

7 Steps to

**Creating
MORE
Ease, Passion
and
Prosperity**

Angela Treat Lyon



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Please be aware of your own physical, mental and emotional state, and take appropriate responsibility for yourself. Tapping is meant to be supportive, not disruptive. Please, be gentle with yourself and your inner process.

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PLEASE READ THIS DISCLAIMER BEFORE READING THIS BOOK

The information presented in this book is educational in nature and is provided as only general information. In your reading this book, you understand that you will be introduced to a modality called Emotional Freedom Techniques (also known as EFT, MTT, or tapping) which is a technique referred to as a type of energy therapy.

To date, tapping has yielded remarkable results for relieving emotional and physical distress and enhancing personal, business, artistic and athletic performance. This basic procedure has helped thousands of people relieve their own emotional stress and physiological pain, and to balance their energy systems.

By reading this book you agree and understand that tapping could be considered experimental, and that the author does not know exactly how you will personally respond to tapping and/or whether your tapping will help you with a particular problem or issue.

Due to the experimental nature of tapping, and because the extent of its effectiveness, as well as its risks and benefits, are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this book and using tapping as a result of reading this book or listening to its corresponding audio. You understand and agree that the information presented in this book is only for your own personal use.

In order to use tapping with others you must become sufficiently trained and qualified as a tapping, EFT or MTT practitioner. You further understand that if you choose to use tapping, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using tapping, indicating other issues may need to be addressed.

Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident.



Are you ready to...

... quit wasting your time, money and energy on being stuck, frustrated, stuck, exhausted and overwhelmed?

... make the Leap to Your Next Level of Freedom, Creativity and Success?

Good! Let's have at it!



You've come to the right place!

Because I'm going to show you Seven Simple Steps you can take that will help you get back on your feet and doing a happy dance in no time flat.

**Please print this little booklet out so
you can write in it!**

First, here's a new perspective on emotions that might surprise you:

Emotions are neither 'good' nor 'bad'!

Clients and students who have worked with me in my Elite Coaching, Prosperity Round Tables and Master MindSet Programs know that I always say, "It's just energy." Say it out loud just for fun:

It's just energy!
It's just energy!



Truly! It's just energy. That's a secret you never got taught as a kid, because nobody knew to teach it to you. Because Blame was the name of the game. Blame the Other Guy for everything that went wrong in your life. Like, blame the Russians, blame your mother, blame your uncle, blame the bank, blame China...blame, blame, blame!

WHY IS THAT SO IMPORTANT?

Because if you have been into self-help at all, you know that you're constantly asked to find 'core' issue and underlying thoughts and beliefs; you're urged to go back to your past to find clues to your behavior, and people who did 'bad things' to you that you might be blaming for everything that's wrong with you. Then you're encouraged to 'process' or 'neutralize' the feelings and/or emotions.

Well, the problem with this is that, once again, you're focused on what's wrong, who to blame, instead of the *desired outcome*. See...

EMOTIONS:
E = OUT
MOTION = MOVEMENT

If you're experiencing a feeling you call anger, most people call that a 'negative' emotion. I don't call any emotion negative: it's just energy with a thought tacked to it, a personal meaning read into it.

Anger can be a good thing!

Anger can be the power with which you can propel yourself out of a situation you don't like! Like the internet marketer whose boss fired him, and he said to himself, "I'll show everyone what I can do!" And he took that energy and created something for which he had passion, pride and joy!

Again: motion means *out of*, and motion = *movement*.

So, an emotion is just energy moving outwards. What's so negative about that?

It's just that it feels like more energy than you're used to. You don't know how to let it out, and you try to repress it, and that's when it hurts.

So you begin to tense up, trying not to feel it, or to hold it back. Trying to 'be nice' so no one sees you freaking out or gets caught in the flak you're afraid might come flying out of your mouth.

That's what you're calling negative.

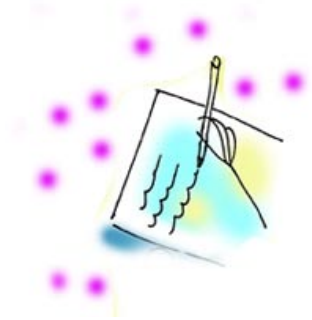
Emotions are neither 'good' nor 'bad'!

'Emotions,' in and of themselves, are just the meaning you read into the energy!

You may think anger is 'bad,' or joy is 'good,' or grief is 'overpowering,' or fear is 'bad.'

EXPERIMENT:

Think a moment about which of your emotions you don't like. WRITE DOWN the ones you don't like feeling here:



QUESTION: What if the feelings that upset or swamp you, or rip, tear, plunge or rush through your body are simply energy moving?

QUESTION: What if it's just that YOU read the meanings of them into those sensations!

Stop and think about how most people feel when asked to go onstage to speak or perform: what if, instead of calling it 'stage fright,' it was called 'stage excitement'?

Because that's really the truth of it! People who feel 'stage fright' have just never known how to handle the Energy! That's all!

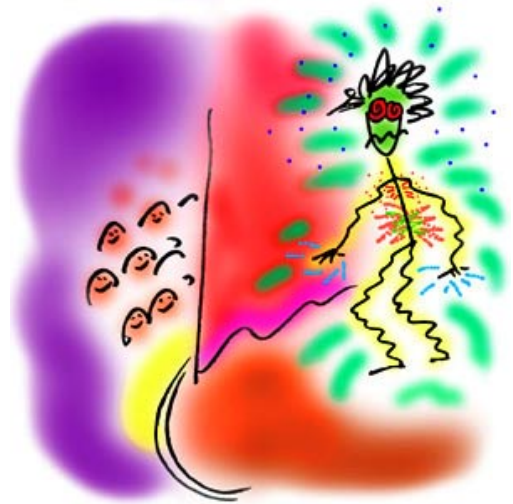
EXPERIMENT:

I invite you to do this:

Imagine a time when you were really scared.

Your hands were probably all sweaty, your chest felt tight, your belly might have felt like it was full of every butterfly on the planet, and your knees even felt weak!

That's OK! It's a natural reaction to something outside your experience, or something that triggers old, past memories, thoughts or beliefs.



Your mind was probably going nuts with thoughts like:
"I can't do this! I'm not good enough! What will I do
when ___ ? I'm so scared!"



WRITE DOWN what thoughts
were racing through your mind:



RATE THE INTENSITY:

From 1 to 10, with 10 being the
most intense, what would you
rate your experience of that time?

WRITE IT DOWN here: _____

So what do you DO when a feeling hits you so hard, and you want to be able to handle it without freaking out?

STEP ONE:

Say to yourself, "It's just energy! It's simply more energy racing through my system than I'm used to feeling. I can tap on it!"

STEP TWO:

Stop, take a deep breath. Pretend that you can breathe in at the bottom of your belly. As you breathe in, push your belly out as the breath seems to fill it.

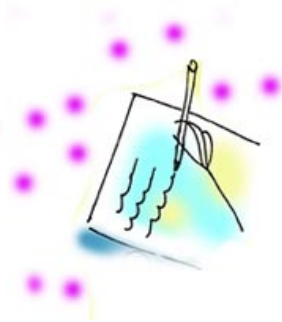
Then, exhale, pulling your belly back in as your breath goes out. It's called a Yogic Breath. Practice doing it a lot, because it will invigorate you any time you use it.

Do that 3 deep breath three times.

It helps you get back to the here and now, rather than continuing to be trapped and immersed in memories or spiralling-down-thoughts.

STEP THREE:

Make a short list of no more than 5 things you're feeling.

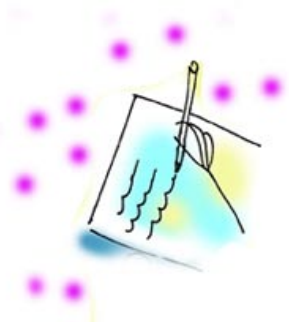


Like these:

I'm so afraid
My belly aches
I have sweaty palms
I'm so freaked out about my future
I hate feeling so helpless



WRITE THEM DOWN.



STEP FOUR:

Ask yourself, "What would an outcome of this situation be that I would prefer (even if I don't believe right now that it can or will get any better)?"

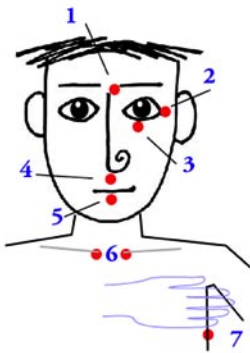
Make a short list of what that would be like:

I'm so courageous
I feel energized and excited about possibilities
My hands are steady and strong
My future is flexible and I'm comfortable about that
I have plenty of power and resources to create my life
just the way I want it to be



WRITE DOWN what you would prefer:

STEP FIVE:



Now tap!

As you say out loud each phrase from Step 3, tap gently with your fingertips on the 2 ends of your collarbones right under your chin (see #6 in the illustration to the left).

Do that for as long as it takes for you to finish really expressing how you're feeling right now.

Add anything else you consider 'negative'—get it all out! Saying it out loud will help you relax. Make sure you do this in a place you feel safe and comfortable—excuse yourself to your bathroom or go for a drive if you have to!

STEP SIX:

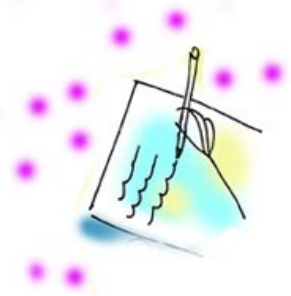
Once you start to feel the pressure relax a bit, say the 'negatives' followed by the phrases in Step 4, like this:

I've felt so afraid...

but I'm choosing to be courageous and powerful

My belly really felt horrid...

but I'm choosing to feel energized
and excited instead of overwhelmed



WRITE DOWN what thoughts were racing through your mind:

but I'm choosing to _____

but I'm choosing to _____

but I'm choosing to _____

but I'm choosing to _____

And now complete those choices by saying:

Because I love and accept and respect myself!

NOW RE-RATE THE INTENSITY:

From 1 to 10, with 10 being the most intense, what would you rate your experience of the feelings and thoughts you just expressed and tapped on?

WRITE IT DOWN here: _____

You may need to tap more (rating 6 or higher); or you may just feel neutral (rating 5 to 2).



And if your rating is now a 1 or 0, you might feel light, expansive and more clear than you have in a while.

STEP SEVEN:

ACTION STEPS! Once the energetic pressure has been calmed down and you're more relaxed and easy with the situation, make a list of three (ONLY 3!) small steps you could do to help yourself right now.

Small steps means *small* steps!

Instead of thinking something like,
"I'm going to write a little ebook I can give away on my site..." or
"I'll throw a party for ..." or
"I'll sit down and get my taxes up to date..."

I want you to think in terms of small things like:

- “I may just need to get my circulation going—I think I’ll take a 5-minute walk.”
- “I may have been in a blood-sugar low—I’ll just eat an apple or some almonds!”
- “I’ve just been tired! I’m going to give myself a 15-minute nap, with the intention to wake up refreshed, ready to rock ‘n’ roll and with bright ideas popping into my head.”



- “I think I’ll call and connect with _____, my friend / ally / supporter, and tell her how I’ve felt and how I feel now, and share my success!”

WRITE DOWN some small steps:

1. _____

2. _____

3. _____

4. _____

More about tapping:

Here's where you can get a FREE Demo:

EFTinEveryHome.com.

The demo shows you how to tap through feelings of anger. If you'd prefer, change the words and insert your own feelings and thoughts!

Once you start remembering and integrating tapping and remembering that feelings in themselves are not 'bad,' you'll be amazed at what freedom you'll feel!

**Most of all:
remember that your
feelings are just thoughts
on top of energy!**

**You can change your
thoughts about them and
tap on them at any time!**



WANT MORE?

EFTBooks.com

Books and audios to support you learning more about EFT, and tapping on specific problems and results, such as:

CHANGE YOUR MIND with EFT:

I invite you to explore more about tapping: dive into *Change Your Mind with EFT: my EFT Basics and Advanced ebooks*. You can get them inexpensively, download and study them immediately.

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GO FOR IT!

The time left to you on this planet ought to be spent creating the freedom you've so desired—

PLEASE don't spend any more of it floundering around in frustration, fear or overwhelm!

TERRIFIC TAPPING RESOURCES:

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