an extended period of time. PowerTapping can remake your world entirely if you give it a decent chance, and one of the best ways to give it that decent chance is to make it a Practice.

Finally, PowerTapping itself has the wonderful side benefit of reducing stress. Just take a moment ... clear your mind ... breathe deeply ... and do a couple of rounds of PowerTapping. Your stress levels will fall dramatically.

The next several chapters discuss the most important elements of keeping and maintaining a PowerTapping practice.

Maintaining a PowerTapping Log (Journal)

In the previous chapter the benefits of a regular, and even a *formal*, PowerTapping practice was described. “Formal,” of course, does not refer here to wearing a tux or tails before PowerTapping. Instead, it means that you should take your PowerTapping practice seriously, and treat it with dignity and care. For example, you do not want to hurry or rush through your PowerTapping sequences. (This is not to say that you can’t move through your PowerTapping sequences quickly, especially as you become more familiar with PowerTapping. Note that “hurrying” or “rushing” and “moving quickly” are not the same thing; the former two imply that you are skipping over parts of your activity or perhaps being careless, while the latter just indicates that you are proceeding at a fast clip.)

One way to make sure that you are treating your PowerTapping practice seriously is to start and maintain a PowerTapping Log (or journal). The use of a PowerTapping Log will also confer several other benefits. For example, it will enable you to monitor your overall progress with respect to moving the RIB score for any given issue or goal in your life. Second, it will give you a place to record your notes and observations on your tapping rounds, such as how good your results were, whether there were any noticeable physical or psychological releases that accompanied your tapping, whether you uncovered any new core beliefs that need to be worked on in the future, and so on. Third, a PowerTapping Log will graphically illustrate for you whether you have been mainly working on positive beliefs or negative beliefs, and you can then use this information to implement and adjust the Tap Dancing technique described in chapter VI-4

An example of a PowerTapping Log is provided in Figure 14 below, and full-sized PowerTapping Log template is provided for you in the Resources section at the back of this book. Go ahead and photocopy several dozen copies to start with, and place the photocopied sheets in a folder or binder which you can regularly access and refer to. If you do a nice job on making a permanent PowerTapping Log for yourself in a sturdy

housing, your subconscious mind will know that you are serious about your PowerTapping Practice.

PowerTapping Log for <u>Joan</u>		Date/Time/Where: <u>July 26, 9 PM, home</u>
Special Circumstances (If Any): <u>feeling pretty lousy when I started</u>		
NBS to Tap Out (RIB down) or PBS to Tap In (RIB up)	Change in RIB 0-1-2-3-4-5-6-7-8-9-10	Notes [# of rounds; results; observations; noticeable releases; core beliefs uncovered; what next?; etc.]
Even though I am very sad about my breakup...		Did 2 rounds, then Extended, then cried a bit
(Repeated above NBS)		Easier to let go of more of it than I thought
I love the solitude of being by myself.		Surprised to see such progress! Even laughed!
Even though I have a headache, I completely...		Took several rounds with Extended, but it worked!
I am extremely grateful for everything in my life.		Got this improvement in 2 rounds. Time to rest.

**NBS = Negative Belief Statement (“Even though I...”);
 PBS = Positive Belief Statement (“I am...”); RIB = Relative Intensity of Belief
 “.” Is where RIB starts; -> or <- is where RIB ends; no change is just “.”**

Figure 14 – PowerTapping Log Example

Using Your PowerTapping Log

Figure 14 provides a reduced-size version of the PowerTapping Log for purposes of discussion. (The full-size PowerTapping Log template, found in the Resources section at the end of this book, has room for recording ten rounds of tapping, as well as more space for Notes.) It has been filled in on behalf of a woman named Joan, whose boyfriend broke up with her earlier in the day. Please note that the PowerTapping Log consists of the five following parts:

1. Space for log and session identifying information
2. Space for Positive or Negative Belief Statement

3. Space to graphically mark change in RIB score
4. Space for notes
5. Definitions and instructions for log use

The first part is a space for you to write in your name, the date, the time, and where you are performing your PowerTapping practice, as well as any Special Circumstances worth nothing. In this example case, Joan noted that she was “feeling pretty lousy when I started.”

The second part is a space for you to write down your Positive or Negative Belief Statement. In her first round, Joan started with the Negative Belief Statement that “Even though I am very sad about my breakup, I love and accept myself completely.” (Note that the last part of the statement is indicated here by the three dots of an ellipsis. When working with the actual PowerTapping Log, where there is more room, you can write down the ending part of the Negative Belief Statement that you prefer to use, or since it probably remains constant or near-constant between rounds, you can just identify it with an ellipsis.)

The third part of the log is where you make a graphical record of the change in your RIB score for the Negative or Positive Belief Statement you are working on. You should use a thick dot to indicate where the RIB score began – do this even before you rub the Sore Spot so that you get a true reading of your initial Relative Intensity of Belief – and then draw a line and put an arrow at the end of the line to show the direction of movement and what level of intensity your RIB score ended at. By ending with an arrow, you indicate your intention for the belief in question to forever keep moving in the direction intended. Note, too, that you can use more than one thick dot to indicate the progress made in multiple rounds, that is, you can show how far you moved the first round with a thick dot, and then at the end of the final round working with a Belief Statement you can then use an arrow.

The fourth part is a space for your notes. These can include the # of rounds you went through, the type of results you had, whether there were any noticeable emotional or physiological releases or changes that occurred as a result of the tapping, any new core beliefs that you might have uncovered during the process, and what you plan to tap on next after your current tapping session is finished. Anything and everything that might help you in your future PowerTapping sessions is fair game for notes. Finally, the fifth and last part consists of some simple definitions and instructions for the use of the log.

If you have not done so yet, schedule a time to make the photocopies of the PowerTapping Log template and to make yourself a binder. If you sit down with this binder on a regular basis, you will have a detailed record of your PowerTapping experiences that will prove invaluable to you in charting the course of your progress and in working on hard issues. Of course, you shouldn't skip a chance to practice PowerTapping because your log is not available. If you are in a cab, a business meeting, a restaurant, or the shower (see next chapter), you probably won't have your PowerTapping Log available. Don't let that stop you from engaging in your real-time PowerTapping practice. The best time to tap is always "now," that is, whenever a negative belief or a weak positive belief shows itself.

V – 3 Rise & Tap:

A Regular PowerTapping Practice to Start or End Your Day

The author Stuart Wilde cleverly entitled one of his books *The Trick to Money is Having Some!* In a similar vein, the trick to practice is ... practicing some. If there is no question as to the value of regularly practicing PowerTapping, then the next question is what can be done to ensure that you will indeed regularly practice.

The simplest way to proceed is to proactively set aside one or more times during the day when you will regularly practice your PowerTapping. Some candidates for regular practice times, along with some pros and cons for each of them, are presented in Figure 15. Your personal schedule will be the critical factor here. Is there a regularly scheduled practice time that will work best for you, and if so, what is it? (Keep in mind that you will have unscheduled PowerTapping practice time as well, that is, Real-Time Power Tapping whenever the need or desire comes up, as will be described in the next chapter.)

Practice Time & Place	Pros	Cons
Upon first arising	Sets whole day in a great way	Not yet really awake; inconvenient to work with Log
When showering in morning	Sets whole day in a great way; many meridians stimulated!	Inconvenient to work with Log; long sessions waste water and tie up bathroom!
Before Breakfast, Lunch, or Dinner	Convenient to work with log; enables the nutrition you take in to strongly support you	Those who need to eat to get grounded or avoid low blood sugar may have problems
After Breakfast, Lunch, or Dinner	Convenient to work with log; enables the nutrition you took in to strongly support you	Intense or energetic work difficult with a full stomach
Sometime before falling asleep	Good time to review your day	General tiredness may have already set in
Right before falling asleep (in bed)	Great time to review your day and program your dreams	Potentially tired; inconvenient to work with Log

Figure 15 – Regular Practice Times & Places

If possible, it is best to tap in the morning, especially upon first arising, when the subconscious mind is most accessible and open to suggestion. When you PowerTap early

on in the day you set your life force in motion and the tone for the whole day in such a way that you are likely to have the best day possible. Also, if you schedule your PowerTapping for the early part of the day, and you happen to miss a practice session, then you can make it up later on in the same day (which is not an option if your practice session isn't scheduled until late in the day).

Suppose you normally get up at 6:00 a.m. Instead, set your alarm clock for 5:45 and hit the snooze. As you lay there, half asleep and half awake, monitor what you are thinking and feeling about, and if you are not thinking and feeling about anything in particular, then start going through your day in your mind. What will you be doing in the morning? In the afternoon? Are there any particularly challenging or potentially difficult situations or people that you are likely to have to deal with? Do you feel 100% confident about what you will be doing throughout the day? As you find negative beliefs to work on, or positive beliefs that are not as strong as you would like, you can start tapping on them as they come up.

Regardless of when your regularly scheduled practice time is, you should have no problem in determining what beliefs to work on. You can focus in on the day you have had or the rest of the day you will be having, as described immediately above; you can work on your long-term issues, challenges, goals, and beliefs, whatever they might be; or you can simply let your mind and feelings float until something comes to awareness that would benefit from PowerTapping.

The length or duration of each practice session will also depend upon your schedule. Fifteen to twenty minutes seems to be the optimum time if you are going to sit down with your PowerTapping log and have an in-depth session with yourself. But if you are on the go, you may only be able to give it two to five minutes – and that's okay, it will still be effective.

Although a regularly scheduled PowerTapping practice may not be something that you want or need to do for the rest of your life, in the beginning it can yield spectacular

results and is certainly worth trying for at least a month or two. PowerTapping truly can remake your world – and can sometimes do so in an instant – but it can also take time to change long-standing beliefs and the way those beliefs have shaped your world.

V – 4 Real-Time PowerTapping: A Moment-By-Moment Practice

When you first become aware of PowerTapping's extraordinarily beneficial and easy-to-use nature, you may be tempted to start tapping all through your daily life, perhaps even on a moment-by-moment basis. Do not be alarmed if this is the case. It makes perfect sense that once having been exposed to the wonders of PowerTapping, you would want to take maximum advantage of it on a moment-by-moment basis.

When I first learned the basics of AcuTapping, I started tapping on every negative thought (and the underlying belief) that came to my mind. There were times that tapping was all that I seemed to be doing – especially as I had to deal with what was at first almost continuous negative internal mind chatter or “stinking thinking” – but those were times of great awareness and tremendous growth for me. I made huge strides in my life, resulting, ultimately, in the PowerTapping program and the book that you are now reading.

After a few weeks or so I found that my tapping frequency had gone down considerably: throughout each successive day there were less and less negative thoughts and beliefs for me to tap on. Some new challenge would then arise which would set off another whole round of negativity, which I would then clear out with tapping, and then before I knew it my tapping frequency would again settle back down to a more comfortable pace.

Even today, I still find myself having negative beliefs or weak positive beliefs that need work on, and when one of these arises, unless there is a very good reason not to, I go ahead and practice real-time-tapping. In other words, when something comes up, I get better results tapping in the moment because the emotion is real and present. Not only will you not have the chance to forget the area to be worked on if you tap on it right away, but usually a negative belief will have its greatest intensity when it first comes up in your mind, and that is the best time to work with the otherwise potentially hidden strength of the belief in order to bring its RIB way down or eliminate it entirely.

Another advantage of practicing real-time PowerTapping is that the cycle of negative thinking that afflicts so many people – the deeply ingrained habit of seeing the “cup of one’s life” as being half empty and not half full – will take a patient, persistent, and concerted effort to change. (The half-full versus half-empty outlook will be further discussed in chapter VI-6). Energy has habits. If you have spent ten, twenty, thirty, forty, fifty, or more years convincing yourself that your life is not a good one regardless of what is happening in real-time, then you can expect it to take you a fair amount of real-time awareness to permanently bring in a different outlook, or to change that energetic habit. Keep in mind, though, that the rewards are great: once you get to the other side, once you get to the place that you can see and know that life is good and that *your life is good*, you can expect rapid, even breathtaking, progress in your life.

To repeat what has been said earlier, the best time to tap is whenever a negative thought or belief comes up, or whenever you recognize that your belief in some aspect of who you are or what you are doing is less than 100%. Yes, you will have to deal with the realities of tapping in public, as described in the next chapter, and yes, there will be certain times when it is better to wait until you are at home or by yourself. (For one thing, certain types of in-depth or multi-round PowerTapping sessions will be better done with your PowerTapping log in front of you.) As a general rule, though, if something comes up in real-time, then you should tap on it in real-time. You may not be able to get a negative belief all the way down to a RIB score of “0,” or you may not be able to move a positive belief all the way up to a “10,” but you should at least be able to get a handle on whatever it is that has come up, and make sure that some of your basic underlying beliefs about who you are and hold yourself are still strong and vital.

A useful practice along these lines is to keep three or four standard or stock Positive Belief Statements in the present tense “I am” format that you regularly tap in throughout the day. One friend of mine uses “I am fine,” “I am enough,” and “God always come through for me” as his three Positive Belief Statements. Several times a day he does a

quick round of Temporal Tapping In with one of these Positive Belief Statements, and in so doing he keeps his energy strong and positively charged throughout the day.

5. Public PowerTapping: What To Do When You're Not Alone

Having stated the benefits of real-time PowerTapping in the last chapter, the question then becomes: “What do you do when there are people around?” The various actions of rubbing your Sore Spot, tapping on your body, and stating aloud Belief Statements and Reminder Phrases may eventually draw attention to you. Also, for those who are energetically sensitive, or for those who know you well, relatively sudden changes in your emotional, physical, and energetic presentation will clue in strangers, friends, and family that something is going on with you. So what’s a PowerTapper to do?

There are two strategies to follow here. The first is to go ahead with your PowerTapping, but try to be as non-obvious as possible. As stated earlier, no one wants to be pegged by others as a “tapping freak.” Therefore, you should tap gently and quickly, perhaps only doing the Abbreviated Tapping Out Sequence or the Temporal Tapping In Sequence, both of which can be done relatively quickly and nonchalantly. Or try tapping on just your favorite point! Along the same lines, you can tap with just one or at most two fingers, and if necessary, you can use a pencil, pen, or the end of your fork, spoon, or chopstick to tap on the Back of Hand point. (Using foreign objects to tap is not as desirable as using your fingers, as described in chapter IV-1, but will do in a pinch.) When you state your Belief Statements and Reminder Phrases, do so quietly or just say them inside your head. Limit yourself to one or two rounds rather than doing whatever it takes to move a RIB up to a “8” or above or down to a “2” or below.

The ultimate step in this direction would be to perform what is called “Intentional Tapping,” which is done only with your mind, as described in the next chapter. The first strategy, in short, is one of avoiding attention as much as possible, and hoping that this will not compromise your PowerTapping practice. (Note, too, that if this issue is particularly troubling to you, then in private you can perform some Meta-Tapping on your ability to be able to tap in public without being noticed.)

The problem with this first strategy is that it may indeed compromise the effectiveness of your PowerTapping. A second more effective strategy, therefore, is to tap out any embarrassment, feelings of foolishness, fear of being seen as being different, etc., that you may have about being seen tapping. After all, if PowerTapping is something that is giving you a better life and helping you to be and become the person who you want to be, and achieve what you want to achieve, then why should you care what other people think? If you stay focused on yourself, then you can have the kind of results and success that you want for yourself.

Along these lines, then, you might tap out the following Negative Belief Statements, aiming to reach a RIB of “2” or less on them:

- Even though I feel embarrassed when I’m seen by others when I’m tapping, I completely love and accept myself;
- Even though I feel embarrassed whenever I tap in public because I’m afraid I might be seen by others, I completely love and accept myself;
- Even though I feel silly when I tap in public, I completely love and accept myself;
- Even though I feel foolish when I tap in front of people, I completely love and accept myself; or
- Even though I normally don’t like to draw attention to myself, I completely love and accept myself

Alternatively, you might try tapping in the following Positive Belief Statements, aiming to reach a RIB of at least an “8” on them:

- I am completely self-confident when I am seen tapping in public;
- I am perfectly calm and accepting of myself and others when I am seen tapping in public;
- I am proud of myself for my willingness to be seen tapping in public; or

- The attention I sometimes draw when tapping in public is the mark of a powerful process that I have consciously and willingly undertaken because of the great benefits it brings me

To a certain extent, the same issues about being seen tapping in public crop up when you are in a private or controlled setting but there are other people around. This could be at a company meeting, at the family dinner table, or on a first date. Once again, you can follow the first strategy of making yourself as non-obvious as possible – one possibility is to excuse yourself from the meeting or dinner table and go to the bathroom or some other private spot and do your tapping there – or you can follow the second, more highly recommended, strategy of tapping out your fears and embarrassment ahead of time.

If tapping can bring the results described in this book, then why, really, should you be embarrassed about it or try to hide it? Sure, the most conservative and scientific folks you know may scoff, but the strictness of their world view is their problem, not yours. As the sign in a personal growth seminar once said, “What Other People Think About Me Is None Of My Business.”

Finally, you will be surprised at the number of people who will see what you are doing and who will express curiosity and then admiration once they find out what you are doing. Imagine, for instance, that you are in a job interview when a powerful negative thought comes out. You decide to tap out the belief right there and then, as quickly and as effectively as you can. When the interviewer sees what you are doing and asks you about it, you tell her that you are constantly trying to benefit yourself and that in stressful situations you use a technique called PowerTapping to make sure that you constantly stay in a positive frame of mind. If you were the interviewer, might you not find such a frank and conscious candidate very desirable?

V – 6 Intentional Tapping: An Inside Job

*My suspicion is that the universe is not only stranger
than we suppose, but stranger than we can suppose.
– John Haldane*

Intentional Tapping is AcuTapping that is done with the mind alone. Also known as “imaginal tapping” (or tapping done solely using the imagination), this is something to be experimented with only after you have been physically tapping for some time and are very familiar with all other aspects of PowerTapping. Its optimum use is in the situation where you are in public or, for whatever reason, you don’t want the person or people you are with to know you are PowerTapping.

The first time I tried this I was at a conference and I really wanted to meet a certain doctor who had just finished addressing the audience. I felt intimidated by his knowledge and status and was reluctant to approach him with so many others trying to do the same. I wanted to tap but there were too many unfamiliar people around. I focused on my feelings and tapped on each point with my intention. After only a couple of minutes I felt confident and self-assured and walked up and introduced myself to him and we spoke for several minutes. When I returned to my seat several of my colleagues noted my bold move. (I guess they were intimidated too.) My response to them was that “I used PowerTapping to eliminate my fear and increase my confidence.” I got what I wanted.

The question immediately rises as to how Intentional Tapping could possibly work, since there is no physical stimulation of the acupuncture meridian points that are at the heart of the PowerTapping techniques. (There is also no rubbing of the Sore Spot or tapping of the Karate Chop point to address potential psychological reversal.) If regular AcuTapping and PowerTapping are hard to pin down as to their exact scientific nature (see chapter III-2), then Intentional Tapping will obviously be much harder to explain since there is no physical contact here whatsoever.

And yet, in some cases, for some people, Intentional Tapping does indeed work. One possible explanation is that after you determine the belief you need to work on, your mind alone is capable of focusing on the necessary meridian and triggering the effect, or perhaps the mind is focusing on and affecting the “stuck” energy that is otherwise preventing the elimination of a negative belief or the amplification of a positive belief. The connections between the mind and body are startling, and only now are scientists beginning to truly understand even the basics of this interaction. One of the most fascinating books on this subject, neuroscientist Candace Pert’s *Molecules of Emotion: Why You Feel the Way You Feel* (1997), is full of fascinating descriptions of the information flow and the interactions between the mind, the brain, the body, and various bodily systems, including the hormonal system.

Of course, there are also many other intriguing studies of subjects such as remote prayer, distance healing, large-scale group mind impact on random number generator output, and PSI (or psychic) phenomena in general, all of which suggest that the interaction between the mind and the body, or the non-physical world and the physical world, is much more constant and profound than some of us might have ever suspected. In the realm of alternative medicine, the various books of doctors Bernie Siegel, Larry Dossey, and Andrew Weil are especially well-known and worth reading in this regard. There are also many intriguing books on quantum physics that have gone to great lengths to show how everything is inter-related in ways that we ordinarily do not conceive of, and the modern philosopher Ken Wilber has argued that the physical and the non-physical (the interior and exterior halves of Wilber’s “quadrant” system) necessarily arise at the same time and are therefore not just connected, but are actually two different sides of the same four dimensional object. The point here is that there are many possible explanations for how Intentional Tapping might work, none of which are at all certain.

Once again, the proof is in the pudding. After you master the basics of PowerTapping, wait until a situation comes up in which you would like to use tapping but you feel, for whatever reason, it would not be wise to do so publicly. At that point, go ahead and *imagine* yourself, as vividly as you can, going through the entire protocol that you are

using, whether it is the Basic Tapping Out Technique, The Extended Tapping Out Technique, The Abbreviated Tapping Out Technique, or the Temporal Tapping In Technique. As usual, check your RIB score after you have identified the Negative or Positive Belief Statement, and make sure that after you vividly imagine yourself going through the protocol that you re-check your RIB score. You might be surprised at how far you can get it to move in the desired direction. This is a great way to reduce your stress, stay calm, and remain focused in difficult situations.

Ultimately, my thinking is that it is consciousness itself that is doing the work both during ordinary PowerTapping and during Intentional Tapping. Intentional Tapping, then, gives you an excellent opportunity to work with the clarity and power of your consciousness, which, in and of itself, can be of great benefit to you.

Synergizing With Your Other Practices

PowerTapping is a precursor: it perfectly sets the stage for, enhances your efforts in, and enables you to succeed at, any endeavor. In addition to PowerTapping, however, we live in a time when more wisdom than ever before is available about almost ... everything. There is for all practical purposes no limit to the number of tools, techniques, teachings, and teachers available to us on a wide range of self-help, self-improvement, self-development, and even spiritual pathways. The good news is that although there are some poor quality offerings and outright frauds, there are also many, many programs and practices, in addition to PowerTapping, which are of a surprisingly high quality.

There are three pieces of good news here for the enthusiastic PowerTapper. First, there is no need to stop any of your other programs or practices. If you have something else that works well for you, then by all means keep up with it as well as do your PowerTapping practice. This may involve some fancy footwork in the scheduling department, but if you are really getting value from your other programs and practices, you can find a way to fit them in along with your PowerTapping. Remember, too, that your PowerTapping practice will be at its most intense in the first few months. Over time, you will simply have less to tap on as you eliminate negative beliefs and strengthen your positive ones.

The second piece of good news is that PowerTapping can often work well with, or increase the benefits of, your other programs and practices. Suppose you are keeping a dream journal. Well, there is no reason for you not to tap on remembering your dreams more vividly just before you go to sleep. Or suppose you have become very interested in practicing yoga, or the piano, but you just can't seem to find the time to practice. In this case, you might tap in a previously non-existent belief as to your scheduling prowess, or you might tap out your belief that you don't deserve to have enough time to practice the way you would like to.

Just as you can meta-tap on your PowerTapping practice, you can also tap on any other practice, program, technique, or teaching that you are involved with or interested in. The powerful synergistic benefits that result will almost certainly surprise and delight you.

The third piece of good news is that just as you can PowerTap on your other practices, you can use your other practices to strengthen your PowerTapping! If you are meditating, then meditate on how to tap more beneficially for yourself. If you are mind-mapping (see chapter VI-3), then use this technique to help get to your hidden core beliefs. If you are a martial arts practitioner, then use your knowledge of leverage in the way you work with your Positive and Negative Belief Statements, especially when Tap Dancing. “Synergy,” after all, is about “the interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects,” and there is no reason why PowerTapping and your other practices can’t mutually benefit each other.

V – 8 Meta-Tapping Part 2: Tapping on Your Practice

The definition and mechanics of Meta-Tapping were previously discussed in chapter IV-8. In this chapter we will briefly look at the possibilities inherent in Meta-Tapping on your PowerTapping practice itself.

Consider, then, the current state of your PowerTapping practice, if any. Is your PowerTapping practice where you want it to be? Have you chosen a regular practice time? Have you made a choice about how you want to go about tapping in public: the discreet route or the tap out your embarrassment route? Have you given any thought to whether you will try Intentional Tapping when the situation calls for it? Or how about tapping on synergizing with and working with your other non-tapping practices?

As always, you can tap on the positive or negative beliefs you have associated with any of these questions. For example, you can tap on the following Negative Belief Statement, aiming to reduce its RIB down towards a “0”:

Even though I do not have a steady PowerTapping practice, I love and accept myself (or “I forgive myself”).

Or, you could tap on the following Positive Belief Statement, aiming to raise its RIB towards a “10”:

I have a perfect, steady, and extremely effective real-time PowerTapping practice.

The key here is to simply remember that with Meta-Tapping, PowerTapping can be turned on itself – as a practice – to produce even more powerful and effective results. Go ahead and try Meta-Tapping on your PowerTapping practice, and you will once again be greatly rewarded for your efforts.

Part V – The Art of PowerTapping –

Creating with the Holistic Mind & the Healing Heart

I believe that life is a journey, often difficult and sometimes incredibly cruel, but we are well equipped for it if only we tap into our talents and gifts and allow them to blossom. – Les Brown

VI – 1 Core Beliefs & the Art of Questioning

Core beliefs are the foundational beliefs at the center of your belief system. You can have negative core beliefs (which are of a limiting nature) or positive core beliefs (which are of an expansive or un-limiting nature). In PowerTapping, the former are worked on by framing them in terms of Negative Belief Statements, which are tapped down and out, and the latter are worked on by framing them in terms of Positive Belief Statements, which are tapped in and up. Unfortunately, most people have many more – and stronger – negative core beliefs than they have positive core beliefs, and this difference is reflected in their lives.

Many of an individual's beliefs will derive from just a few of their core beliefs. Everything else in their life will then tend to reinforce these few core beliefs. It is said that “the finder finds what the seeker seeks”: a part of each person will seek evidence to reinforce their core beliefs, and another part of that person will find and produce the evidence that is being sought.

If you do not uncover your negative core beliefs and work with them, it is likely that whatever issues or problems or physical pains you have tapped out will reassert themselves, since the belief that underlies them – the core belief – will still be there, waiting for a chance to reassert itself. Again, energy has habits. The same thing is true for weak or non-existent positive core beliefs: their absence will plague you time after time as goals, desires, and possibilities that you thought were achievable (and that you may have tapped on and in to some extent) elude you.

When you first start PowerTapping, you may find a great deal to work on that does not necessitate working on core beliefs. But at a certain point, if you do not work with your core beliefs, you will find that negative beliefs that you thought were tapped down to “0” are reasserting themselves, that problems which are very similar to the ones you have already worked on are coming to the forefront, and that positive goals and beliefs that you thought had been tapped into a very strong level of belief have lost their intensity or

ability to produce positive changes in your life. There are often many aspects to a problem, especially if a problem is tied in to a core belief. Dig deeper by asking “Why?” Then trace your problem back to the core belief, eliminating the reasons “why” along the way.

The Benefits of Eliminating Negative and Strengthening Positive Core Beliefs

The benefits of uncovering your core beliefs and working on them are extraordinary. It often turns out that a deeply submerged belief (often based on false information) is the foundation stone for many negative effects in one’s life. By removing this negative core belief all sorts of other undesirable circumstances that you might not have even been aware of will fall away. This is a type of “inconspicuous benefit,” “generalization effect,” or “domino effect,” in which change takes place essentially unbeknownst to us.

Alternatively, discovering that you have a non-existent or very weak positive belief, and then amplifying that belief, can open doors and worlds of achievement that you may have long given up hope on. Once you make a positive choice and start moving towards it, you become an attractor and one thing will, truly, lead to another.

For example, suppose you are a man and you have a core belief that you hate your mother and deserve to do so because she abandoned you when you were a child. Once you have tapped on this belief and no longer hold onto it, an inconspicuous benefit of that change might be that you now have a much easier time being around other women. You might also find that you have a much easier time committing to a relationship with a particular woman, and that you also generally trust women in business relationships in ways that you previously did not. Although you only tapped on the core belief of hating your mother, you now find that many other benefits have come to pass.

The more core negative beliefs you knock out, the faster the dominoes will fall. Before you know it, all sorts of wonderful things will start happening. It is a bit like clearing out an overgrown forest that is blocking your view of the sunrise. At first, there are no pathways through the forest whatsoever, so you tap until you have cleared one path all

the way through and you can now see a few glimmers of the sunrise. Then, as you keep tapping and tapping, and creating more pathways, you will find that they start to merge. Before you know it, there will be a substantial clearing, and instead of just seeing a couple of rays of sun, you will be able to view the entire sunrise in all its magnificence.

Difficulties in Finding and Working With Primary Core Beliefs

Core beliefs can sometimes be obvious or readily apparent, but more often than not they will be hidden, below the surface, obscured. It may be that you will readily come face-to-face with a core belief that is not hidden, but that comes to you easily and that you can then work on right away. Bless your lucky stars if this is the case! Once a core belief has emerged, you should work on it with all your might and focus, and revel in the great benefits that will follow from tapping it out or in. Relish the fact that once you have vanquished a negative core belief, you will find that many of the other beliefs that have been built upon it will also be gone, often permanently.

Sometimes an individual will have a primary negative core belief, that is, a negative belief that is very strong and central to the individual's entire worldview and life experience. To protect such a belief the individual will usually construct a grand defense, and such individuals will often need a therapist (or friend) to keep redirecting them back to the center of their belief structure if they hope to make progress. Looked at another way, there is effectively a saboteur living inside such an individual which will do anything it can to prevent primary core beliefs from being discovered and being changed. If you find yourself justifying, explaining, and diverting attention from a negative core belief, then you can be pretty sure that it is, in fact, a primary negative core belief; in this case, it is critical for you to persevere until the belief is entirely tapped out, eventually all the way down to a "0."

Sad to say, primary positive core beliefs are found much less frequently. In fact, a person with several primary positive core beliefs would probably have no burning need for PowerTapping! The goal, then, is to turn yourself into someone who has one or more

primary positive core beliefs and no primary negative core beliefs. Creating an outstanding and amazing life that you are happy with and proud of for many reasons may be as simple as picking one or two positive beliefs and tapping them in until they are not just core, but core and primary. Of course, choosing a belief that can become a primary positive core belief may not be as simple as it sounds – different primary positive core beliefs may require the mind, emotions, and body to be able to handle very different types of intense energy, and not everyone is capable or desirous of handling so much energy. For example, not everyone would want to be a religious mystic like Mother Theresa, regardless of how much love filled her heart on a continuing basis. What we want, then, is to uncover and nurture potential primary positive core beliefs that are appropriate for who we are and what we want.

In short, finding and working on core beliefs can take a good deal of time and effort, as described in the next few chapters. By themselves, some people are so constituted that they can directly move into searching out their core beliefs, while other people will need more time and perhaps the help of a therapist. Your first step should be to make sure that you have learned the various physical techniques involved with PowerTapping, and ideally, you should establish a regular PowerTapping practice. Then, you can start working on the beliefs that come up for you in real time, or on any pressing issues, problems, or pains, or goals and desires, that you have. Just be aware that underneath the beliefs that first come up there will often be other beliefs that are subconscious, hidden, or obscured in one way or another, and it is in the working with these beliefs that the real action and potential benefit lies.

The True Art of PowerTapping

The true art of PowerTapping is in knowing how to question yourself (or someone you are working on) so that core, root level, beliefs are revealed and can then be worked on – either eliminated entirely or amplified to a solid “10,” depending on whether it is a positive or a negative core belief. In the next two chapters, respectively focusing on tapping out and tapping in core beliefs, several methods for uncovering and working with

core beliefs will be discussed, including isolating aspects of beliefs, specificity in framing Negative and Positive Belief Statements, and the use of mind mapping as a tool.

None of these methods will be truly useful, however, unless you are able to seriously and discerningly question yourself as to what it is you truly believe. For purposes of PowerTapping, you do not have to know *why* you believe it, or exactly *how* the belief works in your life; you only have to know *what* it is that you actually – really, truly, and deeply – believe. And then, you have to be willing to question your belief. Once you hit what seems like a stopping place, settle down, do some conscious breathing if you are less than fully grounded, and then ask yourself: “Is *that* what I believe? Is *that* what I *really* believe?”

Once you have pinned down what you truly believe, you can then tap that belief out and ultimately down to a “0,” or in and up to a “10,” as the need may be. If you do this enough times, you will eventually find that you have worked all the way through your core beliefs, both negative (which will take most of your time), and positive. By the time you have finished this, it is likely that your experience of life will have greatly changed for the better.

As you go through this process, looking deep within yourself, you must stay present and remain conscious. Many core beliefs will be deeply hidden – “unconscious” is probably a better term for describing them than “subconscious” – and will act as if they have their own will to survive your attempts to discover and then work with them. Learning how to get yourself to open up to yourself, so that you can discover these core beliefs and then tap them out or in, may be a daunting challenge, but there are few human endeavors of greater value or worth. This is how you get out of your own way and let yourself through!

VI – 2 Tap, Tap, and Away: Using Specificity to Get Rid of Limiting Beliefs Forever

Obstacles to Tapping Out Your Negative Beliefs

More than anything else, it is our limiting beliefs that hold us back from achieving our true potential. Perhaps the simplest goal of PowerTapping, then, is to ascertain what our negative beliefs are, and then tap on them to get rid of them forever. But it is not always simple or easy to move forward with this simple goal, for at least five reasons.

First, in the case of destructive habits, compulsive behaviors, and addictive urges, there may be massive psychological reversals, ongoing provocations (a harassing boss, an angry roommate, an abusive spouse), or what is known as “energy toxins” (where something in a person’s food, water, or environment itself leads to psychological reversals and great difficulty in treatment). In these situations, it will often be necessary for a professional therapist familiar with tapping to be seen, as well as consistent tapping on your own.

Second, there are a number of prejudices (deep-seated beliefs) held by many people which make the resolution of all sorts of problems very difficult. For example, if someone is facing a physical or pain-related problem, there may be a deep-seated belief that tapping cannot change the physical world. (This is not true, of course, since any physiological problem has inextricable emotional and energetic components which must be addressed for full recovery to occur.) Another prejudice is the simple notion that if a negative belief has been around for a long time, then it is likely to continue to be around, and that it is very unlikely that it can be gotten rid of forever. In short, these prejudices represent a fundamental, almost willful, disbelief in the potential efficacy of PowerTapping to actually bring about a complete elimination of the negative belief in question. If you hold any of these prejudices or deep-seated beliefs, you will want to tap them out before you go any further in your PowerTapping Practice.

Third, many individuals, surprisingly, don't actually want to get rid of their negative beliefs until they have thoroughly looked at, dissected, and attempted to understand exactly what happened to them in the past and why it happened. This is one of the key problems with the current healing paradigm of Western culture. We are born with the innate ability – emotional, mental, physical, and spiritual – to heal all wounds. We must strip away our self-imposed limits so that healing can take place.

One of the critical advantages of PowerTapping is that, it does not require you to know “why” or “what happened” in the past. Without having to understand any or every layer of the onion of psychological or physical distress as it is peeled backwards, negative beliefs are simply eliminated and forever dealt with. To truly eliminate a belief forever, you have to want to truly eliminate that belief, and that means you have to be willing to let go of your desire to know exactly how, why, and what – whatever it was – happened.

Fourth, in many cases an individual will want to try changing someone or something else in their life instead of being willing to change themselves. Even after isolating the negative belief in question, there is still a strong tendency to shift blame onto someone or something else. In part, this is because at the bottom of most problems and difficulties is fear, and most people are reluctant to admit that they have some fear at or near their core.

Fifth and finally, even if none of these first four difficulties is present, then there is still the tricky matter of precisely determining the exact nature of the core negative belief that is at the heart of the issue, problem, or pain in question, framing the Negative Belief Statement correctly, and then reducing the RIB score of the belief to a flat-out zero.

Isolating Specific and Core Aspects of Your Negative Beliefs

As just stated, even those who are ready and willing to find their negative beliefs and tap them out and down to a “0” in the hopes of forever eliminating them can have a tough road to follow. Negative beliefs can be tricky – often appearing to have a mind of their own – and will often resist any attempts to precisely identify them.

Specificity is the key to identifying (and then eliminating) your negative beliefs as quickly and effectively as possible. Suppose you have a snake phobia, and you tap out the first level of your fear of snakes. (“Even though I am afraid of snakes, I completely love and accept myself.”) At this point, you recognize that you are still afraid of snakes, and that there must be something deeper going on here. Having knocked out this first-level belief, you can ask yourself: “Why? Why am I still Afraid of snakes?” At this point you might recognize that it is the eyes, and so you would tap out your fear of the snake’s eyes looking at you. (“Even though I am afraid of being looked at by a snake’s eyes, I completely love and accept myself.”) Having done this, you recognize that your fear of snakes is still not gone. You then ask yourself “What else? What else am I afraid of here?” Then you realize it is the way that light glints off of the snake’s eyes. So, you would frame this Negative Belief Statement (“Even though I am afraid of the way light glints off of a snake’s eyes, I completely love and accept myself”), tap it out, and then your fear would be gone entirely. At this point, you would then tap in something positive (“I am a powerful being, at ease in my body outdoors or indoors”) so that the negative belief will not begin to slither back in.

In this snake example, the key was to keep isolating more and more specific aspects of the fear in question. Although there are times when a general statement (“Even though I am afraid of snakes...”) will do the trick, in many instances it is necessary to dig down, aspect by aspect, into the question. If you do not get all the aspects, then the problem will probably reassert itself in your life. Energy patterns have a flow and relationship with behavior – remember, energy has habits.

Almost always, there is a path or a line of questioning that you can take to get to the essence of what is really going on with you. For example, suppose you are an athlete with shoulder pain. You start out with a global statement like “I have pain in my shoulder.” The next question is, “Where, exactly, is the pain?” And, “Does it happen all the time, or only when you are doing certain activities?” Once you have narrowed it down as specifically as you can, you can frame it in terms of a Negative Belief Statement – “I

have pain in my shoulder whenever I hold my tennis racket above my head.” At that point, even before tapping on it, you can ask yourself: “Why, is *that* what I believe?” In other words, not only do you need to narrow down the source of your pain as precisely as possible, but you then need to check in to make sure that this is really the core belief underlying your pain.

Or suppose your problem is that you have a boss who frequently yells at you. As you are being yelled at, you cower in front of her, and afterwards you find that you are very angry. The question, then, is what is really making you angry? Are you angry because you are cowering and embarrassed, or are you angry because you have compromised and are in a job that you don’t really like where your boss yells at you? And if it is the second of these, is it your compromise that is the core belief here, or is it that you are afraid of not being able to find another job that is really at the core? And is the real problem that you are afraid you won’t find another job, or that you are afraid that you will end up homeless and destitute? Even beneath that, is the real problem that you will be homeless and destitute, or is it that you do not feel that anyone would love you enough to help you? And, even beneath that, is there an even deeper fear that you are not lovable?

Flow Figures, Tabletops, and Mind Maps

As you can see, tracking down the bottom-line or core belief can take a lot of effort. It is a bit like detective work, because until you have to keep asking questions of yourself, seeing where they lead you, and following these leads no matter what the outcome. Now, you can tap on each of these negative beliefs as they come up, or you can follow the trail of beliefs until you get to the end of the line, the core belief, and then do your tapping. Often, it can be useful to figure out the trail of beliefs on a sheet of paper so that you can more readily see where the trail is going and thereby determine your core belief. Following this last example, a flow figure might look like this:

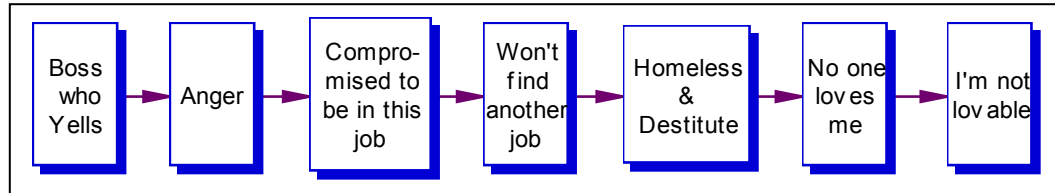


Figure 16 – Example of Isolating a Negative Core Belief

Although you can certainly tap on all of these negative beliefs as they each come up, it will be much faster and more effective if you start at the end, that is, if you can isolate the underlying core belief – in this case, that “I’m not lovable” – and begin by tapping on it.

Another way to go about this is to pretend that you are your own therapist, and that your specialty is in listening to other people’s stories, not so much for the details of the story, but rather for the direction that the story is heading and what its very telling reveals. The great psychologist Carl Jung once pointed out that it was not so much what somebody said about something, but the fact that they were talking about it at all, that was significant. Using the last example, why were you initially talking about your boss who yells and how you feel angry after that happens? Was it, ultimately, because you did not feel lovable, and you were trying to get someone else’s love by talking about the problem?

As another example, inspired by Gary Craig, suppose that you have a problem with procrastination and success, and that we can liken this problem to a table with eight legs. The surface level problem is that you procrastinate, and this is equivalent to the table top. Each of the legs of the table is another reason for why you procrastinate, including the following:

- I am afraid I won’t do a good job
- Nothing I do is ever good enough
- I like having slow mornings and resent having to start early
- I can’t get going until I have my coffee

- When I procrastinate I get a lot of attention and people try to help me
- I enjoy waiting until the last moment and then having to make a heroic push
- I have a fear of success
- I can't be better than my father

If you want to take the table down, if you want to get rid of the problem, then you have to begin to chop off its legs. Each time you tap out one of these issues – that is, each time you correctly frame it as a Negative Belief Statement and then bring its Relative Intensity of Belief down to a “2” or less – you are chopping off one of the legs of the table. But you don't have to chop off all of the legs in order for the table top to fall. But it is crucial, that you chop off enough of the legs, and that can only happen if you have identified enough of the specific negative beliefs that hold up the problem.

In the context of one final example on specificity, let us consider a tool – the mind map – that can be very helpful. Originally invented by Tony Buzzan, a mind map is a kind of graphical representation of what you are thinking about that can quickly draw out a problem and be taken to whatever degree of detail is necessary. (A wonderful, free, online description of what mind maps are and how to make and use them can be found at http://www.nlpmind.com/mind_mapping.htm.) Figure 18 shows a type of mind map relating to the procrastination example above, but focusing solely on money issues and fear of success. (Mind maps can be far more graphical than our example; the point, though, is to let your mind roam free and free associate as it comes up with more and more details and specifics as to the problem at hand.)

This individual, obviously, has many beliefs bound up with money and success issues. But having mind mapped the entire landscape here, it becomes possible to more quickly and efficiently tap all the way through them. Some of the issues are obviously deeper or more core issues, such as “I don't deserve to be more successful,” found in the lower right of this mind map. Those core issues should be tapped out first, in the hopes that as they are eliminated other negative issues will also fall by the wayside. A mind map like this can also be used to create a mirror image “positive mind map” which shows you the

range of positive beliefs that you are lacking or that you hold weakly, for subsequent tapping in.

Finally, if you want to make sure that you have tapped out every negative belief in your life, one way to go about doing that is what Gary Craig, founder of EFT (see chapter III-1), has called the “Personal Peace Procedure.” Here, you attempt to make a record of every troubling event you have ever had in your life, and then you systematically tap on each of these events. In PowerTapping parlance, of course, you would be tapping out the *negative belief* associated with each of these events. Similar to Carlos Castaneda’s suggested exercise of “recapitulating one’s past,” this is a time-consuming process that can yield some very beneficial results. The problem here is that by focusing so intently on the past, it becomes all too easy to lose sight of the present and the future. After all, the goal isn’t to make sure that you have no negative beliefs left whatsoever anywhere in your thought system, but to dispose of those negative beliefs that do come up in real-time or that otherwise prevent you from having the life and experiences that you want. Life will show you what you need to work on; there is no need, for most people, to go looking for trouble.

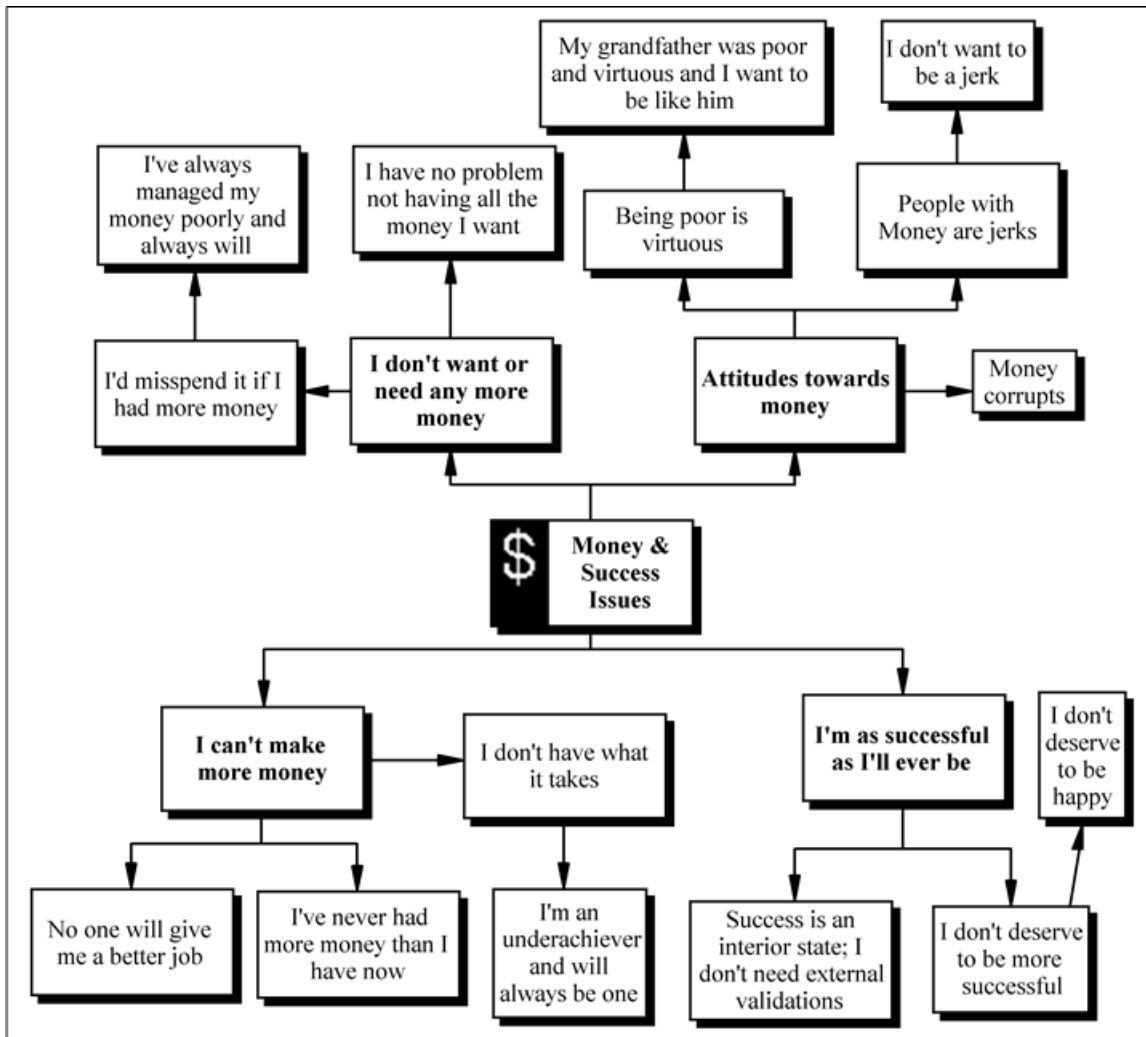


Figure 17 – A Mind Map Example: Money & Success Issues

Forever Gone?

Using the strategies just described, it is possible to track down, isolate, and then tap out your core negative beliefs. But once you do this, even if you have tapped a belief down to a “0,” is the belief then really gone forever? In many cases, it will be – you will experience a physical feeling that the anxiety, despair, or whatever you had been feeling has lifted, and will consciously know and recognize that what was an issue for you is no longer an issue. You will feel differently, physically and mentally, and your real-world behavior will have changed.

Of course, in some cases changing deep beliefs and the behaviors that follow from them can take time. For one thing, a problem can have many different aspects, and even if you think you have specified all of those aspects, new ones may pop up that you have never previously thought of. For example, suppose you were depressed, but after successfully determining and tapping out the negative beliefs that caused your depression you are now feeling fine. Then, three or four months from now you find yourself being depressed again. It may be that your original negative belief has reasserted itself, or it may be that there are new reasons for your depression, new aspects or another facet of an old problem, that now need to be tapped out.

It may also take some time for the behavior associated with your negative belief to entirely extinguish itself. For example, suppose your spouse criticizes you whenever you drive, no matter how well you drive. After tapping out the negative beliefs that come into play for you here, you may find that when you are criticized you still react a bit, although your response will be much less intense than it was, and will eventually fade away completely.

One key here is to put something positive in the place of a tapped out belief (see chapter VI-4) – and then don't give it another thought. Just forget about it. If you start testing the negative belief to see if it is still there, poking and prodding and stirring things around to determine if any of it is left, then you will be clouding with doubt the new positive imprint from the belief that you just tapped in. Instead, focus on tapping in your positive belief even more strongly, as discussed in the next two chapters.

No matter what you do, you can expect that over time some of your core beliefs will attempt to reassert themselves. Like an excised tumor which leaves behind a few cancerous seed cells, if you find the negative belief arising in six months or two years, then you should quickly address it again. In most cases, though, you will not have to keep working on the same issues, problems, or pains over and over again. Also, in order to ensure that a belief will, in fact, not reassert itself, you can do a type of Meta-Tapping on

the belief by adding in at the appropriate point of your tapping rounds that “this belief will never come back and never be part of my thoughts and energy again.”

VI – 3 Tapping Into Your Dreams and Making Them Real

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap into this source, you will truly have defeated age. – Sophia Loren

As figure 18 shows, there are five distinct types of Positive Belief Statements (and associated positive beliefs) that you can work with and tap in. Note that the two types of Positive Belief Statements associated with the vertices at the bottom of this pentagon are associated with the most common day-to-day types of tapping; the PBS's associated with the two middle vertices are more about long-term tapping; and the PBS associated with the top vertex – Meta-Tapping – is of a different order entirely, since its focus is tapping on the process, practice, and art of PowerTapping itself.

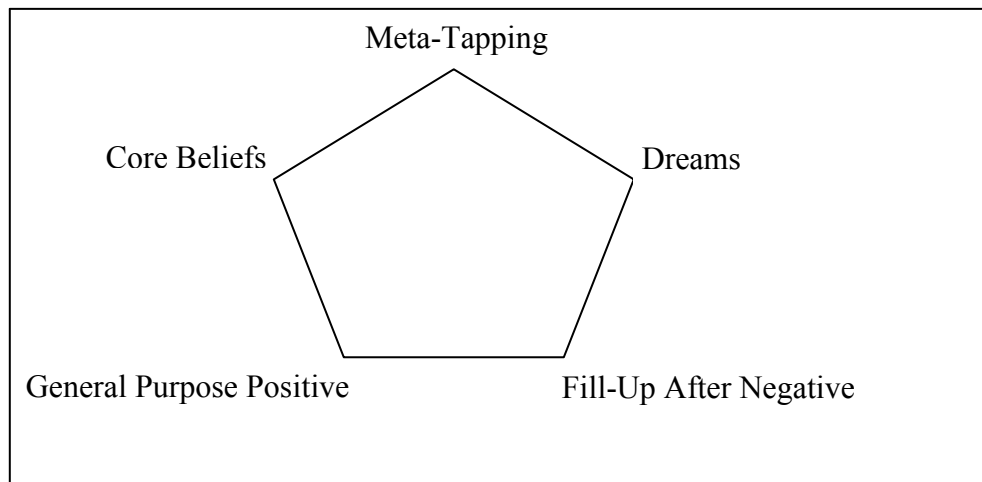


Figure 18 – The 5 Types of Positive Belief Statements

- **General Purpose Positive Belief Statements** about immediate, short-term, goals and desires, regardless of how pressing, including (losing weight, addressing pain, job performance, addressing depression, and so on);
- **Positive Belief Statements to Fill-Up Any Vacuum Left After Tapping out a Negative Belief Statement**, that is, Positive Belief Statements that, as part of the

Tap Dancing process, are made so that there isn't a "hole" left in your thought system in which negative beliefs can re-install themselves (see next chapter);

- **Positive Belief Statements intended to become Core Beliefs** and primary core beliefs (as described in the last chapter);
- **Positive Belief Statements as to your Dreams**, that is, Positive Belief Statements intended to turn your deepest dreams (and even fantasies) into reality; and
- **Positive Belief Statements made as part of the Meta-Tapping process**, that is, tapping on tapping (see chapters IV-8, V-8, and VI-8).

The basics of tapping in and upping your Relative Intensity of Belief score remains the same for all of these. For example, the Temporal Tapping In Sequence, as described in chapters II-5 and II-6, will be the primary means for performing all of these types of tapping in, but in some cases you may want to try variations of the Basic or Extended Tapping Out Sequences instead. In all of these cases, your goal will be to move the Relative Intensity of Belief score to an "8" or higher, and in order to achieve that you will have to be willing to persevere when your RIB score is stuck at a lower number than you want. Always ask yourself, "How much do I believe *that*?" and if your answer is a lower RIB than you want, then it is up to you to do something about it.

Another important point is that when you are working with positive beliefs, it is often helpful to visualize, using as many senses as possible, the desired outcome or state. Identify with that state or outcome as completely as you can. See, hear, smell, taste, and feel yourself hitting the home run, capturing the applause of thousands after your live music performance, or closing the big business deal and being praised by your boss (or becoming the boss). When you use your imagination to experience yourself as being or having what you are affirming, many more parts of your brain, your energy system, and all of who you are can come into play.

With respect to creating positive core beliefs and primary positive core beliefs, the key will be persistence. You should tap on these Positive Belief Statements every day, day

after day, until they truly become your core beliefs. When these positive beliefs are finally truly yours, when you hold them with an invincible certainty, you will know that this is so, and will in good time naturally discontinue the process of regularly tapping them in.

Turning Your Dreams Into Reality

If you knew that you could achieve your dreams, if you knew that you could not fail, if you knew that *anything* (that is possible) is truly possible, then what would you do next with your life? Just as importantly, which of your dreams would you pursue?

Sadly, the “dreams” of most people are depressingly mundane, mainly because they do not dare to really dream. Consider the following framework: Most people have a list of daily and weekly To Do items, and then month-long and year-long goals. Beyond their 10 year goals is where we get to their dreams. Dreams, then, are real enough to actually think about (and think often about), but not real enough to start pursuing with specific goals. Even beyond dreams are fantasies, which can be thought of in the following terms: “What if I couldn’t fail? What if every resource was available to me, and that everything I did worked, and I had everything I needed to make whatever it is I’m fantasizing about real ... what would I want then?”

What if your fantasies became your dreams, your dreams became your year-long and month-long goals, and your year-long and month-long goals became your weekly and daily To Do items? (As stated in the *Introduction*, this is what has happened to me: what used to be my long-term dreams and even fantasies became my yearly goals, what used to be my yearly goals became my monthly goals, and what used to be my monthly goals have become my weekly and daily To Do items.)

The point is that the amount of time that it might take for you to achieve your dreams and even your fantasies does not have to be nearly as long as you may have previously thought. Similarly, do you hold the notion that you have to **work really hard** for anything of value to come to pass? Let me ask you: is *that* what you believe? If so, why?

Do you believe it because your mother, father, mentors, and society itself told you that that's what's true? But what if that's not what's true? What if you are inherently powerful and creative, with access to many other people who can do things for you that will speed up the process? Would your dreams still take as long? Would they be as hard to accomplish? Would the tasks seem as daunting with a team of people behind you instead of your having to do it all by yourself?

Is the key to achieving your dreams hard work, or working smart? Think about how many times you've been told you have to work hard, and only hard work gets you there, and that things have to be hard if they're really worth it. If that's what you believe, it will be true for you, but you don't have to believe that, and if you effectively use PowerTapping, then you no longer have to believe this myth about hard work as the only way. Instead, you can believe what you choose to believe with respect to your dreams coming true, and with PowerTapping amplify those beliefs so that they become your reality? If you want to believe that you can accomplish your dreams with a minimum of effort, and that your job is to orchestrate your dreams, thoughts, and the assistance of others, then your dreams can start coming true pretty darn quickly.

How do you do this? Bernice Collura, a personal solutions coach, gave me the following suggestion. You can state your dream aloud or write it down on paper and then work backwards from there. Think about your dream, and imagine yourself standing right there ... and you've already got it, you've succeeded! Now, ask yourself, "What did you do just before your dream came true? What step was that?" Write this step down. Then, step back, and ask yourself what you did just before that, and write that down, and continue backwards until you are in the present moment. When you're done, you will have pieced together a viable plan for attaining your dream.

Then you just need to execute it. The first step in doing that is to ask yourself: "What's standing in my way of doing the first step?" Whatever answer comes up here – just dump it. Tap out the underlying beliefs, and in their place tap in a strong positive belief. Then look at your second step and do the same thing.

Suppose your dream is to set up a non-profit foundation that will cost \$5 million dollars and take a lot of knowledge and contacts to get off the ground. Your mind may say, “But I don’t know enough about it ... and how will I ever find someone with \$5 million dollars to fund this? How can I trust anyone to help me?” If that’s what comes up, then go ahead and tap out the underlying negative thoughts and tap in some strong positive ones: “I attract people I can trust. I attract people who share my vision. I excite everybody with my vision to be on the same page so that it can all get done in record time.” Tap all this in, and then move on to the next step until you can clearly see yourself standing in a state of complete success with your dream fully manifested. Just as 70% of the effort involved in an airplane flight happens at the very beginning as substantial fuel and thrust are needed to overcome gravity, most of the effort involved with achieving even your grandest dreams will occur up-front. With no doubts, no fears, and nothing but a firm conviction that you will indeed accomplish your dream, you will already have done the hardest work (but not all the work!) that will be necessary.

Doing the Work: Co-Creating with the Universe

You may have an excellent PowerTapping practice, and you may have powerfully tapped in specific positive belief statements, positive core beliefs (and *primary* positive core beliefs), and even positive belief statements relating to your deepest dreams. Still, you have to do the work, whatever that is, to make your dreams come true. You do not get sunshine unless you stand out in the sun, and you do not get your dreams unless you do whatever it is that is necessary for them to become real.

Remember early on in this book when we said that anything that is possible, is possible? The point was that there are some things that just can not happen; for the most part, what you most desire will not just pop into your pocket via a miracle of manifestation unless you have done the necessary preparatory work. If you are a writer, you cannot just stare at the computer or your notebook; no, you actually have to hit the keys with your fingers or move the pen with your fingers. If you want to run a marathon, you can not just walk up to the starting line without having practiced and expect to finish.

Some say that all you have to do is 10% of the work, and that the Universe, or God (however you conceive of God), will do the rest. This may be true, but you still have to do your 10% of the work. Yes, if you begin what you have dared to dream then you will be met with all sorts of unexpected help, but you are the one that has to initiate the beginning and then follow through. Miracles are possible, and happen all the time, but they happen within the realm of everyday reality, not outside of it. Sure, every now and then something that seems totally impossible will happen – you will discover something of great value or intricacy that seems to have been left for you by some force or agency that you can not identify or comprehend – but you certainly can not exclusively count on this type of assistance. Instead, be clear about your dreams and the intermediate steps necessary to achieve them, and then do the work (including further checking in as to the clarity and strength of your positive beliefs). That is how you make your dreams real.

What if you do not know the next step to take in achieving your dreams? One technique that you can use, similar to one previously described in this chapter, is to visualize yourself as being in a movie that has a happy ending, where you are walking hand-in-hand on a crystalline beach with your person of choice, in complete loving bliss, as the sun sets over the ocean. Now, what was happening in the movie just before this ending scene? And what happened before that? Use your imagination and make a plan based on all the scenes that would have happened leading up to the final scene. Then, with your plan in hand, it is time to start tapping into your dreams and turning them into your reality.

VI – 4 Tap Dancing: The Ins & Outs of PowerTapping

In distinction to previous forms of AcuTapping (see chapter III-1), PowerTapping sees the relationship between tapping out negative beliefs and tapping in positive beliefs as a conversation or a dialogue. This free-flowing organic process is called “Tap Dancing.” For example, once you have tapped out a negative belief (eliminated it entirely or brought its Relative Intensity of Belief score to a “2” or less), then you almost always want to then tap in a positive belief (insert one if you did not previously have one, or amplify an existing one so that it’s Relative Intensity of Belief score is at least an “8,” or better yet, an invincible “10”).

Similarly, if you have trouble specifying a positive belief that you want to tap in, or have difficulty framing a Positive Belief Statement to work on, or if you find you can not effectively raise the RIB score of a PBS past a certain degree, then it is almost always helpful to ask yourself: “What standing in my way now? What negative belief do I have that won’t let me go any further? What else, if anything, is in my way here?” Once you have figured out what that negative belief is, you tap it out, and then you can go back to working with the positive belief that you had difficulty with.

There are three circumstances in which you will want to consciously engage in this dialectical process of working first with a negative or positive belief, and then with its opposite, and then back and forth again. These three circumstances are:

- To help you uncover your core beliefs and deeper aspects of the problem or goal you are working on;
- To help you either bring negative beliefs down to a RIB of “0” or positive beliefs up to a RIB of “10”; and
- To make sure that you have put a positive belief in the place of any negative belief that you eliminate or tap down to near a “0”.

Tap Dancing with Your PowerTapping Log

The first two of these circumstances often go hand in hand, and are illustrated by the PowerTapping Log example that follow below. (Remember that a full-size PowerTapping Log template is available in the Resources section of this book, and general instructions for using the PowerTapping Log can be found in chapter V-2). Sam, who is in his mid-30s, would like to be married and have a family, but he has been unable to find or sustain a long-term relationship with an appropriate partner. He starts out by tapping in the belief “I am a wonderful guy ready to find my life mate.” He is unable to move that belief past a RIB of “2,” so he then asks himself, “What’s in my way here? What do I believe about this?”

PowerTapping Log for <u>Sam</u>		Date/Time/Where: <u>July 27, 10 AM, coffee shop</u>
Special Circumstances (If Any):		<u>happy, alert, and ready to really work it</u>
NBS to Tap Out (RIB down) or PBS to Tap In (RIB up)	Change in RIB 0-1-2-3-4-5-6-7-8-9-10	Notes [# of rounds; results; observations; noticeable releases; core beliefs uncovered; what next?; etc.]
I am a wonderful guy ready to find my life mate	● →	Can't move it past a 2 no matter what I try
E.T. I believe I'm doomed to be forever alone...	← ● ——— ●	An intense 10; got it to 6, then 5, but won't budge
I have been and still am loved by many people	● ——— →	Took this from a 4 all the way to a 10 – no problem!
E.T. I believe I'm doomed to be forever alone	← ——— ●	Totally gone! A silly thing to have believed! Tears!
I am a wonderful guy ready to find my life mate	● ——— →	A 9! Time to hit the online matching services!

**NBS = Negative Belief Statement (“Even though I...”);
 PBS = Positive Belief Statement (“I am...”); RIB = Relative Intensity of Belief
 “.” Is where RIB starts; → or ← is where RIB ends; no change is just “.”**

Figure 19 – Tap Dancing Example: Using a PowerTapping Log

What comes up for him is that he believes he is “doomed to be forever alone,” and he therefore taps on “Even though I’m doomed to be forever alone, I completely love and accept myself.” (Notice that you can abbreviate the “even though” part of the statement as “E.T.,” and that the end of the Positive Belief Statement can also be simply represented by the use of ellipsis. In the full-size PowerTapping log, you might have room to fit it all in, but these abbreviations can help save time.) Even though he has never thought about this belief before, his intensely charged RIB of a “10” tells him that this is probably a core belief, and he knows that decreasing its intensity is a very important goal for him. Sam is able to move this belief from the intensely charged “10” down to a RIB of “6,” but at that point it won’t move any further. He tries again, persisting, using the Extended Tapping Out Sequence, but can still only move it down to a “5.”

He then looks inside himself for a positive belief that might help to “loosen up” or shed some light on this core negative belief – now reduced to a “5” but still plenty potent – and comes up with the Positive Belief Statement “I have been and still am loved by many people.” Although Positive Beliefs Statements that include past circumstances are somewhat unusual, in a case such as this one they can be very helpful. This positive belief starts out with a RIB of “4,” and Sam is able to move it up to a “10” with just a couple of Temporal Tapping In Sequences.

Having done this, he now Tap Dances back to the “doomed to be forever alone belief.” This time, with increased confidence and some positive momentum behind him – and with the strong knowledge that many people do in fact love him – he is able to decrease the intensity of this negative belief all the way down to a “0.” Experiencing great relief and even tears of joy (the sign of a powerful release), he has eliminated a core negative belief that has plagued him for years (whether or not he had ever consciously recognized it before).

Finally, Sam turns back to the first belief that started off this Tap Dancing session. This time he is able to move “I am a wonderful guy ready to find my life mate” all the way up to a “9,” and he is now ready to then take action on that belief. In this process he

uncovered one core negative belief which he has now eliminated, and he has moved his positive belief up to the point where, reinforced, it will eventually become a core belief.

In this way, the Tap Dancing process can uncover some of the hidden saboteurs in your life, those limiting beliefs that you don't even know exist until you uncover some of the camouflage that obscures them. Once you know they are there – “Is *that* what I believe? – they can be disposed of, clearing the way for a richer and fuller life.

Nature Abhors a Vacuum and Prefers Tap Dancing

The other key role of Tap Dancing is to make sure that whenever you eliminate or greatly reduce a negative belief, you strongly tap in a positive belief in its place. By doing so, you leave no room for the negative belief to come back and reassert itself. Nature abhors a vacuum, and a blank slate attracts dust indiscriminately. By force of habit and in accordance with the momentum of ordinary thinking, it is quite likely that the same negative belief, or a similar or related one, will emerge unless you have proactively put in a positive belief to “occupy the field.” Put into modern computer-metaphor language, if you don't put a positive belief in the place of your excised negative belief, the negative belief will often start to reinstall itself, like a virus that was not completely eliminated from all of your hard drive.

Here's a simple example in the physical domain that demonstrates this principle. Suppose you have back pain from sitting in front of your computer for far too many hours. First, you could tap out the belief, “Even though I have back pain, I completely love and accept myself.” After tapping on this general statement, you might tap on a more specific aspect of your negative belief, such as “Even though sitting in front of my computer gives me back pain, I completely love and accept myself.” Having reduced the RIB on this from an “8” to a “1,” you find that your back pain is now gone, at least in the short-term. At this point, it would behoove you to tap in a Positive Belief Statement such as “I believe that getting up every 20 minutes or so helps me to stay clear, fresh, and pain free.” Having

tapped this in so that its RIB is an “8,” you now find that indeed you take more breaks, and that your back pain does not return.

The Interactive Organic Flow of Tap Dancing and PowerTapping

The art of PowerTapping Tap Dancing is the art of going with the flow, intuitively and interactively, moving from one Belief Statement to the next while not being overly bound by any particular “rules” as to how Positive Belief Statement or Negative Belief Statements have to look. This kind of free-flowing organic session is most clearly demonstrated in person or by video. Although not as clear as those types of demonstrations, the following written description of a PowerTapping Tap Dancing session focused on procrastination is indicative of the kind of back and forth that goes on in real-world PowerTapping. Imagine, then, that Mary is a procrastinator, and that she sits down (with her PowerTapping log) and works her way through the following set of negative and positive belief statements:

- Even though I procrastinate at times that are crucial, I completely love and accept myself [a negative belief, to be tapped out]
- Even though I’m scared of death of failing, I completely love and accept myself [a negative belief, to be tapped out]
- Even though I’m scared to death of succeeding, I completely love and accept myself [a negative belief, to be tapped out]
- Even though I’m doing the best that I can, I realize now that this is not working for me, as I accept myself completely [a negative belief, to be tapped out]
- I forgive myself for procrastinating [a negative belief, to be tapped out]
- I now choose a different way of doing things [a positive belief, to be tapped in]
- Even though this way of doing things no longer works for me, I completely love and accept myself [a negative belief, to be tapped out]

- I can sit down, do great work, and finish everything on time [a positive belief, to be tapped in]
- I always feel great when I have a project, sit down, make a plan, and get it done [a positive belief, to be tapped in]
- I always feel appreciative, successful, and motivated [a positive belief, to be tapped in]
- I feel confident and in control of my life now and forever [a positive belief, to be tapped in]

After Mary is finished working on the above set of Negative and Positive Belief Statements, she returns to the original problem, and ask herself: “How do I feel about procrastination?” If she gets a RIB of “2” or less, then she will want to put something back in to completely occupy the field: “I feel fantastic when I finish a job,” or “Finishing my work makes me feel joyful.” Then she will go ahead and check her RIB for a positive statement such as “I love to get my work done right away.” If she comes up with a RIB of “8” or higher, then she can go back one more time and check the belief associated with “I love to procrastinate.” She will ask herself: “How much do I believe *that*?” If she finds that she doesn’t believe it at all, that the very idea sounds ridiculous to her and maybe even angers her, then she will know she is done, and that it is time for her to move on (and get to work!). Still, knowing that it feels best to finish off with one last positive belief (to leave a positive taste in her mind and whole system), Mary taps in “I am a powerful, creative, and joyful PowerTapper and I love the work I am doing!” Having checked in and determined her RIB on this Positive Belief Statement is an “8,” now it is really time for her to get to work!

Note that in the process described above, Mary worked on more Negative Belief Statements towards the beginning, and more Positive Belief Statements near the end of the process. It is often necessary to first clear out a good number of negative beliefs before turning to work on positive beliefs. Note too that Mary finished with a strong Positive Belief Statement, which is always a good idea after doing this kind of intensive work.

Just as Mary has developed her own PowerTapping Tap Dancing style, you will develop your own style over time. Remember, once again, that the key here is to find something that works for you, to apply it regularly, and to always be open to new and better ways of PowerTapping.

VI – 5 Performance Tapping: Sports, Business, Healing, Relationships, and More

*You know from past experiences that whenever you have been driven to the wall, or thought you were, you have extricated yourself in a way which you never would have dreamed possible had you not been put to the test. The trouble is that in your everyday life you don't go deep enough to tap the divine mind within you.
– Orison Swett Marden*

I recently worked with a professional athlete who was plagued by negative internal mind chatter. He was bothered by a mistake he had made in a big game, and could just not let go of it, which of course had an ongoing real-time negative impact on his game. I told him that I had a tool that might be useful to help him stop his negative mind talk.

After PowerTapping on him for a couple of rounds, he was no longer bothered by the incident. I told him “that’s how simple and effective tapping is, that’s how it works.” He smiled and his eyes got quite big, so I decided to ask him the following question: “If there were no limits with regard to your internal self-talk, and we could make it only positive self-talk, how good do you think you could be?” He said he could be as good as anyone who was in the Hall of Fame, that he had the talent, and that this is what he wanted. We did some more tapping together, and then I taught him to tap on himself. Sure enough, the benefits showed up in better work habits and performances.

Also in the sports domain, not too long ago I spoke with the Assistant Athletic Director of a major national university. After explaining the basics of PowerTapping to this man, I asked him if there would be any value in his being able to get each and every one of his athletes to absolutely love and look forward to each workout. The very idea of this possibility stopped him dead in his tracks, and the very next day I was doing personal work with him as he considered how to adapt PowerTapping to his athletic programs.

PowerTapping can be used to enhance performance not only in sports, professional or otherwise, but in every other field of human endeavor, from business to healing to relationships to artistic expression to sexuality and on and on... You should not only try

it on anything, but you should try it on everything that is of importance to you in your life. This can include hobbies and pastimes that are supposed to be fundamentally relaxing, but which, for one reason or another, you no longer enjoy as much.

For example, do you want to be a better stamp collector? You might tap on how stamp collecting continuously relaxes you, or how your skills at making very subtle color differentiations are always improving, or how you make wise choices so the value of your collection is always growing.

Or suppose you want to enjoy your golf game more. You might tap on how relaxed golf makes you feel, or you might tap on how your coordination and skill are always improving over time. Perhaps you have a hidden fear that others will see you as an inept golfer. Go ahead and tap out that fear, and get back to enjoying your game.

Perhaps you want to become a better golfer or work on a specific part of your game. I have several clients who have PowerTapped to improve their golf game with great success.

There is no set way to tap for performance, other than to recognize that because PowerTapping can eliminate or amplify, respectively, your negative or positive beliefs, it can have an effect on anything and everything that you do. PowerTapping is a type of universal machine that can be applied to anything you so choose. It will work for you in situations that are highly stressful, where there is stiff competition and a great deal at stake (in part, it can help you eliminate the belief that if you do not win, you will not be OK), or it can be used in the most moderate of situations where the peaceful pursuit of a hobby or the quest for excellence for excellence's sake is what drives you. So after you have used PowerTapping to move through any pressing issues, problems, or other difficulties that dominate your life, take a long relaxed look at where else you might want to apply PowerTapping and then go for it!

VI – 6 Is That What You Believe?
Happiness and Tapping on the Half-Full Cup

“I’m drinking from the saucer because my cup is overflowing.”
– Rev. Glen Grace, quoting an unknown author

The art of happiness is perhaps the greatest art of all. Whether or not PowerTapping can directly lead one to higher levels of spiritual awareness (e.g., tapping in “I am fully and completely enlightened...”), the impact that it can have on your regular day-to-day real-time thinking and emotional status quo can lead you to happiness.

Really, it is a question of whether you view your cup as half full or half empty. At any given moment, your very powerful human mind can seek evidence and find proof that things are rotten, that you have been unfairly singled out in some way or another, and that the Universe as we know it is just not set up for people to be happy. On the other hand, you can turn your mind towards seeing how things are basically good, towards gratitude, towards the very miracle of your own life and the existence we find ourselves in.

Many of us are used to seeing our lives as a cup that is half-empty cup. Our energetic habits of thought and mind continually churn up negative thoughts and beliefs, and we unconsciously accept this negative mind chatter and find ourselves stuck. As I indicated in the introduction, my cup was once often half empty. I was often extremely negative before I discovered AcuTapping and then developed PowerTapping from it. I would whine to myself about being a victim and the unfairness of my situation, and I would constantly find evidence that things were not as they should be. But slowly, slowly, I began to turn that around, and soon I had a real-time PowerTapping practice going through which I vigilantly rooted out my negativity. Over time I began to feel better about myself, and developed a core happiness and a deep unshakable sense of hope for the future. Today, my cup is always half full or more, and whenever a negative belief arises, I make sure that I catch myself and eliminate it as quickly as I can.

A cup that is always half-full is easily within your reach. You just have to be willing to commit to achieving this state through a regular PowerTapping practice. Whenever something negative or cynical comes up in your mind, catch it and tap it out. If you lack a positive belief necessary for you to succeed at something, then catch yourself and tap in that belief. In three to six months you will find that your cup is half full or more, all of the time. The real art here is choosing to be happy, and then choosing to practice PowerTapping until that happiness – the attitude of gratitude that yields a half full cup or better – is already always yours.

VI – 7 Keeping Your Practice Fresh & Vital

In chapter III-2 the question was raised as to how you can keep your PowerTapping practice from becoming nothing but “food for the ego.” This somewhat obscure phrase refers to the fact that virtually all practices of any kind tend, over time, to degrade. That is, they become mere habits, lifeless and devitalized, with techniques and protocols being performed more by rote than by intention. Do something – anything – for long enough, and you will become used to it, perhaps bored by it, and if nothing else you will lose some of your enthusiasm and focus. (The philosopher Nietzsche once said that “Even the gods must struggle with boredom.”)

So, is there anything that can be done to prevent your PowerTapping practice from becoming food for the ego? The short answer is “no.” The longer answer is that even though you can not prevent it, you can prepare for it, which means that you can use Meta-Tapping and just plain old awareness to make sure that you notice if and when your practice becomes devitalized, and at that point you can take effective corrective action.

The great progress that you will undoubtedly make as you first initiate a PowerTapping practice will put off this problem for some time. But after six months or a year or two, you should be very aware that the vitality of your PowerTapping practice may be at risk. So ... notice. Pay attention. Be aware. PowerTapping is a good thing – a very good thing – and if and when it stops working as well for you, then it is time for you to act.

If such a point comes, start by reminding yourself how valuable your PowerTapping practice has been, and commit to keeping it strong and vital through whatever means necessary. You can use your other practices to help vitalize your PowerTapping practice; you can stop PowerTapping for a short while, perhaps rotating through PowerTapping and other practices, and then come back to it; and you can always Meta-Tap on your practice and your ability to revitalize and renew it so that it works for you even better than before. If your PowerTapping practice does become “food for the ego,” then finish

the meal, wipe off your chin with your napkin, and get back in the PowerTapping game as soon as you can.

VI – 8 Meta-Tapping 3: Tapping Into Your Own Style

Just as you can meta-tap on your PowerTapping technique (see chapter IV-8), or on your PowerTapping practice (see chapter V-8), you can also meta-tap on the fine art of PowerTapping as it has been described in this section of the book. Thus, you can perform Meta-Tapping on any of the following:

- Your ability to uncover and work with your core beliefs and primary core beliefs
- Making your dreams real, including your ability to map out the steps necessary for those dreams to become real
- Developing and practicing your Tap Dancing ability
- Your ability to use PowerTapping to increase your performance in any area you choose
- Keeping your PowerTapping practice fresh and vital

Finally, of course, you can Meta-Tap on your overall personal approach to the art of PowerTapping as you develop it through your practice. Each of us has strengths and weaknesses, which will be reflected in the way we go about our PowerTapping. By Meta-Tapping to negate the effect of your weaknesses and maximize the effect of your strengths, you will dramatically increase the likelihood that PowerTapping will enable you to realize your dreams, become the person you have always wanted to be, and achieve true happiness (or at least a cup that is always half full or more).

VII – A Personal Challenge Revisited

*Once upon a midnight dreary, while I pondered, weak and weary,
Over many a quaint and curious volume of forgotten lore,
While I nodded, nearly napping, suddenly there came a tapping,
As of someone gently rapping, rapping at my chamber door.*

– Edgar Allan Poe

The Personal Challenge near the beginning of this book, in chapter I-3, was purposefully meant to be a kind of rapping, rapping at the chamber door of the possibilities that lie within you. Since I believe that anything is possible, *I am holding tight to the possibility that even if you did not take the Personal Challenge when you first picked up this book, you might be willing to do so now.* Although PowerTapping isn't "free" (it takes a considerable investment of energy to change one's life for the better), and although it isn't "easy" (well, it is relatively easy given the enormous impacts it can have on your life, and it doesn't hurt, isn't hard to learn, and has no side-effects), it does work amazingly well. In fact, it will work for between 90% and 95% of the people who follow the instructions in this book and give it a good shot. Even better, the more you do it, the better you get at it, the more applications you'll see for it, and the faster wonderful things will happen in your life. Just like me, if you sincerely practice PowerTapping, at some point you will personally come to know for a fact that *anything* (that's possible) is possible. *Anything* is possible.

So, if you haven't taken the Personal Challenge yet, are you ready now to do so? Was this book and the explanation of PowerTapping merely of some general interest to you, or did you really want to get the value that PowerTapping offers? Perhaps you think that PowerTapping is interesting, but that because of your situation, it is not something you can really take up now. But remember: your past is essentially irrelevant. In fact, I would urge you to quit wasting time on the exploration of what has happened in your past. If you are looking backwards, trying to understand and spin what happened to you in the past, then life is passing you by. The key question isn't what happened way back when, but what can you do, now, to move on with your life?

For example, if you haven't been able to find and maintain a serious relationship because you are scared of commitment, then the problem is your fear of commitment, not what that fear led you to do in the past. With PowerTapping, you can simply get rid of the fear of commitment, and then a good relationship becomes possible. Examining, analyzing, whining about, and even taking responsibility for what happened in the past won't enable you to change and succeed; instead, with PowerTapping, you can directly change your beliefs, which makes it far more likely that your life will fall into place.

Also irrelevant is how others will experience you – and how you will experience their experience of you – if you take up the practice of PowerTapping. It is true that when you first start PowerTapping, some of your closest friends and even family members may object, saying you look silly, or that what you are doing could not possibly work. Over time, as you tap out your negative beliefs and then start working on your goals and dreams, some of these individuals will come around, but others will not. In many cases, you will find that you quickly surpass your friends in many areas – they will appear to be moving in slow motion as your life continues to move faster and faster (even if that fast movement is towards having the relaxed lifestyle that you've always wanted!).

As your life changes, including potentially your job or income source, your primary relationships, where you live, and so on, don't be surprised if your friends change as well. This is part of the evolution that takes place when you undertake a PowerTapping practice and aim for the realization of your highest dreams. If you want to create something special, living the life you have always dreamed of and being the person you always thought you could be, you will experience many wonders and many changes. Eventually, you will come to a place of realization, that I ALWAYS WAS, and that now I AM, all that I ever wanted to be. For this to happen, all you have to do is just get out of the way, and let yourself through.

One final time: *are you ready now to take the Personal Challenge?* If the power to remake the world is at your fingertips, and if *anything* is possible, then what will you choose to do next? The world – as it has been, or as it could be – awaits your decision.

VIII. What If . . .

You Had Optimum Brain Power?

Contributed by Betty Kamen, PhD

What if you could pick and pluck and chase your food in an unpolluted world? Research suggests that if you attained your food this way it would be so nutrient-dense that you would actually improve your cognitive ability and your memory, and reduce your stress level. There is no question that the nutrient deficiencies that shorten our lives and/or cause disease also affect our thinking power and our coping capacities. But – chase, pick and pluck? I don't think so!

Add the fact that the older we get, the less efficient we become in absorbing and efficiently using the nutrients in our food, wherever it comes from.

What if a product was available in an easy-to-take *supplemental* form that would give us the pick-pluck-and-chase nutrients – a supplement that was so cleverly formulated that it would increase or improve overall brain power? The good news is that such a supplement does exist! Called “ThinkStraight,” it's an amalgam of nutrients that have been validated in the medical literature and clinically to help us do exactly what its name implies: *It helps us to think straight!*

Why *ThinkStraight* Is Necessary

The profound effect of supplementation on our cognitive ability is no longer news, but it is a compelling example of our capacity to improve our brain power. In fact, enhancement of brain function is considered the new paradigm. STUDIES SHOW THAT WE CAN INCREASE OUR THINKING CAPACITY AT ANY AGE. We know we can do this with lifestyle choices. Such choices, however, are too often too difficult to implement. But we also know that we can reach that goal with specific supplements!

To help avert or even turn around any depleted “thinking” capacity, very specific nutrients have been targeted. These nutrients are included in *ThinkStraight*. They are: vinpocetine, vitamin B6, Rhodiola rosea, Ginkgo biloba, vitamin C, vitamin E, T-3 Arginol Complex, and L-theanine. Let's look at these individually.

Vinpocetine

For the biochemists among you, vinpocetine is obtained from the leaves of the common Periwinkle and was discovered in the late 1960s. It is a remarkable compound that is widely used in the prevention and treatment of cerebrovascular (brain-related) diseases. Vinpocetine increases cerebral blood-flow rate and has a protective effect on nerves.

The pronounced antioxidant activity of vinpocetine rapidly passes through your blood-brain barrier. It appears to be distributed in the many areas of your brain that have to do with cognitive functions (including the thalamus, basal ganglia, occipital, parietal and temporal cortex).

Observations show that vinpocetine has a direct neuronal action in the human brain, the result of a study done at the famed Karolinska Institute in Stockholm, Sweden.

One European database lists more than 500 studies showing that vinpocetine not only enhances mental acuity, but also improves alertness and both long-term and short-term memory skills.

A prestigious Russian journal, *Eksperimental'naia I Klinicheskaia Farmakologiya*, demonstrates how vinpocetine actually influences carbohydrate metabolism in a positive way.

A study search shows a variety of important beneficial effects in the brain with its use, without any adverse effects. (The search was done by "The Cochrane Collaboration, Cochrane Reviews of Abstract 2004.")

Vitamin B6

It is well known that vitamin B6 (also referred to as pyridoxine) is involved in the regulation of mental function and mood. B6 deficiency can affect cognitive function at all ages.

This nutrient helps to keep the harmful substance homocysteine under control. Homocysteine causes cognitive decline. Vitamin B6 is also important in the utilization of all food sources for energy and in facilitating the release of stored energy from your liver and muscles.

Your brain also needs vitamin B6 to convert other nutrients that are essential for antidepressant effects. Emotional symptoms such as fatigue, mood swings, depression, and even loss of sex drive are related to vitamin B6 deficiency.

But the problem is that the average amount of B6 in the typical American diet is not significant. Heat, time, and light decrease its availability. B6 deficiency is commonplace. For these reasons, I have encouraged B6 supplementation for decades.

Ginkgo Biloba

Extracts of the leaves of the Ginkgo biloba tree are widely prescribed in Germany and France for the treatment of a range of conditions that include memory and concentration problems, depression, anxiety, and even headache.

Its mechanism of action includes increasing blood supply by dilating blood vessels, reducing blood viscosity (resistance to flow), and decreasing the density of free radicals (harmful molecules caused mostly by rancid or re-used oils).

Cognition has been shown to improve with even small doses of Ginkgo. And it is safe, with no excess side effects. A breakthrough study published in *The Journal of the American Medical Association* shows

that Ginkgo biloba effectively improves the mental function of those with Alzheimer's disease and dementia within the first 26 weeks of treatment. Another study shows that this herb increases activity in all areas of the brain. The researchers attribute this to the synergy of the effects of the many constituents of the total extract.

Vitamin C

Although we generally think of vitamin C as the nutrient that helps to prevent or reduce the severity of respiratory infections, this vitamin is critical for brain performance. How it functions and is regulated in the brain is only recently beginning to be understood. One new study confirms that oral intake of vitamin C in supplemental form is indeed delivered to the brain, where it settles and is concentrated for a short period of time.

But the body has a very limited reserve of vitamin C. That's why it must be replenished every day.

Most of the foods containing vitamin C are fresh fruits and vegetables – foods we just don't eat (or can't even acquire) in significant quantity – and certainly not every day! Vitamin C deficiency causes mental sluggishness, depression, and listlessness.

A fascinating test was administered that evaluated the association between nutritional status and cognitive functioning. What was particularly relevant is that those participants who had suboptimal vitamin C scored worse on both abstract thinking and problem-solving abilities.

Theonine

Although we've known about the amino acid L-theonine for half a century, it has only recently been the focus of attention as a great stress reliever. It is found almost exclusively in tea plants, and is believed to be one of the most important relaxing constituents of green tea.

When supplemented orally, it has the ability to promote the production of alpha waves in the brain, and it may do this within 30 minutes. (Alpha waves are thought to be markers of relaxation.)

Although it relaxes, the effect is non-drowsy. In addition to promoting relaxation, theanine also reduces anxiety levels, sharpens mental acuity, increases concentration and learning ability, and may even lower blood pressure.

Rhodiola Rosea

The same Russian journal that offered information about vinpocetine (*Eksperimental'naiia I Klinicheskaia Farmakologiia*) describes the remarkable effects of the Russian herb, Rhodiola rosea. Studies on the intake of this herb show a pronounced effect on lipid peroxidation, which means it helps your body get rid of harmful free radicals caused by the toxins we eat or are exposed to. It also exhibits benefits for lung function and hepatitis. Studies from Korea confirm these results.

The use of Rhodiola rosea in *ThinkStraight* has to do with its ability to enhance mental and physical performance. It supports the nervous system and boosts mental function by increasing the blood supply to the brain. And, like vinpocetine, it also has antidepressant properties.

Researchers have even identified the constituents in Rhodiola rosea that are responsible for its great value. Included are substances known to reduce stress levels.

The product has been used for centuries in Eastern Europe, Scandinavia and Asia, and it certainly would not have stood the test of time if it didn't work. Years back, traders were known to give up their fine wines, fruits, and honey in exchange for some Rhodiola. More recently, a group of medical students took Rhodiola for 20 days and reported significant improvements in mental fatigue reduction, general well-being, final exam grades and physical fitness.

T-3 Arginol Complex

Known in the nutrition and health industry as *T-3 Arginol*, this complex is comprised of 1., velvet antler, 2., tocotrienols, and 3. ginseng. Those of you who are familiar with my work know how extensively I have written about these three products, and how I endorse their use in everyone's daily nutrition regimens.

1. Velvet antler: An ancient scroll recommends deer antler for 52 different diseases. Today, it has been scientifically proven to strengthen muscle contractions, improve nerve impulses, regulate blood pressure, and treat arthritis. It is used to encourage muscle development and to increase strength and endurance. I have been impressed enough with velvet antler to have written a book about it (*The Remarkable Healing Powers of Velvet Antler*.)

2. Tocotrienols: Unlike condemnation of the use of so many other supplements, vitamin E supplementation has been described favorably in endless studies reported in our traditional medical journals. But among our mistakes, we have isolated the most active components and offered them for general use. Although the isolated active parts of foods or extracts have their place for specific therapeutic use, we have learned that for most applications the whole is far superior to the parts. That's why tocotrienols, a whole and natural vitamin E complex, is far superior to any isolated vitamin E. (Usually, only alpha-tocopherol is offered, leaving out the other health-promoting forms.)

The list of benefits of vitamin E is extensive. Among them is the fact that impaired immunity because of strenuous exercise is reduced in the presence of vitamin E, and that it protects the brain from oxidative damage – and therefore from the adverse alterations that accompany aging.

3. Ginseng: The antioxidant action of ginseng is believed to be the reason it extends life. It is used in the treatment of over-tired healthy people, in addition to those weakened by disease. This demonstrates its effectiveness for functional disorders of the nervous system.

Ginseng improves the ability to solve problems, concentration, accuracy and speed. The more tired and confused, the stronger the effect.

Studies also show that ginseng can protect against stress – whether emotional or physical. It has long been esteemed as the ultimate tonic, helping to maintain vigor and vitality, and even helping to build and support ambition.

Summary

In a study of 2007 rescue workers who responded to an airline crash, researchers found that just over 40 percent developed acute stress disorder shortly afterward, and post-traumatic stress disorder, or depression over the following year. Many of the rescuers had two or all three disorders, as one often increases the risk of developing the others. Although our lives may not be exposed to such serious stress, none of us escapes stress entirely. And in fact, most of us face at least a modicum of stress on a daily basis.

The *ThinkStraight* formula was developed to keep the brain operating at optimum efficiency, normalizing emotions and greatly reducing the effects of stress. PowerTapping is helpful in getting us to clear out emotional and energetic blocks that limit our success. It is a process that allows change to occur faster and with greater ease.

What makes some of us able to cope better than others? Many factors, but I believe that nutrient integrity can be extremely helpful in allowing us to grapple with any kind of stress. Learning Robert Rudelic's PowerTapping techniques can only give you even more ammunition to ward off the stress enemy. How astute of Robert to put it all together – to offer his easy-to-learn stress-reducing tactics *and* to formulate a brain-enhancing supplement!

IX. Resources

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1. Glossary

From Tappin'-A to Tappin'-Z: A Glossary of Tapping Terminology

Abreaction: The sudden or strong unleashing of suppressed emotions in a real-time psychological or psychiatric trauma.

Acupressure: Sometimes known by its Japanese name, “shiatsu,” this is a form of massage and healing where pressure is applied to Acupuncture Meridian points using the hands, fingers, and sometimes other parts of the body.

Acupuncture: A healing modality devised in ancient China whereby specific body locations are pierced with fine needles in order to stimulate certain Meridians or energy pathways in the body.

AcuTapping: Any of several physical or psychological healing systems that make use of physical tapping, typically with fingertips, on the body’s acupuncture meridian points.

Affirmation: A statement of what one believes to be true, either consciously or negatively repeated vocally or sub-vocally, or written down or chanted, said to produce physical and psychological results in accord with the intent and meaning of the Affirmation.

A.K. (Applied Kinesiology): A method for testing the strength of a muscle or the wellness of an individual, or the individual’s reaction to a thought, type of food, or other physical object.

Atypical Tapping: Unusual tapping techniques used for complex, novel, or difficult situations.

Basic Tapping Out Sequence: Used to greatly reduce or completely eliminate the intensity of a negative belief and the RIB Score associated with a problem or issue, this sequence involves tapping on a series of eight acupuncture points in the following order: Eyebrow; Side of Eye; Under Eye; Under Nose; Under Lips; Collarbone; Under Arm; Back of Hand.

Core Belief: A belief, often hidden that is at the true heart of the matter in question.

EFT (Emotional Freedom Technique): A popular form of AcuTapping devised and popularized by Gary Craig.

EMDR: An acronym for “Eye Movement Desensitization and Reprocessing,” this is a therapeutic psychological technique that makes use of specific eye patterns and movements, and is incorporated into some of the PowerTapping protocols, including the Extended Tapping Out sequence.

Extended Tapping Out Sequence: An extended Tapping Out sequence which, in addition to the points of the Basic Tapping Out Sequence, involves tapping on the fingernails, humming, counting, and some EMDR eye movements, used to work with particularly strong negative beliefs.

Eye Roll: One of the EMDR movements used in the Extended Tapping Out Sequence.

F.A.Q.: Acronym for “Frequently Asked Questions,” a F.A.Q. is a list of frequently asked questions and answers about a given subject.

Fingertips: The part of the fingers used for tapping, generally indicating not the nail but the pad or first third of the first digit of the finger being used.

Human Potential: The tremendous reservoir of power, healing, creativity, and genius that every human being has as his or her birthright.

Inconspicuous Benefit: An indirect, unexpected, or generalized benefit that accrues to an individual based on his or her efforts or activities in other spheres or directions.

Intentional Tapping: Tapping that is done using one’s intention, that is, without any physical movements but rather with the mind and imagination.

Karate Chop Point: An Acupuncture point on the outside edge, or “knife edge,” of the hand, used for countering Psychological Reversal.

Ki (Qi): Life force or primordial life-giving energy, said to flow through the body and be directly stimulated by Acupuncture or Acupressure. Also known as “prana,” “orgone,” “Od,” and “chi.”

Meta-Tapping: Tapping on one’s ability to use, belief in, or success at using, PowerTapping.

Meridian: A pathway through which Ki force or life energy flows; the human body has many meridians through which energy flows, and physical and psychological health or imbalance is said to depend on whether energy is flowing freely and correctly through the Meridians.

Mind-Map: A graphical, often tree-like, representation of one’s thoughts as to a situation, plan, or problem.

Negative Belief: A belief about yourself (or someone else or a situation) that is limiting, harmful, or detrimental in any way.

Negative Core Belief: The negative belief, often hidden, that is at the heart of the matter in question.

Nine Gamut Point: One of the Acupressure points used in the Basic and Extended Tapping Out sequences, found on the back of the hand, just below the junction of the pinky and ring fingers.

NLP (Neuro Linguistic Programming): A set of psychological therapeutic techniques that combines self-hypnosis, internal verbal representations, and physical movements that “anchor” new beliefs through touching certain parts of the body.

Performance Tapping: PowerTapping used to improve performance in sports, business, healing, relationships, or any other human endeavor where excellence or peak performance is desired.

Positive Belief: A belief about yourself (or someone else or a situation) that is expansive, helpful, or useful in any way.

Positive Core Belief: The positive belief, often hidden, that is at the heart of the matter in question.

PowerTapping: The latest and most complete form of AcuTapping, involving an emphasis on Tapping In as well as Tapping Out, and the relationship between Tapping In and Tapping Out known as Tap Dancing.

Primary Core Belief: Usually hidden or unconscious, a Primary Core Belief is found below or underneath, or generates, other Core Beliefs (whether Positive or Negative), and thereby has a deep, regular impact on an individual’s physical, emotional, and spiritual well-being as well as their ongoing day-to-day life.

Psychological Reversal: A type of energetic disorganization or polarity misalignment that amounts to self-sabotage in that when an individual is reversed, he or she does not really want to succeed, be happy, or find relief from his or her physical or emotional pains.

Real-Time Tapping: PowerTapping used in “real time,” that is, the use of Tapping wherever or whenever a problem, difficulty, or situation arises in day-to-day life or in a difficult situation.

Relative Intensity of Belief (RIB): The degree or strength with which an individual holds either a Positive Belief or Negative Belief. See “RIB Score.”

RIB Score: A subjective assessment of an individual’s Relative Intensity of Belief, on a scale from 0 to 10, with 0 being a Positive Belief or a Negative Belief that an individual does not hold at all, and 10 being a Positive Belief or a Negative Belief that an individual holds with complete certainty.

Qi: See “Ki.”

Sore Spot: A neuro-lymphatic junction found on either side of the chest, typically sore or tender, the rubbing of which corrects for Psychological Reversal.

Synchronicity: A meaningful coincidence.

Tapping: The generic name for any of the forms of AcuTapping, including PowerTapping, all of which involve physically tapping Acupuncture Points (Meridian points) with the fingertips along with stating Affirmations.

Tap Dancing: The approach used by PowerTapping in going back and forth between Tapping In Positive Beliefs and Tapping Out Negative Beliefs, often leading to superior results when compared to either just Tapping In or just Tapping Out.

Tapping In: Strengthening a Positive Belief or raising its RIB Score by physically tapping on certain Acupuncture Meridian points while also stating specifically crafted Affirmations.

Tapping Out: Weakening or eliminating a Negative Belief or lowering its RIB Score by physically tapping on Acupuncture Meridian points while also stating specifically crafted Affirmations.

Temporal Tapping In Sequence: Used to raise the intensity of a weak or non-existent positive belief, this Tapping In sequence involves tapping Acupuncture points along a Meridian found on the head (up, over, and around the ear).

TFT (Thought Field Therapy): An early form of AcuTapping invented and popularized by Roger Callahan, Ph.D.

1. **Zero Sum Game:** An activity or game in which there is a limited pie of goods; when one player gains, another must lose by the same amount.

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5. Quick Update From the Author

November, 2017

There are now several models to explain why tapping works. Tapping as a Placebo, Tapping Distraction Theory, Cognitive Restructuring (CR) Theory, Amygdala Desensitization and Counter-Conditioning Theory, The Great Energy Field Theory, Healing by Intention Theory, to name a few.

I'm going to stick to two models of explanation – a scientific neuropsychological explanation and the traditional eastern medicine explanation where this all stemmed from.

First, the traditional Eastern Medicine explanation. Acupuncture is a medical model where meridians (vessels) carry energy called Qi (Chi) throughout the body. This energy is used by every cell, organ and organ system to operate. It's very much like a fuel source, when there's an interruption in the flow of Qi it causes a noticeable disruption in how you feel. It's similar to stepping on a hose and limiting the volume of fluid passing through it, you notice it immediately. Get rid of the restriction and the body returns to optimal function and you feel good again.

A good example is when you feel the butterfly's in your stomach. Something scary or dangerous triggers a disruption in one or more of the meridians and the immediate result is tension in the abdominal area. Once it passes you calm down but if you just let it pass it can be triggered again and often with a more intense response.

When you're triggered it causes congestion (blockage) in the meridian. To unblock the congestion a variety of strategies are employed by a therapist to dislodge the congestion and get the energy moving again. As soon as you start moving the stagnant energy you will physically and mentally notice a relaxation response. PowerTapping goes a step further by stating what caused the disruption or triggered you while continuously tapping on a series of acupuncture points, you send an electrical charge through the meridians breaking up the congestion and freeing the energy flow. You'll notice relief from the tapping almost immediately. On the mental emotional level your perspective changes and you feel less emotional intensity about the situation. Over time you will not get triggered by the same stimulus as quickly or easily and with less intensity. The greatest attribute of all – I believe is PowerTapping puts you in control and gives you the power to change how you feel and behave in the moment. No longer do you need to make an appointment to go see someone, pay hundreds of dollars so they can talk it out with you. Oh by the way – talk therapy does not dampen the trigger nor lessen the frequency its activated nor ever fully eliminate the trigger forever ... PowerTapping does!

Second, when you are confronted with a problem or you get emotionally triggered by something, the amygdala, a part of your brain that controls the intensity of your emotional response is activated. The stronger the trigger the more intense the amygdala responds. Tapping while in that high emotional state acts as a dimmer calming the amygdala's response, helping you regain your emotional composure and lowering the emotional intensity in the moment. By repeatedly tapping about a specific issue when it's triggered you eventually stop reacting to the it altogether.

This is how it works. When you get stressed or triggered your brain goes into flight or fight mode, neurochemicals like cortisol and adrenalin all go way up.

Tapping on acupuncture points bathes your entire body in serotonin which makes you feel relaxed. Serotonin also causes you to be forgetful, not in a memory forgetful way but as you feel less anxious or fearful you quickly forget why you responded so intensely in the first place.

This forgetfulness is key because when you're tapping to calm yourself down you're also reprogramming your amygdala to go off with less intensity the next time its activated by that specific stimulus. Over time you no longer can get triggered at all. The trigger is gone and so is the negative behavioral response. To me that's the most powerful and exciting aspect of tapping – it's the ability to eliminate behavioral triggers forever. Without tapping every time you get triggered or behave negatively you reinforce the old belief and increase the intensity of your response to that trigger by a factor of 10.

When you tap you send signals to the amygdala to chill out, to not respond that way anymore and eventually to never respond to the trigger again giving you back your self-control and the ability to shape your behavior forever. No other therapy gives you this ability or power.

To wrap this up, either way you choose to look at how tapping works they support each other. When you get triggered and go into a high emotional state where you're not in control tapping will send a signal to your amygdala to calm down and that same signal will dislodge the congestion on the meridians causing a rise in serotonin and a physical feeling of relaxation. Keep tapping and you'll quickly regain your composure and start erasing the beliefs that caused you to be triggered in the first place.

6. Want More?

Phew! You made it to the end and I'm very grateful that you took the time to read this book. If you need help and support to Get clear! Get unstuck! Get results! I can help you get out of your own way and let yourself through by eliminating what's holding you back – be empowered and confidently get what you want and achieve your goals!

Visit www.RobertRudelic.com and click on the CONTACT page and check out my Coaching Program, fill out and submit the Coaching Questionnaire Form and schedule a FREE Consultation.

– Robert Rudelic
Creator of PowerTapping