

BONUS: EFT MANUAL
Learn how to
Start Tapping Today!

A Manual That Will Change Your Life

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Removing the Emotional Blocks to Financial Success

“The only place where success comes before work is in the dictionary.” ~ Vidal Sassoon

Does the perfect financial situation seem just out of reach? Are you struggling to pay the bills each month? Do you feel like somehow you and money just weren't meant to be a happy couple?

Whether you want to watch your new business prosper and start earning you money, or you just need to keep your head above water and manage your debts, money woes are the biggest problems we face. But what we don't realize is that the real problem isn't “out there” but inside. It's your limiting beliefs that stop you from creating the abundance you need.

The secret to creating wealth is not to gain anything but to lose. We need to lose the negative thought and behavior patterns which hold us back. When released from these self-sabotaging bad habits, you're then free to do whatever needs to be done to make prosperity happen in your life.

It's harder than you think to stop these bad habits, but there's a method that can work wonders – Emotional Freedom Techniques, also known as EFT. It uses meridian tapping, a practice based on acupuncture and traditional Chinese medicine, along with positive affirmations to break the stranglehold negativity has on you.

The key is the 'F' in EFT – freedom. This method sets you free, releasing you from your negative emotional blocks.

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The book you're reading now will explain to you what EFT is and how you can use this powerful healing strategy to release the blocks standing between you and your prosperity. You'll learn hands-on how to do it and ideas for customizing its methods for you.

You'll learn:

- How truly damaging negative thought patterns are to your life
- How to identify and tackle these patterns
- The basics of EFT and how it can be applied to your money problems
- Step-by-step how to create an effective tapping sequence
- Ideas on how to refine your sequence if you're not getting the results you want
- Advanced techniques to help you achieve even more prosperity

It may be hard to believe that you're going to be living in prosperity and abundance, but you have already taken the first step. EFT is amazingly simple and results are fast. The first step you have taken is the hardest. It gets much easier from here!

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An Introduction to EFT

First of all, let's give EFT an official definition - EFT is an acupressure technique that helps you deal with your emotions in our modern hyper-tense world.

Let's take a closer look. Acupressure is like acupuncture without needles. These meridian based techniques have been used in traditional Chinese medicine for over 5000 years to release energetic blocks in your system, that are causing physical, emotional and other problems. We'll discuss that in more detail below.

What do I mean by hyper-tense? It means that human beings have never lived in such a stressful environment as they do today. The tigers and woolly mammoths that chased our ancient hunter-gatherer ancestors around were nothing compared to traffic jams, evil bosses, deadlines and the impossible pits of debt we face today.

Because of this modern-day madness, human beings are plagued by steadily increasing levels of mental illnesses. Anxiety, depression and stress-related illnesses are at an epidemic rate. High rates of chronic diseases such as heart disease and cancer are also related to these astronomic stress levels.

We live in an anxious age and it makes us all a little sick. EFT is a way to naturally alleviate the anxieties ailing us.

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The Goal of EFT

The goal of EFT is to help you stay calm and balanced in the face of adversity. When you're stuck in a traffic jam and the cars aren't moving, you feel like smacking your head against the windshield until one or the other breaks. EFT allows you to employ simple techniques with no tools or special skills necessary to suddenly release your anger and frustration and better again.

In the hands of skilled and trained practitioners, EFT has been found to provide relief for a wide range of ailments including chronic pain, war trauma, fears of all sorts, haunting negative memories, negative beliefs and even physical ailments.

However, EFT isn't just for people who are ill or depressed. It's a self help tool people can use to overcome the obstacles keeping them from their dreams and fortunes. In this book, you're going to learn how to use EFT to enhance your life by removing negative blocks that keep you from reaching your financial goals and creating abundance in your life.

Where Does EFT Come From?

“You’ve done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.” - Ralph Marston

EFT is a technique for the modern age but its roots are in ancient practices. It’s an interdisciplinary field that combines psychology, neuroscience, natural healing, and electromagnetic energy flow techniques. It’s similar to hypnosis, meditation and acupuncture.

The roots of EFT are in the ancient Chinese practice of acupuncture which involves placing needles in strategic locations on the body in order to remove blockages of energy. The word for energy in Chinese is “qi” (pronounced ‘chee’).

Energy flows through the body along “meridians.” There are key points where meridians meet. You can think of them as highway intersections. Picture a busy intersection where there’s a traffic jam and cars aren’t moving. According to Chinese medicinal practices, this is the cause of your ailments – the energy gets bunched up at these intersection points. Needles are inserted at these points and the flow is released.

If getting poked by needles isn’t your idea of a therapeutic good time, don’t worry – there are other techniques employed in Chinese medicine. Some involve burning your skin at these key points or zapping you with electricity.

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Still doesn't sound like fun? Well, EFT is a simpler version that's non-invasive, easy to learn, and requires no tools or expertise. Instead of poking, burning or zapping, you tap these points with your fingertips and this provides the relief you need.

The Negative Thoughts that Hold You Back

"Have no fear of perfection - you'll never reach it."

— Salvador Dali

Chinese medicine practitioners use acupressure (a variety of treatments that include acupuncture) to treat physical and mental ailments. With modern-day EFT, we go after negative patterns of thought.

A person who wants to lose weight would tap and focus on the negative feelings that make them overeat. If you were trying to overcome a dependence on alcohol, you would first identify the thoughts that drive you to drink. In the same way, negative thoughts are holding you back from achieving your financial goals. What's scary is that you may not even know they're there.

Think for a minute and you may know exactly which negative thoughts about money are holding you back. This means they're at the conscious level. But more often, they're at the subconscious level where they're hidden from view. If this is the case, it may take some tapping to bring them out. When you use EFT for financial success, you start by identifying these negative thoughts. Then, you work on releasing them as you tap.

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Does EFT Really Work?

“Faith is taking the first step even when you don’t see the whole staircase.” ~ Martin Luther King, Jr.

The idea of qi, or life energy, flowing through the body is a new one for the West, but not other cultures. Since it’s a new idea, many people are skeptical of it. Their chief argument is that there is no scientific evidence to support that acupuncture works. All we have to go on are the testimonials of those who have undergone this type of therapy.

EFT relies on knowledge of electromagnetic energy, which is not well understood by science. As more research is done, it may come to be more widely accepted. But in non-Western cultures, it’s taken as fact that these energies are flowing through the body and having a great effect on our lives. It may be a matter of western medicine “catching up,” just like it has done with natural remedies and other alternative health practices.

We have an increasing number of published scientific evidence, as well as APA approval to support EFT’s healing claims, and it’s now widely used by medical practitioners and there’s one simple reason – it works. EFT first gained widespread attention in the 1990s when it was used to treat returning soldiers with post-traumatic stress syndrome. Therapists now use the technique to treat everything from migraine headaches to drug addiction.

Some people are skeptical because it just looks funny. You can see videos of people tapping their faces and mumbling to themselves, and if the description below didn’t tell you that this is EFT, you’d think they were crazy! But remember that people said the same thing about yoga, affirmations, acupuncture and meditation, all of which are fairly common today.

The Best Benefit of EFT

The best benefit EFT has to offer is that it's simple and it can be learned in just a few minutes. By the time you finish this book, you'll be ready to get started. And best of all, results can be instantaneous. If you work EFT into your regular daily routine and practice it over the long-term, the results can be life-changing.

And one more benefit is that you have got nothing to lose. There are no side effects and the worst that can happen is that it won't work for you.

Tackling Your Negative Thoughts

"I don't pray for God to take my problems away, I pray only for God to give me the strength to go through them."

~ Jose Lozano

EFT consists of two components – meridian tapping and positive affirmations. While you tap, you repeat your affirmations to yourself. This has a powerful effect on your mind. The affirmation is working its magic while the tapping releases your energies from their blockages.

The first step is to identify the negative thoughts with which you're sabotaging yourself. This is called your "target."

"Sabotage" is a strong word. Why on earth would anybody actively prevent themselves from getting whatever they want out of life? If you want it, why can't you just get it?

The reason is you developed bad habits of thinking and they're usually buried in your subconscious. This means you can't access or change them (not easily, anyway – methods such as hypnosis must be used).

We are created with ingredients we didn't choose. In our early lives, we are shaped by processes we can't control. As a result, we grow up to become adults that are not always what we'd like to be.

You learned to cling to your pain, anger, frustration or self-doubt because it's comfortable for you. Holding to that self-doubt is a better option than the alternative – the unknown. Clinging to these negative thoughts is the basis of self-sabotage.

Here's an example – imagine that your car is cluttered. You open the door and an old Starbucks cup falls out. Without thinking, you pick up the cup and put it back into your car's cup holder – where it doesn't even belong in the first place! Of course, you should throw it away instead. But that cup has been there so long, it seems like it should be there. In other words, it's comfortable.

Negative Thoughts about Money

Without realizing it, you have done the same thing with negative thoughts about money. You'd be better off if you would stop believing that money doesn't like you, but like that Starbucks cup, it just seems like it should be there. Some examples of negative thoughts about money include:

- People like me don't become financially successful
- Debt and financial trouble are part of life
- Money is hard to make
- I'm not good with money
- I don't deserve abundance, wealth or prosperity
- I shouldn't want financial success because that's greedy
- Only dishonest people have lots of money and I'm an honest person
- Money isn't important, it doesn't lead to happiness and it won't solve my problems
- If I wait, things will get better

Do any of those statements strike a chord? If one of those sentences makes you think, "That sounds exactly like me," you're off to a good start!

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The Tapping Recipe

“I see EFT as a method that stimulates the body’s electrical meridian system enabling a release of stuck patterns of emotions, beliefs and behaviors.” ~ Gary Craig, Founder of EFT

The Reminder Phrase

For each tapping session, you’re going to choose a reminder phrase. In the previous scenario, you would select one of those phrases. For example: “I’m not good with money.” This is a statement you believe to be true about yourself and your situation. The most important thing about the reminder phrase is that it brings on a negative emotion.

This may be a bit painful. But the truth is that we have to draw these negative feelings of fear, anxiety, anger or sadness out in order to dispel them.

The point of the reminder phrase is that it hits you right in the gut. When you say this phrase to yourself, it should give you an almost physical sensation of pain. As you continue your tapping sessions, you’ll watch this pain gradually disappear. Once it’s gone, you’ll be free to achieve the financial success you’re dreaming of.

The Set-Up Phrase

The set-up phrase is a positive affirmation that you'll repeat during the tapping session. The purpose of the set-up phrase is to identify your fear or pain for what it is – just fear or pain. You “put it in its place” by identifying it.

The second purpose of the set-up phrase is to accept that about yourself. Only when you accept these things can you begin to work on dispelling them.

The traditional phrase for tapping goes like this:

“Even though I have this _____, I deeply and completely love and accept myself.”

Into the blank, you enter the target you want to tackle. This could be something like:

Limiting or negative belief about money

Fear of being financially stable/ successful

Problem about how I handle money

Procrastination problem

Low self-image about money

And so on

You can change up this format if you'd like, saying for example:

“I love and accept myself completely even though I have this problem handling money.”

The important thing is that there are two elements – **acknowledgement of the problem** and **accepting yourself**. As long as these two elements are there, you can create any affirmation that works well for you. When you apply EFT to the root cause of the problem, the **relief will be permanent**.

Saying Is Believing

When you first start tapping and saying your affirmation, it'll be strange because you don't actually believe it. Limiting belief about money? Fear of making money? It sounds crazy because you don't have it at all – you WANT money. At least, your conscious mind does.

And that's the rub – you're not speaking to your conscious mind but to your subconscious mind. At first you won't believe the words that are coming out of your mouth, and that's the way it should be. Just say the words and they'll have their effect.

Tuning In

Once you have identified a target, tune in to the problem. What this means is that you should focus all of your attention on this problem. You must be fully present with it. This can be very easy or quite difficult, depending on how your conscious mind sees the problem.

If it's obvious that you have a fear of making money, it's easy for you to visualize this. Identifying your target and tuning into it is no problem. But if it's

buried deep within your subconscious and your conscious mind rejects it, it can be difficult.

For example, let's say that after much reflection, you realize that you're afraid of financial stability. But your conscious mind still clings to the idea that you desperately want to be stable. In other words, it insists that there's no problem.

Yet your subconscious realizes that strong money management practice means controlling spontaneous urges to spend money.

As long as that subconscious belief remains outside your conscious beliefs, you'll never achieve your goal of financial strength. Tapping helps to draw out these subconscious controlling beliefs.

When it's hard to tune into the problem, you may need some help. Try to recall the memory of an incident in the past when you had an "ah-ha" moment and realized this block was holding you back.

For example, you may remember a time when you were given a large sum of money, but that voice in the back of your mind said, "Well, this won't last long!" Or perhaps someone offered you the perfect job, but you never called back because of your deep hidden fear. Put together a collection of these memories to focus on when you're tuning in.

An Example

Here is an example. You identify your target – a limiting belief that you're not good with money. When you say to yourself, "I'm not good with money," you remember mistakes you made in the past and this triggers an almost physical feeling of pain and disappointment.

That is your **reminder phrase** – "I'm not good with money."

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Now, your **set-up phrase** would be something like this: "Even though I have this limiting belief that I'm not good with money, I love and accept myself completely."

Now, you're ready to tap!

How to Tap

Tapping is the easy part. It takes only a few minutes to learn. Like all practices, you have to insert it into your daily habits.

When using EFT, we tap with the fingertips. You should tap firmly but lightly (there's no need to pound away!). Traditional tapping uses the index and middle finger of one hand only, but modern practitioners use both hands. The energy meridians on both sides of your body are the same. Most therapists recommend tapping alternately with the right and left hand on the same meridian points on either side of the body.

Before tapping, remove eyeglasses, headgear, ear buds, bracelets, watches and anything else that will get in the way.

The Tapping Points

EFT uses specific tapping points located throughout the body. These points have been identified by traditional acupressure as the confluence points of your body's energy flow. Like acupuncture and acupressure, tapping is a set of techniques which utilize the body's energy meridian points.

The meridian points are stimulated by tapping on them with your fingertips – literally tapping into your body's own energy and healing power. The meridian points are:

The Top of the Head (TH) – This point is at the crown of your head, at the apex of your ears, right at the center of your skull.

Inside of the Eyebrows (IE) – The eyebrow points are located where your eyebrows start on the inside of your eyes.

Outside of the Eyes (OE) – There are meridian points located on the bone in the outside corner of your eyes.

Under the Eyes (UE) – A meridian point is located about an inch under each eye, on the bone.

Under the Nose (UN) – There is one meridian point located between your nose and lip, right in the center of where you'd have a mustache. The spot is in the groove found there. You can tap here with one or two fingers alternating.

Under your Lower Lip (UL)– A meridian point is found in the groove between your lips and chin.

Collarbones – There is a meridian point located just below each collarbone. Put a fist to the base of your chest where you would knot a necktie. You'll feel the two collarbone knobs jutting out. The meridian points are just below the bone where it's soft and sensitive if you press.

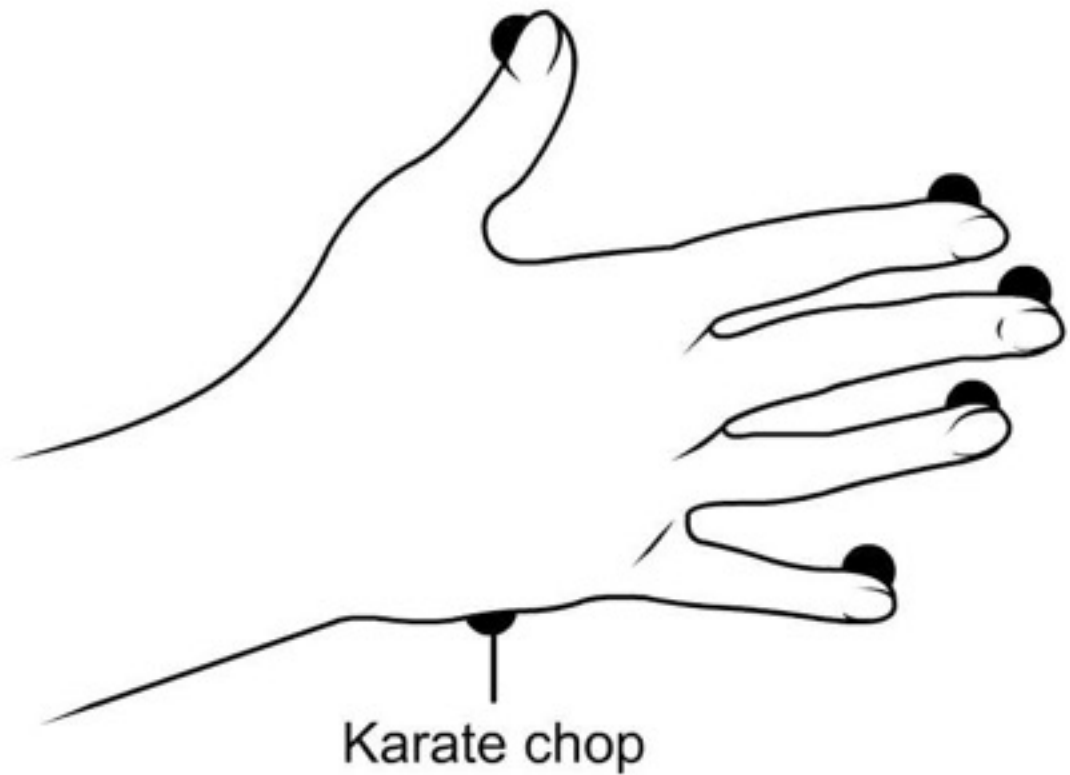
Under the Arms – The under arm points are approx. 4 inches (10 cm) below your armpit. If you're a woman, they're where your bra strap would be. They're approximately level with your nipples.

Karate Chop – The karate chop point is on the pinky side of your hand, so called because this is where you would hit something with a karate chop. Here you can tap with one, two or three fingers.

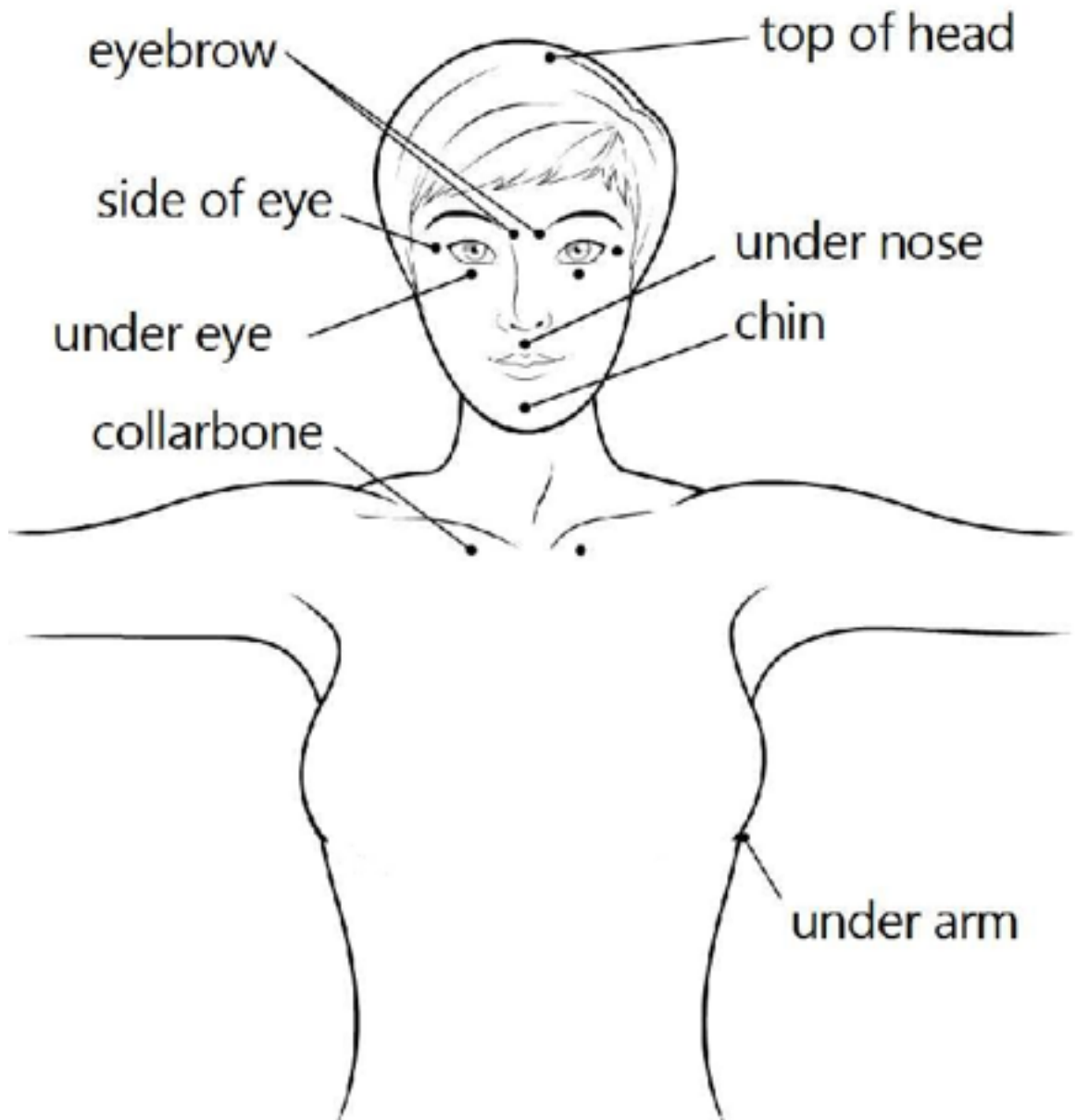
*On all of the facial points you can tap with one or two fingers of each hand. On most of the body points, you can use four fingers (two of each hand) and in some points more as indicated above.

This drawing below will help you locate the tapping meridian points on your body and the side of your hand.

Tapping Karate Chop and Finger Tapping Points



Tapping Points



At first, you may not get the points exactly. Beginners often use 2-3 fingers so as to tap a wider zone. It may also help to ask a therapist or experienced tapper to show you exactly where they are.

The Tapping Sequence

In acupuncture, each meridian point relates to a certain organ or function of the body and Chinese medicine has all of this meticulously mapped out. In EFT, we're doing something far less drastic and since there are only a few meridian points we use, we're not concerned with these relations. All the tapping points are useful for removing emotional blocks.

Tapping is done in a sequence. There are variations on this sequence but here is the standard way it's done:

Identify the target problem or issue you want to go after.

Rate the intensity of the emotion you feel from 0 to 10. This is done so that you can chart your progress. As you perform EFT, you'll gradually see the intensity of this emotion decrease. This means you're making progress. You'll also rate your feeling again at the end of each session to see if the sequence is working or if you need to change it. Bear in mind that many feelings have more than one scene and more than one aspect, meaning that each aspect must be cleared before you are done.

Choose a reminder phrase. This is a phrase that brings on the negative emotion you hope to dispel. In the case of finances, it may be something like, "My money problem," "Fear of being wealthy," "I can't save money," "I'll never be prosperous," etc.

Remember that the whole point is to focus on this pain or painful emotion. Sometimes the trauma from a memory is too upsetting to bring to mind. In this case, just use the words "that terrible thing that happened" or similar wording.

Start by **tapping the karate chop point** and repeating your reminder phrase. The reason we start with the karate chop point is that it's associated with psychological reversals, and that's what we're doing here – reversing a negative thought or belief about yourself. Say the set-up phrase three times while tapping five to seven times.

Start tapping through the meridian points. Start with the eyebrow point and work your way down your face and body, ending with your under arm points. When you start each new point, repeat the reminder phrase. This will bring the painful memory or feeling back to the surface where it needs to be tapped out. Again, tap each meridian seven to ten times, and then move on to the next. After the point under the arms, finish with the top of the head.

Repeat. Once you've worked your way through the whole sequence, start with the karate chop and go for another pass. Go through each of the meridian points in the exact same way a second time.

Reassess your feeling. Repeat the reminder phrase and again rate it on a scale of 0 to 10.

It's recommended to repeat these tapping sessions several times each day. It sounds like a lot, but one session takes only a matter of minutes. And remember, you can do it virtually anytime, anywhere.

Try performing your tapping session standing in front of a mirror. Looking at your reflection in the mirror helps to focus on the activity.

Reassessing Your Pain or Emotional Level

Some people experience immediate results, finding that they score a 0 for their pain or anxious feelings. If that's you, you're lucky. Great job!

For many of us, we only get partial relief. However, when you're really suffering, this relief helps. EFT provides short-term relief for stressful situations. If you just had a major meltdown, one tapping session can help you get back to a calm and balanced state, just like a quick meditation or creative visualization would.

For a long-term problem like changing your attitude toward personal finances, it's might to take longer. And it might need the help of a trained professional to find out what is really going on there! Reassessing your pain helps you to chart progress. After one EFT session, your pain should be lower on the scale than it was when you started. Minor adjustments can help you bring that rating down lower and in the long run, make the pain disappear completely.

EFT Troubleshooting Guide

“Success is often achieved by those who don't know that failure is inevitable.” ~ Coco Chanel

What if you reassess your pain and find that it's the same – or higher!? Surely this means that EFT doesn't work!

Actually, this is a good thing. It provides you valuable feedback. It tells you that something needs to be changed. There are many variables at play here, so let's look at what may be keeping you from removing your negative blocks.

Wrong Target

Much of EFT's success depends on the target. If you choose the wrong target, you won't get the results you expect from the technique. But how do you choose the right target?

Sometimes it takes some soul searching. We naturally hide from pain, so it can be difficult to pin down. But you'll know it when you find it – psychological pain at high levels produces physical symptoms. When you identify it, you'll feel it in your body. It could be anything from a queasy feeling in your stomach to a nervous twitch in your eye or a migraine.

You may have a discovery moment, one of those “AHAs” as you process through the tapping sequence. This realization may be the true issue that finally has surfaced.

Here's an example. Let's say that you identify your pain and you come up with this reminder phrase – "I'm not capable of saving money."

How does it make you feel to say that? If you feel nothing at all, you're not really getting at your deepest inner pain. Maybe what you've identified is just one symptom of a bigger underlying problem.

If you're not feeling it, try asking yourself "why?" After a bit of thought, you may realize that the reason you can't save is that you don't want to have money. Having money saved means you've got something to lose. Maybe you have a phobia of things being taken from you.

Now, try it out – "I'm afraid of losing something valuable." When you say it, it's undeniable. It hits you straight in the heart.

The subconscious isn't logical or rational. For this reason, you may choose a reminder image instead of a reminder phrase. Try to think of a memory that gives you a painful feeling.

To take the same example from above, maybe your pain is triggered by the memory of the day you lost your house because of debt. This is the underlying cause of your anxiety about losing something valuable. Instead of a reminder phrase, evoke this memory using words to describe it.

Wrong Wording

Your set-up phrase needs to be worded so that it's straight to the point and accurate. It needs to be truthful and it has to be about you, using "I" in the first person. It should be in your own words and it should be in the first words that come to mind when you think about your problem. In other words, don't try to make it complicated or fancy.

If you need help, here's a free writing exercise therapists use. Think for a minute about your financial problems and then start writing. Don't think first, but let the words spew out. Write until you're tired of writing. If you've been truthful in your writing, there will be many phrases there that can be used.

Pick the phrase that identifies the problem best and plug it into this set-up phrase template:

"Even though _____, I deeply and profoundly love and accept myself."

Keep in mind that EFT often doesn't work when the problem is too general or global. It needs to be as clearly defined as possible, in as specific words as possible. It needs to relate directly to you. It could be that you haven't quite gotten it specific enough yet.

Trouble Accepting

Sometimes the difficult part is really meaning that you accept yourself. This is harder than most people realize to do. We naturally want to change things we don't like about ourselves. But for now, just let it go and accept. Tell yourself that it's alright to have these limiting beliefs and fears because you know you'll shed them.

The power of affirmations helps here. When you repeat a phrase, it sinks into your subconscious and has an affect there. You can try practicing your set-up phrase as an affirmation to help with this. Practice in front of a mirror and look straight into your eyes as you repeat it.

Here are some other things that might help. First, realize that no matter how many negative beliefs or thoughts you have, you're still doing much better than most people. At least you're taking steps to work things out.

Another thing to realize is that the basis of acceptance is love. It's the unconditional love a parent feels for their child. Love is an action, not a state of being. When you say this phrase, you've decided to love and accept yourself. You even love the limiting belief! Accepting is an action that you choose to do.

Too Much at Once

EFT works because you identify a problem, bring up its related energy disturbance, and then tap the meridian points to clear this disturbance. If you're trying to take on too many problems at once, you won't activate the energy disturbance clearly and tapping won't work.

Your set-up phrase may say something like "Even though I can't save money and I'm afraid of financial success..." These are legitimate problems that can be addressed with EFT, but not both at one time. You should address only one problem at once.

The above example is fairly obvious, but you may also be taking on two problems at once by accident. This happens when you're focusing on one problem but getting distracted by another. You may be focusing on a belief you have that you don't deserve abundance but your mind is being troubled by mounting debt problems.

When this happens, it may be worthwhile to shift your focus. Maybe the problem distracting you is where you should be putting your efforts. You may want to redefine your specific goals.

Wrong Meridian Points

When tapping doesn't work, it's much more likely to be for the above reasons than because you are missing the tapping points. Unlike acupuncture, where the points are clearly defined on the body, tapping uses approximate points. The reason is that you don't need to be exactly on top of the energy confluence. If you're close, the tapping will have the desired effect.

However, if a certain point in your sequence doesn't feel like it's releasing energy the way it should be, you might experiment with how you're tapping. As mentioned in the section about how to tap, some meridians can be tapped with two fingers or more, and there are variations on how some points can be tapped. You can try experimenting and see what works (or consult an EFT therapist for help).

Not Enough Repetition

Some people experience the benefits of EFT immediately. For most, it takes time. As you can see by just reading the tapping instructions earlier in this book, it's quite an involved process. One session involves a lot of tapping and affirmations!

But this is why tapping works. It's the constant repetition, both during a session and as sessions are repeated over the course of days and weeks that makes it work. Be patient and stick with the technique for a while. It usually takes a bit of persistence before you see results.

If your rating is not getting lower (or is getting higher) after days of tapping, you may consider working with an EFT practitioner.

Advanced Tapping Tips

“Dear old world”, she murmured, “you are very lovely, and I am glad to be alive in you.” ~ L.M. Montgomery, Anne of Green Gables

So far we've covered the basics of tapping. You have more than enough to get started. However, making small changes to your EFT routine can make a huge difference. Once you've started and feeling results, you can experiment with advanced EFT techniques to help you remove tough emotional blocks.

Gratefulness Tapping

EFT is all about removing the negative and replacing it with the positive. One of the best ways to crank up your positivity and keep it pumping all day long is to be grateful.

Gratefulness tapping works because as you tap and release your body's energy flow, you imbue it with positive feelings by focusing on things that are going well in your life. You're saying “thanks.”

To do gratefulness tapping, follow the same routine as you would with your regular tapping. But instead of your set-up and reminder phrase, use a gratitude phrase.

Gratitude phrases usually start with, "I'm grateful for" or "I'm grateful that." Here are some examples:

I'm grateful for the food on the table.

I'm grateful that I own my own home.

I'm grateful for the support I get from friends and family.

I'm grateful that I've managed to save a little money.

I'm grateful that I'm making more at my job than I did last year.

I'm grateful for the financial wisdom my parents taught me.

I'm grateful that I've overcome a financial obstacle.

Gratefulness reinforces your positive feelings while banishing the negative. In fact, it's easy to take a negative and turn it into a gratefulness phrase. For example, let's say you haven't managed to save as much money as you'd like. Instead of focusing on your disappointment, turn it around and say, "I'm grateful that I've put away some money." It's a bit like the glass being half-full or half-empty.

And that's the key to being grateful. It's in how you see things. We all too often focus on what we want and don't have, rather than what we have. You can always stay positive about your finances when you focus on the things you have, like food on the table, a job, a home, healthy kids and pets. Spend a moment reflecting on things unrelated to your financial weaknesses. You'll come up with something to inspire gratitude.

“What If...” Statements

What-if statements are, as the name suggests, statements where you ask, “What if...?” Okay, technically they’re questions, but we won’t split hairs.

“What if” statements are great for EFT to remove financial blocks because they help get rid of limiting beliefs. When you ask “what if,” you explore all the possibilities. This is the direct opposite of limiting yourself. For example, if you suffer from the idea that you don’t deserve abundance in your life, a good what if statement can free you of that. What if you truly did deserve it? As you say these words and visualize this new reality, it dispels the negative belief that limits you.

Some examples of what if statements are:

“What if I deserve financial success and abundance?”

“What if I inherited these negative ideas about money from someone else?”

“What if I’m releasing a mental block right now?”

“What if I can attract abundance and wealth if I just relax and accept myself?”

“What if I’m just as deserving as anybody else?”

Again, use these phrases as you tap. There’s no need to use the full tapping structure of rating your feeling, using a set-up phrase, and so on. Just go through your sequence while repeating a “what if” statement.

Tapping Into Abundance

“Abundance is not something we acquire. It is something we tune into.”

~ Wayne Dyer

As you tap and remove emotional blocks, you'll begin to see clearly how you've been limiting yourself. You're not wrong for doing that. We create limiting beliefs through the ideas we inherit from our parents or other influences, and from the misinterpretation of life experiences.

Think hard about your beliefs about money. There's a good chance that you learned these things by not only listening to but also watching your parents. You saw how they handled money and it shaped your opinion.

Think about your financial history. Your limiting beliefs may come from life experiences that you misinterpreted. This is usually done by associating these experiences with “always” and “never,” two words that are deadly for positive thinking.

For example, let's say that you lent money to someone and they never paid it back. You made a mistake and there's nothing wrong with that. In fact, mistakes are good because you can learn from them. But if you tell yourself, “I always make unwise money choices,” you're creating a story about yourself that's not true. You did once or maybe several times, but that doesn't constitute “always.”

When you go through the process of daily tapping, these revelations begin to come to you. It's like peeling back the layers of an onion only to find more layers to peel!

A new story about you emerges, and this story goes something like this...

You can do anything you'd like to do. You can make anything you want happen. You can create the financial situation, security and abundance in your life that you want – if only you realize that you deserve it.

It may be hard to visualize that now, but as you finish this book, you're already on that path.

Happy tapping and joyful abundance!

Ingrid Dinter

P.S. Your Next Steps: Now that you know the basics, you want to practice and gain experience. The best way to do this is by joining a live workshop. Please go to www.TappingTrainings.com to find out:

- **about upcoming classes,**
- **about how to get EFT certified, and how to**
- **join a passionate group of Students in the Certification Club**
- **Ingrid is available to teach at YOUR facility or organization**
- **email Ingrid today at Ingrid@IngridDinter.com for more information!**



Ingrid Dinter is an EFT Certification Trainer and Mentor,

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Introduction to EFT - A Manual That Will Change Your Life

Ingrid is registered with the NH Board for mental health as an alternative provider. The board has no oversight over her practice.