

Choose Your Energy: Change Your Life!



*Reclaim your power and recapture
your zest for living. Turn unexplored
possibilities into fulfilling realities
and step into your greatness!*

A Lessons in Living™ Workbook

Tapping into Freedom **Deborah Jane Wells, Life Coach**



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Introduction

This workbook is part of a self-study series based on my signature Discovery Framework and real stories from my own life and the lives of my clients. It is a treasure map for discovering unexplored possibilities buried deep within your authentic self. And a guide for turning those possibilities into fulfilling realities.

At the end of each workbook, you will find exercises to help you consider and apply what you've learned. By committing yourself to the exercises in this series, you too can apply these lessons to bring about the changes that will move you forward into the life you dream of. I recommend you document your thoughts as you go along. There are significant benefits to doing so. At a minimum, writing it down

- helps you **"anchor"** the things you've learned,
- creates your own **comprehensive reference** for personal review and reinforcement and
- facilitates **sharing** should you decide to work with me in a one-on-one coaching relationship.

Capture your thoughts and action steps in a personal notebook, journal or any other tool that is both secure and accessible.



Commit to the workbook this month and feel the shift in your life. Remember that it's not just *okay* to fall in love with yourself. *It's essential.* When you fall in love with yourself, everything else finally falls into place. This transformation arises from a fundamental shift in your head and heart. Once love transforms your relationship with yourself, it can't help but transform your personal life and work in ways that will exhilarate you. Your more constructive personal energy will automatically transform every being and situation you encounter. You will, by your very presence, quite literally, transform the World.

Congratulations on making this important commitment to yourself. You're worth the effort!

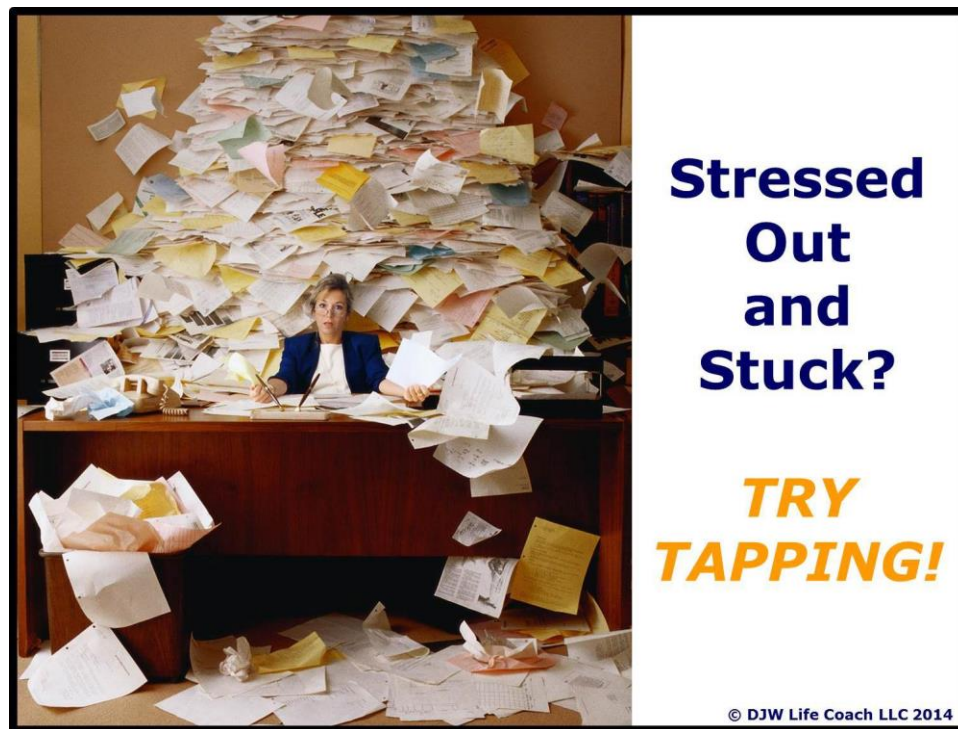
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What is Tapping?

If you are like many, you may have something in your life that you just can't overcome—your *Kryptonite*. No matter what you've tried, it holds you captive. It might be a dysfunctional relationship that you can't fix but can't end. Binging on junk food or missing workouts at the gym. Excess weight or crippling anxiety. Financial insolvency or major illness.



Whatever "it" is, I have good news—tapping just may be your get out of jail free card. No, I'm not suggesting you appear on "Dancing With the Stars." I'm recommending a revolutionary tool with unbelievable ability to help you reclaim your power to live a life you love. Tapping is one of the most effective ways I know to make substantive, lasting changes in your life quickly and easily.

Millions around the world have found tapping to be a simple, effective technique for reducing stress, anxiety and overwhelm in your life by releasing limiting beliefs, emotions and habits.

It aligns perfectly with my core principles of unconditional love, respect, curiosity, compassion and gratitude fostering lives of generous, effortless, gracious flow filled with faith, hope, prosperity, peace and joy. Tapping is all about choosing your energy and changing your life.

It's a powerful catalyst for letting go of the limits fear, stress and pain have been placing on your life. Given its impressive track record of substantive, sustainable results, by combining tapping with my other tools and techniques, you'll have even greater potential for shifting your energy more quickly and with greater breadth, depth and staying power.



How Could Anything So Easy Work So Well?

Because it's based in science. It taps into the electrochemistry of how our minds and bodies are wired to shift us from the inside out—physically, mentally, emotionally and spiritually.

A style of emotional freedom technique (EFT), tapping is based on the principles of ancient acupressure and modern energy psychology. Originally developed by Dr. Roger Callahan, it was later simplified by his student Gary Craig into the forms of tapping most commonly used today.

The body and brain are superbly integrated electrochemical marvels. The human body includes a system of 12 meridians that function like an energy super transit system connecting every cell, tissue, organ and function. It also includes a part of the brain, the amygdala, which is responsible for recognizing and remembering any perceived threats.

As a lifestyle of non-stop stress begins pushing the amygdala into overdrive, energy anomalies in the 12 meridians start compromising body function. When people demonstrate skepticism about the importance of free flowing energy to optimal health, I remind them that when our hearts stop, medical professionals use massive jolts of electricity to restart them. Energy is a life-sustaining and health-restoring essential.



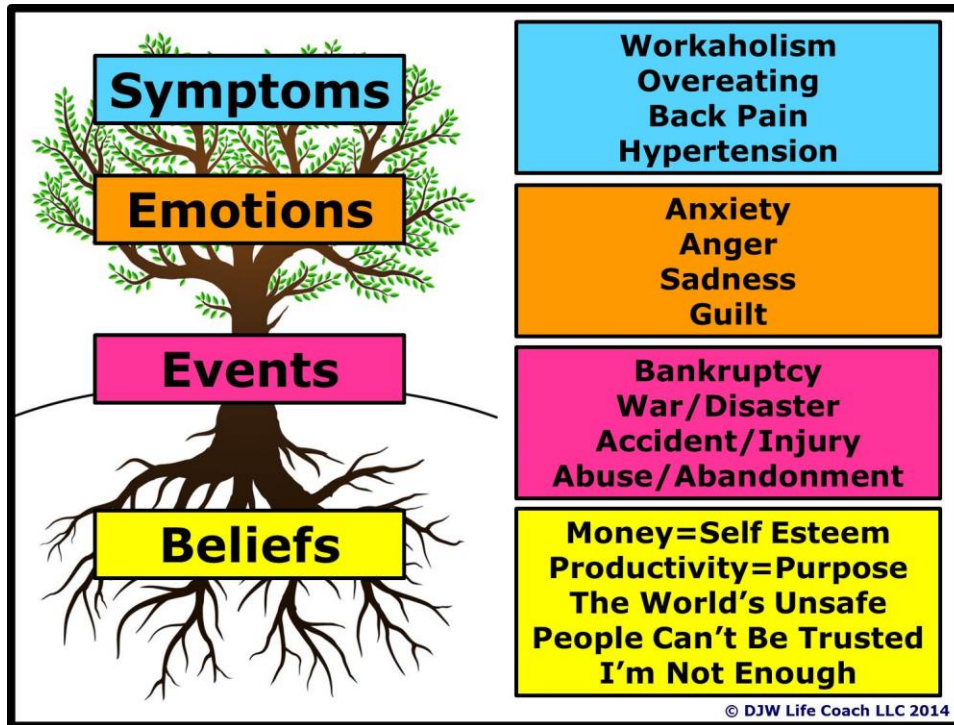
Tapping realigns energy by shifting brain chemistry and altering neural pathways to enhance thoughts, emotions, habits and health. By restoring physical, mental, emotional and spiritual harmony, tapping increases your sense of peace, prosperity and joy. The process is simple; the results are profound.

Because meridian endpoints have a higher level of conductivity than other parts of the body, stimulating those points sends stronger messages directly to the brain in the form of electrical signals. You tap with your fingertips on specific meridian endpoints: hand, inner eyebrow, outer eye, under eye, under nose, above chin, collarbone, under arm and top of head. As you do so, you anchor yourself in unconditional self-acceptance while connecting fully with your current uncomfortable or unwanted reality—the beliefs, emotions, habits or physical sensations you'd like to clear.

The combination calms the amygdala and allows it to recalibrate its alarms. As you start to relax and detach from your feelings of discomfort, you can begin shifting your focus to your desired reality—anchoring yourself and

your amygdala in the more constructive thoughts, feelings, behavior and sensations you'd like to be your new norm.

It's not that tapping "heals" underlying conditions like illness, injury and pain. Rather, when tapping realigns our chosen stressed and anxious thoughts and feelings about those conditions, the resulting relaxation response provides a more conducive environment for the body's own self-healing mechanisms to function optimally.



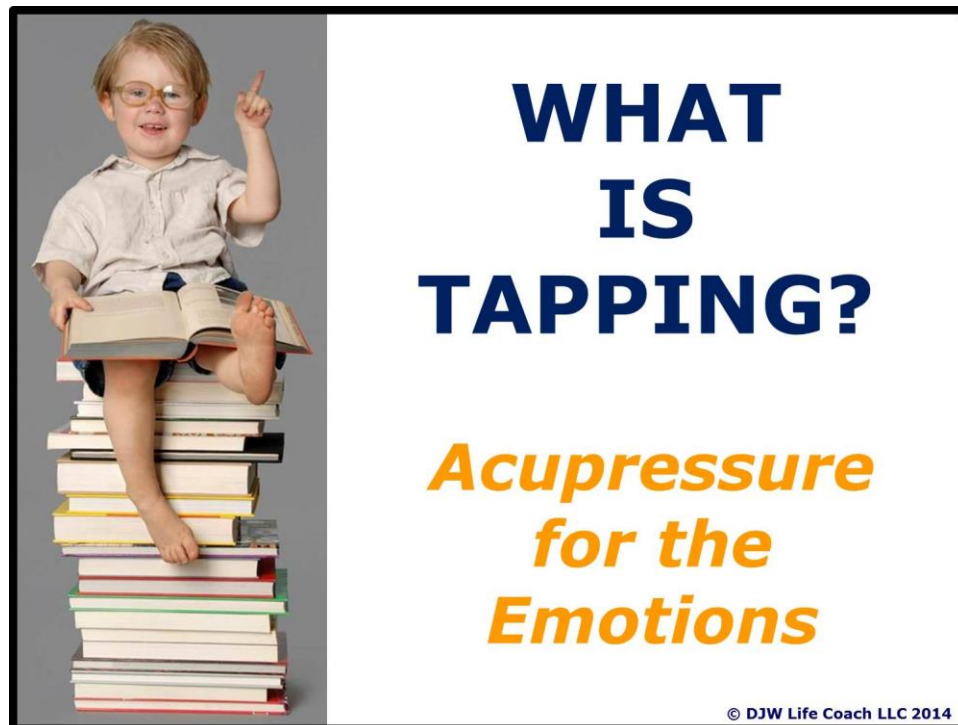
While it's nothing short of miraculous how this simple process can shift your perceptions, opportunities, relationships and priorities, there's plenty of science and research to support how well it works and why. You get unstuck, reclaim your personal power and recapture your zest for living—moving yourself forward into a life you love.

Tapping Essentials

This revolutionary healing modality is based on ancient medical principles drawn from Traditional Chinese Medicine (TCM), as well as the profound insights of modern western psychotherapy. It's further bolstered by cutting-edge medical research about the body-mind connection.

Tapping is an amazing tool that puts real power in your hands by combining the history and future of healing around the world.

The most delightful aspect of this incredible technique is how simple and quick it is. It doesn't take much time to learn or apply it, and quite often the results are immediate. While there are instances in which it's advisable to partner with a professional tapping practitioner, for the most part, once you've received training, it's a fast and easy technique you can perform by yourself anytime, anywhere to get the relief you seek.



When you tap, you're "tapping" into your body's natural ability to realign itself to optimal functioning. In the process, you directly address the troublesome emotions and limiting beliefs that are making your life difficult and potentially exacerbating the symptoms of an illness or injury. By tackling your emotions and beliefs first, you can:

- finally make the money and enjoy the abundance you desire;
- work out the love troubles you've been faced with, whether you're single, in a relationship or married;
- shed the excess weight that you've been struggling with through endless failed diets and exercise plans;
- transform your stressful work life into a satisfying one, or maybe even start your own business and
- get rid of your chronic headaches, joint aches or back pain.

The truth is, with tapping, you can work on just about anything that's holding you back. Borrowing from the movie, "My Big Fat Greek Wedding," I refer to tapping as the "Windex" of energy modalities—because it's good for nearly everything.

By the end of this workbook, you'll have learned where tapping comes from, why it works and, most importantly, how to do it yourself. You'll also discover extensive resources to support you on your journey to wholeness. Why not give tapping a chance? You've got nothing to lose, except the limits fear, stress and pain have been placing on your life. Time to get off that hamster wheel and step into your greatness.

The Science Behind Tapping

As mentioned earlier, tapping has its roots in Traditional Chinese Medicine (TCM), a realm of healing that for centuries has focused on treating the causes of illnesses and disorders rather than merely addressing their symptoms.

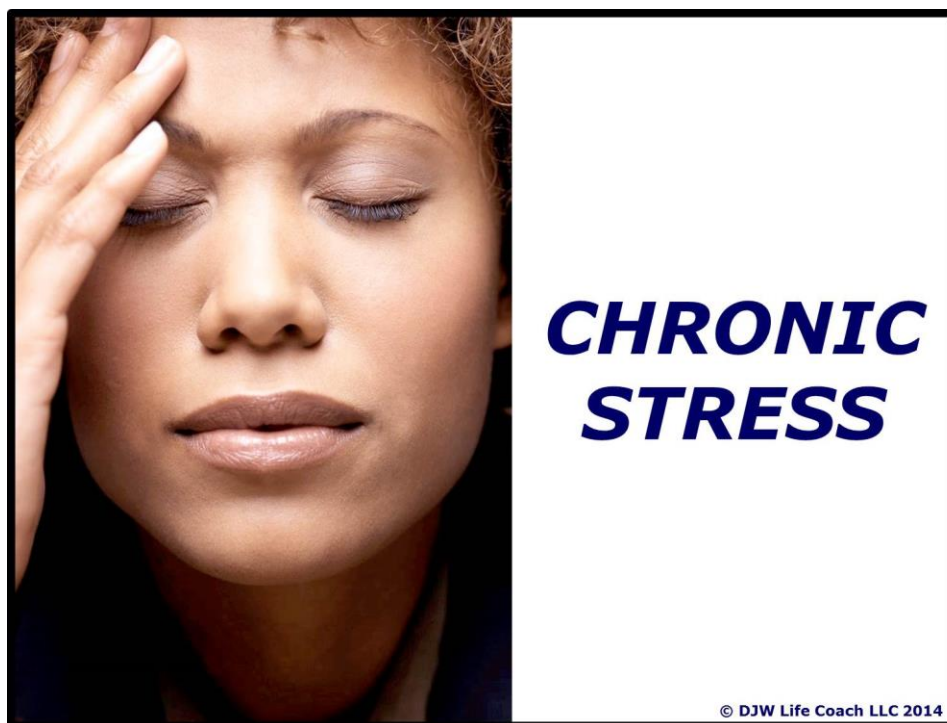


The true magic of this technique doesn't lie solely in history, however; it resides at the point where these ancient principles intersect with modern insights about how our body and psyche work together.

In the 1970s, these two streams of thought came together in the office of a psychologist named Dr. Roger Callahan. Although he followed traditional Western protocols in his work, he found himself deeply intrigued by TCM principles of the body's meridian lines.

In TCM, these meridian lines run throughout the body and are pathways for the flow of "chi" or life force. When the flow of energy becomes impaired due to trauma of some kind, the blockage can give rise to a whole host of injuries or illnesses. By manipulating various points along these lines—as acupuncturists do with needles and acupressurists do with touch—the flow of energy can be restored, problems can be eliminated and optimal functioning can be reestablished.

Though Callahan was fascinated by these principles, he saw no immediate need to incorporate them into his practice. That is, until he met his patient Mary.



Mary's case would prove to be one of Callahan's most confounding. She suffered from a severe water phobia and nothing that Callahan tried seemed to help. Her fear was so intense that she even had trouble bathing her children. Callahan was stumped.

One day, Mary mentioned that when she thought about water, she felt a throbbing discomfort in her stomach. When she revealed this, Callahan had a flash of insight. On a hunch, recalling that the TCM meridian point under

the eye is related to the stomach, he asked Mary to tap under her eye when the stomach pain arose.

When Mary followed through by tapping as he had suggested, her discomfort was quickly replaced by astonishment—the pain was gone. And she was no longer afraid of water!

Thrilled by this discovery, Callahan experimented with various meridian points and eventually distilled his findings into what he called Thought Field Therapy (TFT). Wildly effective, TFT attracted many students in the 1980s, one of whom was Gary Craig.

An eager pupil, Craig immersed himself in the technique, but soon came to believe that it was unnecessarily complicated. He in turn began to conduct his own experiments and soon boiled TFT down into a simpler, quicker routine that proved even more effective. He termed his streamlined modality Emotional Freedom Techniques, or EFT for short.

In the decades since, EFT has grown immensely, with new revelations emerging every day on just why and how it is so effective. In the next chapter, we'll explore some of the many studies that prove tapping truly works wonders.



The Stress Response

There's nothing mystical or magical about tapping. Although the results are often astounding, the grounded science behind it is equally wondrous.

The brain's almond-shaped amygdala is responsible for assessing and activating your body's response when faced with excessive stress of any sort. When it perceives a threat, the amygdala signals your body to release three primary stress hormones—adrenaline, norepinephrine and cortisol—that prepare you to deal with the potential danger. Our evolution and survival as a species has depended on this 'fight, flight or freeze' response. It's what alerted our ancient ancestors to prepare themselves to attack, run for their lives or play dead when confronted by carnivorous predators.



There's just one problem: in our modern world, we are faced with a steady stream of external stressors that we are poorly prepared to deal with thanks to fueling ourselves with unhealthy food, working non-stop and getting insufficient rest. As a result, our amygdalae tend to be on constant high alert, trapping us in a perpetual fight-flight-freeze state. Studies have shown the consistently high levels of cortisol resulting from this type of chronic stress can lead to a weakened immune system, emotional dysfunction, weight gain and a host of other conditions.

In short, stress can make you very, very sick. So where does tapping come into the picture?

Through the ages, TCM has demonstrated via the practices of acupuncture and acupressure that you can reduce the body's stress response and many of the resulting problems by stimulating the body's meridian points. Modern science provides further validation of the stress reduction efficacy of such practices, including tapping.

For example, studies conducted at Harvard Medical School in recent years have confirmed that the amygdala's reaction to external stressors and the body's related stress response can be reduced by stimulating the TCM meridian points.¹

These studies focused specifically on acupuncture, but follow-up, double-blind research proved that the needles weren't necessary. Even light pressure, such as we use in tapping, was enough to produce the same benefits.

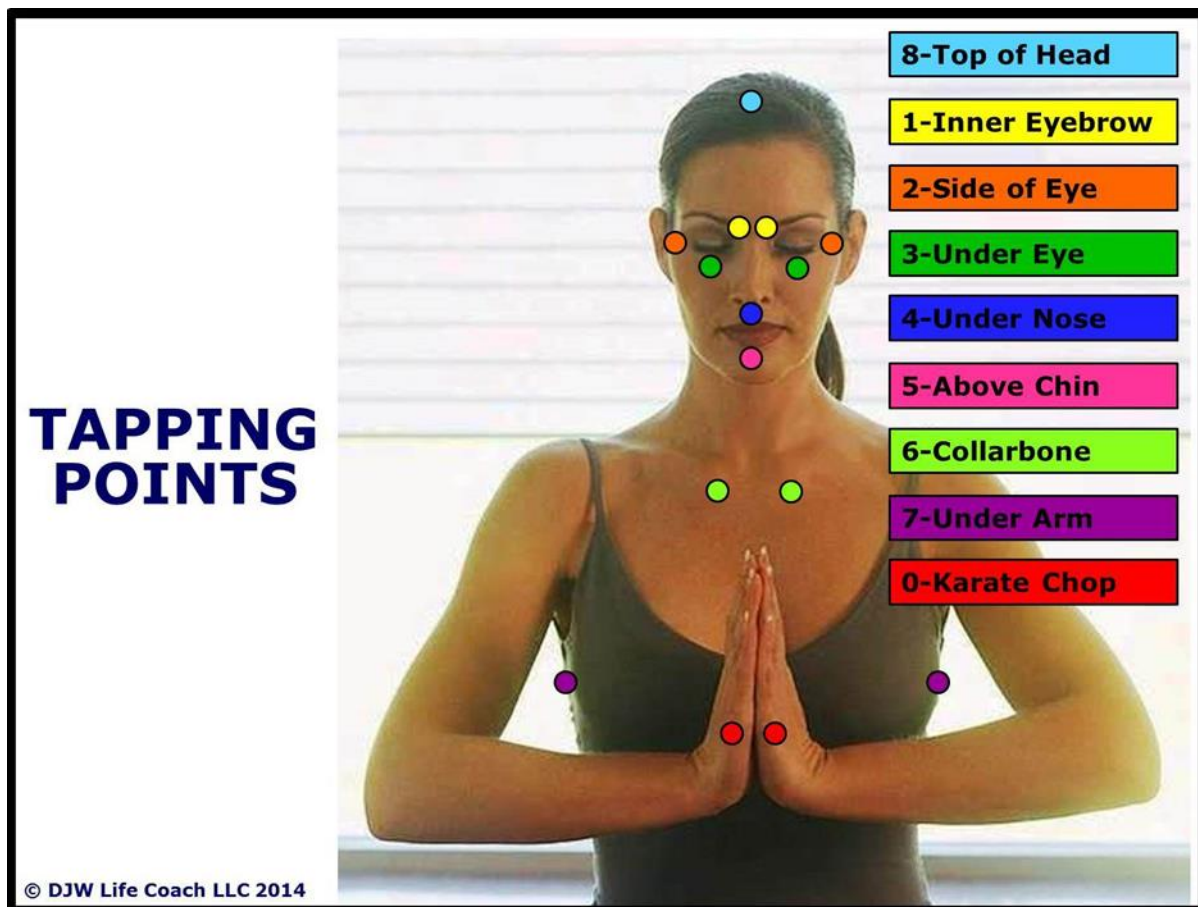


Another study conducted by Dr. Dawson Church provided similar findings concerning tapping and stress relief. In a randomized controlled trial, Church and his team studied the cortisol levels of 83 subjects who underwent one of three protocols: an hour-long tapping session, traditional talk therapy or no treatment at all. The results were eye opening. For those who experienced a tapping session, the average level of cortisol reduction was 24% to 50%.

Those who participated in an hour of traditional talk therapy or received no treatment at all experienced no significant cortisol reduction.

With each passing year, there are more and more studies revealing just how effective tapping can be. For those who question the efficacy of alternative or holistic healing modalities, such studies go a long way toward establishing the technique's legitimacy. For thousands of dedicated tappers around the world, it simply confirms what we already know to be true—that tapping is the most effective way to reduce the effects of stress, pain and illness so you can live a bountiful, fulfilling life!

[1.] J. Fang et al. "The salient characteristics of the central effects of acupuncture needling: Limbic-paralimbic-neocortical network modulation." *Human Brain Mapping* 30, no. 4 (April 2009): 1196 -1206; K.K. Hui et al. "Acupuncture modulates the limbic system and sub-cortical gray structures of the human brain: Evidence from fMRI studies in normal subjects." *Human Brain Mapping* 9, no. 1 (2000): 13-25.



How to Tap

Although there are several hundred meridian points all over your body, with tapping we've found focusing on nine of them to be quite effective. Tap five to seven times in a row on each of the points as follows:

Karate Chop (0)

The fleshy part of your hand on the outer edge of your palm, on the opposite side from your thumb. Tap on this meridian point using two to four fingers.

Inner Eyebrow (1)

Use two fingers of either or both hands to tap the inner edges of your eyebrows, above the bridge of the nose.

Side of Eye (2)

Use two fingers of either or both hands to tap on one or both of the hard bony ridges of your outer orbital sockets between the outer corners of your eyes and your temples. Tap gently and be careful not to poke yourself in the eye.

Under Eye (3)

Staying in line with your pupils, use two fingers of either or both hands to tap on one or both of the hard bony ridges of your lower orbital sockets where they merge with your cheekbones under your eyes.

Under Nose (4)

Use two fingers of either or both hands to tap on the point centered between the bottom of your nose and your upper lip.

Above Chin (5)

This point is in line with the previous one and is centered between the bottom of your lower lip and your chin. Use two fingers of either or both hands to tap gently.

Collarbone (6)

Tap just below and outside the hard ridge of your collarbone with four fingers of either or both hands or gently pat with the entire palm of either hand.

Under Arm (7)

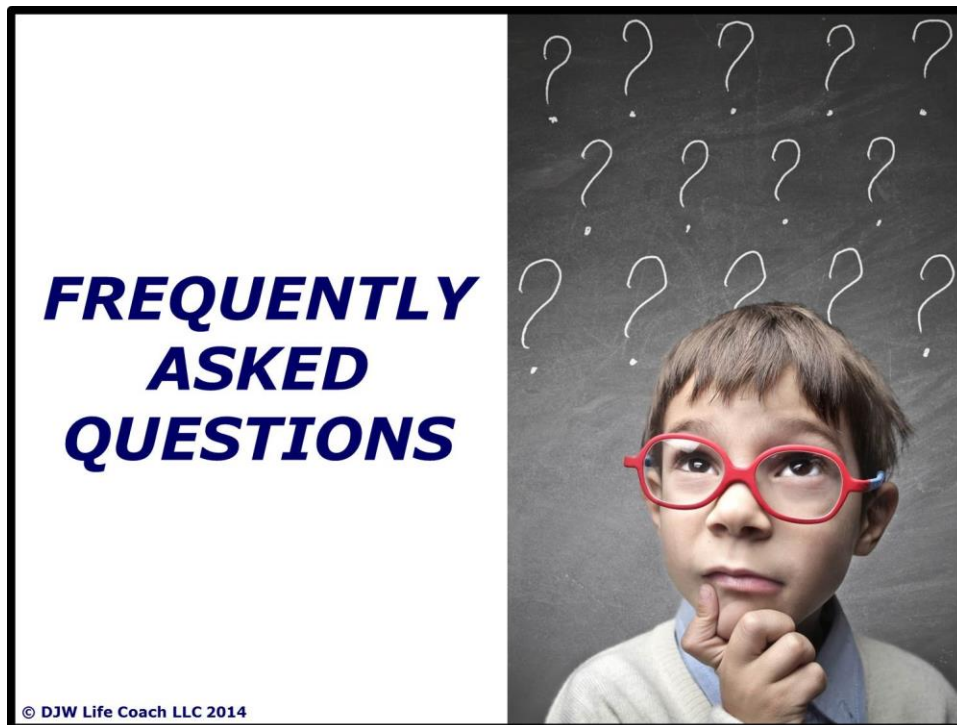
Tap using four fingers of either or both hands or gently pat with the entire palm of either hand on your opposite side about four inches beneath the armpit. On women, this spot is where the side band of a bra crosses under the arm.

Top of Head (8)

Tap with four fingers of either or both hands or gently pat with the entire palm of either hand on the crown of your head.

Frequently Asked Questions

I'm often asked which side to tap on or whether to alternate sides or tap both sides at the same time. My response? Different strokes for different folks; do whatever works best for you. Many people start by tapping on the points on their non-dominant side with the fingers of their dominant hand. Others find that periodically switching to the reverse provides greater relief. You can tap with two fingers (index and middle), four fingers or the palm of your hand. The palm or four fingers are generally used on the wider areas such as the collarbone, under arm and top of the head. On smaller, more sensitive areas, such as around the eyes, you can use just two fingers. Some don't actually tap; instead, they find gently and consistently pressing on the points is more calming and effective. (Pressing has the added benefit of being less obvious when you find yourself wanting to tap in a public setting.) Or you can mix it up. Tap during the initial rounds when you are focused on your current uncomfortable state and then switch to pressing when your dialogue shifts to your desired state.



You may find that, now and then, you skip a point or forget the “correct” order. No worries. Fortunately, perfection is not necessary to achieve a meaningful result. Just keep tapping. The first time I tapped on my own was during a major emotional meltdown—the kind of high drama that used to be a common occurrence for me but is much rarer since learning to choose my energy dramatically changed my life. On this particular day, I was so far gone, I forgot most of the points, had no clue about the order and the construct of an official tapping script was out the window. I just tapped and spoke from my heart. After an entire day of escalating self-induced panic and despair, within minutes, tapping restored me to a state of calm that was nothing short of miraculous.

Be sure to tap with your fingertips, not your fingernails. Your taps should be firm but gentle, as if you were drumming your desk or tapping a friend’s shoulder to get his or her attention. If the point you’re tapping on or the fingers you’re tapping with begin to hurt or ache, try dialing back on the pressure.

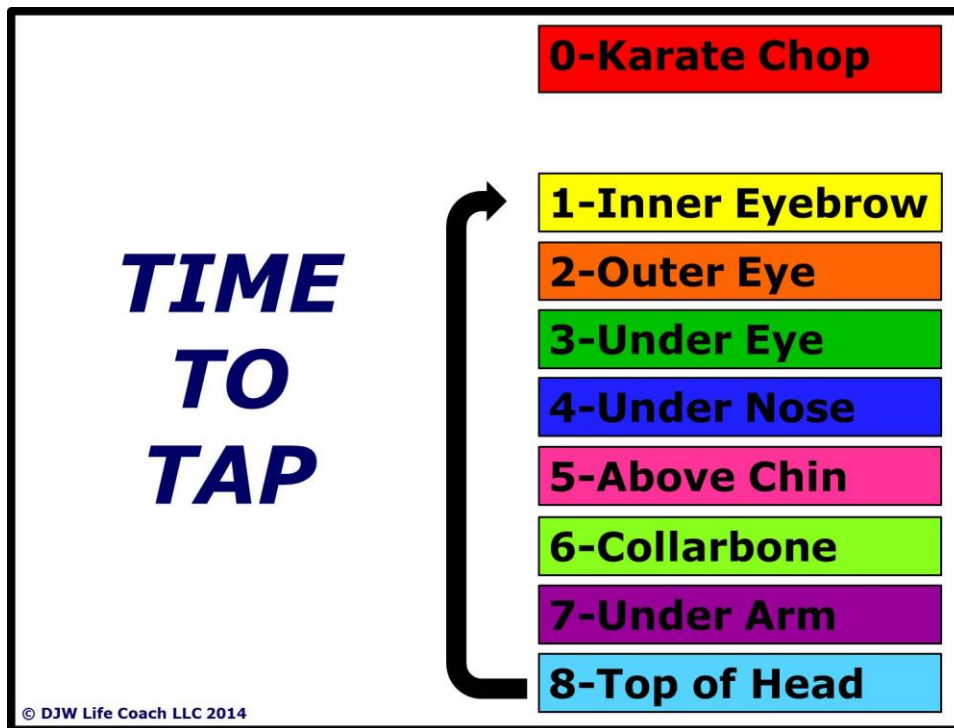
Experiment a bit to determine what proves most natural, comfortable and effective for you. You may find different approaches work better in different situations or that just varying your style helps produce the most consistent results over time. Pay attention to what you’re feeling and invest in your wellbeing—you’re worth the effort.



As you read earlier, tapping can be used to address just about any problem you’re facing, whether financial, romantic, professional or health related. For

- "Even though I'm feeling unbelievably stressed about my new job, I choose to love myself and accept these feelings."
- "Even though my stress is at an all-time high because of my rocky marriage, I want to find a way to love, accept and forgive myself."
- "Even though I'm so anxious about my financial situation, I choose to become calm by loving myself and accepting my feelings."
- "Even though I'm so stressed out and have no idea why, through tapping I set my intention to understand more and shift my energy."
- "Even though I've tried everything to reduce my stress and nothing seems to work, I'm open to the possibility that tapping can help me restore harmony and peace."

D. Activate your tapping session by starting with your set-up statement. Tap the Karate Chop point on one hand with two to four fingers of your other hand. Try tapping with your dominant hand on your non-dominant one and vice versa to determine which is more effective for you or whether alternating works best. It's all about your unique response so invest your time in some experimentation. As you tap, say variations of your set-up statement three or more times, silently or aloud.



E. It's time to shift from the activation phase to making the circuit. You'll be working in a loop, from your inner eyebrow, down through your face to your chest, under your arm and back up to the top of your head. For the next circuit, you begin again at your inner eyebrow.

F. Starting at the eyebrow, tap five to seven times on each of the meridian points as you repeat short reminder phrases of your stress. Be as specific as possible, saying whatever comes up for you. Don't hold back. TAP AND RANT! Here goes:

- INNER EYEBROW: "I'm so stressed out."
- SIDE OF EYE: "I can't take it anymore."
- UNDER EYE: "It's just too much for me to handle."
- UNDER NOSE: "It's making everything such a mess."
- ABOVE CHIN: "I can't focus on anything."
- COLLARBONE: "I'm so tired and anxious."
- UNDER ARM: "I just want this stress to go away!"
- TOP OF HEAD: "I just want to relax."

G. Return to the inner eyebrow:

- INNER EYEBROW: "Why do I have to be so stressed out?"
- SIDE OF EYE: "I just can't cope anymore."
- UNDER EYE: "Something has to give."
- UNDER NOSE: "I can't spend every day this stressed out."
- ABOVE CHIN: "It's too much for me to deal with."
- COLLARBONE: "I can't handle the stress."
- UNDER ARM: "I feel so burdened."
- TOP OF HEAD: "I feel so much pressure."



- H.** Stop, breathe, pay attention. How are you feeling now? Has the intensity of your stress reduced at all? Rate your current stress level on the zero to ten scale and compare it to how you were feeling before.
- I.** If your stress is still higher than level two, consider another round of tapping. You can keep tapping until your stress is completely gone, but most of all, trust your gut. When you've had enough, stop for now and celebrate your progress. Tapping is never a forced march. It's a series of baby steps always grounded in unconditional self-respect and love. Some levels of stress are best tackled in separate sessions over a period of hours, days, weeks, months or even years. If you choose to keep tapping right now, notice whether any new thoughts or deeper insights about your stress arose while you were tapping just now. Use these new realizations to refine your set-up statement and reminder phrases for your next tapping circuit. For example:
- "Even though I now have a better understanding of why I'm so stressed, I still have no clue how to stop but I deeply and completely love and accept myself anyway."
 - "Even though this stress runs deeper than I initially thought, I want to find a way to love, accept and forgive myself."
 - "Even though I don't know how I'm going to stop feeling so stressed out, I'm still open to the possibility that tapping can help me restore harmony and peace."



- J.** Here's the fun part. Once you've gotten rid of your stress, you're going to want to replace those uncomfortable feelings with constructive ones that will help you move forward and keep future stress at bay. You may have heard about positive thinking before and just how effective it can be, but it's exceptionally powerful when you use it in conjunction with tapping. For the next circuit, try tapping while repeating some of your favorite uplifting affirmations. You'll find 45 of my favorites in the appendix of my book, [**Choose Your Energy: Change Your Life!**](#) (Hay House/Balboa Press 2013) or in my [**Daily Spiritual Practice Program**](#) offered on my website.

So often, we try to think non-stop positive thoughts without first fully accepting our negative emotions or limiting beliefs. By doing this, we increase our internal conflict and exhaust ourselves. With tapping, you first admit the destructive thoughts that have been weighing you down so that you can release them to make room for more constructive affirmations to take root. Concerning this aspect of tapping, Louise Hay observes, "If you wish to clean a house, you must start by seeing the dirt." Adding fresh flowers and pretty pictures has greater impact when you first eliminate the mess and grime. This way of invoking the law of attraction and positive focus is much more effective than simply living in a fantasy of denial.



- K.** Return to your inner eyebrow:
- INNER EYEBROW: "The stress is slipping away."

- SIDE OF EYE: "I'm beginning to feel free again."
- UNDER EYE: "I feel so much lighter."
- UNDER NOSE: "I can breathe so much easier."
- ABOVE CHIN: "I'm going to be okay."
- COLLARBONE: "I don't have to worry so much."
- UNDER ARM: "I'm going to keep getting calmer."
- TOP OF HEAD: "I know how to deal with my stress now."

L. Return to the eyebrow:

- INNER EYEBROW: "There's always something I can worry about."
- SIDE OF EYE: "But that doesn't mean I have to get stressed out."
- UNDER EYE: "It's not the end of the world."
- UNDER NOSE: "I can handle everything without stressing out."
- ABOVE CHIN: "Now I know how to calm myself in any situation."
- COLLARBONE: "I know how to handle the pressure."
- UNDER ARM: "I feel so liberated!"
- TOP OF HEAD: "Things are going to be different from now on."



M. Return to the eyebrow:

- INNER EYEBROW: "Everything is going to be OK."
- SIDE OF EYE: "I can handle the stress."
- UNDER EYE: "I can prevent it from becoming so intense."
- UNDER NOSE: "I'm not as stressed out anymore."

- ABOVE CHIN: "I'm so much more relaxed."
- COLLARBONE: "I can take it as it comes."
- UNDER ARM: "Everything is going to be alright."
- TOP OF HEAD: "I can handle things."

Pretty easy, right? Pat yourself on the back: you're now a tapper!



Common Applications

You can tap on anything and everything, including:

- Post-Traumatic Stress Disorder *
- Disorganization and Clutter
- Food Cravings
- Envy
- Homesickness
- Divorce
- Heartbreak
- Depression *
- Children's Anxiety *
- Dissatisfaction with Body Image
- Weight Loss
- Gambling/Alcoholism/Addiction *
- Deteriorating Eyesight
- Insomnia
- Headaches
- Back and Joint Pain
- Difficulty Remembering
- Loneliness
- Fear and Anxiety
- Remorse
- Paranoia
- Perfectionism and Overwork
- Allergies
- Nail-Biting
- Childhood Fears
- Family Strife

- * Although you may choose to address these issues on your own, I suggest you first address them with a professional. If you choose to tap alone and at any time your emotions become too much to handle, I recommend you stop and seek assistance from me or another professional tapping practitioner, certified coach or mental health professional.

Whatever is bothering you, tap on it. Take stock of how you're feeling and begin tapping for relief. Experiment and expect to be amazed. You're worth the effort!

Case Studies and Other Resources

Some of the world's foremost experts have demonstrated how effective tapping can be in helping people find relief from a host of stressors. Here are a few examples.



Post-Traumatic Stress Disorder

A recent study revealed that tapping can help those suffering with post-traumatic stress disorder (PTSD).

The findings were published in the February 1, 2013 edition of the *Journal of Nervous and Mental Disease*. In the study, a randomized controlled trial, veterans afflicted with PTSD were divided into two treatment groups. One received traditional talk therapy, while the other received traditional talk

therapy in addition to 6 sessions with a professional tapping practitioner. The results were astounding: 90% of those who were treated with tapping as well as traditional therapy no longer experienced PTSD symptoms. On the other hand, only 4% of those who went through talk therapy alone experienced any measurable relief.

Eyesight

A landmark study on how tapping can be used to repair eyesight problems, urged many people who previously scoffed at tapping to begin taking it seriously.

In the study, 120 people went through an 8-week tapping program, which required them to use the technique to work through uncomfortable emotions, such as fear and anger. Through this work, many of the participants revealed that they had been hesitant to work on their vision as it might result in greater “clarity” in their life, thus forcing them to take responsibility for issues they were trying to avoid. Others reported that by letting go of their anger, their vision improved considerably. At the completion of the study, the results confirmed that the participants’ former uncomfortable emotions had been compromising their vision: 75% of the participants enjoyed better vision thanks to tapping.



Pain Relief

“The Tapping Solution” documentary film followed Patricia, a woman who had fractured her L1 vertebra in a boating accident. Although she had been

through surgery to fix her back, she still experienced crippling pain for which she was told there was no remedy. As the film documents, tapping finally gave Patricia an effective way to reduce her pain and live life as she had before her injury.

Expert Testimonials

“EFT is destined to be a top healing tool for the 21st Century.”

— Cheryl Richardson, New York Times best-selling author of *Take Time for Your Life*

“Put away your skepticism; this really works.”

— Dr. Wayne W. Dyer, internally renowned best-selling author of more than 40 books, including *Wishes Fulfilled* and *I Can See Clearly Now*

“Emotional Freedom Techniques (EFT) have vastly improved the quality of my life and my work. Don’t miss this healing opportunity.”

— Kris Carr, New York Times best-selling author of *Crazy Sexy Kitchen*



“EFT is the most powerful new transformational technology to come along in years.”

— Jack Canfield, co-author of *Chicken Soup for the Soul*

“Nothing comes closer to ‘magic’ than the positive results I have

personally witnessed using EFT on thousands of my patients who suffered from physical and emotional pain and illness."

— Dr. Joseph M. Mercola, founder of Mercola.com, most visited natural health website in the world

"I believe EFT to be one of the biggest breakthroughs in psychology and medicine in a century."

— Dawson Church, Ph.D., author of *The Genie In Your Genes*

"As a practicing psychiatrist with over 25 years of clinical experience, I see EFT as the most promising new treatment I've ever encountered."

— Eric Leskowitz, M.D., Director, Integrative Medicine Task Force, Spaulding Rehabilitation Hospital



"In my darkest year, I discovered tapping, and, miraculously, this unorthodox approach to making sense of my life moved me out of the fog and into the sunshine."

— Chip Conley, founder of Joie de Vivre Hotels and author of *PEAK* and *Emotional Equations*

"The results for those who use tapping...are nothing short of amazing and always seem to bring perspective, clarity, and calm to whatever the issue is at hand."

— Kevin Gianni, health author, RenegadeHealth.com

Exploration

Core Concepts

In "Tapping into Freedom," you discovered:

1. Encountering stressors is inevitable. How you choose to respond is what makes the difference.
2. Much of how stressed we choose to feel is based in our limiting beliefs, emotions and habits.
3. Tapping is a simple, effective technique for reducing stress, anxiety and overwhelm in your life by releasing limiting beliefs, emotions and habits.
4. A style of emotional freedom technique (EFT), tapping is based on the principles of ancient acupressure and modern energy psychology.
5. Tapping realigns energy by shifting brain chemistry and altering neural pathways to enhance thoughts, emotions, habits and health.

Reflection

1. What do you think about the idea that much of your sense of stress, anxiety and overwhelm is caused by your limiting beliefs, emotions and habits?
2. What feelings arise when you consider trying tapping to improve the quality of your life?



Opportunities

1. What specific patterns do you see in your own life where hanging onto old limiting beliefs, emotions and habits might be keeping you trapped in a life that is less than desirable?
2. If you were able to reduce your stress, anxiety and overwhelm with tapping, what dreams might you finally let yourself pursue and fulfill?

Commitment

1. What small step will you take to begin using tapping to help you reclaim your power to live a life you love?
2. Who might you engage to provide moral support, offer professional guidance and hold you accountable?

Closing Thoughts

We take stress for granted in our modern world. Feeling stressed lies at the root of so much that ails us, from dysfunctional relationships and trouble with money to physical illness and lack of professional fulfillment.

With tapping, you have the opportunity to work with a professional practitioner who will not only help you heal, but will also teach you how to use the technique on your own.

Now that you understand how powerful tapping can be, don't hesitate to try it on everything. As a personal care tool, its effectiveness is unparalleled. In many cases, you may be able to begin radically changing your life for the better almost immediately. Expect to be amazed. The power is in your hands.



Intrigued by the possibilities?

[Click here](#) to sign up for my next group tapping program to learn even more about how to leverage this incredible power to shift your life from the inside out. For a more personalized coaching experience, [click here](#) to sign up for an individual 60-minute complimentary coaching session.

**You've got nothing to lose
except the limits fear, stress and pain
have been placing on your life.**

Supporting Your Success

This workbook may have provided some glimpses into new possibilities and raised as many new questions as it answered. As you reflect on the insights it has helped you gain, you may be wondering how you can expand your ability to *live* the lessons—turning them into a new, less stressful, more fulfilling way of life.



Everything we encounter is an opportunity to go backward, stay stuck or move forward. For more insights into how individuals and organizations can reclaim their power to turn unexplored possibilities into fulfilling realities and step into their greatness, read my book [***Choose Your Energy: Change Your Life!***](#) (Hay House/Balboa Press 2013).

To learn more about my work in the world, visit [***djwlifecoach.com***](#). Access 40+ tapping resources at [***tiny.cc/djw taps***](#). Subscribe to my blog at [***tiny.cc/djwblog***](#). Listen to my radio show at [***tiny.cc/djwradio***](#). View my author video and book trailer at [***tiny.cc/djwauthorvideo***](#) and [***tiny.cc/djwbooktrailer***](#). Send me an email at [***deborah@djwlifecoach.com***](mailto:deborah@djwlifecoach.com).

By creating a life worth living, you learn the art of living—enjoying the journey. Your own life is your greatest creative work. Begin the exciting journey of falling in love with yourself. Today is neither too soon nor too late!

***When you fall in love with yourself,
everything else finally falls into place,
with beauty, power, and grace.
When you release the illusion of fear
and embrace the truth of love,
you will know in each moment
who you are and Whose you are.
That, my dear friends,
is more than enough.
It is everything.
—Deborah Jane Wells***

About Deborah Jane Wells

As a coach, author, speaker, singer, artist, consultant, radio host and Reiki Master, I share hope, possibilities and empowerment with the world. What's love got to do with minimizing stress and getting unstuck? Everything! My book, [**Choose Your Energy: Change Your Life!**](#) (Hay House/Balboa Press 2013) shares my story and the stories of 10 of my clients along with my signature Discovery Framework.



During my 30 years as an organization transformation consultant, I served as a senior partner in four of the world's largest, most prestigious global professional services firms. In 2005, I took a five-year sabbatical to find healing and peace because non-stop work had taken its toll. My recovery from burnout, including a sustained 80-pound weight loss and freedom from 10 years of debilitating depression, led to finding my purpose guiding others on their journeys.

Through healing and self-exploration, I discovered that loving yourself unconditionally is the key to transforming your personal life, your work and the world. And that tapping, an energy psychology-based emotional freedom technique (EFT), is a simple, effective tool for reducing stress, anxiety and overwhelm in your life by releasing limiting beliefs, emotions and habits.

My books, blog, radio show and signature coaching programs help individuals and organizations harness the transformative power of love and tapping to turn unexplored possibilities into fulfilling realities and step into their greatness.

For fun, I love singing, reading, sewing and movies. I live in Williamsburg, Virginia with my husband, Wilson, and the three Coaching Cats who manage my life—SiddhaLee, Mortimer and Maisy Jane.

