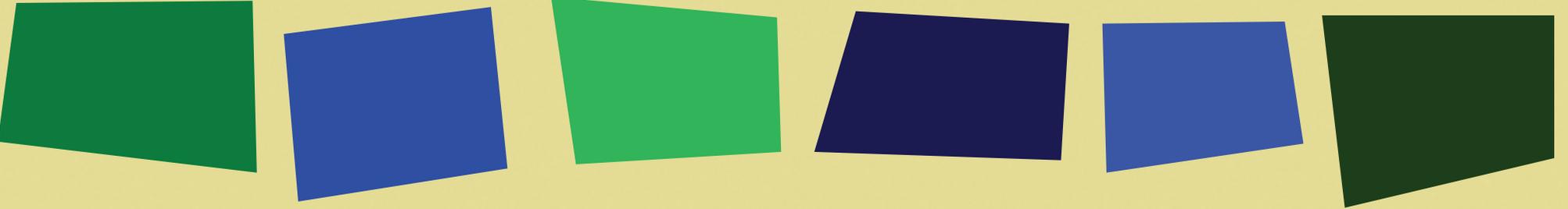
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Recovering Self

A Healing Manifesto By Gene Monterastelli

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Disclaimer

Gene Monterastelli is not a medical doctor and is not qualified to make any type of diagnosis. The contents of this book are offered for information purposes only. Before you make any changes to your life style in terms of diet, exercise, or adding a tapping protocol, please consult your primary care physician.

Thank You

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Audio and Updated Versions

This is a living document that has changed over time and will continue to change. You can find the most recent version of this <http://tappingqanda.com/healing-manifesto>. You also find a free audio version of this book as well on that web page.

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“Once in a while it really hits people that they don’t have to experience the world in the way they have been told to.”—Alan Keightley

Introduction: What do you mean manifesto?

Who am I?

Millions of years ago dinosaurs roamed the Earth. Sometime after that, I was born.

Currently I have two jobs that take up most of my time.

Since 1996 I have crisscrossed North America with a childhood friend as part of APeX Ministries (apexministries.com). I am a storyteller who happens to be able to juggle five balls, eat fire, ride a unicycle, do a handful of really good card tricks, and get out of a straight jacket (but not all at once).

Since 2006 I have been the editor of TappingQandA.com. In addition to creating and managing the audio, video, and written resources found on that site, I run a private practice. I work with clients from all over the world. I specialize in weight release, smoking cessation, pain management, and ending procrastination. There is also a very special place in my practice for families living with the symptoms of ASD (Autism Spectrum Disorder).

Since 2008 I have been teaching advanced tapping techniques such as adding skills from hypnosis, Neuro-Linguistic Programming (NLP), guided imagery, and parts work to tapping. I also train practitioners to grow and build their practice.

This work is a culmination of my training and experience with clients.

What is a manifesto?

A manifesto is nothing more than a statement of beliefs. This is my understanding of why we need healing and how healing can happen. The fundamentals that are listed in this manifesto are the ideas and dispositions that I bring to my own personal healing work as well as the work I do with clients. In these pages I will not explain to you what I do. Instead, I am going to explain how I think when approaching a moment of healing and transformation.

My goal in writing this as a manifesto is to be able to articulate each of my foundations and beliefs in a clear way so that you can take or leave whatever parts are helpful for you.

In my mind the healing process is very simple. This does not mean that it is always an easy process.

In my mind the healing process is very simple. This doesn't mean that it is always an easy process.

There are many unique obstacles to our healing path, but I believe the process itself is very straightforward. The steps are the same, the reasons we resist healing are the same, and the outcome is the same.

When do we get to the tapping part?

This is not about tapping/EFT. Tapping is a great tool. I use it daily on myself and with my clients. If you are looking for instruction on tapping I would encourage you to check out "Tapping and Other Healing Resources" at the end of this book.

Remember, tapping is a tool the same way a knife, a hammer, and a computer are just tools.

Place a knife in the hands of a master craftsman and you will end up with amazing woodwork. Place a knife in the hands of a master chef and you will end up with a wonderful meal. Place a knife in my hands and you will get something cut (or you might get something buttered).

Success has more to do with how tools are used than the tools themselves. I don't think tapping (or any other protocol) is enough. Tapping is one of the tools I use that can be useful in the healing process, but I feel it is important to know why we act the way we do and what the healing process looks like.

When we have a firm grasp of these concepts it becomes much easier for us to move down the healing path because we have a sense of where we are going and what obstacles to healing we are going to find along the way.

What is this tapping thing you are talking about?

Most of the client work I do (as well as the work I do for my own transformation) is based in acupressure. Acupressure is very much like acupuncture but without the needles. The protocols I am trained in use some of the exact same spots on the body that an acupuncturist would use, but in my case we simply tap repeatedly on the spot in place of poking the spot with needles.

That is why it is commonly referred to as tapping. You will also hear tapping referred to as Emotional Freedom Techniques (EFT). EFT was innovated by Gary Craig and was the first version of tapping I was introduced to and is the most commonly known version of the tapping protocols.

I am going to refer to tapping from time to time because that is what I use most. You don't need to understand what tapping is or believe that tapping works for you to get a lot out of this book.

This is about the transformation process and there are many different tools that can be used in transformation and change work. If you don't know what tapping is, all you need to know is that when I am talking about tapping I am talking about a process that creates change.

If you don't know anything about tapping I would even encourage you to wait on learning about tapping until you have finished this book because I believe the lessons here will make your learning of tapping easier.

Who is this book for?

Most people find their way to this because they are looking for tools and resources to transform their lives. I have a feeling you are no different. It took an act of will and some effort on your part to find this book (even if it was only a few clicks of the mouse).

I am willing to bet you are here because you are seeking to:

- quiet the critical voice that is constantly chattering away in your mind
- stop procrastinating
- reduce and/or eliminate physical pain
- help accelerate your client's or your own healing journey
- lose weight
- cultivate lasting relationships
- eliminate the fears and panic that are crippling your day in big and small ways
- be able to recognize your own awesomeness

This healing work is your work. It is not your mother's work. It is not your partner's work. It is not my work. This is your work! If you are not willing to take responsibility for it, it is not going to happen.

But just wanting your life to be better is not enough. This is only for you if...

1) ...you are serious about understanding who you are.

Transformation is not like an oil change. We are not simply taking one thing out and putting something else in.

This does not mean that we are always going to know why we are the way we are. There aren't always known causes to our issues, but you must be serious about knowing yourself if you are going to transform yourself. This can be a scary thought, but the more we know ourselves the easier it is to love ourselves and allow ourselves to return to the natural state of health and well being.

2) ...you are willing to take responsibility for your own life.

I am not saying that you have created every circumstance of your life, but you need to be willing to take responsibility. We are going to talk about this in much more detail later, but this is no small point.

This healing work is your work. It is not your mother's work. It is not your partner's work. It is not my work. This is your work! If you are not willing to take responsibility for it, it is not going to happen.

[Note: This doesn't mean that you have to travel the path of transformation and healing alone. It is important that we fill our lives with guides, teachers, friends, encouragers, and people willing to challenge us. Regardless of the team of people we surround ourselves with for healing it is first and foremost our work.]

3) ...you are willing to do the work that is needed to make lasting change.

Most of the literature and on-line resources about tapping (and many other protocols, systems, and products) talk about one-minute miracles. A one-minute miracle is a situation in which a major issue is healed or released in just one minute. I believe this type of talk has done us all a great disservice.



Yes, instantaneous healing and transformation does happen, but most transformation is a process. Even if you do experience profound healing quickly it often takes time to integrate this transformation into every part of your life.

I have worked with many clients who have had one major event in their past that now controls their waking life. It is possible for us to heal around this one profound moment. But if we have been living with the consequences of this past experience for a long time it more than likely has knit itself in to many parts of our lives. Just because we have healed that one moment that started years of unfavorable outcomes it does not mean we are done with the healing work we need to.

In reality, lasting healing is a process by necessity.

Think about what would happen if you lost 45lbs in one minute. Sure it might seem like a good idea conceptually, but that would be very dangerous for the body.

Lasting long term healing can take some work and some time.

What will you get from me? Honesty!

One of the ways I make my living is by selling resources and working with clients. I am hoping that after reading this manifesto that you will become a regular reader of my site (which has hundreds of free resources) and/or a listener to my podcast. Maybe you might even hire me for one-on-one sessions or buy some of my products someday.

Even with that being said, it is important to note this is a stand-alone resource. There is nothing I am holding back. This is not 75% of my beliefs on healing with the hope you will come seek out the other 25% on my web site or in some other resource.

This is all of them.

I believe that you could read this (and nothing else of mine ever again) and have a leg up on your healing process. That alone would be enough to make me happy.

What won't you get from me? The RIGHT Answer

I am not going to tell you what to do or what to believe.

The information in this book is my point of view. Nothing more. Nothing less.

I make no claims to this being the best information or that this is the most important information. I hope my passion for understanding the healing process in this way comes through in the content of this, but please don't mistake this passion for a belief that you need to be following a similar path or approach as mine.

BUT, you need to decide what is right for you.

What do I ask from you?

I ask that you come to this manifesto with an open mind.

As I look over this list of beliefs I wonder how I would have received them if someone had handed them to me 10 years ago.

I'm not really sure.

I have a feeling some of this is going to immediately ring true, while other parts are going to challenge your worldview. I am not trying to convince you of anything, just get you to think in a new way for a few minutes.

Enjoy the journey of this book! Who knows what you might discover.

“Healing is a matter of time, but it is sometimes also
a matter of opportunity.”
-- Hippocrates

How Tapping Found Me

I know this book isn't about tapping, but I believe my path to this work is helpful in understanding how it shaped my understanding of healing. It is also a story that many of my clients and readers have asked to hear. If you are not interested in hearing about my journey then you can move to the next section of the book.

The worst description of EFT/tapping ever!

I travel a lot for work. Because of the amount of time I spend in airports and on airplanes I load my mp3 player up with audio books, podcasts, and teleclasses. You never know when you are going to be stuck somewhere looking for intellectual stimulation. (There are really only so many Sudokus that one person can do).

One day I had a 3-hour layover in Pittsburg. I decided to spend my time walking laps around the airport. I had spent most of the day sitting so I thought a little exercise would do me some good. During my walk I was listening to some author who was about to release a new book. As part of the marketing he was doing four teleclasses to create some buzz. During the second teleclass he brought someone on to talk about EFT. Before listening to this explanation I knew nothing about EFT or tapping.

By the time the 20 minute description was complete I was completely confused and knew less than when I started.

Even though I was utterly confused and had no idea what this EFT thing was or how it worked, my interest was peaked. When I got home I went to the presenters website. His website was only six pages in total and on one page he had the basic EFT recipe. I took five minutes to learn it and it slipped somewhere into the back of my subconscious mind.

The Headache Like a Stabbing Knife

A few months later I was visiting my sister in Portland, OR. Because of the amount of travel I had done in the two months leading up to my visit to my sister's place, I showed up sick. The second night I was there I woke up in the middle of the night with the worst headache I can remember.

I have had lifelong sinus issues, but I am not the type of person who suffers migraines. I woke-up with a pain that I can only describe as a knife being stuck into the top of my

head.

I don't travel with any sort of medication and the bathroom in my sister's place that had drugs of any sort was only accessible through her bedroom. I didn't want to wake her. I wasn't sure what I was going to do.

Then like a flash out of nowhere this tapping idea came to the front of my mind. Like most people who find their way to tapping I was desperate and willing try anything. Sixty seconds later I was pain free. Ninety seconds later I was asleep.

Gary Craig's site and videos

The next morning as I awoke and as the sleepiness slowly washed from my eyes the events of the previous night slowly became clear.

Did that really just happen?

I immediately jumped on my computer to download the basic EFT manual and ordered the intro DVDs from Gary Craig's web site.

On-line dating

Over the next few months I consumed as much information about tapping as I could. I read websites, I watch DVDs, I listened to teleclasses, and gathered anything and everything I could find related to tapping/EFT. The more I learned the more I liked the possibilities.

Every chance I had I was sharing it with friends and strangers. To be honest, I became the over-zealous evangelist for the protocol like people become when they first touch this type of healing.

[Note: If you are one of the poor unfortunate souls who ended up sitting next to me on a flight during this time of over excitement, I just have one thing to say: "I am really sorry!" I let my excitement get the better of me.]

As I learned more about tapping I decided that I wanted to really put it to the test. I had seen it work for aches and pains. I had knocked out cravings. I had helped a few

people calm their nerves before speaking in public, but I wanted to see what it could really do. I had read all the testimonials and case histories, but would it work for me?

I decided to go after the issue that was plaguing me the most. If it worked for this, then I would be all in.

The issue that was holding me back from the life that I wanted was my anxiety around people. There are two things I need to say about this anxiety.

First, most people would never believe that this would be something that I would have to deal with. At this point in my life I had spent the last decade making a living performing on stage. I was regularly in front of crowds of hundreds and thousands of people. (On more than one occasion the audiences were bigger than 20,000.) The stage was never an issue for me after the age of 15. It was (and is) as easy as breathing. My issue was in social settings and phone calls.

Second, as I began to understand what I was dealing with I came to the realization that my issues, wasn't that I didn't like talking to people or being around people. The problem I had was with entry. Once I was in the room and talking I was fine. Once I picked up the phone and was talking I was fine. It was getting in and starting that was the problem.

At its core the issue was I didn't know what I was getting into. Because I didn't know what I was getting into I wasn't in control. Not that I need to be in control. I am by no means a control freak. It simply meant that I could be surprised.

The reason stage is so easy is because I am in control on stage. There are few things that can surprise me when I am speaking or performing.

This fear of the unknown was crippling. I would go days without answering the phone or checking my messages. I would avoid going out with friends. I would NEVER ask for help in a store when I couldn't find what I wanted.

To put this tapping thing to the test I decided to create the most uncomfortable social situation I could to see if I could transform this anxiety.

[Note: After working with hundreds of clients from all over the world I have come to realize that this might not have been the best approach. Just because it ended up working out for me doesn't mean that we should put ourselves in the most extreme situation to work our way to healing. One of the reasons I love the tapping protocols is it allows us to creep-up on the issue at hand and heal in a slow and gentle way.]

To put tapping to the test I decided that I was going to start on-line dating. At the time the most extreme situation that I could think of was showing up to have a drink or a meal with someone I knew very little about (all the while hoping they will like me).

I live in Baltimore within walking distance from two very fun neighborhoods that have lots of great restaurants, bars, and cafes. When setting up dates I would recommend one of these two neighborhoods and let my date choose the place we would go.

The way I worked it was I would start to get ready for the date about 45 minutes in advance. As I felt nervous or anxious while getting ready I would just work the tapping protocol.

Once I was ready I would work the tapping protocol the full twenty minutes as I walked to the date. Remember, all I needed was to be calm enough for the beginning of the date. Once I was talking to my date I was fine.

Six weeks and a handful of dates later the anxiety was no longer an issue. I was sold.

It wasn't just the tapping

When I first experienced this transformation I thought tapping was the reason I changed. Don't get me wrong. Tapping was a very important part of my transformation. What is just as important (if not more important) was the process that I went through with the tapping that led to my healing. At the time I didn't realize consciously the steps I was taking. I was simply following the advice I was able to cobble together from lots of different resources. It was really a process of trial and error.

The story I have just told only contains some of the truth of what happened. I am sure there are many steps and efforts that I took that I just don't remember. Through brute

force and excess effort I was able to make a change.

It's only with hindsight and years of working with clients that I have come to realize that there was more going on than just tapping. It is my hope that you don't have to go through the same trail and error.

"Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are."

-- Rachel Naomi Remen

12 Thoughts on Healing

We are not broken and we don't need to be fixed...For me, the healing process is about returning to our natural state. Our natural state is a state of health and well-being. Our bodies are made to heal.

Note #1: This is simple, but that does not mean that it is easy

The twelve thoughts I am going to present are going to be articulated in a few short paragraphs. Most of them can be summed up in just a few sentences. Just because they are simple to explain and understand does not mean they are easy to implement.

It is much like the statement, "If you want your life filled with joy be love." I agree with that statement 100%. At the very core of my being I know that to be true, but I have found in my own life it is very difficult to live.

These thoughts are meant to challenge you and get you thinking about your healing journey. Don't mistake the ease in which I describe them with the ease in which I live them in my own life. (I struggle with and need to be reminded of these regularly myself).

Note #2: The system

Throughout this section I use the term "the system" when referring to the body. The reason I do this is because I am speaking of the total self. This includes mind, body, and spirit. We are complicated beings and it is hard to tell where one part ends and the next part begins.

I have also found it very effective when working with clients to speak of the system because it gives them permission to gather information from all parts of their system, not just the type of information they think I am looking for. By speaking in these more general and total terms it opens us to being surprised by how we respond.

1) Recovering Self

The name of this book is "Recovering Self". The reason the book is titled after one of the twelve thoughts is because it is the most important foundation to the understanding of our healing process. We are not broken and we don't need to be fixed.

For me, the healing process is about returning to our natural state. Our natural state is a state of health and well-being. Our bodies are made to heal. Our personalities are made for self-esteem, confidence, and greatness. When we go through the healing process we are on a journey of returning the system to its natural state.

Sometimes this involves changing beliefs so we can see the world and ourselves as they truly are. Other times this means that we are returning a part of our physical system back to its natural functions. While other times it is going to be a new understanding of who we are.

For me this is not a process of getting something new, but instead returning to our natural state of health and well-being. We are not adding something new, but instead recovering something that has always been there.

It is like finding a priceless heirloom that is in the attic. Up until the moment we uncover it we are unaware of its existence. We did not create the heirloom. We have just recovered the gem that has always been there.

When I approach healing, I do it in the same way. I am not looking to make myself into something new, but reconnect and uncover the richness that I have always been, but for some reason I have lost connection with.

I find this disposition to be helpful because it helps me to not be in conflict with my system in its present state. For example, it is very easy to be frustrated with my body when it is not functioning well. If I think my body is failing me then I am going to be fighting with my body. I am hoping (vainly!) to wrestle it back into health. Rarely is my body going to respond well to my force to bring it back to health.

When I see that the body is not in a state of well-being and that its nature is well-being, I can then work with my system to bring it back to health. I am no longer wasting energy on being frustrated, angry, or overwhelmed by my current state. I can be easy with myself about where I am and how I got here. I can put all my energy towards moving back to my natural state of health and well-being.

2) You might not have created it, but you are responsible for it.

There is a very dangerous moment in learning about our health and well-being. It is the moment in which we see things much clearer than we did before and all of a sudden realize how much more dangerous the world is than we thought.

A perfect example is when you see a news report on the health and safety of a local restaurant or the cleanliness of a hotel room. This new information can be overwhelming. It is now possible to see filth and disease on every surface. The world is no different, but we see it in new ways because of information that is new to us.

There is a HUGE difference between what we have created and what we are responsible for.

I see the same thing happen all the time with my clients when they start to understand the power of their own thoughts and words. I work very hard with my clients to make them observers of their own life. Becoming an observer of our own life is a powerful tool in the healing process because we start to see how our issues are created. This gives us the opportunity to do something about them.

At the same time this can be overwhelming. When we see how our issues are created we can see the hand we have in their creation. When my clients start to understand how their choices have helped to create their reality they quickly get overwhelmed because they are now watching every word they say and every thought they have.

Now they are dealing with their thoughts that are negative and away from health and well-being AND they feel bad for having these thoughts. Then they feel bad for having the thoughts that lead to them feeling worse. We need to be aware of what we have created, but we can't get carried away.

For me there is a HUGE difference between what we have created and what we are responsible for. For example, if a baseball comes flying through my front window it would send shards of glass everywhere. On some level there might be some value in trying to figure out how and why the baseball broke my window, but in the moment it is much more important to take care of what needs to be taken care of. First, I need to clean up the broken glass so I don't hurt myself. Second, I need to do something to the newly made hole to insure that my home stays safe.

I may or may not be the cause of the baseball breaking the window, but I need to take responsibility for the situation that it has created. It does me little good in the short term to spend all my effort into figuring out the whys and hows. I need to take care of the outcome!

Our lives and our issues are no different. We are in the situation that we are in; our lives in their current state are fact. It might be helpful in the long term to figure out how

we got here, but what is much more important is the fact that we are taking responsibility for our lives (much like taking responsibility for the broken window meant cleaning of the mess).

Health and well-being do not happen by accident or by the whims of fate. If any change or healing is going to happen to our lives or our health it is because we are taking responsibility for ourselves and making it happen.

3) All physical/emotional sensations are nothing more than information

Our physical sensations and emotions are nothing more than the system providing information about how we are experiencing the world.

For example:

- When my hand hurts because it is placed on a hot stove the system is saying, "Move! Part of the body is melting."
- When my ankle aches after I have twisted it the system is saying, "Please don't walk on your ankle so it can be undisturbed and heal."
- When we are angry the system is saying, "We are under attack. Here is some extra energy to protect yourself."
- When we are sad the system it is saying, "Something that is important is now missing."

This is also true for positive information as well:

- When we feel whole and complete the system is say, "You are in the moment, being your true self."
- When we feel excited the system is saying, "There are more moments of this type to be had. Keep growing!"

Understanding that physical feeling and emotions are just information is important in two ways when it comes to understanding the healing process.

First, it gives us a new way to approach and understand what is happening in our system. We move from seeing the sensation (ex: physical pain or sadness) as a problem, to seeing it as information about what is going on in our system or to our system.

For example, it's good if we are able to stop being scared. It's even better if we can understand why we see a certain situation as dangerous. When we stop feeling scared we feel better in the moment, but if we are able to change the reason we perceive a situation as danger then we won't be scared in the future.

It is the difference between calming your nervous before giving a speech and not being scared to speak in public ever again.

When we see the sensation of fear as information we can ask the question, "Why is my system giving me the information of fear? What does it see as dangerous in this situation?" This revelation moves us from relief (in the moment) to healing (which is lasting).

Second, when we see these sensations as information, it gives us the opportunity to see if what the information is rooted in is true.

Let's take being afraid of mice as an example.

When someone is afraid of a mouse the fear they feel is absolutely true. The system is responding to something it sees as a true threat to safety and it is responding in the best way it can to keep it safe from the perceived danger.

What is not true is the fact that the person is in real danger. We are bigger than mice. Mice are more scared of us than we are of them.

If we are able to take a step back and ask the questions, "Why does my system feel like the mouse is dangerous?" it opens the path to healing.

Most times it is not as easy as just asking that question. Much of the skill I have as a practitioner is being able to help clients to see why the system is reacting the way it is. Because of training, experience, and distance I am able to guide clients to seeing what the underlying belief is. Once we have identified the false underlying belief then we can use tapping (or any other protocol) to create lasting healing, not just temporary relief.

Even if we are not able to recognize why the system perceives the current situation as dangerous, simply asking the questions and seeking answers we are going to move a

If we are able to take a step back and ask the questions, "Why does my system feel like the mouse is dangerous?" it opens the path to healing.

step closer to healing.

4) The system doesn't have an agenda

[Note: For this section I am going to talking about motivations of the system. For example I might say, "The system believes doing this will make us healthier." I am not saying that the system has a distinct personality from our conscious mind or that it has any sort of free will. It simply makes the discussion more understandable to have it if we talk in terms of wants and desires instead of mechanical motivation.]

This idea that the system doesn't have an agenda builds off of the fact that physical sensations and emotions are information. The goal of the system is health, well-being, and success. Every piece of information the system provides in the form of thoughts, emotions, and sensations are pieces of information that the system believes is moving us to health, well-being, and success.

This is not to say that every piece of information the system is providing is moving us to health, well-being, and success. It is just rooted in that notion. There are times when the system is mistaken in how it best can move to health, well-being, and success.

For example, let look at the critical voice that sometimes sprouts up telling us that we are going to fail at something.

This is something I encounter all the time with my clients. They describe an internal voice that is chattering all day. All it does is point out everything that has gone wrong, everything that is going wrong, and/or everything that will go wrong in the future. This small voice can be a crippling and devastating force. When experiencing something like this it's hard to believe that this voice is rooted in serving us.

It is important to note that just because something is not serving us (in this case actually hurting us) does not mean that it is designed to hurt us. The system does not have an agenda. It wants us to be safe and healthy. In this case it just chooses a tactic that is not helpful.

Whenever there is a part of our system that is beating us down it is doing so because it believes that if it keeps pointing out everything we are doing wrong then we will be

This is not to say that every piece of information the system is providing is moving us to health, well-being, and success. It is just rooted in that notion. There are times when the system is mistaken in how it best can move to health, well-being, and success.

motivated to do what is right.

If we look at this in a dispassionate clinical way we can see:

- The system wants us to have health, well-being, and success.
- The system knows from experience that there are times when danger is pointed out to us, we are going to avoid the danger. (Ex: Our parents telling us when we were young not to cross the street alone because it is dangerous.)
- The system perceives danger in the form of not becoming what we want to be and therefore it is pointing out everything that is away from this definition of success. By pointing out what is away from this definition of success we should be motivated to avoid it.

Very clearly we can see how these steps logically follow, but at the same time we can see very clearly that the tactic the system is using to move us to success is very flawed and much more hurtful than helpful.

The reason it's critical for us to understand that the system does not have an agenda is it gives us a new way of looking at what is going on. It would seem to make sense that we would want to eradicate this critical voice because it is causing so much harm, but this is close to impossible and if we did, we would be removing a very powerful part of ourselves.

If we can approach the critical voice as a part of us that wants what is best for us, but is over functioning or functioning poorly, then we have the opportunity to leverage and change this part into something helpful. In this example we can change the part that is shaming us to a part that encourages us.

(How we change the shaming part into encouragement part is a topic much bigger than this book, but for now let's assume it is possible.)

Instead, if we approach this part of our system as a vengeful enemy we are not going to be able to transform the part. Also, if we approach this part of our system as an enemy the part is going to entrench itself deeper, repeating the same tactic with even more force.

The opposite emotion to gratitude is not ungrateful, but instead it's poverty.

When we say that the system doesn't have an agenda we are NOT saying:

- the system always uses the best tactic
- the system always understands where the true danger is

We are simply stating that the system, from the point of view of limited knowledge and limited resources, is functioning the way it feels is best to move us towards success.

When we are able to recognize this then we can ask the questions: "Right now my system is not functioning in a way that is moving me towards success. What danger does the system perceive that isn't real? What tactic is the system using that isn't working the way it should? What would be the systems motivation to act in this way to believe these choices are truly serving me?"

If we are able to ask these questions after taking a step back then we can transform the parts of us that are working very hard for our health and well-being into parts that are working successfully to create health and well-being.

5) Healing can't happen in a state of poverty

The opposite emotion to gratitude is not ungrateful, but instead it's poverty. By poverty I mean the feeling of lack of anything. We can have a poverty of health, opportunity, friends, and material possessions.

Think of the postures of gratitude and of poverty.

The posture of gratitude is wide open. When I feel grateful I see myself on a high hilltop with my arms spread wide open. It is the feeling of life. When we are grateful we feel like there is more than enough and we are willing to share from our abundance.

The posture of poverty is the exact opposite. It is a feeling of desperation. It is a feeling of lack. It is a clinging to what small amount we have. It is not an open posture, but instead huddled in a corner hiding what small amount we have from the world.

Healing cannot happen in a state of poverty. We cannot bring in progress, change, or transformation with a closed off posture.

The posture of gratitude does not mean that we have the desired outcome.

The posture of gratitude does not mean that we would choose the same path that led to the moment again.

The posture of gratitude does not mean that we don't want better.

The posture of gratitude simply means we are able to recognize that in this moment there is something that we can be thankful for.

It could be as small as "I am thankful to have an uninterrupted moment to wonder what I am thankful about." Or "I am thankful for this moment to ponder how I can heal through this burden."

Yes, those are really small things.

BUT, gratitude can be a chain reaction. With each moment of gratitude we open our posture a little more. As we open our posture a little more, we are opening ourselves to the possibility of healing. As we open ourselves to these possibility, we are able to be a little more grateful. As we have more gratitude we open ourselves to more possibilities.

This is not some Jedi mind trick where we are making our system believe that things are better than they really are.

I have witnessed amazing transformation in my clients' lives. The foothold that got us started was a client's willingness to honestly (not pay lip service to) accept the fact that this struggle is presenting itself right now. This really is a gift because it is creating the perfect moment for the body to have a chance to heal.

Again, we are not asking ourselves to believe this problem is good. We are not asking ourselves to believe this particular problem is the best way to heal the issue at hand. We are not asking ourselves to believe that we should walk this path again.

We are only asking ourselves to honestly believe this moment is providing a unique opportunity for us to heal a part of ourselves.

If we can believe this...then real transformation is possible.

6) There is always resistance to change because if there weren't resistance you would have changed already

The only times I ever talk to clients who don't want to change (consciously) are the clients who are seeing me because a loved one wants them to change. For example, when someone is seeing me to quit smoking because everybody thinks they should quit smoking.

[Note: I never work with clients who aren't there for themselves. When they are going through the motions for a loved one it is a waste of their time and mine. It's nothing personal, but change doesn't happen without the desire to change.]

At the other end of the spectrum I work with clients who want change so desperately they are willing to try anything. If I told them standing on their left foot, crossing their eyes, and humming "God Save the Queen" in a room full of loved ones would make a difference they would do it if it had an outside chance of helping them.

Motivation to change is not the issue.

Many times knowing what or how to change is not the issue. I regularly talk to clients who know exactly what steps they need to take. But for some reason they are unable to take the steps and make the change.

There are three basic types of resistance to change. They are limiting beliefs, underlying fears, and secondary gains of the current issue. Here is a quick working definition of each.

Limiting Beliefs: any belief that is against us reaching our goals or believing we can reach our goals. For example: "I don't think I am smart enough to figure out how to create a web site therefore I can't have an on-line business."

Underlying Fears: any fear that makes us think it is dangerous to move towards our goal. For example: "When I speak in front of the group at work I am going to do a poor job and my co-workers are going to believe I don't know anything."

We are only asking ourselves to honestly believe this moment is providing a unique opportunity for use to heal a part of ourselves.

Secondary Gain: any benefit that is gained from the issue. If we heal the issue we will lose the benefit. For (an extreme) example I had a client say to me, "The only reason I have so many people in my life is because of the horrific attack I lived through. They are here only to take care of me in my brokenness. If I get better they will all leave because they won't have to take care of me any more."

There are two important things to remember when it comes to these types of resistance.

First, often times it is very hard to see what types of resistance we are experiencing when we are struggling to heal or change. Remember, the conscious mind is ready for the change. These types of resistance exist in the subconscious mind. For this reason they are not always easy to spot. We must examine ourselves carefully to find them. Many times it takes the honesty of an outside perspective to see these types of resistance.

Second (and most important), since we know resistance to change is present, it makes sense to start all healing and transformation processes by clearing this resistance. Even if we clear a small part of the resistance, it is going to open ourselves up to change. As stated before, we often know the steps needed for transformation. Once the resistance to change is cleared we will naturally start taking steps toward change.

Many times when I am doing work to clear resistance in my own life I find myself instantly energized. There have been times where I have taken as little as ten minutes to clear my resistance to change and then proceeded to accomplish more in the next two hours than I had in the last week.

7) Small transformation can lead to big changes

I believe that clients often overestimate the amount of change that can happen in one session and underestimate the amount of change that can happen in five sessions.

Like I talked about before, in most cases radical change isn't going to happen in one minute or one session. I have seen rapid change first hand. It happens frequently, but it is not the norm. With that being said, we do ourselves a disservice if we underestimate how far-reaching a small change can be.

In an almost trivial example, one small pebble in our shoe can be devastating. I love my Crocs® sandals, but will stop anywhere (minus the middle of busy street) to remove a small pebble. Something the size of a pea wrecks everything else.

This becomes significant in the healing process because sometimes we feel like there is so much work to do that it feels like an impossible task. Because the task is so daunting we don't even begin for fear of failing or not knowing where to start.

I have seen clients do something as simple as forgive a dead relative and have it completely transform their health and well-being. I am not saying that type of forgiveness was an easy task, but it was a seemingly small step that made a huge difference.

Just because a problem is infecting many parts of our lives it doesn't mean that we are going to need to do work in every area of our lives. Many times healing an issue around one aspect of our life cascades healing to many other parts.

(8) Fear and danger signals will win out over all other emotions and information

As we talked about previously, the system is constantly giving us information. Some of this information is profound deep emotional information or acute physical pain, but for the most part it is just information that lets us navigate our day.

For example, as I am walking through the park the system is letting me know that those big green shaking things are trees, the pressure I feel on my skin is a lightly blowing breeze, and the skip in my step is the feeling of calm on a lazy afternoon.

Some studies have postulated that we are receiving as many 5 million pieces of information at any given moment. Not all of this information is needed in every moment. Because of this we filter out the information that isn't needed in any given moment. This is the reason why I can sit in a busy coffee shop and not be distracted by the conversation around me and only hear the person I am talking to. All of the sound waves from all the conversations come in to my ear but the mind is able to filter out the sounds that are unnecessary.

I believe that clients over estimate the amount of change that can happen in one session and under estimate the amount of change that can happen in five sessions.

At the same time we are able to quickly change our focus of what we are paying attention to. We can have a conversation with one friend and another friend walks into the coffee shop and says our name. The part of our brain that is filtering out the extra conversations from the shop recognizes that in the background noise there is information that is important. We look up and see the friend who has entered.

In this example we can see that there is a clear hierarchy of the information that we are paying attention to. There is the information that we are choosing to give our attention to (the conversation with a friend), information in background that might be important to us (someone walking in calling our name or our favorite song being played over the PA), and the information that is unimportant to us (the conversations of the people we don't know).

There is one type of information that supersedes all other information. That is danger signals. In our coffee shop example if someone came into the coffee shop screaming about a fire no matter how hard we wanted to keep our attention on the conversation of our friend, we are going to direct our attention to the person who is yelling.

We always hear the danger signal over everything else.

This is good news.

If I am walking across a street and I look up and see a car it is a good thing that I hear the danger signal over all other information. The last thing I want to do is look up and think, "Oh, it is a red Mustang. I love late 60's Mustangs." By always hearing the danger signals ("Get out of the street or you are going to be hit!") first we are able to keep ourselves safe.

The reason it is important we understand this is that there are times in which we are receiving danger signals that are inaccurate. If I see a mouse running through the kitchen I am going to think, "Little...grey...likes cheese...I am going to die!" That last statement isn't true, but since the system believes it is a real threat it is the piece of information it is going to pay the most attention to.

This is the reason why I can consciously know that the mouse can't hurt me, but the moment I see one I am jumping on the table screaming like a 5 year-old.

Many times for true lasting transformation to happen it is going to require that we are able to recognize the things in the world that we perceive as dangerous. Danger doesn't just mean physically dangerous. I could be afraid that if I speak in a group others are going to think I am foolish and that I don't know anything.

When we are able to recognize the things and situations that we are misperceiving as dangerous it is going to give us a window into the part of ourselves that needs healing for lasting transformation.

9) Others don't (really) want you to change and will be angry when you do

The people in our lives will say they want us to make changes for the better. The people in our lives are going to encourage us to take steps to transform. There will even be times when people in our lives will provide us with resources and tools to make transformation happen.

In reality the people in our lives (especially our loved ones) want us to change as long as it meets one condition: It doesn't require them to change as well.

That is not as harsh as it sounds, but for the most part it is true.

Every relationship that we have, from the kids we see a few times a week working at our local coffee shop to members of our immediate family, are co-creations. In every relationship we take roles and continue to live up to certain expectations. This does not mean that we are pretending to be someone else, but there is a level of consistency to each relationship.

My brother knows how my father, my sister, and I are going to react to him changing jobs. He is going to look to my father for financial advice, my sister for job-hunting advice, and to me for understanding how the new job can serve his higher good.

It is important to note since every relationship is a co-creation, when we change we also changing the nature of the relationship.

Let's say that every night I check in on an elderly neighbor to make sure she has everything she needs for the night. I regularly help her lift heavy things, get stuff out of

the attic, or call the building super for her when the sink is backed up.

When I am over in the evening I share with her how much I would like to change jobs to something I love. She is encouraging and wants me to go for it.

I finally decide to take the plunge. To get the new job I want it requires me to gain training and to that end I start taking night classes. Because of these classes I am not able to help my neighbor three nights a week. Because of my change, she also has to change.

I am not saying that she is going to consciously connect the dots and think, "Because Gene is going to school life is harder." But on a subconscious level she is going to notice that her life has changed and she might resent me.

These sorts of problems surface in lots of ways. I heal a part of my past and now stand up for myself. The people who use to run me over emotionally are going to be frustrated that I am not meeting their needs. I might release weight and get in shape only to see my close friends think, "I bet Gene thinks he is better than us because he lost 40 pounds and he knows we can't."

Every change we make is NOT going to be met with resistance for every person in our lives. There are many times in my own life when I have healed and transformed where I have received amazing support and love from my loved ones even when it required us to renegotiate our relationship.

I am not telling you this as a reason not to transform your life, but it is important to note this point for two reasons.

First, knowing that a change to ourselves is going to change our relationships might create a resistance to change. I had a weight release client say to me, "I have heard how my fat friends talk about skinny people. If I release a bunch of weight they are going to say the same thing about me." Because of the feared change in relationships she found it very hard to take the steps she needed to change herself.

Second, it is good to simply be aware of how people are going to react to your transformation. They are not reacting negatively because they don't like you. They are

not reacting negatively because they don't like your change. They are reacting negatively because they don't like change in their own life. It is important to note that I am not saying your change creates negative change in someone else life. It just creates change and people are scared of change.

knowing that a change to ourselves is going to change our relationships might create a resistance to change.

10) You don't have to know why you are the way your are to heal

Even without a scientific background we understand the principle of cause and effect. We start to understand this from our very first days.

When we cry one of our parents will come tend to our needs. As we get older we use our understanding of cause and effect to consciously get what we want. Watch a four year-old throw a temper tantrum. The moment she gets what she wants she stops crying.

We do cause and effect analysis all the time with every choice we make. This is true for choices as small as what we are going to eat for lunch to as large as who we are going to marry. Before making any choice we are examining past events to look for the cause/effect relationship. We look at these past events to see what can be applied to the current choice.

This disposition to always looking for cause/effect (even subconsciously) can hinder or stop the healing and transformation process in two key ways.

First, because we are so keen on knowing a cause/effect relationship we will come up with an incorrect cause/effect relationship just to put our mind at ease. I see this all the time with my clients. They will come to me with a certain issue and they will believe they know why they are the way they are.

For example a client might come to me to work on a fear of public speaking and say, "The reason I have this problem is because when I was in first grade everyone laughed at me when I was doing a show and tell."

It is very possible that this is the root cause of the fear of public speaking, but it is also just as likely that it could be for a completely different reason. If we misunderstood the reason for the issue we could be spinning our wheels and not getting anywhere. If the

fear of public speak has nothing to do with the show and tell event then no matter how many hours we spend working on the show and tell event the fear of public speaking will not change.

The beautiful thing about the tapping protocols is we are able to provide healing and transformation without having to know the exact experience that has created the wound. If we get attached to a specific cause we could end up wasting time.

Second, we can feel that we need to know why we are the way we are to make sure it doesn't happen again. This is a very common reason for us not to heal. We recognize how difficult our life is because of an issue. We don't want to heal the issue to only have it come back again. Therefore we are convinced if we know why we are the way we are then we can prevent this from happening again in the future.

This line of thinking makes a lot of sense. The problem is sometimes there just isn't a specific reason why we are the way we are.

Many times there is a very clear reason for our issues, but there are many other issues that creep into us slowly. For example the insecurity around the way we look is not because of one particular moment, but instead ideas of what a prefect body is that have crept in to our subconscious from looking at mass media and modern culture for years.

If the need to know why we are the way we are exists and there is no specific moment or experience that has created the why, then we are going to be stuck.

It is okay to want to understand why we are the way we are. There are even times when knowing this information can speed the healing processes. It is important that we understand it is not a requirement for healing to know why or how the issue was created.

11) Transformation is about moving to the now

Yes, I know. This thought sounds a little lightweight and new-age-y, but hear me out.

Almost every emotional issue that I help clients transform falls into one of two categories. The issue is either about healing a wound from the past or dealing with a

fear about the future. Both of these types of issues prevent us from being fully present to the moment we are in.

Let's look at both of these to see how this happens.

Almost every emotional issue that I help clients transform falls into one of two categories. The issue is either about healing a wound from the past or deal with a fear about the future. Both of these types of issues prevent us from being fully present to the moment we are in.

(a) Past

When we are being affected by a past wound, we are emotionally stuck in that past moment. It is almost as if we are reliving the moment emotions and experiencing the emotions of the past moment now. To illustrate this I want you to think of a choice you made recently that you now regret.

(Go ahead. Think of something...I'll wait.)

More than likely, as you brought to mind the moment/memory you experienced an uncomfortable wave of emotions. The magnitude of these emotions is based on how much the choice impacted your life and how close the event is to this moment in time. If the poor choice was very recently or about something very important I have a feeling you are having a hard time focusing on these words as you read this because your attention is so engrossed in the emotions.

Regardless, if the poor choice happened recently or years ago emotionally you are right there. This wound has pulled you away from this moment and back into the past.

This is how past wounds effect our daily lives. Because of the emotional engagement with the past moment we can't be fully present to the opportunity and obstacles we are experiencing now.

When we are not emotionally present in this moment we are much less likely to make the choices we would about what we want to do and about who we want to be.

For example, all of us have experienced heartbreak. If we are still reliving the pain of a past break-up it is going to cloud our vision about our current relationship. If I keep feeling the pain of the past break-up I am never going to be able to commit to a relationship today because subconsciously I am going to assume relationships equal pain.

Only when I am able to heal the pain around the past break-up and stop reliving that emotionally am I going to be able to fully experience the new relationship in this moment.

[Note: There is a big difference between forgetting the past and no longer being emotionally entangled in the past. There is wisdom that can be learned from our past experiences. It is good to remember what we have experienced to inform the choices we are making today. Healing past wounds is about moving from re-living the past emotionally to remembering the past as a matter of fact. The goal is clearly seeing the past for what it is. The goal is not to get rid of the past all together.]

(b) Future

When we are affected by fears a similar process happens, but instead of being stuck in the past we are emotionally stuck in the future.

I would like you to bring a new thought to mind. This time I would like you to think about something that might happen in the future that you dread. It might be a request you have to make of someone else or a task you have to do. It really doesn't matter what you are thinking of, but just bring to mind something that you have to face that causes dread.

(I really want you to do this right now...I'll wait.)

Once again as you thought of this future moment the emotion(s) of nervousness, fear, and/or overwhelm swept through your system. More than likely you could almost feel the situation playing out. As you did this you might have even felt dread around multiple different outcomes.

Again, depending on the level of the emotions you experienced you might find focusing on reading these words has become harder because your emotional attention is somewhere else.

Whenever we experience worry or fear it pushes us emotionally into a future moment (even if that moment is just a few seconds into the future). This makes it difficult for us to do what we want and be who we want to be in this present moment.

[Note: I am not saying fear and worry are bad. I am not saying that transformation is the process of us losing all fear. Fear is good and it serves us. It is good that I am afraid of tigers. This fear keeps me safe so I don't make the mistake of thinking a tiger is nothing more than a giant kitty. The problem comes when my fear of tigers is so great that I can't leave my apartment in Baltimore, MD.

This is what I would call a disproportionate emotional response. My fear response is working too hard. When we do transformation work we are not eliminating fear, but instead eliminating disproportionate and irrational fears. In other words we are eliminating the fears we have of things that are not in fact dangerous.]

The reason I say "Transformation is about moving to the now" is because when we do transformation work (healing past wounds and releasing disproportionate fears of the future) we are emotionally untangling ourselves from the past and future giving us more emotional resources to be in this moment.

I need to be very clear on one point: I am not saying that when we heal wounds and release fears we are going to have a perfect moment right now. This does not mean that we are going to make a perfect choice right now. It does not mean that we are going to get everything we want in the moment (or ever).

There is more to getting what we want and need in this moment than just being emotionally present to this moment. As we talked about above there are things that are out of our control.

BUT, when we are fully present to this moment we are able to make the best choices we can make and we are going to be more fully present to inspiration in the moment to find our way to the people, opportunities, and choices that will help us to create a life full of wonder and joy.

Therefore, transformation work is all about releasing the emotional entanglements with the past and future so we can move to being fully present to what is happening in our lives right here and right now. Being more present in the here and now will help us to make the inspired choices we want to make.

12) It's okay if transformation is scary

There are lots of good reasons for us to heal and transform. I believe there is a part of us that is always longing for us to be better, healthier, and more successful.

At the same time, just because the end result of transformation is wonderful it doesn't mean the process of healing and transformation is always easy or fun. Through the course of this manifesto I have talked about a number of reasons why we prevent ourselves from healing. In addition to what I have talked about here there are many many other reasons that transformation can be hard or scary.

That's okay.

It is okay if you don't know where to start, afraid that is going to be too hard, or that others are going to judge you for even trying.

It's okay to worry about succeeding and backsliding to where you are right now.

It's okay to be worried about transformation and that you don't know why you are worried.

If you are willing to admit that the process of transformation is a little (or a lot) overwhelming then you are going to be on the right path. Often times when we are healing the reasons why transformation is hard in this moment we are also doing work on the deeper issues that need to be healed. The resistance to wanting to try is often times intertwined with the deeper issues.

Here is an example of how this can happen. A friend asked me to come over to her place to do some work on an issue that need to be cleared up. After arriving at her place we talked for 45 minutes about everything but the issue (weather, new furniture, this week's Top Chef...). Finally I said, "Do you want to do some work on this issue or not?"

This wasn't a question based in my frustration or a question of blame for her. I was just wondering if she really wanted to do the work. She explained that she was afraid that because the issue was so deep that it was going to be very emotional (and therefore painful).

In the beginning being successful is not what is most important. What is most important is your willingness to try, to fail, and to try again. You don't have to do it all right now...The goal is small victories. Small victories are more achievable in the face of fearing transformation.

To start I had her tune into all the emotions she was feeling. This included the emotions about the issue itself plus the worry that this process was going to be over emotional and painful. Without getting into specifics about what she was feeling I asked her with her hands to show me how big all the emotions were together.

She held her hands about two feet apart. We did some work on clearing and healing the emotions around the fear of doing this work. After clearing and releasing those emotions I asked her how much of the total was left.

She held her hands 6 inches apart. Now that the fear of the process being painful was gone it made clearing the deeper issue so much easier.

Again, it is ok if the process of healing feels overwhelming.

In the beginning being successful is not what is most important. What is most important is your willingness to try, to fail, and to try again. You don't have to do it all right now.

The goal is small victories. Small victories are more achievable in the face of fearing transformation.

When we have a series of small victories all of a sudden we have lasting transformation.

You don't have to get it right the first time (or the tenth time). You don't have to get all done at once.

You don't have to get it done alone.

You simply have to try one small thing...even if that feels really scary. You can do it.

You were made for health and well-being.

Now is the time to start the process of rediscovering self.

Three Simple Requests

Thank you for taking the time to read over my thoughts on healing and transformation. In addition to giving some time and attention to my reflections on healing and transformation I have three other small requests.

Give me your feedback

My greatest teachers in learning about healing and transformation have been my clients. In very practical ways we explore and examine this ideas as we work towards their healing. The ideas in this book have been shaped by their input without them ever knowing it.

I know this is not a definitive or complete document. I am still learning and growing in these ideas. I would love to hear your feedback and input on these ideas.

What needs to be tweaked? Where am I wrong? and Where I completely lost my mind?

The most current version of this book lives at <http://tappingqanda.com/healing-manifesto>. (You can even find a free audio version of the book there.)

On that web page there is a comment section where you can let me know what you think.

I really want to know. That is how I am going to learn.

If you have a thought on the book, please take a few moments and share your thoughts.

Share this with a friend or loved one

The interweb is an amazing tool. We can share information cheaply and quickly with people all over the world. It costs you nothing but a few moments to pass this book along to a loved one, a friend, or a colleague. I am not asking you to spam the world, but if after a few thoughtful moments you can think of one or two people who might find a work like this interesting or helpful, please pass this along.

Also, if you have a blog, a website, a mailing list, or a client base who you think would

find this document useful please feel free to pass it along.

The most current version of this lives at <http://tappingqanda.com/healing-manifesto> but you don't even need to link the site. If you would like to email the pdf or share this on your site please do.

All I ask is that you keep this book form.

Keep healing and growing!

My most basic hope for this book is that you have been inspired to continue down your healing path. Even if you don't agree with a single thing written here I hope by taking a few moments to consider the healing process you are ready to continue to work your way back to balance.

Tapping and Other Healing Resources

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TappingQandA.com

This is the website that I edit. At the time of the publication of this is book (Oct. 2010) there are over 260 free resources in the form of articles, tap along audios, tapping instruction, interviews with the brightest minds in change work, tapping instruction, and much more. Every week two or three new free resources are added to the site and starting in 2011 that will increase to three or four free resources added each week.

TappingQandA.com/learntapping

Here you will find basic instruction on how to do EFT/Tapping. There are audios that you can listen to and ebooks you can download. All of this is also free. If tapping/EFT is completely new to you within 15 minutes you will know enough to start doing the work of healing and transformation.

TappingQanda.com/podcast

Every 10 days there is a new podcast. The podcast is always free and the entire archive is on-line. In addition to giving tapping instruction I interview of the brightest minds in change work. You can listen right in your web browser or subscribe through the iTunes music store.

ExpertTappingResources.com

The on-line store contains script books, tap-along audios, beginning to advanced tapping instruction, and practitioner. As of Nov. 2010 for the first time anywhere on-line there will be Level 1, 2, and 3 EFT/tapping audio training.

Facebook.com/TappingQandA

4 or 5 times a week I provide a link to a free tapping related resource that I found helpful in my own growth and development

[Help me! If you know of a resource that I should include on my resource page or someone I need to interview for the podcast let me know. Also, if you don't find a topic covered on the site, but you think should be. Please let me know. I am always looking for new topics to cover. I can be reached directly at gene@tappingqanda.com]