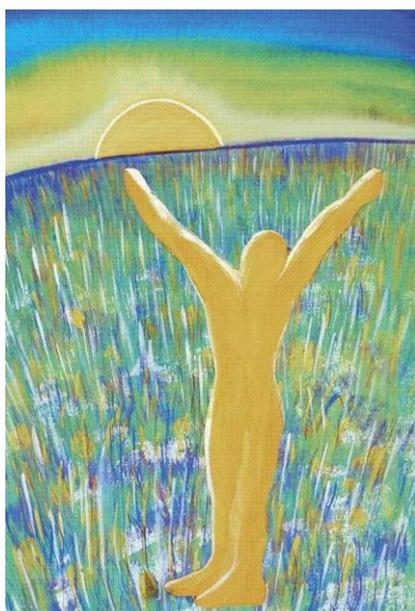


LifeRegeneration Meridian Tapping

“We are fearfully and wonderfully made!”



The LRMT Manual

DISCLAIMER: What is presented here has not been approved by the FDA, the AMA, or any other government agency. It is merely for educational purposes. By reading this booklet you agree that you understand this and take responsibility for your own decisions and health choices.

Sections

1. What is LRMT
2. How to use this technique
3. The tapping points
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5. Some advanced steps, advice, and cautions
6. Practice with timing and mirror work
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1. What is the LRMT?

The LifeRegeneration Meridian Tapping / Techniques (LRMT) are adapted from EFT (Emotional Freedom Techniques) created by Gary Craig. This is the psychological acupressure or acupuncture technique I routinely use in my practice and most highly recommend it to optimize your emotional, spiritual and even physical health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

Solomon, who is considered the wisest man in history, said, "Above all things guard your heart for out of it flow the issues of life." Successful meridian tapping involves the heart, the emotions and feelings which are connected with who you are deep in your soul and spirit. If you are a person who reads scripture, you will begin to notice a multitude of verses that involve the **heart and mind** and why we need to be aware of these and put them to use.

Meridian tapping is very easy to learn, and can help you:

- Remove Negative Emotions
- Reduce Food Cravings
- Reduce or Eliminate Pain
- Implement Positive Goals
- Deal with phobias
- Resolve stress
- Enable your body to heal from disease
- Anything you can imagine and believe!

Meridian tapping is a form of psychological acupressure / acupuncture, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem – whether it is a traumatic event, an addiction, pain, etcetera – and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" (the emotional block) from your body's bio-energy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

Some people are initially wary of the principles this is based on; the electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized in the West. Others are initially taken aback by

(and sometimes amused by) the meridian tapping and affirmation methodology, whose basics you will learn here.

But keep in mind that, more than any traditional or alternative method I have used or researched, LRMT (LifeRegeneration Meridian Techniques) work. I have witnessed the results in my clients since deciding to use and teach these techniques in November of 2006. Indeed, because of its very high rate of success, the use of these techniques has spread rapidly. Medical practitioners and psychologists employing meridian tapping can now be found in every corner of the country and world. Joseph Mercola, MD and Carol Look, LLC are just two of the multitude using this technique, who I particularly consider experts in their perspective fields.

This manual will provide an overview on how and where to tap, and the proper affirmation techniques, so that you can begin using LRMT immediately to help yourself and others. It will also provide an introduction to a few of the advanced tapping techniques and principles you can employ.

If you are interested in gaining a broad view of meridian tapping, please ask to view the video *Try It On Everything*, available at [LifeRegeneration](http://www.liferegeneration.com). You can find an introduction to this at <http://products.mercola.com/meridian%2Dtapping/>. This video will give you an idea of the incredible benefits that this can provide you.

2. How to Use this Technique:

There are two basic areas to learn in order to use LRMT: the tapping locations and technique, and the positive

affirmations. These areas, as well as a few advanced principles and techniques, are covered in the following sections.

You should be able to successfully treat many problems by diligently (persistently and consistently) applying the following instructions at least once every day, and optimally 3-10 times a day. To expand your abilities and understanding consider scheduling a session with an energist at [LifeRegeneration](#).

If you are not getting the results you would like, or you have a particularly traumatic issue, please do not give up! Instead, consider consulting with a practitioner at [LifeRegeneration](#). The practitioner can show you additional tapping areas and techniques to help you achieve your goals.

Proper Meridian Tapping

The basic sequence is straightforward and generally takes only a few minutes to learn. My clients have the slight advantage of me personally showing them the tapping points, but you should be able to pick up these points relatively quickly. With a little practice, you will be performing each round in under a minute.

NOTE: While it is important to tap the correct area, you need not worry about being absolutely precise, as tapping the general area is sufficient.

It's All in the Fingertips

The first thing to understand is that you will be tapping with your fingers. There are a number of acupuncture meridians on your fingertips, and when you tap with your fingertips you are also likely using not only the meridians you are tapping on, but also the ones on your fingers.

You can use either hand since they both work just as well. The tapping points exist on both sides of the body, so it doesn't matter which side you use, nor does it matter if you switch sides during the tapping. For example, you can tap under your right eye and, later in the tapping, under your left arm.

You can also use both hands and all your fingers, so that they are gently relaxed and form a slightly curved natural line. The use of more fingers allows you to access more of the acupuncture points. When you use all your fingers you will cover a larger area than just tapping with one or two fingertips, and this will allow you to cover the tapping points more easily. However, many obtain quite successful results with the traditional one-handed two-finger approach. You can use either method with success.

Ideally, you will want to use your fingertips, not your finger pads as they have more meridian points. However, if you are a woman with long fingernails you can of course use your finger pads.

You can tap solidly - But Don't Hurt Yourself!

You should tap firmly, but never so hard as to hurt or bruise yourself, especially under the eye – you will want to tap very lightly on this point.

When you tap on the points outlined below, you will tap about 7-9 times. The actual number is not critical, but ideally should be about the length of time it takes for one full breath.

Please notice that these tapping points proceed down the body. That is, each tapping point is below the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever. However, the sequence is not critical. You can tap the points in any order and sequence, just so long as all the points are covered. It is

easier to go from top to bottom to make sure you remember to do them all at first but as you become proficient you can cover them in any order making sure you cover the eight main points and then add other points as you see fit.

If you feel more comfortable removing your glasses and/or watches/bracelets this will make it a bit easier to do your tapping however this is not critical since you can to easily tap around them.

Using LRMT in Public: Eliminating any Embarrassment

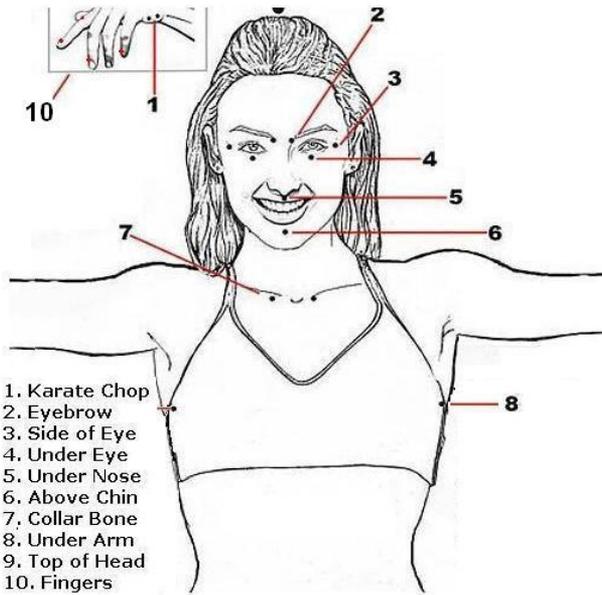
Many people are concerned about embarrassing themselves by tapping in public, especially when implementing my revisions of it, which really makes one stand out in a crowd.

After a while of using and perfecting the technique - in private quarters, if you prefer - you will be able to use only the fingers of your hands, and to say the affirmation softly under your breath or silently. This way you can do LRMT in just about any social setting, and if people even notice what you are doing at all, it will appear to them that you are merely thinking.

Also, when you achieve the results you desire, tapping in public, even on your upper body, will no longer concern you and, who knows, someone else may notice what you are doing, ask you about it and learn a technique to use themselves for aiding in relief of their challenges and meeting their goals!

3. The tapping points:

LRT (LifeRegeneration Tapping) Points



These are the main tapping points for one round of tapping, however there are 4 more areas we teach in the main set of points which greatly increase your success in clearing the meridians. You will learn the tapping points during your first appointment with a practitioner and most likely learn three different rounds of tapping.

The face and upper body points constitute one round of tapping, while the fingers also constitute a whole round, in essence duplicating the face and upper torso meridians.

Remember to tap 7-9 times on each point while focusing on once specific aspect of your issue and allowing yourself to **feel the emotions** involved with it.

Focus and Feelings are major keys.

When learning how to work with clients early on in my practice I did come across a few who wanted to work in the familiar surroundings of their own home – which is fine to do – however some chose to keep their television on or were distracted by something else happening in their surroundings. One woman began looking out the window and paying attention to what was going on outside. Another thought they could do the tapping while watching TV.

If you are taking the time and effort to do tapping “homework” keep in mind to avoid any distractions, since one of the keys to success is to FOCUS on the issue you are dealing with. Tapping while watching TV, will most likely do nothing for resolving your issue(s). The same applies when talking to other people and dealing with other things in your home. It is best to find a place where you can tap and focus.

Also be aware that the tapping process is also very forgiving so if a child comes to you with a question or needing help, you can definitely stop and deal with them patiently and then go right back to where you left off, as long as you bring your focus completely back to the issue. The interruption will not lessen the results or mess up the “flow” of the session.

A second key is to allow yourself to FEEL any emotions attached to the issues you are dealing with. In society we are often told not to carry around excess “baggage,” meaning that we need to put away our problems, emotions, and get on with life, which is fine if they are being dealt with, but horrendous when they are stuffed into our emotional closet or packed into a far corner of our mind. When doing LRMT keep in mind that this is the best place to bring out all your old baggage and let it show! You want to do this in order to then be able to release it and truly let it go versus stuffing it

away out of sight but hanging onto it and storing it for a blowup day or until “pushed buttons” cause it to jump out at the most inopportune times.

REMEMBER, when you do LRMT **focus** on the issue and allow the **feelings** attached to come to the surface. This will insure a successful tapping session for you and help you to bring intensity ratings down more quickly.

4. Using Affirmation Statements:

Tuning Into Your Problem

Now that you understand how to actually perform the mechanical tapping and where you need to tap, you will next need to know what to say while you are tapping.

The traditional EFT phrase uses the following setup:

**"Even though I have this _____,
I deeply and completely accept myself."**

You can also substitute this as the second part of the phrase:

"I deeply and completely love and accept myself."

The blank above is filled in with a brief description of the addiction, food craving, negative emotion or other problem you want to address.

Examples Using the Traditional EFT Phrasing

While these examples represent a range of problems, keep in mind there really is no limit to the types of issues you can confront with EFT:

"Even though I have this fear of public speaking, I deeply and completely accept myself."

"Even though I have this headache, I love and accept myself."

"Even though I have this anger towards my father, I completely accept myself."

"Even though I have this war memory, I completely accept myself and know that I am fearfully and wonderfully made."

"Even though I have this stiffness in my neck, I deeply and completely love and accept myself."

"Even though I have these nightmares, I am fearfully and wonderfully made."

"Even though I have this craving for alcohol, I deeply and completely love and accept myself."

"Even though I have this fear of snakes, I love and accept myself."

"Even though I have this deep sadness, I deeply and completely accept myself."

Other Set-Up Phrase Options

You can also try these other phrase variations. All of these affirmations are correct because they follow the same general format. That is...they **acknowledge the problem, allow you to own the problem, and create self-acceptance** despite the existence of the problem. That is what's necessary for the affirmation to be effective. **You own the problem and are still willing to accept who you are.** If you have a problem with either part of this basic format, definitely schedule a short session with LifeRegeneration and we will work through this with you. It is not unusual for people to not want to own a problem or to not accept themselves with this

problem. Some people do not accept themselves in general – we can easily help you to move past this block in just a few minutes.

You can use any phrases that fit this format, but I suggest you use the recommended one above because it is easy to memorize and has a good track record at getting the job done. A few alternative phrases that work to focus the mind on the issue, the emotions, and the cellular memories could be:

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

OR:

"I love and accept myself even though I have this _____."

OR:

"Even though I have this _____, I am fearfully and wonderfully made."

Any phrases that strike home with you and admit or state the problem while still acknowledging your value and the abilities and gifts that are built into you.

Interesting Points About the Affirmation Statements

- It doesn't matter whether you believe the affirmation or not...just say it.
- It is better to say it with feeling and emphasis, but saying it routinely will usually do the job also.
- It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath...or do it silently...then go ahead. It will still likely be effective.

- To add to the effectiveness of the affirmation, The Setup also includes the simultaneous tapping on one of the acupuncture meridian points.

I want to stress focus or tuning in to your problem. I have had some clients actually “tune-out” by thinking of other things they need to accomplish that day, or jump ahead to other issues rather than focus clearly on one particular issues at a time. I even had a wonderful lady who continued to do the tapping but began to pay attention to her television (on an in-home visit). Needless to say your conscious mind and subconscious mind cannot work on a specific issue while also focusing on something else going on around you.

Tuning in is actually a very simple process, once you learn the mechanics of it. You merely think about the problem while applying the tapping. That's it...at least in theory.

"The cause of all negative emotions is a disruption in the body's energy system."

Negative emotions come about because you are tuned in to certain thoughts or circumstances, which in turn, cause your energy system to disrupt.

Otherwise, you function normally. One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper and therefore not tuned in to the problem.

Tuning in to a problem can be done by simply thinking about it. Thinking about an issue and allowing your emotions or feelings to come into effect is even better since this connects your “heart” issues to your conscious mind and even allows the subconscious mind to take part. This will allow for an excellent meridian tapping success.

Thinking about the problem will bring about the energy disruptions involved which then...and only then...can be balanced by applying one or more rounds of tapping.

If you do not tune into the problem by focusing your attention and emotions on it, then meridian tapping does nothing. Therefore, if you are watching TV, listening to others talking, observing something else going on, or anything which takes your focus off the issues you are dealing with, the meridian tapping will not work to accomplish the goal you want.

Putting It All Together - First Round of Tapping

Now you will need to tap on each of the points described above while you are stating the positive affirmation. This will only take a few moments to do.

You should:

- Make sure you drink or sip water between tapping rounds since water is vital to energy work.
- Select an appropriate affirmation
- Rate the intensity of the issue on a 0 to 10 scale.
- Carefully "tune in" to your problem by actually trying to hold the problem in your thought:
- State the affirmations in a loud voice with great passion, energy and enthusiasm – whatever it takes to get emotionally involved with the issue.
- Take a deep, cleansing breath at the end of each round, or be aware if you start yawning or have a deep sigh. This is a good sign that you are releasing the imprint of an issue on your physical system and

body tissues. You can consider this encouragement that you are succeeding in your goals.

If you do this while tapping the points described earlier, it is highly likely you will notice a major decrease in the intensity of the issue or problem that you were tapping on. If your problem or issue resolves completely, you are done with the tapping. This does not mean that you will forget this issue or the emotions involved in it, but that the feelings will not have the intense punch which brings stress and sometimes crippling results to your emotional and physical health. If it doesn't decrease or decreases to a level that is less than acceptable, move on to the next section, or consider a more in-depth approach with your practitioner, who can introduce you to additional techniques and skills in reaching your goals.

Also, be aware that if your intensity increases this is simply a clear sign that you have jumped to a different perspective of your issue, a different aspect. If this happens just jot down this new aspect or detail, go back to your original aspect and continue tapping until you resolve it, then return to the additional aspect to clear it also. This can happen when your mind brings up additional details of an issue you are dealing with. We are, after all, fearfully and wonderfully made and our minds are amazing in the details they retain in the subconscious that can be brought to the surface with meridian tapping.

5. Advanced steps, advice, and cautions:

Tips & Tricks for Using Advanced Affirmation Statements

Using the Reminder Phrase

Sometimes, one round of the tapping sequence while voicing your affirmation is enough to clear up the intensity of an issue. However, when subsequent rounds are necessary, you can employ a "reminder phrase." This is simply a word or short phrase that describes the problem and which you repeat out loud each time you tap one of the points in the sequence. In this way you continually "remind" your system about the problem you are working on.

The best reminder phrase to use is usually identical to what you choose for the affirmation you initially used. However, you can use a short cut if the setup is particularly long by simply saying one or several words to speed up the process and do more rounds.

For example, if you are working on a fear of public speaking, the initial, or "setup," affirmation would go like this:

"Even though I have this fear of public speaking, I deeply and completely accept myself."

Within this affirmation, the underlined words "fear of public speaking," are ideal candidates for use as the reminder phrase. Simply repeating this reminder phrase and the affirmation are usually sufficient to "tune in" to the problem at hand.

Lingering Issues: Adjustments for Subsequent Rounds of Tapping

Sometimes the first round of tapping doesn't completely eliminate a problem because a new issue or issues that prevent further progress show themselves via the tapping. These issues -- whether images, conversations, interactions or in some other form -- are in some way related to the first problem being addressed -- sometimes they are part of or the core of the cause, sometimes they are a result. The barrier

restricting your emotional health, in other words, is made up of more than one support -- and you must eliminate all the supports.

If this is the case, you should do additional rounds of tapping as necessary to eliminate all the issues, but adjust your affirmation slightly as follows for best results:

"Even though I still have some of this _____,
I deeply and completely accept myself."

Note the words "still" and "some" and how they change the thrust of the affirmation toward the remainder of the problem. Your mind is very detailed and specific. Adjusting these statements give the mind just what it needs to attend to the issue and resolve the intensity related to it.

LRMT Cautions and Advice

Clinicians and clients should only do what feels right or good to them. Your practitioner at [LifeRegeneration](#) will not enter into emotional or physical waters that seem threatening. If your issue needs advance treatment with a psychologist or medical emergency help, then you will be directed to those avenues of help. In fact, if you are already under the care of counselor, it may be a great advantage to you to ask your counselor if you can include your LRMT practitioner in a session with them or have them attend a meridian tapping session with you. Here are some cautions and advice with EFT:

Be Specific

It is essential for clinicians to be extremely specific with language when using meridian tapping.

Tuning In

The clients need to be totally tuned in to the issue of concern when using MTT. Sometimes, when the material is

emotionally painful, clients will want to disconnect from their feelings. Look for any signs that the client is becoming distracted or disengaged and make sure that they repeat the Reminder Phrase as they tap the treatment points.

Cognitive Shifts

As with energy movement, it is essential to pay attention to the cognitive shifts that can occur with even a single round of the tapping. A cognitive shift has occurred when you reframe the problem. Seeing the problem from a new angle, you will often express a sense of surprise and insight. These movements can offer valuable connections and associations and may open new pathways for healing. Following a cognitive shift, you often feel less guilt and self-blame, more hope, or a simple sense of relief in an area where there has never been relief before.

It is important to stop after tapping and see if you notice anything different or if something new came up after you tapped. This is frequently the underlying issue that is the real root of your problem.

Try It On Everything

LRMT can be used to treat deep limiting beliefs, fears of the future, fear of success, fear of failure, and anxiety about expectations, poor body image and future relapse settings. One of the favorite sayings of Gary Craig, founder of EFT, is "Try it on everything."

Energy and Intention

Many clients report that they do not have the same success when using meridian tapping by themselves and on themselves. This likely has to do, in part, with the advantage of combining the energy and intention of two people sharing a single purpose during a session. When clients are less than

satisfied with their own results, it is best to find a therapist or practitioner to help them resolve the issue at a deeper level.

Through Me, Not By Me

Meridian tapping practitioners are NOT healing their clients. You could say the healing is done through us if our clients are open to receive it. We merely teach techniques that will in turn then allow your body to begin healing itself just the way it was created to.

Many people see themselves as special healers. This, in fact, interferes with the treatment process. The reality is that they are not healing anybody; the clients' bodies are actually healing themselves. Witnessing and facilitating this process is humbling as well as gratifying, and this is the way we at LifeRegeneration view this.

Practice Ultimate Breathing

When doing energy work you may find yourself sighing or yawning when your body releases the intensity of issues you are focusing on. If you do not do this naturally, then just make it a practice to take a deep breath after each round. You can even shake your arms or legs out and take a quick 10-second relaxing break. Energy work can be very intense.

Keep Well Hydrated

Water conducts electricity, and meridian tapping accesses the electrical energy that flows through our bodies and minds. It is very important for both the practitioner and the client to be properly hydrated. That would be about one quart of pure water per day for every fifty pounds of body weight.

6. Practice Your Affirmation Statements with Timing & Mirror Work

More On Your Affirmations

Doing affirmations is one of the best ways to be kind to your mind, every thought you have, every sentence you speak is an affirmation of a sort. It is either positive or negative. However, you can also do specific intentional affirmations. And the beautiful thing about doing affirmations is that you can radically improve the effectiveness with LRMT.

You can do this by first creating a definite positive statement that builds you up instead of beats you up. We're talking about definite positive statements to make or do, something in our lives or to create a specific goal.

You can start this process with positive self-statements. Even if it doesn't feel true to begin with, you will want to do these statements or affirmations many times a day.

We want you to be aware that positive thinking, and positive thinking alone will often fail you. Why? Because positive thinking often only works in your conscious mind (10%-15% of your thinking). When people practice positive thinking and feel failure afterward, this is usually a sign of the subconscious mind “sabotaging” you with beliefs that contradict what you want to encourage (sort of like a computer with bad programs that cause it to have difficulty functioning). In your life you have learned various things from parents, teachers, friends, situations that have been imprinted in your subconscious. Using the meridian tapping is one way of connecting your conscious mind with your subconscious mind and with your heart or spirit, and also connecting your left and right brain – whooo, is that a lot to grab hold of?

I think of the double-minded man which one book describes as struggling with, “doing what I don’t want to do and not doing what I want to do.” In the same arena, the double-minded is described as someone whose mind is like the ocean, back and forth, and makes us aware that, “the double-minded man is unstable in all his ways,” and will often not be able to accomplish his goals.

Meridian tapping is one way of being able to go into the subconscious mind and pinpoint the areas which sabotage us, so we can re-program them to fit what we know is right, often gaining a different perspective on an issues we did not have before. Some speak of, “taking on a new mind” or “being renewed in our minds.”

Positive thinking is good, we should practice being positive, however there is more to healing and abundance than just positive thinking.

Timing of Your Affirmations

Affirmations can be especially beneficial when done at certain times and being consistent and persistent.

When you wake up, when you go to bed, every time you go to the bathroom you can say them.

It is especially important to tap and say the affirmations before you go to sleep. This is probably the single most important time to do it. I can't encourage you enough to do the affirmations every night. It is one of the most important principles I can give you. When you tap before you go to bed you will give your subconscious from 6-8 hours to work on your affirmations and help create them for you.

If you find prayer a helpful resource like I do, you will want to integrate your prayer into the meridian tapping sequences, as I believe that will help dramatically increase the effectiveness of your affirmations.

Some think that just tapping when they remember to or once in a while will accomplish their goal or enable them to deal with their issues. I cannot stress enough the importance of making this a daily habit.

Some try tapping but do not use it regularly and then eventually assume that it does not help. It is much like physical therapy – the therapist stresses that you do the exercises they teach you every single day and multiple times during the day. They can show you the exercises that will work for you, but if you do not do them they can tell very easily that you have not been faithful when they check you out at your next appointment. Once the area you are working on is healed then you don't need the exercises any more, however they will often show you exercises that you can do which will keep you from being injured again.

Meridian tapping will resolve your issues, many times immediately in the first session; however, some issues are more deep seated and may take 2 to 6 sessions to find the core issue or etiology of your problem. You will also come across other issues in your life whether new stresses or old buttons being pushed which you can learn to handle with a daily habit of meridian tapping.

Prayer is a daily habit that is very beneficial. Meditation is a daily habit that is very beneficial. Thinking positively is beneficial on a daily basis. There are many habits that are beneficial for us on a daily basis - good nutrition, brushing our teeth, taking showers, exercise, relaxation, etcetera – meridian tapping can be one of those things you add to your daily regimen which will keep your energy system in balance and cleared out so your body can heal.

I got in the habit of tapping before going to bed, but I want you to avoid my mistake and not wait awhile before you start

doing this valuable technique. Start taping each and every night before you go to bed.

Mirror Work

This is actually quite simple and inexpensive; all you need is a mirror and some time. You can certainly tap alone or in the dark, but it can be far more effective to tap while staring at your own eyes in the mirror. This seems to provide a far deeper connection with your subconscious. It's almost as if the mirror is reflecting back your energy into you rather than going out into space somewhere.

If you haven't tried this yet you really need to consider doing this profoundly simple yet powerful technique.

You can begin by looking in the mirror and doing your LRMT affirmations and you can tap on all the meridian points. Pay careful attention and listen to what you hear, especially focusing on any negative messages that can be blocking your progress. You may not get any messages initially because you are so used to beating yourself up and you are not used to a kind loving thought, but listen and follow through and learn to trust yourself.

We frequently have a tendency to beat ourselves up for every little thing no matter how small. All of us can use forgiveness on a daily basis; you can use the mirror to help you in this.

You can start by looking into your own eyes and say "Even though I wasn't successful or I was angry or impatient or mean or cruel or whatever problem you need to forgive yourself for and then say, "I forgive you, I was only doing the best I could. I forgive you for holding onto those patterns for so long, I forgive you for not loving yourself."

And when you say "you" you are looking directly into your own eyes.

You have to try this, as it is quite powerful. Remember to always acknowledge the negative thought if it is there, but don't give it a lot of importance.

Then you will want to use LRMT on the negative thought that comes up and create a positive opposite.

The Real Reason Why You Can't Achieve Your Goal

A very common occurrence that will present itself is when you start to tap for a food craving you will have a memory of an image, person, place or event that the craving reminds you of. When you are doing the tapping sequences you will want to pay special attention to these usually negative thoughts or images that come up. Carefully listen for any statements that your subconscious is telling you are not right or true for you.

This is writing on your wall and causing a psycho-energetic block and unless you address it, that reversal is not going to allow you to progress forward. This is usually the major challenge for you and one of the primary reasons as to why you have been unable to successfully implement your goal in the past. Unless you directly address this issue by some means, it invariably will self-sabotage your efforts to achieve your weight loss goal.

Fortunately the solution is quite straightforward with LRMT, you simply acknowledge whatever self-critical thoughts, images or feelings come up and then chose to simply love and accept yourself while taping on your acupuncture meridians.

Do this persistently and eventually your system will improve with time. Remember to say your statements with great enthusiasm and all the emotion you can muster. Your

subconscious mind will not convert your affirmations into reality unless you can tie the statements in with emotional energy.

Let me provide a few examples to more fully illustrate my point. There was a volunteer at a seminar who had a craving for Rice Krispy Treats that were in the exhibit area. Her craving was a strong 10. As soon as they did one round of tapping her eyes started to water and she was on the verge of tears. When I explored the issue further with her she said that she was reminded of the time when her mother would give her M & M treats to get her out of her hair.

So the real issue had nothing to do with her craving for the treats but it was the love and attention that her mother did not give her and the clearly inferior candy substitute that her mother offered her. We tapped on that issue and her cravings for the sweets disappeared instantly.

Another example would be a woman who was having trouble losing weight. When they started the affirmation sequence she had a memory of how the last time she was her normal goal weight she was pregnant. Even though consciously she very well knew that short of a miracle, she was not going to become pregnant at 64, she was blocked from going forward with her weight loss. Her subconscious was convinced that if she achieved her goal weight she would instantly and immediately become pregnant.

Fortunately, we were able to use meridian tapping to bridge the gap to the subconscious and connect it back to reality. Once we completed tapping that issue through she was able to successfully lose the 22 pounds of weight she had been unable to do for over 20 years.

This is a very powerful illustration that the subconscious is absolutely neutral. Remember your subconscious is your

faithful servant and it will provide you with exactly what you tell it. It could care less whatever demand you place on it. In many ways it is like your computer. It will perform whatever instructions you tell it. So you must be very careful of the instructions you provide.

The above story illustrates a negative example of the power of the subconscious, but you could just as easily implant positive affirmations and your subconscious will just as reliably provide you with that result in your life. I offer some practical suggestions on how to take advantage of this principle below.

We have a training class at LifeRegeneration on how the mind works and how the subconscious mind, conscious mind, and the body work together. This class will give an excellent picture of how and why LRMT works and how you can put it to work for you. If you would like to host one of these training classes, find 20 or more people who would be interested in attending at the low cost of \$10 each and you will be able to attend at no cost as the host. This class runs for 3 hours and is an eye opener.

Be Persistent With Your Affirmations

When you first say an affirmation it may not seem to be true. Please remember that affirmations are like planting seeds in the ground. It helps if you think of our mind like a garden in which your thoughts are seeds that you are planting. When you do these affirmations it is like putting a new seed into the ground.

Remember when you plant a seed in the ground, you only have a little tiny seed, you don't have a full-grown plant. That little seed needs to germinate. Then it breaks open its little shell and it starts to get nourishment from the earth.

Then first the roots come out and then, and only then, that first little shoot come out through the ground.

Just like it takes some time to go from seed to a full-grown plant, it takes some time from your first affirmation to the realization of your goal. It doesn't matter whether you see the results or you don't see them. You have to trust that it just takes time.

What To Do When Inevitable Fear Thoughts Appear

When a fear thought comes up, simply say thanks for sharing, thank you for protecting me. Do not give it power. Don't run from it. Whatever comes up, it is very important to acknowledge it, when you hear them you can even write them down.

Once you have written the fear issue down, you can turn it around to a positive affirmation and tap it in with LRMT. You can say even though I have this fear (name the fear) I deeply love and accept myself and I fully appreciate that it is only trying to help me.

Then do an affirmation for what you really want, which is typically the positive present tense opposite of the fear, or whatever positive outcome you would desire instead of the fear.

Avoid denying the fear. You always want to acknowledge the fear. That is the real beauty of LRMT; it always acknowledges the truth and helps you get out of the denial trap that so many of us fall into.

LRMT helps you understand that your fear thought is there to protect you. That is what fear really is for, to protect us.

It is important to recognize that no matter where you are in life, no matter what you contributed to creating your life, no

matter what is happening, you are always doing the best you can with the understanding, awareness, and knowledge that you have until you can find a better way to handle the situation.

Be Patient When Using Your Affirmations

A critical truth that is helpful to remember when doing this work is that your persistent and consistent thoughts will eventually become your reality so be careful to only focus on positive thoughts.

So many people do LRMT affirmations for a few days, they say it doesn't work and they stop. Remember, everything happens in a perfect time space sequence and sometimes we just need to give our mind and our body time to do the healing.

Fortunately, LRMT seems to rapidly accelerate not only the time at which your goal is realized, but also the likelihood for your success. From my experience it is one of the most profoundly effective ways to maximize the success of your goals.

Be Present With Your Affirmations

Be sure to always remember to say your positive statements in the present tense. Your subconscious mind is very literal and if you ask it to do something in the future, you may fail to achieve your goal for many years.

So many of us commonly default to this by force of habit. It takes quite a bit of conscious effort to avoid this non-intentional self-defeating trap. So always avoid saying I will have or I am going to have, which is in the future tense.

Always say your affirmation in the present tense, otherwise you run the risk of delaying obtaining what you want and you may never get it.

Importance of Using the Self-Affirmation Principle

Some people are tempted to modify the affirmation response and try substituting phrases like "I chose to remain calm and relaxed," and a variety of other ones that they think might be better.

However, the more I studied this issue, the more I realized that self-love is at the core of the problem with most of our issues. Love yourself and own the problems you have, just like confessing where you fall short and then accepting the help you need to change. Also, realize that you are loved by God despite your shortcomings.

Everyone Knows What the Golden Rule is

To do unto others as you would have them do unto you.

It is very hard to love your neighbor if you don't love yourself.

Now when I talk about loving yourself I'm not talking about vanity or arrogance but talking about really respecting and cherishing the incredible miracle that you really are.

You cannot harm yourself, or you cannot harm another person if you love yourself. Unconditional acceptance is one of the major goals that we are here for and that begins with self-acceptance and self-love.

The Number one thing we can do to help us love ourselves, especially if we are going to lose weight is stop ALL criticism. We need to stop criticizing ourselves now and forever, never again if we are going to make forward

progress. We need to vow to ourselves to never criticize ourselves ever again.

Most of us have been criticizing ourselves and beating ourselves up for years. We are not going to make much forward progress if we persist in this pattern.

When we criticize ourselves we contribute to negative changes and when we approve of ourselves we facilitate positive changes. Our thoughts create and contribute to all of our experiences in life, especially related to health issues.

You have complete control over your thoughts, not of your emotions. Choose the thoughts that are nurturing and supportive for you. Criticizing yourself never changes a thing. So please refuse to criticize yourself.

We need to accept ourselves exactly the way we are. If you don't love yourself when you are ten, twenty, fifty or over 100 pounds overweight, it will be highly unlikely that you will love yourself at your "ideal" weight. Self-acceptance is the critical key here.

You can use the LRMT affirmations to help you address the central core that seems to be at the key to most people's health problems, which is loving yourself and a peaceful transformation of your self-criticism.

Everyone has made negative choices in the past, we all have. The good news is that we all have a choice. You can always choose to let go of the old pattern. You can choose different and more supportive and nourishing thoughts. Letting go of your old negative pattern with love allows you to move into the new pattern with ease.

Please always avoid punishing yourself and beating yourself up.

Forgiveness

This is one of the keys to being successful with LRMT and forgiving others is every bit as important as forgiving ourselves. Not forgiving them does not harm them in the slightest bit, but it plays havoc with us. Because the issues are not theirs, they are ours.

People who have problems loving themselves always seem to have problems learning to forgive others. Non-forgiveness shuts that door. But when you forgive and when you let go, not only does a huge weight drop off from you and the doorway to your own self-love opens up.

When you won't forgive, when you won't let go what you are really doing is binding yourself to the past and when you are stuck in the past you cannot live in present time. And if you cannot live in present time, how are you going to create a healthy and exciting future?

And that is the absolutely wonderful and powerful feature of LRMT is that it allows you to effectively forgive someone at the deep subconscious level. Not just in your head, but in your heart, where it really counts.

Do LRMT About Ten Times Per Day

This will allow you to obtain maximum benefit from the technique.

It will also be enormously helpful if you can do this in front of a mirror paying careful attention to looking into your eyes. Your energy will be reflected off the mirror and add a profound synergism to the tapping.

When in public you only need to use one hand and can lightly touch each point and hold it there for five seconds while "tuning into the problem" and repeating the affirmation. This way no one will realize what you are doing.

7. Tapping Through Helpful Resources

One area where people often belittle themselves is when they work through self-help sources and then are upset that they just can't seem to do what they are advised they do. It all seems like such a good idea but then we just can't seem to follow through. This can be very frustrating and depressing. How many self-help books and audios have you gone through? These sources can be great spring boards to use when doing meridian tapping.

One I find particularly helpful to me is a book that is 2- to 4,000 years old – the Bible. Why would God ask us to do things we cannot do? The Bible itself encourages us to take this to God in prayer and instructs us in how to meditate on these passages, and even encourages us to renew our minds. Clearing our energy system and enabling it to work for us is no different than getting a good nights' sleep, eating nutritious meals, and exercising. These things will all help us to them be able to do what we know is good for us in the areas of our spirit, soul, and heart.

I like to use the meridian tapping when reading any books that encourage us to be more. I find the Boundaries series and Assumptions by Henry Cloud to be very helpful in this, along with any other encouraging and truth clearing resources.

Try it! You just might find yourself beginning to be successful in those areas of your life where you want to change – that is true abundance !

Psychological Reversals

The most common reason that a psychological reversal does not change is that the affirmation was not said strongly enough or with enough emphasis. Most people will quietly state the affirmation and just use a monotone voice to get through the repetition. From my experience a psychological reversal is not just related to the psyche but also to the energy in the body. You must be emotionally connected to what you are saying for the energy to line up your whole mind, spirit, soul, and body connection. This is how we work.

Some things which sabotage our thinking or block the meridian tapping from working are:

Deservedness

This is the most common block. If a person consciously or unconsciously holds the position that he or she does not deserve to get over a problem, attempts to alleviate the problem will be met with considerable resistance. This reversal is common among trauma survivor patients, with eating disorders, and those who have violated closely held personal values and morals.

Safety

If the client views the problem as something that threatens their safety if resolved, then it will not easily be resolved. This consideration does not necessarily apply to situations that are truly unsafe or dangerous. This reversal is common among clients with anxiety-related conditions and even clients suffering from chronic pain.

Possibility/Doubt

Some clients experience deep doubt about their ability to resolve the presenting problem, for whatever reasons. While

doubt by itself does not signal a reversal, if it is deep enough it will be consistent with a reversal.

Permission

In many instances this operates in conjunction with another, such as safety or deservedness. It is as if the energy system is saying, "I won't allow myself to get over this problem because it isn't safe to get over it" or "I won't allow myself to over this problem because I don't deserve to get over it."

Deprivation

Especially in the treatment of addictions, the issue of deprivation may serve to block progress. When this type of reversal is diagnosed, a discussion around this issue is appropriate.

What to Do When You Are Not Getting Results

Negative beliefs may interfere with meridian tapping, or any energy treatment from working very effectively.

Some of the more common ones that might need to be treated include:

- I don't believe these treatments will work.
- I believe LRMT works, but not for me.
- I doubt that meridian tapping will work.
- Even if it does work, I am afraid it won't last.
- I don't trust myself to stay free of these problems from now on.
- I am afraid that the problem will come back.
- I believe my doctors when they say that holistic means will not work.

Here are common dynamics that show up as treatable problems. One needs to be alert to these:

- I'm afraid to give up my hopelessness, helplessness, fear, dependency, etc.
- These kinds of things don't work with me.
- I'm supposed to be rejected.
- I don't trust myself to be successful in this.
- I'm not good enough – I deserve to be disapproved of.
- I don't feel safe with ... (whatever the situation is)
- I have to be perfect about everything.
- I fear something like this problem will happen again.
- I doubt that I will really be able to do this.
- Why should I change when they are the problem?

Tearless Trauma Technique

This technique is used to find the issues from our past that have a part in the “programming” in our subconscious. These issues are often what people term our “buttons” and when they are pushed with similar situations, or even just feelings, or statements, they set us off in a pre-programmed replay and emotional display. We often don't understand what happened or why we react in such ways. This is because they are buried in our subconscious.

This technique is something your practitioner will be able to help you with when you are “stuck” or find blocks to resolving current issues.

When Should You Do LRMT?

You can do it:

As soon as you wake up

Before every meal

Every time you go to the bathroom

When stopped at stoplights

When you go to bed

Any time you need stress relief and have 60 seconds

Goal Setting

Your Consistent Thoughts Become Your Reality

Dreams and visions are vital to our life – I challenge you to do a search just in scripture on these.

Your habitual vocabulary has a subtle and powerful ability to condition your mental system. Which is a better statement, "I can't" or "I don't know how yet"? Shifting your vocabulary will shift your entire outlook.

You get what you focus on. Pessimists see what is wrong in the world. Optimists see opportunity. Yet, it's the same world. What do you see? Whatever it is, it's a reflection of your consistent thoughts. If you are not being the optimist you want to be, then meridian tapping can help you make the change.

How Does LRMT relate to physical issues?

You can ask any medical doctor. Science is pointing more and more to the culprit of stress as being the root of all disease. We are looking at genetics, toxins, malnutrition,

and various other etiologies, however we are learning more and more that stress is what determines how our body deals with these other arenas.

Your body is designed so that if there is an emergency the blood flow is shut down to certain areas of your brain and your immune system is turned off. Your hormones kick in and you are able to do amazing feats. This is so your energy can be directed in full force to the emergency at hand. After all why would you need an immune system, endocrine glands, or a reasoning mind if your body is dead? We are designed to protect ourselves. When the emergency is over then our systems turn back on because they are needed for our health and preservation – quite an elegant system!

Our society has now moved in a direction that is faster, more detailed, busy, and complicated. People are under more stress than ever before on an on-going basis. The family, the work place, society in general is more complicated and has changed. When we find ourselves under constant stress, this is like running in emergency mode. If our systems shut down once in a while for protection, that is alright. However, if we are running in stress mode then our systems are not being given the time they need to preserve our body in a healthy way.

Simply put, when we deal with stress, stuff stress, avoid our feelings, and pile on more stress without a way to resolve it, we are shutting down our immune and other systems and allowing disease to take hold and grow. Taking stress management classes is not the answer. We need stress resolutions classes, and this is what LRMT training is.

Browse through the list below and see if any of these strikes a cord in you. Which ones are things you don't feel comfortable with in your life? Which do you want to get rid of? Which do you desire but do not have?

Do not worry	Kindness	Goodness
Patience	Fits of rage	Faithfulness
Hatred	Gentleness	Impurity
Discord	Selfish ambition	Envy
Jealousy	Dissention	Self-control
Love	Joy	Unforgiveness
Peace	Fear	Trust

Pick one and think of a specific instance when and where this was involved – pick a specific time you can remember and then use the tapping techniques above to resolve the intensity and release it.

EFT (Emotional Freedom Techniques), which is what LRMT is build upon, was designed to deal with emotional issues; however, when dealing with emotions it has been found that many physical issues were also resolved. When we resolve stress in our lives, this allows the body to shift back into the healing mode. Our bodies are well able to heal if they are provided with what they need for life. We were created to heal every day. When you resolve stress in your life your body then begins working on healing.

So it is correctly said that meridian tapping cannot heal you of anything. It can only release stress from your body which then allows the body to heal itself.

Reminders:

- ↳ The simple routine:
 - Drink water
 - Rate intensity of an issue

- Use the set up statement with emotion
 - Do your rounds of tapping
 - Breathe deeply
 - Rate intensity again and adjust according to if it drops, stays the same or rises.
- ↪ Be consistent and persistent – a habit like this can give you abundant life.
- ↪ Consider clearing up the disruption in your energy system between you and God
- ↪ If you get stuck or blocked from resolution, contact your practitioner – they can help.
- ↪ Don't settle for suffering and long-term pain, emotional or physical.



This manual is just one of many presented by **LifeRegeneration** to introduce you to the area of meridian tapping and what it can do for you. We happen to be followers of Jesus Christ and find that the principles in the Bible are very applicable to how our lives work. We do not see these as a set of binding rules that are heavy around our neck, but as directions to show us how we work best and how we will be most fulfilled and happy.

If you have had Bible teaching that is a burden on you or seems oppressive rather than freeing, we invite you to put this aside and instead look at the Truth, who is Jesus, and see all of the positive help that is in the Bible for you. We admit that sometimes Christians twist and tweak the Word and press the “letter of the law” versus the Spirit of it. If this has

happened to you, then tap on these issues, get them to a zero and put them aside in your quest for Truth, Freedom, Love, and Forgiveness.

Scripture says that the sun shines on all and the rain falls on all, not just Christians. These principles apply to all of creation. In our study of the science involved (especially quantum physics) we are amazed at how the scientific discoveries in the past two decades have exposed exactly what Scripture has been telling us for centuries.

If you are curious read just a few passages in:

Philippians 4:6-9

Galatians 5:19-26

Proverbs 4:23

Hebrews 10:38; 11:1-3, 6

John 10:10

Meridian tapping clears out our energy fields. As the founder of EFT (Emotional Freedom Techniques) said, "**The cause of all negative emotions is a disruption in the body's energy system.**" A disruption in the relationship between us and our creator is at the very top of the energy system and clearing up that disruption will go a long way in beginning the healing process which travels all the way down through our spirit, our soul, our heart, our mind, and our physical body.

If you'd like to know more about this, feel free to ask us at LifeRegeneration.

We have additional techniques and training for using LRMT that we would like to share with you and train you in; just give us a call or contact us via e-mail and schedule a session

to learn these techniques for dealing with any and all goals in your life for health, abundance, love, and more!

A few references you may be interested in:

- ↪ *12 Assumptions*, by Henry Cloud
- ↪ *Boundaries*, by Henry Cloud
- ↪ *The Biology of Belief*, by Bruce Lipton
- ↪ *The Slumber of Christianity*, by Ted Dekker
- ↪ *The Battlefield of the Mind*, by Joyce Meyer
- ↪ *Power Thoughts: 12 Strategies to Win the Battle of the Mind*, by Joyce Meyer

Notes:



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