

A close-up photograph of a person's hand holding a lit sparkler. The sparkler is bright yellow and orange, with many sparks flying out. The person is wearing a grey, textured sweater. The background is dark and out of focus, showing the person's face and a white shirt. The overall mood is celebratory and hopeful.

TAPPING TO INCREASE
WEALTH CREATION

DR PETA STAPLETON

EMOTIONAL FREEDOM
TECHNIQUES TO RELEASE
YOUR BLOCKS TO
ABUNDANCE

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How to use this eBook

These questions are the start of your journey.

Take some time when you won't be interrupted, and let your mind wander thinking of the answers. Jot down as many ideas that come to mind – these will all represent issues you can apply the tapping or EFT technique to in a short while.

Often the reason we are not attracting into our lives what we want, is related to decisions we made as a young child or teen.

The point of these questions is to uncover some of those decisions, and then use the tapping technique to resolve them.

You may find the questions call certain memories or times in your life to mind - write those down.

You may begin to feel some uncomfortable or even distressing feelings Write those down too. It is not a sign that you should not be doing this technique - it is your unconscious letting you know what is underlying your present day issues.

Questions to Answer

Do you secretly fear that if you became wealthy your family and friends might not like you anymore? What comes to mind when you think of this?

When you grew up, were you ever told things like “We may not be rich, but at least we’re honest!”? What other sayings did you hear about wealth and money?

If relevant, did your religious upbringing teach you that it is noble to sacrifice now, and that your reward will come in the afterlife? What do you think or feel if you consider NOT sacrificing in this life?

Questions to Answer

Did you (or do you) feel guilty when you started to earn more than your parents did? What comes to mind when you think of this?

Were you raised to fit in and not do anything to stand out?

Did you grow up liking shows like Dallas, Dynasty, Gilligan's Island, MASH, and The Beverly Hillbillies, where rich people were always presented as unscrupulous and conniving, or pretentious and bumbling? What do you think/feel about those type of people?

Questions to Answer

Do you have chronic health challenges that doctors can't seem to solve?

Did you ever get jealous of people with expensive clothes, cars and houses —which may have led you to develop a subconscious “I hate the rich” mentality?

Go with your first gut response to this question -

On some level, do you think it is somehow noble, romantic, or spiritual to be poor?

Questions to Answer

Did you ever end a negative relationship—then immediately replace it with another one with a person just like the last one?

Have you sometimes used judgmental expressions like “poor as a church mouse,” “filthy rich,” or “obscenely wealthy”? Do you describe money as “dirty” after you handle it?

Have you ever made excuses for failure by saying things like “you have to have money to make money,” “you have to know someone,” or “you have to get in at the top”?

Questions to Answer

Do you relish being the underdog and fighting against the odds all the time?

Have you sometimes used judgmental expressions like “poor as a church mouse,” “filthy rich,” or “obscenely wealthy”? Do you describe money as “dirty” after you handle it?

Is it possible that you are experiencing health challenges, financial challenges, or business failures in order to evoke sympathy and attention from the people you are close to?

Questions to Answer

Do you relish being the underdog and fighting against the odds all the time?

Recall a time in your childhood that involves a memory of money. How has that impacted on your life? Have you rebelled or honoured those family patterns?

Questions to Answer

On a scale of 1 to 10 - where 1 is totally disbelief and 10 is absolute 100% belief, how much do you believe:

Money flows to me easily

There is plenty for everyone

My money is an expression of my spiritual values

Unexpected money comes to me, often

I love money and money loves me

I live in abundance every day

Now... to The Tapping Technique

Disclaimer

Emotional Freedom Techniques (EFT) is still considered experimental in nature although it is gaining in scientific support it is not yet widely accepted as a formally validated scientific technique.

All information in this ebook is intended to promote awareness of the benefits of learning and applying EFT – however, the general public must take full responsibility for their use of it. This material is for your general knowledge only and is not a substitute for traditional medical attention, counseling, therapy or advice from a qualified health care professional. Neither EFT nor the information here is intended to be used to diagnose, treat, cure or prevent any disease or disorder.

If you experience any unusual symptoms practicing the technique you should seek the advice of a health professional. Although the results of our research indicated that many people benefiting from the use of EFT with their food cravings, weight loss, anxiety and depression, the responses to the technique are individual. A lack of result or progress may mean you need professional assistance.

If you have any concern regarding your health or mental state, it is recommend that you seek out advice or treatment from a qualified, licensed health care professional. Before making any dietary changes or discontinuing, reducing or increasing prescription medications it is recommended that you consult with a doctor, pharmacist or other qualified medical or health professional first.

The Tapping Technique

EFT – stands for Emotional Freedom Techniques

We commonly call it Tapping

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive therapy, and somatic stimulation. It is often referred to as ‘Tapping’ as it uses a two finger tapping process with a cognitive acceptance statement.

EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals. See here for a comprehensive EFT research site.

Australian research has found EFT for obesity and food cravings (Stapleton, Sheldon, Porter and Whitty, 2011; Stapleton, Sheldon & Porter, 2012) and smoking (Stapleton, Porter & Sheldon, 2012) to be extremely successful and durable over time. See http://works.bepress.com/peta_stapleton/ for Australian research.

Efficacy has also been established for phobias, Post Traumatic Stress Disorder, Anxiety, Depression, and pain.

So - How Does it Work?

EFT appears to affect the amygdala (stress centre in the brain) and hippocampus (memory centre), and both play a role in the decision process when you decide if something is a threat. EFT has also been shown to lower cortisol levels, which is the stress hormone. Too much cortisol can result in lowered immune function and ultimately affect our physical health. Because Tapping is a tool which is practical, hands-on, and easy to apply, it is a unique way to assist people from all walks of life. It has an immediate calming effect and can be used with children as young as 3-4 years of age.

The Tapping Technique

5 Steps

1. Acknowledge there is something to change and rate distress/discomfort out of 10 (10=most distress, 0=no distress).
2. State problem in setup statement while tapping on karate chop point (3 times).
3. Tap through all 8 EFT points while saying a short reminder phrase.
4. Take a breath and re-rate your distress out of 10.
5. Tap again until rating is 0

Points are stimulated by tapping on them with 2 fingers, the index and middle fingers. The strength of tapping should be comfortable and you should be able to feel a resonance spreading out across the adjacent area of your body from the point you are tapping.

Tap on each spot approximately 7 times before moving on to the next spot.

The setup statement you use in EFT usually looks like this –

**Even though I have this problem (insert actual issue),
I accept myself anyway**

The Tapping Technique

What Can EFT be Used For?

Every Feeling Thing, i.e. everything you have a feeling or sensation about -

- Food Cravings
- Body Shape-change and fat burning
- Stress and Anxiety
- Sports Performance
- Trauma, Memories
- Physical Pain
- Illness and addiction
- Beliefs you have adopted as a young child (eg related to money)

The Generalization Effect

After you address a few related problems with EFT, the process starts to generalize over all those problems. For example, someone who has 100 traumatic memories of being abused usually finds that after using EFT...they all vanish after neutralizing only 5 to 10 of them.

Why Do we State the Negative?

- Tapping doesn't affirm the problem.
- It states the truth and acknowledges it.
- Taping calms the physiological response.
- Once released, cognitive shifts (reframes) that come from the client will surface.
- Going positive too soon will only bring on a palliative result.

The Tapping Technique Points

EFT/ Tapping

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive therapy, and somatic stimulation.

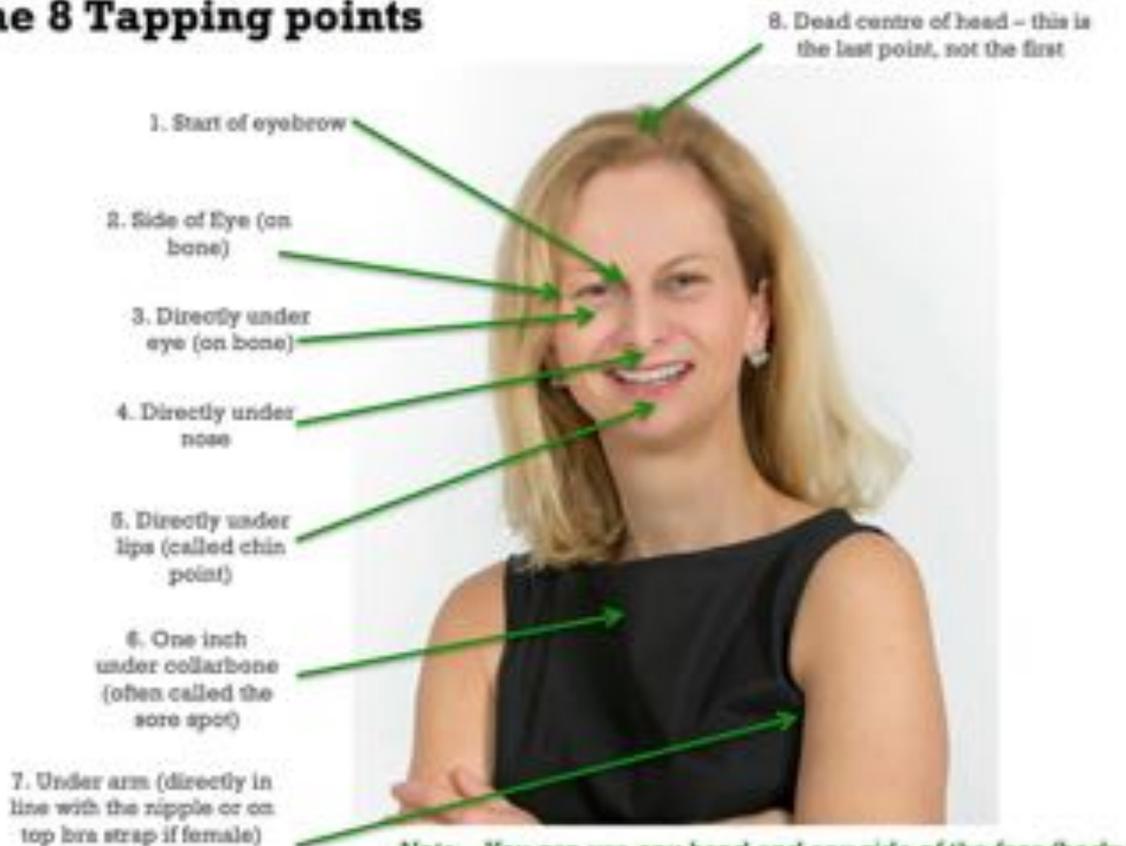
It is often referred to as "Tapping" as it uses a two finger tapping process with a cognitive acceptance statement.

Tapping - The 5 Steps



1. Acknowledge there is something to change and rate distress/discomfort out of 10 (10=most distress, 0=no distress).
2. State problem in setup statement while tapping on karate chop point (3 times).
3. Tap through all 8 EFT points while saying a short reminder phrase.
4. Take a breath and re-rate your distress out of 10.
5. Tap again until rating is 0.

The 8 Tapping points



A Worksheet for your Answers

Earlier in this ebook you completed some questions. Now is the time to start using the Tapping technique on the answers!

Write down a list of all the things that came up - they might have been a feeling or body sensation, a past memory or even a belief. Rate them out of 10 - with 1 meaning you don't have much of an issue with it, and 10 being the strongest feeling you could have about it.

You choose which issues to start tapping on - whatever strikes you on the page.

Tapping is a technique that reduces stress and distress. So if you find yourself starting to cry, **KEEP TAPPING**. The tapping will help you calm down. If you stop, you may find the distress stays with you. It doesn't mean the tapping hasn't worked.

If you need to seek the help of a professional at any time, please do so.

A Worksheet for your Answers

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst can imagine and 0 is none:

Round 1 –

Round 2 –

Round 3 –

Round 4 –

Round 5 -

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

A Worksheet for your Answers

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst can imagine and 0 is none:

Round 1 –

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Round 3 –

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Round 5 -

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A Worksheet for your Answers

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Round 1 –

Round 2 –

Round 3 –

Round 4 –

Round 5 -

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Frequently Asked Questions

- Does it matter which hand I use? NO
- Can I switch hands while tapping? YES
- Can I tap with both hands? YES
- How many taps on each spot? 7 is most common but sometimes more is better
- Is the SETUP essential? Not always, but necessary in cases of “Psychological Reversal” (where there is a secondary gain from keeping your problem)
- Will EFT take away natural (and healthy) emotional responses to situations? NO
- How long do treatment results last? As long as people want them too. Untreated aspects can make it appear like it “comes back.” Keep tapping!
- Does the treatment need to be repeated? Sometimes if there’s a different aspect, but it’s often less intense and if it worked once, it usually works with the “new” aspect.
- Can you use alternate taps like in EMDR? YES
- Do I have to believe in the treatment for it to work? NO – it still appears to work (sometimes it is worth doing some tapping on ‘not believing’ or doubting it will work, or worry that it won’t work for YOU)
- So do I use the same EFT process for every issue? YES, just modify the set up phrases for each issue.
- Can you tap on the positive? YES – best done after you have cleared the negative
- Do you have to say it out loud? NO, but it might have more power and work faster!
- Why tap with a negative phrase? The negative phrase is truth of your feeling. EFT works with what really is, not what we wish it to be.

Where to from Here

For more research on the mechanism of how EFT works, please see:

The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial - <http://www.ncbi.nlm.nih.gov/pubmed/2298627>

EFT Research Bibliography – <http://www.eftuniverse.com/research-and-studies/eft-research>

Peta's research publications – http://works.bepress.com/peta_stapleton/

EFT Masters

Carol Look – Intuitive Energy Healer, Psychotherapist, and EFT Master
<http://www.carollook.com>

Margaret Lynch – Transformational speaker, coach and author –
<http://margaretmlynch.com>

Jack Canfield – coauthor of the #1 New York Times best-selling Chicken Soup for the Soul series, which has sold more than 500 million copies in 47 languages –
<http://www.tappingintoultimeatesuccess.com> and www.JackCanfield.com

Pamela Brunner – Success Coach and co-wrote EFT book with Jack Canfield –
<http://makeyoursuccessreal.com>

Dr Dawson Church – award-winning author (www.YourGeniusGene.com); is a blogger for the Huffington Post, and maintains the website EFT Universe
<http://dawsonchurch.com>

Dr Patricia Carrington – leading psychologist and pioneer in Energy Psychology and Modern Meditation <http://masteringeft.com>

Where to from Here

EFT Masters

Nick Ortner – New York Times Best-Selling Author of the Book “The Tapping Solution” and producer of the documentary – <http://thetappingsolution.com/cmd.php?Clk=5390924>

Jessica Ortner – author of the new Hay House book, “The Tapping Solution for Weight Loss & Body Confidence” and a producer of the “The Tapping Solution”. She is also the host of The Tapping World Summit, an annual online event that has attracted more than 500,000 attendees from around the world. <http://jessica-ortner.com>

Judy Byrne – EFT founding master – <http://judybyrne.co.uk>

Karl Dawson – International EFT trainer, and presenter
<http://www.matrixreimprinting.com>

Bennie Naude – EFT and Matrix Trainer – <http://www.deepliving.com/events/>

What Else Can you Do?

1. Rent the DVD sets available from www.eftuniverse.com
2. Sign up to receive the regular newsletter on www.eftuniverse.com + Mini Manual is FREE
3. Make yourself aware of the many tutorials and resource articles on the website
4. Consider doing an EFT training – Peta is one such Trainer - see www.eftuniverse.com for others

About Peta

DR PETA STAPLETON is a Clinical & Health Psychologist, EFT Trainer and Researcher in Australia.

Stay Connected!

Website - www.petastapleton.com

Research - http://works.bepress.com/peta_stapleton/

Facebook - [peta.stapleton](https://www.facebook.com/peta.stapleton)

LinkedIn www.linkedin.com/in/petastapleton

Twitter - [@PetaStapleton](https://twitter.com/PetaStapleton)

The Tap Into a Better You App - aims to teach you the fundamentals of Tapping, which can be applied to everything from emotional overeating to trauma or stress. With an interactive demonstration that guides you step-by-step through the process, you can easily master the basics, while our comprehensive knowledge base teaches you how to apply Tapping to every part of your life, from healing emotional injuries to putting you on the road to lifelong success.

The app has tapping ideas and scripts for areas such as food cravings, stress, pain, success, self care and anxiety.

The app matches a 9-module program titled the same – Tap Into a Better You – and is a downloadable audio course.

It is available for Apple and Android devices through these links.



About Peta

Tap Into a Better You - is a 6-session audio program is designed to kickstart every major area of your life – through the power of tapping! There are also 3 Bonus sessions included, and a free e-book “Why Weight? Lose Inches Subconsciously”.

You will learn to tap for:

Food – portions, cravings & weight loss

Pain

Self-care & forgiveness

Stress & worry

Lifelong success

Tapping for the positive

Bonus Overcome deprivation & wastage issues

Bonus Financial success and abundance

Bonus Relationship success (The 5 Love Languages)



Tapping in the Classroom – This is our program designed for teachers to learn how to use EFT in everyday situations at school. The 2-day training which you attend in person, will cover the basics of EFT and how to apply to common academic, social and peer concerns. Our trials have found these issues are common in classrooms: anger, anxiety, bullying, perfectionism, judgment, morale and motivation.

Tapping in the Classroom is designed for teachers to have a self driven technique to address their own concerns, as well as a tool to teach students for everyday stress and anxiety.



Tapping for Weight Management

Clinically proven program: This is the only online Emotional Freedom Techniques (EFT) for weight program to be clinically researched.

The program was developed by Dr. Peta Stapleton, world-leading EFT for weight management researcher and trainer, and Glenn Mackintosh, Australia's leading weight management psychologist, so the program was developed with a deep understanding of EFT and the most up-to-date evidence-based understanding of the complexity of weight management challenges.

While Peta's groundbreaking research is quoted in other tapping for weight management products, this is the ONLY program delivered by Dr. Stapleton. Learn tapping DIRECTLY from the EFT master trainer and researcher.

You get access forever and an online support forum where Peta and Glenn respond to your questions.

To see what is covered in the 8 week self paced online course, see here.





Mind Heart Connect

Interested in more about the mind body connection?

Mind Heart Connect is a transformational forum, bringing together experts in evidenced-based practices supporting the mind-body-heart connection.

Our intention is that these gatherings will foster a movement of leaders who will plant and nurture the seeds of resiliency in their own communities.

Over the course of the three days in May 2017 on the Gold Coast in Australia, opportunities abound for attendees through networking and connecting with like-minded participants. Our exhibitor space will showcase supporting products, services and the ability to meet authors during scheduled book signings. Our event is fully catered so you can immerse yourself entirely and maximise your time at our venues.

Participants will leave the weekend with practical methods to implement in their area of interest, whether it is in their own home, workplace or community.

THE 2017 SPEAKERS

WORLD CLASS SPEAKERS

Gathering academic, creative and expansive minds, we have the ability to create significant change at a personal, community and professional level.



Dr. David
Hamilton

Keynote Speaker (UK)



Dr. Lori
Leyden

Keynote Speaker (USA)



Dr. Joe
Dispenza

Keynote Speaker (USA)



Dr. Helena
Popovic

Keynote Speaker (AUSS)



Brad
Yates

Keynote Speaker (USA)



Dr. Peta
Stapleton

Keynote Speaker (AUS)

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