

Becoming a Goal Achiever

Session 7(16)

Expanding Beyond Belief



**"Every individual has the power
to change his or her material or financial status
by first changing the nature of his or her beliefs."**

Napoleon Hill

Becoming a Goal Achiever – Session 7(16)

The Law of Vibration

The Law of Attraction is not a primary law, it is a secondary law. The primary law is the Law of Vibration, it is the underlying mechanism behind “Like attracts like”.

According to the Law of Vibration, everything vibrates or moves. Nothing ever rests. This natural law exists alongside other better-known laws, such as magnetism, gravity, etc..

Slow vibrations manifest themselves as stone, quick vibrations manifesting as wind, very high vibration manifests itself as sound, or light etc..

In short, everything is an expression of the eternal energy from which everything comes.

Hold out your hand and look really carefully at it. It might seem massive at first glance, but if you would take a powerful microscope and go deeper inside you would find the cells. Go even deeper, and you will find molecules, go even deeper and you'll find atoms.

What is an atom, really? There is the nucleus surrounded by electrons that spin around with the speed of light. Would we look even closer, we would find that they are there present at times and at times not. As soon as we observe, the electrons are there, otherwise, it is only a possibility that they would be there. This means entering quantum physics, which is far too large a subject to cover in this course.



Should you put the two pendulum clocks in the same room, and put them on different frequencies, they will actually within short start to oscillate at the same rate.

And put a number of girls at boarding school. It does not take too long before they have the same period of the menstrual cycle.

Let us consider another practical example. Take an “orgasmatron”, see picture to the left. Perhaps you have tried it on the skull as a head massage some time?



Keep it very still, and set off on one of the long pins. What happens? Well, the other long pins start to vibrate, but not the short ones!

Keep it very still again and set off on one of the short pins. What sticks begin to vibrate at the same rate? The short ones do, while the long ones remain still. You could say that the frequencies are contagious. This is an example of the Law of Vibration.

Becoming a Goal Achiever – Session 7(16)



And take a radio: Radio frequency is a rate of oscillation in the range of about 3 Kilohertz to 300 Gigahertz. Depending on how you turn the settings on the radio, you get this or that radio station to listen to. All stations are on the air simultaneously, but it is the settings you have chosen in your radio that determine what you hear out of the loudspeakers.

We have all come into a room sometime where we immediately felt that something has happened, even before we have had time to look someone in the face. It may be an atmosphere so dense that is almost tangible. And the mood is contagious, just as surely as sneezing.

We as humans operate similar to a radio tuned to a certain frequency that only gives us the channel corresponding to the frequency we are habitually tuned into.

Thoughts and feelings are also vibrations. By using your vibration you attract like things that are oscillating on the same frequency into your reality. Should you learn to master this skill, it will significantly improve your life and everyone around you.

EFT – Emotional Freedom Technique

EFT is the acupuncture based method that freed me from my allergies, literally overnight. And then it helped me get the kids free of their food hypersensitivity as well. No wonder then that EFT has quickly become my favorite method for removing blocks and limitations. I try it on everything and it works most of the times.

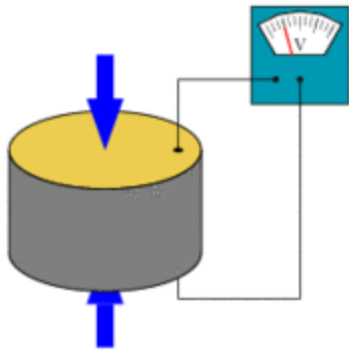
Empirically EFT has proven to be effective on 85-90% of the population. Even though EFT is designed to work on and for emotional limitations, it often has a positive spin off on physical problems and limitations. This is most likely because mental limitations put blocks on our innate healing capacity.

Many times it works to the degree that other people consider it miraculous. I have stopped believing in miracles, I have started to rely on them. It is a matter of belief. When I firmly believe it will work, it radically increases the effectiveness of the method. However, I have seen it work wonders on highly skeptical people as well. As long as they are willing to keep a corner of their minds open for the possibility that it might work for them.

Like the highly skeptical woman with terrible pain after a whiplash accident several years earlier. After merely one session with me she has been able to remove three out of four medicines, she is pain free, has increased her well being and stamina considerably and has even reduced her hypersensitivity to pets. "This is ridiculous, absolutely amazing and I can't explain it", she exclaims.

Another Swedish young man I know said after two EFT sessions: "It's like going from a room with only walls to a room full of doors". He is now confidently starting out as an entrepreneur.

Becoming a Goal Achiever – Session 7(16)



EFT impacting the body's energy system could be explained by so called piezoelectricity. Piezoelectricity in scientific language is:

“the charge that accumulates in certain solid materials (notably crystals, certain ceramics, and biological matter such as bone, DNA and various proteins) in response to applied mechanical stress.”

The word piezoelectricity in plain English means *“electricity resulting from pressure”*.

By tapping on acu-points¹ you induce a little charge in your body following streams called meridians.

We all know that current flows better in water than in dry tissues. And it is also proven that the molecular signals require water to transmit through the body.

This is the underlying reason to the recommendation to drink water before EFT, to enhance its effects.

It is normal to get temporarily tired and thirsty after EFT tapping. To drink water after EFT helps the body expel waste products released after tapping.



¹ Acu-point is a point on the skin where you would normally insert an acupuncture needle to stimulate the underlying meridian.

Becoming a Goal Achiever – Session 7(16)

EFT tapping exercise on limiting belief

Use the EFT tapping video in this module to tap along with me.

For skeptical people it helps to start with an EFT sequence, removing the blocks for believing in the method itself.

My tapping subject is: _____

My set up phrase is: _____

My reminder is: _____

My SUD (intensity of the feeling) on my chosen tapping subject is (0-10): _____

NOTE: If you don't get a feeling really connected to your limiting belief, you can ask yourself, how true is this really on a scale from 0 to 10? That is then your SUD.

Tap along with me on the video.

Tap on your karate chop point while repeating the setup phrase three times:

1. *"Even though I have this "XXX", I deeply and completely love and accept myself"*
2. *"Even though I have this "XXX", I deeply and completely love and accept myself"*
3. *"Even though I have this "XXX", I deeply and completely love and accept myself"*

Now, tap along with me on the other acu-points 7-10 times while reminding yourself of "this XXX" by saying it out loud.

After first EFT round my SUD is (0-10): _____

New aspects of feelings that popped up (if any): _____

After tapping on remaining XXX (if it was needed) my SUD is (0-10): _____

Having completed this, you may see the impact of removing some blocks for thinking about your goals. Now I would like you to try it yourself on some other subjects before expanding your Wants list.



Becoming a Goal Achiever – Session 7(16)

EFT - short method

Preparation before EFT tapping

One of the most important aspects of making EFT work properly is to see to that you are not dehydrated. So, have you been drinking enough fluids today? Remember that coffee, tea and beer expel fluid from the body. I advice you to always drink at least one extra glass of plain water (preferably) before you go ahead and tap EFT.



Note that you may need to drink more in general on days you make EFT. The water helps in removing waste products after tapping, similar to the effects of acupuncture.

First EFT round

Identify the problem / symptom of SUD scale (0-10)

Identify the problem / symptom and appreciate how troublesome you perceive it to be on a scale of 0-10, where 0 means trouble-free and 10 are the worst. We call this SUD figure. Write down the SUD= "the number".

If it is something negative you perceive yourself to be (e.g. I am so terribly fat!) Then you could assess how true that statement feels for you right now. If it feels 100% true, then SUD=10.

Better is to be more precise as to *what feelings* this situation evokes in yourself. For example: I feel so embarrassed because I am so terribly fat. Should this be the case, then you assess **how** embarrassed you feel, on a scale from 0 to 10, where:

- 10 means “completely embarrassed”, you would rather prefer to “sink through the ground”- embarrassed when someone makes any remark of weight what so ever, and
- 0 means not embarrassed at all.

Create setup phrase

Repeat the setup phrase 3 times while tapping the karate chop point:

1. *"Even though I have XXX (where XXX is the problem / symptom), I deeply and completely love and accept myself anyway."*
2. *"Even though I have XXX, I deeply and completely love and accept myself anyway."*
3. *"Even though I have XXX, I deeply and completely love and accept myself anyway."*

You may wonder why I need to do this. Well, the main reason for the setup phrase is that it helps to remove barriers to setting your energy system in the right balance again. It can be likened with turning a battery in a straight line in the right direction, so the current can flow

2. Top of head
3. Eyebrow
4. Side of eye
5. Under eye
6. Under nose
7. Chin
8. Sore point
9. Under arm
10. Sleeve



Becoming a Goal Achiever – Session 7(16)

through and get the flashlight to shine. This part of the process is designed to remove so called psychological reversals. It is this part that truly makes EFT stick out from the traditional Acupuncture or Acupressure.

The EFT sequence (while tapping on all other acu-points):

- Focus on the symptom, tapping 7-10 times on each acu-point. It is often enough just to name the problem as a reminder: *“this XXX”*.
- Take a deep breath deep down into the belly.

The Tapping Sequence is designed to restore an optimal flow of energy through the body’s “meridians” or energy pathways. To treat a problem by stimulating acu-points, the energy disruptions must be mentally activated.

Therefore, tapping on the acu-points in this sequence, while thinking of the problem not only balances the energy system in the moment, but it also retrains the body to be able to hold the problematic thought without the energy disruption.

Thereby the unwanted negative energy is neutralized.

Post measurement of SUD

Go back in and assess your level of emotional intensity on the XXX (SUD = 0-10). How intense is it now on a scale from 0 to 10?

Now, depending on how well you neutralized the feeling/symptom you have following options.

- If the SUD is 4 or higher, then tap on *“the remaining XXX”*.
- If the SUD is 3 or lower, and you don’t feel troubled by it, then you may stop here. The rest may simply disappear or remain at this manageable level. In a later module I will teach you how you can build a trigger to the positive state that you would rather like to be in, but this will be enough for now.

If other insights / feelings come up that are strong and need to be addressed; then tap on them.

Just remember to return to the original issue and check the status before you finish the EFT for the day. Otherwise, proceed as follows. See the flowchart below:



Becoming a Goal Achiever – Session 7(16)

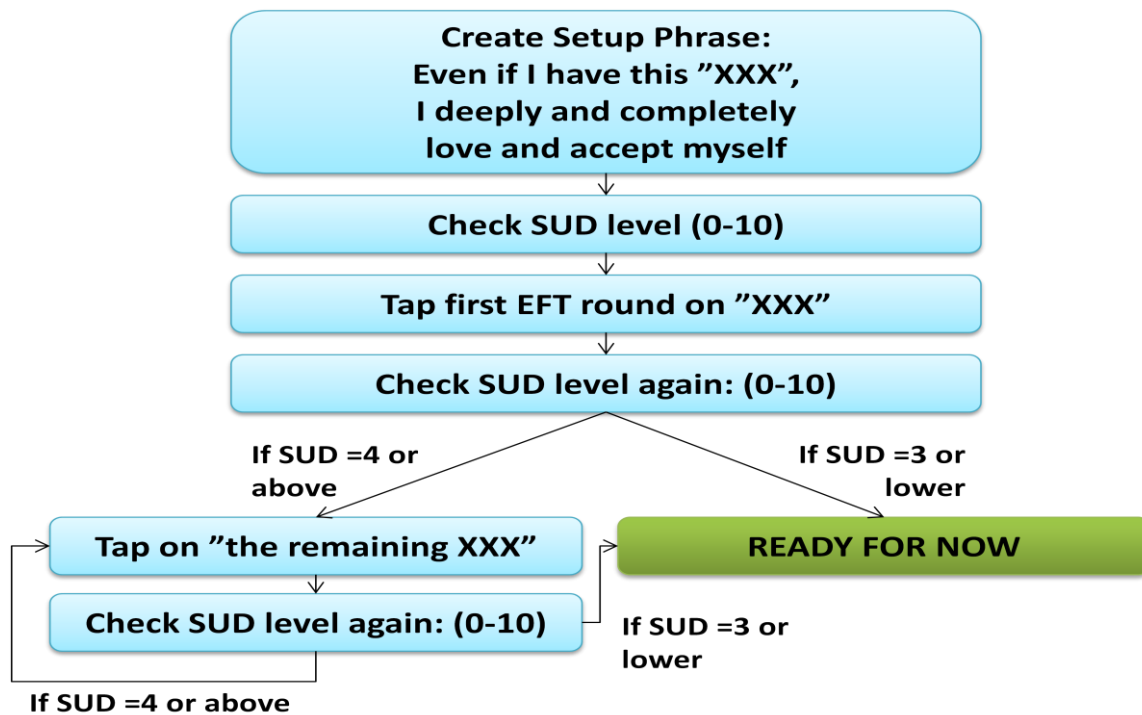


Figure: EFT flowchart

By consistently tapping away your own inner limitations for reaching your goals, you get in much better shape to reach the goals, faster and with less effort.

**One person with belief
is equal to a force of 99
who only have interest.**

Becoming a Goal Achiever – Session 7(16)

EFT on “the remaining XXX”

If the problem or symptom measured by the SUD scale still persists on some level of 4 or above, then go ahead and tap of what remains of the problem as follows.

NEW SETUP PHRASE:

4. Tap the karate point while saying:
 - a. *“Even though I **STILL** have remaining parts of “XXX”, I deeply and completely love and accept myself anyway.”*
 - b. *“Even though I **STILL** have remaining parts of “XXX”, I deeply and completely love and accept myself anyway.”*
 - c. *“Even though I **STILL** have remaining parts of “XXX”, I deeply and completely love and accept myself anyway.”*
- It is important to repeat the setup phrase of 3 times while tapping the karate chop point.



THE SEQUENCE: Focus on "the remaining XXX", while tapping 7-10 times on each point. You may also say on every other point as I did on the video:

- *“The remaining XXX”* and
- *“may leave now”*

This is to help the symptom ease its way out, so to speak. To recognize that it has completed its mission. It has done what it should and has permission to leave now. You have noticed it, taken necessary precautions and therefore you do not need its presence any longer.

CHECK SUD LEVEL (0-10): Take a deep breath and check your emotional state SUD = (0-10). Also note if you have received new ideas or aspects on the problem. Tap on them if they feel more relevant or more important.

EFT Example: Tapping on money anxiety issues.

This is an example of how you could tap with EFT for money anxiety issues.

CHECK: My SUD on this issue is (0-10): _____

SETUP PHRASE: Start tapping on the karate chop point on the side of your hand while stating the set up phrase three times:

1. *Even though I anxious about paying my bills at the end of the month, it really stresses me out. I deeply and completely love and accept myself anyway.*
2. *Even though I have this anxiety deep in my stomach about paying my bills. I accept who I am anyway.*
3. *Even though I have all this anxiety in my stomach when I think of paying my bills, I feel so stressed out about money. I deeply and completely love and accept myself anyway.*

Becoming a Goal Achiever – Session 7(16)

Now we tap on the other acu-points.

The EFT sequence (while tapping on all other acu-points):

So now we're just keeping the problem in mind, while tapping on the other tapping point.

- **Top of the head** - *I feel anxious in my stomach when I think of paying my bills.*
- **The eyebrow point** - *All this anxiety about paying my bills.*
- **Side of the eye** – *All this anxiety in my stomach.*
- **Under the eye** - *This anxiety and stress about paying my bills.*
- **Under the nose** – *This anxiety and stress about paying my bills.*
- **Chin** – *I can feel the anxiety in my stomach.*
- **Collarbone** – *I just have to look at my bills. And then I get that feeling of anxiety.*
- **Under the arm** - *All this anxiety about paying my bills.*
- **The sleeve** - *All this anxiety.*

Good. Take a deep breath now, deep in your stomach.

Your SUD is now equal to: _____

It's important to have a pre and post measurement. You need to know if the tapping is working. And if it's not working, it means your not being specific enough, or you're not tuning in, or it's not the real issue.

Becoming a Goal Achiever – Session 7(16)

EFT tapping exercise on limiting belief (Homefun)

My tapping subject is: _____

My set up phrase is: _____

My SUD on my chosen tapping subject is (0-10): _____

After first EFT round my SUD is (0-10): _____

New aspects of feelings that popped up (if any): _____

After tapping on remaining XXX (if needed) my SUD is (0-10): _____

2. Top of head
3. Eyebrow
4. Side of eye
5. Under eye
6. Under nose
7. Chin
8. Sore point
9. Under arm
10. Sleeve



EFT tapping exercise on habit change in progress (Homefun)

My tapping subject is: _____

My set up phrase is: _____

My SUD on my chosen tapping subject is (0-10): _____

My SUD on my chosen tapping subject is (0-10): _____

After first EFT round my SUD is (0-10): _____

New aspects of feelings that popped up (if any): _____

After tapping on remaining XXX (if needed) my SUD is (0-10): _____

2. Top of head
3. Eyebrow
4. Side of eye
5. Under eye
6. Under nose
7. Chin
8. Sore point
9. Under arm
10. Sleeve



Becoming a Goal Achiever – Session 7(16)

Expand your WANTs list to 30 things that you really WANT

Expand your WANT:s list under brainstorming to a list of 30 things that you really WANT. The order is not important here.

Make it BIG and make it beautiful. What is the risk with making it “better safe than sorry”? The risk may be that you never realize your full potential... Is that what you really want?

People, who always play it safe, never tackle anything they are sure to be able to handle without effort and risk. This way they invite neither triumph nor defeat. They never learn the strength of their endurance or the greatness of their mental ability.

The road to your goals may be a rough one, therefore it is imperative to be very emotionally involved in the very idea of reaching your goal. The goal does not have to be logical; in fact you will probably be much more inspired if it is totally illogical.

So, start expanding your previous 10 wants here below. What are the 30 most important, interesting things you want to experience have or become? **NOTE:** If you prefer, you may want to do this in a spreadsheet program, helping you with upcoming priority exercises.

No.	WANT	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**IF YOU KNEW IT WAS IMPOSSIBLE TO FAIL,
WHAT WOULD YOU CHOOSE?**

Becoming a Goal Achiever – Session 7(16)



Now, please continue your list of wants here:

No.	WANT	
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

***A belief is not merely
an idea the mind possesses;
it is an idea
that possesses the mind.***

Robert Bolton

Becoming a Goal Achiever – Session 7(16)

If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with success unexpected in common hours.

Henry David Thoreau

Please continue your list here:

No.	WANT	
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		

Well done!

Becoming a Goal Achiever – Session 7(16)

Homefun until next time

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

- 1) Finish the exercises in this workbook!
- 2) Do some EFT tapping on:
 - a) Another one of the limiting beliefs you have written down previously, or realized you have now.
 - b) Your feeling regarding one of the habits you are trying to implement or get rid of.
- 3) Expand your 10 Wants list to become your 30 most desired Wants.
- 4) Watch the video or listen to the audio again. Preferably daily.

**I shall have the belief that I can do it.
I shall surely acquire the capacity to do it,
even if I may not have it at the beginning.**

Mahatma Gandhi, 1869-1948, Indian Nationalist Leader

Becoming a Goal Achiever – Session 7(16)

Transcript of EFT part of the video in this module

Hi,

Today I'm gonna show you the EFT short version, the one that is most commonly used. OK?

EFT short version

You always start by finding your setup phrase. Which we have talked about earlier. And then you tap on the karate chop point, repeating the setup phrase, three times.

- Even if I have this symptom or feeling, I deeply and completely love and accept myself.
- Even though I have this symptom or feeling, I deeply and completely love and accept myself.
- Even though I have this symptom or feeling, I deeply and completely love and accept myself.
- Then on top of your head... This symptom
- Inside of the eyebrow... This symptom
- Side of the eye, on the boneside here...and then you say out loud: This symptom
- Under the eye... This symptom
- Under the nose... This symptom
- The chin... This symptom
- The sore point, or just make your hand big and aim at where you would knot your tie and say: This symptom
- Under your arm ... This symptom
- On your sleeve... This symptom

Take a deep breath. Mmmmmm-aaahhh. Deep down in your stomach

And then you assess the intensity of your feeling or symptom again.

Should you want to, you may add a point here under the nipple. If you have a large breast, you may need to move it to the side so you can... tap here just below your nipple, just where your bra line would be. OK?

The point here under the arm is one, one hand under the armpit. Or where the bra line goes.

And it doesn't matter on which side of the body you tap. OK? The meridians they are connected. So even if you tap on this side, you will get an effect on this side as well. ... Not as intense, but still relevant. OK?

The remaining feeling or symptom

So, if the intensity is still 4 or above, then you may want to still try to get rid of the symptom or the feeling. To, to neutralize the feeling even further.

Then you say more or less the same thing but a LITTLE, little deviation here.

So, tap on the karate chop point and say:

Becoming a Goal Achiever – Session 7(16)

- Even if I **STILL** have this symptom or feeling, I deeply and completely love and accept myself.
- Even if I **STILL** have this symptom or feeling, I deeply and completely love and accept myself.
- Even if I **STILL** have this symptom or feeling, I deeply and completely love and accept myself.
- On top of your head... The remainder of this symptom or feeling
- Inside of eyebrow... It may leave now.
- Side of the eye The remainder of this symptom or feeling
- Under the eye... It may leave now.
- Under the nose... The remainder of this feeling or symptom
- The chin... It may leave now.
- The sore point The remainder of this feeling or symptom
- Under the nipple It may leave now.
- Under your arm ... The remainder of this feeling or symptom
- On your sleeve... May leave now.

Take a deep breath. Mmmmmm-aaahhh

Make sure you tap 7 to 10 times at each point. OK?

And as I said before, it doesn't matter if you tap on the left or the right side, because the meridians are connected to each other.

If you want to, you may even double tap. So you tap on both sides at the same time.

So you tap like this:

- On the top of your head.
- Like this: Eyebrows.
- Side of the eye.
- Under the eyes.
- Nose and chin at the same time.
- Sore points (at the knot of the tie)
- Under the nipples.
- Under the arms.
- And the sleeves together.

Take a deep breath. Mmmmmm-aaahhh