

THE  
**DHARMA**  
LIFE ACADEMY



Positive EFT

# Positive EFT.

Welcome to the month of March! We all have something we would like more of, this month is about moving forward towards our dream lives. With your buddy you are going to hold each other accountable to tapping each day. Decide what you like more of using the chart below. The more you want it, the more you'd love to have it the better. Positive EFT is not restricted to the words below, use any positive word you'd like and I'm sure there are thousands more.

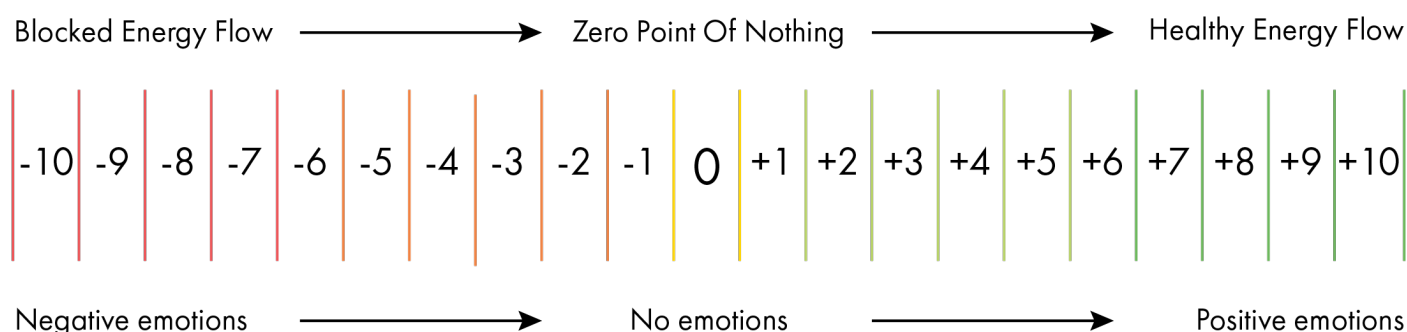
 Excitement	 Time	 Luck	 Health	 Focus
 Love	 Purpose	 Power	 Energy	 Happiness
 Wisdom	 Assertive	 Strength	 Clarity	 Vitality
 Wealth	 Confidence	 Peace	 Surprise	 Inspiration
 Abundance	 Support	 Trust	 Kindness	 Magic
 Calm	 Comfortabl	 Freedom	 Joy	 Laughter
 Contentmen	 Enthusiasm	 Romance	 Truth	 Connection
 Clarity	 Miracles	 Vision	 Faith	 Success
 Power	 Creativity	 Beauty	 Respect	 Grace



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Once you've decided what you'd love more of, or even what you'd love some of, take a look at the tapping points below. Start as directed with both hands over the heart area and take three deep breaths before stating your desire. "I'd love to experience joy."

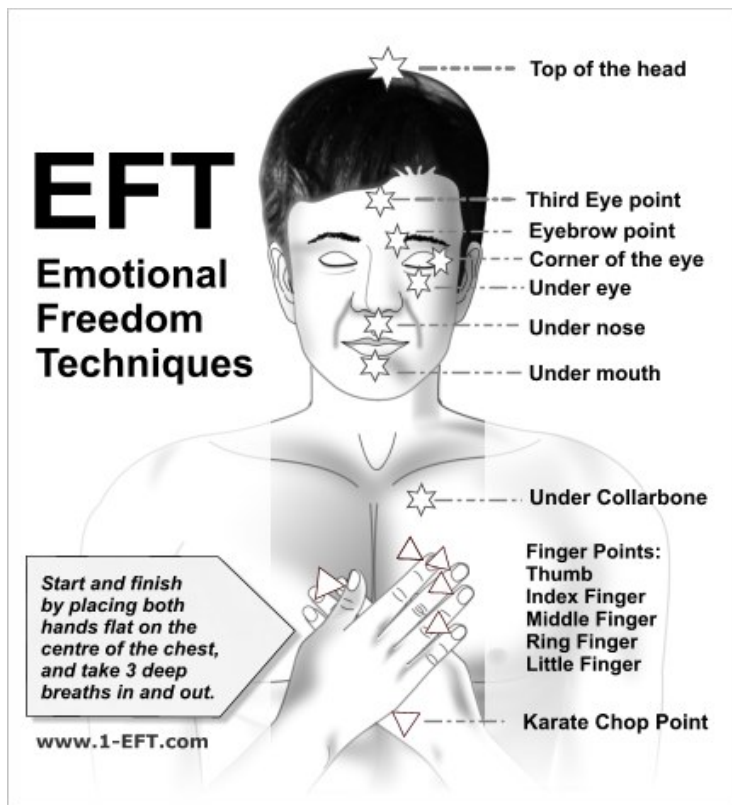
Before you begin tapping you could rate how much 'Joy,' you think you have in your life right now using the SUE scale. This is a good guide to check, after each round, how much improvement you've gained.



If there is absolutely no 'Joy' in your life you could be at a 0, but you could also feel that you are at a minus point right now. There are no right and wrongs with this scale; you cannot get it wrong. All you have to do is check what feels right for you, and once you've tapped a single round, to check again with the way you feel; it's all about feelings. If you feel better something shifted, so guess where you are again.



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Begin by tapping gently on the acupressure points as indicated, whilst saying 'Joy' with as much enthusiasm and believability as you can muster at each point. Stop after each point has been tapped and take a deep breath before going on to the next point. When you finish tapping, place both hands back over your heart and take three nice long deep breaths and relax. After checking in with your feelings after round one, put both hands back over your heart and say, "I'd love to experience more joy." Now tap around the points as before saying, 'More Joy.' Follow the same procedure, breathing between each point and finishing with hands over the heart area and taking three deep breaths. Check your feelings on the SUE scale. By now you will be feeling much more

energised, positive and tingly all over.

If you don't feel any different than you did when you started, or you feel worse, check the following. How are you saying the word you've chosen? Unless you put energy into it, you cannot get energy out of it. Take note of your inner thoughts as you are tapping. If you are critiquing the process, feeling stupid, or not expecting it to work, it won't. If you put your heart and soul into it you'll get amazing results, if you give it all you've got you'll get good results, if you do it half-heartedly you'll get half-hearted results, and if you don't do it at all you'll get nowhere.

**Note:** If you think you are saying the word with energy and believability, but you are still getting nowhere, ask a friend to scale you on a scale of 0 to 10 when you say the word. Many times, I have clients who think they are saying something positively when they really aren't. If you are really despondent or depressed it may be impossible to say 'Joy' meaningfully and positively so you might begin with, "I'd love to feel normal." Then use the word, 'Normal,' to tap.

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Round three can be, "Even more joy," and you should be climbing the scale on the positive side by now. Remember to breathe. Breathing, or not breathing, is one of the main contributors to stress. Notice how you hold your breath when you are stressed, scared, sad or under any kind of negative feeling or emotion. Breathing releases stress so breathe.

Don't listen to those people who say, "Feeling good can't be that easy," or those who insist that you have to uncover all the negatives before you can add positives. If that were the case, then no-one could fall in love unless and until they had been in therapy for years and cleared all of their past history and traumas. When we fall in love, we turn away from everything that has troubled us in the past and we fill our minds with loving thoughts; that's why being in love is the best of times.

It may be true that the state of being in love often doesn't last, at least for most of us, but it could do if we learned how to manage our emotions and keep ourselves in a happy state of mind. When you are filled with joy and happiness, you'll attract joyful happy events, people, and circumstances, it cannot be any other way and Positive EFT is a way to achieve those states of mind.

So this month tap daily on what it is you want more of? Please do this with your buddy and report back results in the Facebook group. Most EFT is tapping on what we want to let go of this EFT I find more effective!

