

❖ Path to Emotional Freedom Deck ❖

To Replace or Compliment Muscle Testing



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Disclaimer

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HOW TO USE THE CARDS

In essence, EFT is an emotional version of acupuncture wherein we stimulate certain meridian points by tapping on them with our fingertips. This addresses the true cause for emotional issues (unbalanced energy meridians). - Gary Craig, Founder of Emotional Freedom Technique

This card deck and manual is intended for individuals who are already experienced with Emotional Freedom Technique (also known as EFT). If you have bought this deck and wish to learn EFT, I recommend visiting sites such as www.EFTuniverse.com or www.emofree.com.

To begin, shuffle and spread the cards face down in front of you. Then, form in your mind a clear perception of an issue you would like to work on. For example, “I would like to be free of this headache.” Then, ask your Higher Self (or whatever energy you wish to work with) what block needs to be cleared in order for you to be free of your particular issue. Drawing only one card at a time, flip one over, paying attention to the phrase that is at the top of the card that you draw. If you should draw a card which the number on the card reads upside-down, use the definition for the “reversed position” (if it has one). If you draw a card and its number is upright, use the definition for the “upright position.”

To find the definition for the card, you can look it up in the section “Card Meanings” (pages 9 – 58). It is not necessary to pay attention to the colored symbol and its meaning unless you have specifically drawn a card with your focus directed toward working with the chakras or energy field.

Proceed to tap a round or two of EFT on whatever card is drawn. For example, if the issue you want to treat is a headache and you draw the card “I deserve,” you may wish to tap the EFT set-up statement, “Even though I do not deserve to be free of this headache, I deeply and profoundly love and accept myself.” Feel free to ad lib with your own words when inspired. After tapping a round or two of EFT, you can try pulling another card to see if there are any other blocks.

Keep drawing cards, tapping through each block, until either your headache is relieved or you receive the “Blocks are clear” card. If when drawing the “Blocks are clear” card your issue or pain is still present, try finding another aspect. Sometimes you may find that the symptoms have changed or moved. In the case of a headache, perhaps the pain is gone but you may still feel pressure behind the eyes. In such a case, begin the EFT process over, clearing any blocks to releasing the pressure behind the eyes. “Chase the pain” (see glossary) or any symptoms until the issue is clear.

This “chasing the pain” process also works well with emotional issues. In treating emotional issues, you may wish to ask yourself—or any other person you are working with—to visualize or affirm what is wished to be achieved. Alternatively, you can focus on a source of distress, allowing any emotions or fears to arise. Tune into your body and note any sensations or tensions that arise. Wherever you feel resistance, tension or negative sensations in your body, use EFT to address these states.

For example, if you should feel anxiety over being rejected by a loved one, allow yourself to temporarily focus on the anxiety or any memory that is attached to being rejected. Then, scan your body for any

sensations or tensions. Perhaps you may feel your jaw clench, your stomach tighten up or a pain in your heart. If so, continue to focus on that particular sensation while using the cards and EFT to clear any blocks to its release. Then, refocus on the issue to see if any unpleasant symptoms arise. Sometimes you may find that the sensations will move or change. Usually this indicates another aspect is coming to the surface which is still connected to the original issue. For example, an original tension in the stomach may have resulted from fear. However, if when refocusing on the issue a new sensation arises in the heart, such a sensation may no longer be connected to fear but to sadness or heartache.

Drawing a Card More than Once

Sometimes you may find that you draw the same card more than once. This is usually an indication that this block is a sticky one for you. You may wish to deal with this issue through one of the below methods:

- Break it down through determining the root of the block. For example, if the card is “It is safe for others,” ask yourself why and in what way it is not safe for others for you to overcome your issue and tap through this. Perhaps you feel that the only way to love others or to prove your love is to stay small or weak in ways (for the purpose of being more humble or less assertive, for example). If this felt valid, you may wish to tap using a set-up statement such as, “Even though I can’t heal this issue because in order for me to be a loving person I have to compromise myself for others or be sick, needy, or in pain, I deeply and profoundly love and accept myself.”
- If you do not know why you have a block or what is connected to it, simply tap (for example in the case it is not “safe for others” like above”), you can try tapping an EFT set-up statement such as, “Even though it is not safe for others for me to overcome this issue and I don’t even know why, I deeply and profoundly love and accept myself.”
- Tap through any memories that feel connected to your issue or block.
- Keep tapping the block as it is. It may simply need additional rounds of tapping.

Using the Cards as a Starting Point

These cards may also be used as a starting point to ask your High Self what issue would most benefit from being tapped through. For example if you draw “Fear of failure” you might want to start with this issue. If you draw “I deserve” you might want to start with issues of self-worth, deserving good things to come to you or guilt.

Tapping “Out” or Tapping “In”?

On some of the card I write “Tap in the positive” or “Tap out.” These phrases simply refer to whether you would most benefit from using an EFT set up statement that affirms something positive or would benefit from acknowledging the block head on while applying love and acceptance. What is important is to tap what feels right to you.

Some people feel uncomfortable working with acknowledging negatives, fearing that a negative focus will lead to manifesting a negative outcome. Others may prefer to see working with negatives as a form of homeopathy or “like treats like.” If you consider that everything we experience is energy, and that “symptoms” are forms of repressed energy popping up to say “hi,” then saying “hi, I love you” back can tell these suppressed parts of you that they have been heard and acknowledged. Thus, these parts of you or emotions may no longer need to bother you in order to receive your love or attention.

CHAKRA & Energy Work

As you move more and more into the present, inside you will come across seven lights - what Hindu yoga calls seven Chakras, Buddhist yoga calls seven lights, seven lamps. As you become more and more detached from the body, detached from possessions, uninterested in desires, your energy starts moving upwards... -Osho

If you are new to chakra work, there is a wealth of information on the internet pertaining to what chakras are, what each represents and their location. For example, Stephen H. Barrett has authored a book titled *Chios Energy Healing: Powerful New Techniques for Healing the Human Energy Field* which I highly recommend, as it contains a wealth of information on the human energy system. With knowledge of the various defects and imbalances that can occur within the chakras and the energy field, one can, then, apply EFT toward correcting these imbalances.

Using EFT to work with one's energy field or charkas is not difficult. It simply involves changing the set up statements to reflect energy work. In fact, some individuals, if deeply stuck when working through a particular issue, may receive more benefit from working with their chakras and energy field.

Not only can the cards be used to determine which part of the energy field or chakra to work with, the same cards can be used to clear any blocks in the way to clearing these energetic issues.

To begin, each card possesses a center image which is color coded. You may wish to select a card concerning what part of the energy field may most benefit from applying EFT toward clearing blocks. The chart below covers the color codes and what each one represents:

<i>Color Code</i>	<i>Meaning</i>
<i>A red symbol</i>	<i>Work with the root chakra (located at the base of the spine).</i>
<i>An orange symbol</i>	<i>Work with the sacral chakra (located in the area of the belly button, on the front and the back of the body).</i>
<i>A yellow symbol</i>	<i>Work with the solar plexus chakra (located just below the middle point of the ribs, on the front and back of the body).</i>
<i>A green symbol</i>	<i>Work with the heart chakra (located over the heart center, on the</i>

front and on the back of the body).

A blue symbol

Work with the throat chakra (located in the center of the throat, on the front and the back of the body).

An indigo symbol

Work with the third eye chakra (located between the eyes at the brown, on the front and the back of the body).

A violet symbol

Work with the crown chakra (located on the top of the head).

A pink symbol

Work to clear cords, attachments and energies that do not belong to you (i.e. energies that may be empathically taken on).

A white symbol

Work with the energy field and upon issues such as leaks, tears or impurities.

A black symbol

Work with issues of grounding and that you feel happy and safe fully incarnated in your body.

“Blocks are Clear”

Work with affirming that you’re your energy field and chakras are clear and free of blocks. You are whole.

Figure 1

To perform an energy clearing using EFT, spread the cards face down in front of you and select one. Draw a card paying attention only to the colored symbol rather than the words. For example, if the “I am safe...” card is drawn, which has a red symbol, it indicates to work with the root chakra.

Next, use the deck to draw cards for what blocks you may have to this chakra being clear, balanced and free of energetic defects. For example, if you were to draw the card “I am ready...,” then you may wish to tap a set-up statement such as, “Even though part of me does not feel ready for my root chakra to be clear, balanced and free of energetic defects, I deeply and profoundly love and accept myself.” Do a couple rounds in the negative and then switch to tapping in a positive affirmation such as “I am ready for my root chakra to be clear, balanced and free of energetic defects.”

Continue this process, drawing further cards until you draw the “blocks are clear” card. Use your intuition for what feels right for you.

You can use the below definitions for examples of what to tap for each color code.

Blocks are Clear

If drawing a card to determine what part of the energy field to focus upon, it may indicate that healing can be best achieved through letting go of any over-focus upon blocks and affirming that you are clear.

Sample set-up statement to tap on: "I give thanks that my energy field and chakras are balanced, clear and free of energetic defects. I am free of blocks and move forward easily and effortlessly."



A White Symbol

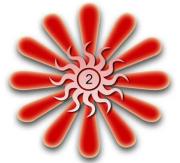
A white symbol on a card indicates to work with the energy field and its bodies (see glossary). While tapping, visualize and/or affirm that your entire energy field is clear and balanced. While continuing to tap, affirm that you are bringing bright, white, healing light into your aura. Alternatively, work with bringing into your energy field whatever you intuit is needed for it to be radiant and glowing.



Sample set-up statement to tap on: "I give thanks that my energy field is strong, healthy, clear and balanced. It expands out, full of bright, white, brilliant light."

A Red Symbol

If drawing a card to determine what part of the energy field to focus on, a red symbol indicates to work with the Root Chakra. While tapping, visualize and/or affirm that your Root Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin in the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my root chakra is clear, balanced and free of energetic defects."

An Orange Symbol

An orange symbol indicates to work with the Sacral Chakra. While tapping, visualize and/or affirm that your Sacral Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spins the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my sacral chakra is clear, balanced and free of energetic defects."

A Yellow Symbol

A yellow symbol indicates to work with the Solar Plexus Chakra. While tapping, visualize and/or affirm that your Solar Plexus Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that it spins the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my solar plexus chakra is clear, balanced and free of energetic defects."

A Green Symbol

If drawing a card to determine what part of the energy field to focus on, a green symbol indicates to work with the Heart Chakra. While tapping, visualize and/or affirm that your Heart Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my heart chakra is clear, balanced and free of

energetic defects.

A Blue Symbol

A blue symbol indicates to work with the Throat Chakra. While tapping, visualize and/or affirm that your Throat Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my throat chakra is clear, balanced and free of energetic defects.

An Indigo Symbol

An indigo symbol indicates to work with the Third Eye Chakra. While tapping, visualize and/or affirm that your Third Eye Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my third eye chakra is clear, balanced and free of energetic defects.

A Violet Symbol

A violet symbol indicates to work with the Crown Chakra. While tapping, visualize and/or affirm that your Crown Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.



Sample set-up statement to tap on: "I give thanks that my crown chakra is clear, balanced and free of energetic defects.

A Black Symbol

A black symbol indicates to work on the issue of grounding. You may benefit from visualizing yourself as having strong roots which extend outward from the bottom of your soles, traveling deep into the center of the earth. Tap various points while allowing yourself to feel grounded and solid. Alternatively, work with whatever you intuit is needed for you to feel grounded and alive.



Sample set-up statement to tap on: "I give thanks that I am grounded and vitally alive. I feel happy and safe while fully incarnated in my body.

A Pink Symbol

A pink symbol indicates to work with clearing negative cords, attachments and psychic debris. This symbol also deals with empathic sponging and shielding (see glossary). You may benefit from working with whatever visualizations, clearing or shielding techniques you intuit are needed for you to feel clear, protected and whole.



Sample set-up statement to tap on: "I release and let go of all cords, attachments and energies that do not belong to me."

CARD MEANINGS

As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation - either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course. -Martin Luther King, Jr.

This healing deck includes cards that pertain to clearing contracts, karma and other spiritual issues. I wanted to include some of these features for those familiar with Theta Healing or other healing modalities. However, if you do not wish to use the deck in this way, feel free to remove these cards or any others that you do not wish to work with. There is no right or wrong way.

Use your own situation and your own words to replace what is between {...} within the EFT tapping statements attached to each card. Energy work and chakra definitions only need to be referred to if you have drawn a card with an energy work question in mind.

Card 0—Blocks Are Clear

Today must be a fabulous day for you! In some way, regarding the issue you have in mind, you are free of blocks, it would not benefit to focus on them or you have graduated to the next level. The Universe is pointing to you that you can move full steam ahead! Tap the main issue.

Card 1—I Deserve

You fully deserve and are worthy of all the love, happiness and freedom that life has to offer! So, tap and affirm that you are releasing and letting go of any guilt you may be carrying and that you truly deserve to manifest the health and happiness you desire. Whatever conscious or unconscious guilt has blocked your progress, or whatever belief you carry that tells you that you are not worthy or healing, can now be transformed.

The EFT set-up statement that goes along with this card is, “Even though I do not deserve to experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you *do* deserve!

Card 2—It Is Safe

Part of you, on a conscious or unconscious level, may feel it is unsafe for you to overcome an issue or manifest the health and healing you desire. Possibly, your issue protects you in some way. For example, being sick can allow us to say “no” to demands without being judged for taking care of ourselves. Many of our fears can play a protective role, as well. Part of us may imagine that without certain fears or limitations we would have no caution in certain matters and thus come to harm.

Whatever the case may be, you may benefit from tapping around issues of trust, security and safety concerning overcoming the issue you have in mind.

If looking for a more general set-up statement to use, the EFT statement that goes along with this card is, “Even though it is not safe for me to experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that it *is* safe!



Card 3—It Is Safe For Others

Sometimes, others benefit through our dependency on them or our giving our power and authority away. Sometimes, our keeping humble and small protects a person in our life from a loss of some sort. Sometimes, when we have lived our lives trying to be nice and kind to others, it is easy to forget that it is ok to be an individual and have our own boundaries, needs, wants and abilities. We might worry that others will feel left out, powerless, alone or hurt.

In such cases, you may wish to tap through issues related to a conscious or subconscious fear that to heal an issue would cause you to become stronger, less held back, more outspoken, honest or powerful. You may also wish to ‘tap in’ the affirmation that becoming these things does not have to make you more liable to becoming ‘mean,’ uncaring, selfish or lacking in humility. It is possible to be a strong, whole and confident person while still being kind. In fact, the more whole and confident you become, the less likely it will be that you would act out in an uncaring fashion.

If none of this applies, this card could indicate that you may be unconsciously holding another person or parent responsible for trauma, abuse, or something else. If this is the case, and anyone has hurt you in past, you may benefit from tapping while affirming that it is okay for you to give yourself permission to forgive and let go of any lessons you feel others need to learn through your holding onto any suffering, condition or limitation.

If looking for a more general set-up statement to use, the EFT statement that goes along with this card is, “Even though it is not safe for others if I {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that it *is* safe for others! You do not have to let the hopes, wishes and needs of others—or any fears of rejection, criticism or of not pleasing others—stand between you and all the happiness that life has to offer.

Card 4—I Am Willing

Part of you may feel unwilling to manifest a particular outcome. Perhaps, you are resisting change or healing at a subconscious level. Sometimes this resistance may be connected to a fear of the unknown or a fear of leaving an old habit behind.

If this is the case, you may wish to employ tapping while visualizing manifesting what you wish to achieve. If any feeling of resistance should arise (in the form of negative sensations or tension in the body), try using EFT to release it.

If looking for a more general set-up statement to use, the EFT statement that goes along with this card is, “Even though I am unwilling to experience or manifest {...}, I deeply and profoundly love and accept myself.” You may also wish to tap in the positive: that you *are* willing!

Card 5—It Is Possible

Part of you may resist fully believing that what you want to achieve is possible. In such cases, you may benefit from tapping while using a set-up statement, such as, “Even though it is not possible for me to experience or manifest {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that it *is* possible! Allow yourself the freedom of this moment to release any beliefs that are rooted in keeping you limited. Miracles

are real and they happen all around us every day!

You may also wish to use visualization and your body as a tool to release trapped emotions that are connected with your issue. Start by scanning your body for any tension that arises while you visualize yourself achieving your goal. Of whatever negative sensations that arise, you can apply EFT through using a set-up statement such as, “Even though I feel {...} in my body when I think about {...}, I deeply and profoundly love and accept myself.” Keep performing this exercise until you can visualize your goal without feeling any negative sensations arise.

Card 6—Loss of Identity

Part of you may fear that you will lose your identity if you manifest the change or outcome you desire. You may fear you may not know how to “be” or act anymore. This is more likely to happen if a habit or concern has become chronic and engrained into how you perceive yourself.

In such cases, drawing this card is a reminder that you do not have to accept any identity you do not want; even if it is an identity you are comfortable with. You also do not owe anything to anyone to stay the same. In fact, you can try tapping the EFT points while affirming that you will know *more* about who you truly without the habits, fears, low self-esteem, pessimism or any other part of you that has become deeply ingrained within your perception of yourself. Keep tapping while giving yourself permission to “be” a new you, even if it is not a “you” that you or others might readily recognize. Scary thought! But you wouldn’t receive this card unless some part of you was already longing to become the shape-shifter of your old self into a new and brighter you!

If looking for a more general set-up statement to use, the EFT statement that goes along with this card is, “Even though I will lose my identity if I experience or manifest {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you do not need to worry about losing an old identity! You *can* create a new and better one!

You may also wish to try focusing on the new identity that you wish to create for yourself while noting any tensions or negative sensations that arise in your body. Of whatever negative sensations that arise, you can apply EFT through using a set-up statement, such as, “Even though I feel {...} in my body when I think about {...}, I deeply and profoundly love and accept myself.” Keep performing this exercise until you can visualize your goal without feeling any negative sensations arise.

Card 7—I Have What It Takes

Part of you may subconsciously fear that you will no longer know how to make your life work should conditions change or improve. This is more likely to happen if a habit or concern has become so deeply engrained into your way of life that you cannot see how life can work for you any other way. You are used to your life how it is, after all!

For example, certain individuals may subconsciously feel that without a habit of over-striving they would not be able to achieve success in the world. This is merely a faulty belief system. For, there are many people in the world who their success came easily, effortlessly and without over-striving. Alternative, they may have felt more contented with less; redefining their definition of success. If any of this feels like it applies to you, tap through this issue and any emotions that arise.

If you are looking for a more general set-up statement to use, the EFT statement that goes along with this card is, “Even though I will not be able to make my life work without the issue of {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you *do* have what it takes to make your life work without succumbing to old habits and patterns. Your life works when you experience the love, healing and/or happiness you long for!

Card 8—I Allow

Part of you may be resisting fully allowing yourself to experience the health and happiness you desire. You may benefit from tapping on a set-up statement such as, “Even though I will not allow myself to {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you *do* allow!

You may also benefit from visualizing what you wish to manifest into your life. If this brings up any feeling of resistance, tension or negative sensations, you can apply EFT toward its healing through using a set-up statement, such as, “Even though I feel {...} in my body when I think about allowing {...}, I deeply and profoundly love and accept myself.” Keep performing this exercise until you can visualize your goal without feeling any negative sensations arise.

Card 9—Deprivation Issue

Part of you may feel that you will be deprived in some way if you should manifest the outcome you desire. The absence of certain symptoms, habits or issues might bring up the feeling of a void that draws your issue back into your experience again—to fill that void. This is more likely to happen if an issue or habit has become chronic or ingrained into your way of life or how you perceive yourself.

In such cases, you may benefit from using a set-up statement such as, “Even though I will feel deprived if I {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you do not need to feel deprived and *can* create a new and more abundant reality for yourself!

Card 10: I Forgive Myself & Others

UPRIGHT POSITION: I FORGIVE MYSELF

If you have drawn this card in its upright position (*I forgive myself...*), it is likely that a lack of self-forgiveness in some way (even for not overcoming an issue), is blocking you from manifesting positive change. In such cases, you may benefit from tapping an EFT statement such as, “Even though an inability to forgive myself is blocking me from experiencing {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you forgive yourself *wholly* and *completely*!

This card also carries with it a reminder that you do not have to get lost in any perceptions of imperfections, guilt, mistakes, regrets, weaknesses and limitations. Instead, consider the positive effect it would have if you should allow yourself to drop all of those constrictive energies while letting your whole energy field open up and expand out; giving of your energy rather than withholding it. As a visualization tool, give yourself permission to feel all your chakras and energy centers open up and expand out. If desired, you can perform EFT tapping while visualizing and affirming that all of the guilt and feeling of imperfection that you feel is dropping off your energy field as it opens up, expands out and fills with bright, white, healing light. Then, visualize sharing this energy with others and the world.

REVERSED POSITION: I FORGIVE OTHERS

If you draw this card in its reversed position (*I forgive others...*), it is likely that in some way you have felt unable to fully forgive another/others, which this may be acting as a block toward manifesting what you desire.

The EFT set-up statement that goes along with this card is, “Even though an inability to forgive others is blocking me from experiencing {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on tapping out the negative. Then, switch to tapping in the positive: that you forgive others *wholly* and *completely*!

Card 11—Even If I Never

If you have drawn this card, part of you may fear, or may have subconsciously decided, that you will never experience the health and happiness you desire. This is more likely to happen if a health or other issue has become chronic or seems hopeless or incurable. If this is the case, you may benefit from tapping around past memories or traumas that left you feeling hopeless or that nothing ever works out for you.

Try using an EFT set-up statement such as, “I deeply and profoundly love and accept myself even if I never experience or manifest {...}.” After tapping several points while focused on ‘tapping out’ the negative, you may wish to switch to ‘tapping in’ a positive affirmation such as, “Thank you Creator/High Self that my negativity is only in my thoughts and does not represent my reality. I *can* create the health, wealth or happiness I desire! In fact, I *will* create it, because I am ready for it and deserve it!

If you draw this card and you are feeling a great deal of internal/external pressure or guilt over having a certain issue—especially if this pressure or guilt is creating despair or a feeling of being trapped—it may help to tap and affirm that we are all worthy and lovable even in the worst case scenarios. This includes even if we were never able to fully heal an issue or accomplish a goal.

Card 12—I Will Benefit

Part of you may feel you will not benefit should you manifest the health and happiness you desire. Sometimes, we may unconsciously receive a pay-off through having or maintaining a particular habit or condition. Some common pay-offs include:

- ❖ avoidance of responsibility or commitment
- ❖ a desire for attention, to be dependent on others or taken care of
- ❖ self-punishment or self-sabotage
- ❖ desire to be a victim or a martyr
- ❖ a need to learn a “lesson”

There are many types of subconscious benefits that individuals cling to which may prevent them from letting go of what isn’t working anymore. However, once you understand the pay-offs you are receiving (as well as why you hang onto them), you can choose to change the beliefs systems that support them (which EFT can be a valuable tool to support this).

To clear this type of block using a more general set-up statement, you may tap while repeating, “Even though I will not benefit if I experience or manifest {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on ‘tapping out’ the negative. Then, switch to ‘tapping in’ a positive affirmation: that you *will* benefit!

Card 13—Others Will Benefit

Part of you may subconsciously feel that others will not benefit if you should manifest the outcome you desire. Others may benefit in many ways. A few examples include:

- through being needed in some way (via our dependency on them).
- through having power or control (which they benefit though others never saying “no” or setting boundaries with them).
- through learning a lesson or assuming responsibility or guilt over a situation or circumstance.

As a result, individuals who have this type of block may hold themselves back; afraid of confrontation or to stand in their own light because being strong, assertive or self-empowered may be perceived as having more potential to become unloving, unkind or etc. Some individuals may subconsciously fear others will be jealous, upset or intimidated if they achieve their goals or become more assertive or will not take

responsibility or learn a lesson from some form of hurt, trauma or injury inflicted.

You may wish to try tapping something such as; “Even though others will not benefit if I {...}, I deeply love, cherish and accept myself.” After tapping a few points in the negative, switch to a positive affirmation: that others *will* absolutely benefit!

Card 14—I Do Not Need

Part of you may subconsciously resist overcoming an issue or habit because you feel you need to hang on to it for some purpose. A good method which may help you free yourself of resistance is to visualize what you truly want to achieve while taking note of any place within your body that a sensation of tension arises. This is one way in which our resistance can communicate with us. Then, perform EFT while focusing on the sensation of resistance in your body until you are able to visualize the outcome you want without any tension arising. If the sensation moves from one place to another, this likely indicates there is more than one emotion coming up in the body to be cleared.

The EFT set-up statement that goes along with this card states, “Even though I have an unconscious need for {...} which prevents me from fully letting it go, I deeply and profoundly love and accept myself.” After tapping a few points using this set-up statement, switch to a positive affirmation such as, “I no longer need this issue. I *can* be free now!

Card 15—Healing Is Permanent

Part of you may resist fully believing that healing or change can be permanent. Possibly you have experienced a prior remission only to later suffer from a relapse of your symptoms. In such a case, you may benefit from tapping a set up statement such as; “Even though if I heal the issue of {...} it will likely not be permanent (and my symptoms will return), I deeply and profoundly love and accept myself.” After tapping a few points using this set-up statement, switch to a positive affirmation such as, “I *can* recover from this habit, issue or condition permanently without any relapse!”

If while tapping the positive affirmation you feel any resistance arise within you consciousness or body, apply EFT to the symptoms until you feel your resistance dissolve.

Card 16—I Choose

Are you making a solid choice to have the life or outcome that you truly want? Or, are you unconsciously holding yourself back because you don’t quite feel ready? Sometimes, having the life, health or happiness we want can mean taking risks and embracing change, even if it is with a habit or part of our feeling of identity.

Sometimes, our intention becomes split when our conscious mind desires one thing and our subconscious mind desires something contradictory. For example, an individual might develop an illness or may delay their own healing because part of their subconscious mind desires to be able to take a break from a job or to be able to say “no” to other pressures. On a conscious level, the same person may be very anxious to heal, so that they can keep their job and meet demands or pressures in a way that pleases everyone involved. If such a person can locate what part of their consciousness is not choosing to overcome an issue and why, they can then begin to tap upon some of these issues.

Another approach you can use is to allow yourself to visualize making a firm choice towards having the life or the outcome you truly want. Scan your body to detect whether any feelings of resistance or unwelcome thoughts arise. You can then use EFT toward releasing some of this resistance or beliefs.

Sometimes locating the underlying root(s) is not necessary to clearing a block. In such cases, this block of “not choosing” can be cleared through using a general EFT set up statement such as, “Even though I do not choose to experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” a positive affirmation: that you *do* fully

choose to change and create a new and better outcome for yourself.”

Card 17—I Want

The truth that part of us may not ‘want’ to recover or to manifest health and happiness for ourselves may be hard for us to imagine. Of course, we consciously do want to experience a positive outcome! Why else would we bother to even try to heal an issue if the contrary were true? However, through acknowledging a subconscious level of resistance, we may achieve a break through when using EFT to clear what appears to be a sticky issue.

In such a case, you may benefit from using an EFT set-up statement such as, “Even though I do not really want to experience or manifest {...}, I deeply and profoundly love, cherish and accept myself.” After tapping a few points using this set-up statement, switch to a positive affirmation: that you *do* want to change and to create a healthier and happier reality for yourself!

Card 18—I Am Ready

You may not feel ready on all levels to manifest the outcome you desire. The idea of change or of spontaneous healing may bring up a slight feeling of anxiety. Will you be prepared for what may be expected of you (or what you might expect for yourself) should you attain the health and happiness you want for yourself? Do you possess latent fears of authority, responsibility, commitment, power, success, assertiveness or anything else?

If so, you may benefit from using an EFT set-up statement such as, “Even though I am not ready to experience {...}, I deeply and profoundly love, cherish and accept myself.” After tapping a few points in the negative, switch to a positive affirmation: that you *are* ready for change and to create the outcome you desire!

You may also wish to locate any fear or resistance that may be blocking you through visualizing manifesting what you wish to achieve. If you feel any resistance or tension in any place in your body, add these symptoms to your tapping program.

Card 19—Grounding Issues, Lessons & Karma

UPRIGHT POSITION: GROUNDING ISSUE

Are you feeling over-busy, distracted, spacey or cluttered lately? While we all need to take flight every now and then, make sure it is not right out of your body and forgetting where your true home is. In this day and age where many people are living busy lives and living primarily within the mind and upper chakras, it is easy to become ungrounded and not fully in our bodies. We may feel scattered or easily distracted, unsure of where we want to go, who we want to be and what our true goals are. Some other signs of being ungrounded include: light-headedness, obsession and feeling ‘spaced-out’ or clumsy. Shock and trauma can result in lack of grounding, as well.

So, if you have drawn this card in its upright position (*Grounding issue*), it may either be an indication that you need to work on issues of being fully present in your body or that you need to ground yourself before you proceed.

Some methods of grounding include: exercise, feeling and sensing the body, eating a grounding meal (especially if you feel lightheaded from not eating enough), focusing your attention out of the mind and away from worrying or ruminating thoughts, deep breathing or bringing your awareness to the present moment.

If wishing to employ EFT toward helping to feel more grounded, you may wish to try tapping a set-up statement such as; “Even though I do not feel happy and safe fully grounded and incarnated in my body, I deeply and profoundly love and accept myself.” Tap several points while focused on ‘tapping out’ the negative. Then, switch to ‘tapping in’ a positive affirmation: that you feel happy, safe and vitally alive while

fully grounded in your body!

REVERSED POSITION: LESSONS & KARMA

If you receive this card it is pointing to how important it is to stop holding yourself back because you think there is more to learn from your suffering or that it is your punishment or Karma. You are not here to be a martyr, victim or to hold yourself back out of a misplaced sense of duty or seeking to learn something. Neither are you here to punish anyone else or to burn yourself out trying to be good enough. It is ok to just be here for simple reasons; the highest reason is love.

Whatever the case, EFT can be used to make a firm intention that you are clear, have learned everything you need to learn, and *are* fully ready to let go of the past and move forward!

While you may wish to use your own words, a set-up statement for clearing karma and lessons may read something like, “Even though I am not allowed to be free of this issue because there is more to learn from it and it is my karma, I deeply and profoundly love and accept myself. Tap a few rounds in the negative and then switch to something positive, such as, “Thank-you, that I am healed of all the lessons or karma in all of the roots of this issue. Thank you, that it is being healed where ever it existed within my body mind and life, as well as in all of its timelines, all ancestry, all generations, all origins, causes and effects.” You can change the statements as you tap each point, until you feel within yourself that you are ready to move forward and to embrace the new and unknown.

Card 20—I Detach & I Am Clear

UPRIGHT POSITION: I DETACH

If you draw this card in its upright position (*I detach...*), there may be a need to detach from a particular person, situation or energy in order to facilitate healing. In such cases, you may wish to employ EFT toward issues of toxic relationships, codependency, letting go or becoming more detached.

Sometimes this card may indicate a need to clear the energy field of cords, attachments and energies that may have been taken on empathically from another person. This is especially true if you feel another person is angry, hurt or sad and that you may have taken on their emotions or projections in a way that you begin to feel this way about yourself. In such a case, you can use EFT to clear yourself of such states before further working on your issue. See the chapter pertaining to “Chakras & Energy Work” for more information how to use EFT towards clearing cords and energies.

REVERSED POSITION: I AM CLEAR

If you draw this card in its reversed position (*I am clear...*), you may need to energetically clear yourself and your space before proceeding. While there are many methods that can be used for space clearing, you can alternatively use EFT with a set-up statement, such as, “Thank-you that my space and energy are clear and free of any energetic attachments or interference.”

Card 21—I Life for Life & I Love Myself

Life is fully of love, joy, opportunities and miracles. If you take a good look around you, you will see these things everywhere; even amidst the most mundane and everyday aspects of life and functions of our bodies. So, if you do nothing else, take some time out to notice all the miracles and synchronicities around you. Find the little things that make you smile, laugh or play. If you already live life to the fullest and with Joy Bravo! Life is too short to take it so seriously!

This said, both the upright and reversed positions of this card indicate that something called “Massive Psychological Reversal” could be blocking progress. Within the meridian system, the energy may be running in the wrong direction. Employing muscle testing (see glossary), such individuals may muscle test ‘weak’ on the statement, “I live for life” and ‘strong’ on the statement “I live for death”. This does not mean the person consciously wants to die. They may simply be repressing their life force in ways. They may lack a

connection to joy. Life may have become too mundane or routine. In some individuals, issues such as hopelessness, perfectionism, escapism, giving up, chronic worry or other negative thinking patterns may be present.

If you use this deck frequently in your EFT practice, it is not always going to be likely that you are psychologically reversed. If you normally have positive results using EFT, then drawing this card may simply be an indication for you to ‘tap out’ a feeling of boredom or glumness in order to ‘tap in’ an appreciation and gratitude for miracles everywhere. Self-love can work miracles, as well.

Whatever the case may be, tapping while repeating the main set up statements for Massive PR can help; which lies with directing love and acceptance to the whole being. If you are drawing this card in its upright position (I live for life...), try tapping while repeating, “I live for life and all its joys and miracles.” If drawing this card in the reverse position (I love myself...) you may wish to try tapping “I deeply and profoundly love and accept myself with all my weaknesses and limitations.”

Apart from your EFT practice, you may also want to regularly do things that shift your energy toward allowing more joy, change, movement and appreciation. You may wish to:

- exercise more (sometimes the symbolic energy of ‘movement/moving’ can help us break out of a stuck energy and get us into being able feel or experience a change)
- buy plants or flowers to appreciate their life and beauty or to watch them grow
- go out and socialize with others
- play and have more fun

Card 22—Fear of Success/Fear of Failure

UPRIGHT POSITION: FEAR OF SUCCESS

If you have drawn this card in its upright position (*Fear of success*), a fear of success may be blocking you from manifesting the healing or outcome you desire. Success can bring with it many rewards, but it frequently has strings attached. Such strings may include increased responsibilities, public recognition or the need to develop a tougher exterior or stronger boundaries.

At times, drawing this card can indicate that there is a fear of succeeding at recovering from the condition or issue you have inquired about. This can happen with individuals who may have already experienced in life a hard fall from a place of former success, or who with their health experienced a remission only to suffer a humiliating relapse. Such a person may begin to fear that achieving their goal could be followed by being humbled or knocked down again in a painful manner. There could also be other reasons and ways one can fear success, however.

If you feel that fear of success is an issue for you in more than one way, you may wish to treat it as a main issue. Try clearing any blocks or memories around fear of success. Then, return to the original issue you were working on and see if you feel any shifts.

To work with the fear of success as a block rather than as a main issue, use the EFT set-up statement, “Even a fear of success get is blocking me from overcoming this issue, I deeply love and accept myself.” Tap a few rounds in the negative and then switch to a positive set-up statement such as, “I easily and effortlessly release all fear of success in the roots of this issue.”

REVERSED POSITION: FEAR OF FAILURE

You are never a failure! However, sometimes saying this is easy while realizing it can be more difficult; especially for any individual who has been trained since a young child to divide reality and the world into two poles, good, bad, right wrong, success and failure. In most cases, one pole was praised while the other was judged. This may be thought of as pretty intimidating to someone who only wants to be loved and approved of.

How about taking the word “failure” right out of your personal dictionary right now and change it to the words “learning experience.” You can also take the word “success” out of your dictionary, if you feel it gets you too caught up in worldly concepts that leave you always striving for more, never feeling enough or

fearful of making mistakes. Instead, make your true goal one of working toward self-love and appreciation for the simple things rather than attempting to prove your success or worth within the world and within its definitions. Know you are enough.

It may also help to understand that those authority figures that passed along their anxiety over making mistakes were just passing on what they erroneously learned from their elders. Know that you can send healing and compassion to all parts of you which have felt shamed or criticized (by yourself or others) for ‘failing’ in any way. You didn’t deserve that and they didn’t know better.

When it comes to applying EFT toward treating this issue, if fear of failure feels like a prominent concern in your life, you may wish to treat it as a main issue before returning to the original issue you were working on. Tap through any memories you can think of or blocks that come up through using this deck. Once drawing the “blocks are clear” card, then return to treating the original issue.

To work with the fear of failure as a block rather than as a main issue, use the EFT set-up statement, “Even though a fear of failure is blocking me from overcoming this issue, I deeply love and accept myself” or “I am releasing all fear of failure in all of the roots of this issue.”

Card 23—Forgiven By Others & Need for Attention

UPRIGHT POSITION: FORGIVEN BY OTHERS

If you have drawn this card in the upright position (*Forgiven by others...*), you may benefit from tapping through issues of not feeling forgiven; either in general or concerning the issue you are inquiring about. This card can also indicate to perform some EFT tapping on any feelings of guilt or shame.

Set-up statements that you may wish to apply may include variations of, “Even though I am not forgiven for {...}, I deeply and profoundly love and accept myself” and “Thank-you, that within all levels of my being, all timelines and all generations, I am forgiven by anyone who has blamed me in any way.”

REVERSED POSITION: NEED FOR ATTENTION

If you have drawn this card in the reversed position (*Need for attention...*), it may indicate that at a subconscious level your issue provides a form of attention. For some, being sick was possibly the only time they received attention from busy parents. For others, acting out and attracting negative attention was subconsciously more acceptable than feeling invisible. If none of the above applies, need for attention could indicate a victim or martyr consciousness. This card may also indicate:

- you are giving too much attention to your issue
- to work on a body, weight or image issue
- a strong desire for fame or recognition
- or an excessive need for validation or approval from others

Whatever is the case, a need for attention or approval on some level is getting in the way of your ability to relax or to discover true happiness.

The set up statement to use with this card is, “Even though a need for a form of attention is getting in the way of overcoming this issue, I deeply and profoundly love and accept myself.” Tap a few rounds in the negative and then switch to a positive affirmation: that you release your need for attention and approval so that you *can* move forward!

Card 24—Main Issue

If you have drawn this card, it simply indicates to tap on the main issue instead of working through any—or any additional—blocks.

Card 25—I Can Receive & I Know What It Feels Like

UPRIGHT POSITION: I CAN RECEIVE

It is so easy for givers to know how to give but not know how to receive. There is safety and security in this, as well, because sometimes receiving requires being vulnerable or admitting we aren't perfect or strong all the time. It can also leave us open to being hurt or rejected.'

So, this card indicates that if you are having a hard time manifesting the health and happiness you desire, to work on your ability to receive it should gifts and blessings come knocking at your door. After all, it is hard to receive anything through a closed door. So let down your guard and open it a little. Yes, you might have to deal with some negative people who may have ulterior motives and may hurt you. But, through keeping the door closed to all because of the pain caused by a few you will limit yourself. You may end up saying, "No, it's okay, I don't need anything," when a perfect angel comes to your door offering you a divine gift.

So, if you have drawn this card in its upright position (*I can receive love...*), then it could indicate that, pertaining to your issue, you may have difficulties with receiving love, healing, or both. Such blocks may be hindering your progress.

If you feel that this issue is a deep-rooted one, you can treat it like a main issue; i.e. use the deck to tap through any blocks you may have to receiving love and healing, in general. If you feel the block is just with the particular issue, you can try tapping a set-up statement, such as, "Even though I have blocks to receiving love and healing which block me from overcoming this issue, I deeply and profoundly love and accept myself." Then, move towards tapping an affirmation, such as, "I *can* receive love and healing. I am open."

REVERSED POSITION: I KNOW WHAT IT FEELS LIKE

Part of you might not know what it feels like to have the health and happiness you desire in life. Because manifestation arises from being able to visualize what we truly want, the inability to visualize a different reality for ourselves can act as a block.

This said, if you have drawn this card in its reversed position (*I know what it feels like...*), try visualizing the health, contentment and happiness you desire in a way it can become more real for you. Scan your body for any resistance or negative sensations that arise and tap through them; e.g. "Even though I feel {...} in my body when I visualize {...}, I deeply and profoundly love and accept myself."

If drawing this card looking for a more general EFT set-up statement to use, the statement that goes with this card is, "Even though I do not know what it feels like to experience {...}, I deeply and profoundly love, cherish and accept myself." After tapping a few rounds, you may then wish to move toward affirming that you *do* know what it feels like! Visualize that everything you need in order to "know what it feels like" is flooding into you as you tap (or was always there)!

Card 26—Homolateral Energy & Switching

UPRIGHT POSITION: HOMOLATERAL ENERGY

If you have drawn this card in its upright position (*Homolateral energy*), it indicates that your energy may not be crossing over in an optimal way. Marching in place for about 1 minute can often correct the issue. Make sure you raise your right arm with the left leg and the left arm with the right leg. Using google, you can find sites or YouTubes which offer more in depth demonstrations of this energy correction technique.

Regular exercise can also help if you find you draw this card regularly. People who suffer from energy cross over issues can suffer chronic illness, allergies, poor coordination, learning disabilities, chronic fatigue syndrome or issues with the nervous system.

REVERSED POSITION: SWITCHING

If you draw this card in its reversed position (*Switching*), it indicates that this energy condition (also known as "neurological disorganization") may be an issue (see glossary). This could apply to you if you tend to feel overcharged, forgetful, scattered, ADD, disorganized or ungrounded. If so you may wish to use a correction technique called "Cook's Hook Up".

To perform this exercise, sit upright in a chair and cross your left ankle over your right ankle. Then, hold

your arms out in front of your body and cross your right arm over your left arm in a manner where both palms are facing one another. Clasp your palms together interweaving your fingers. Flip your clasped hands towards the body and upwards so that they are resting on your chest, pointed up towards your chin. Press your tongue against the roof of your mouth and breathe deeply for a minute or two.

Card 27—Heal the Cause

You can either use this card as a block or turn it into a main issue. Use it as a main issue if you feel the cause is deep and that there may be blocks to releasing it.

The general EFT set-up statement that goes along with this card is, “Thank-you, for clearing the cause of {...} from all timelines, all origins, all generations and all dimension of my body mind and life.”

Card 28—EFT & Creator Can Heal Me

UPRIGHT POSITION: EFT CAN HEAL THIS ISSUE...

If you have drawn this card in its upright position (*EFT can heal this issue...*), then it indicates on some level you may feel that this form of therapy may not yield results for the issue you are inquiring about.

To treat this kind of block, you can try using an EFT set-up statement such as, “Even though I believe that EFT will never work on this issue of {...}, I deeply and profoundly love and accept myself.” After tapping a few rounds in this fashion, you may wish to switch to tapping a positive affirmation: that EFT *can* work easily and effortlessly for you!

If you still find yourself thinking, “EFT is not going to work,” perhaps turns this belief into a main issue. Use the deck to address any blocks and clear until you draw the “blocks are clear” card.

REVERSED POSITION: CREATOR CAN HEAL ME

If you have drawn this card in the reversed position (*Creator can heal me...*), it indicates that part of you may have doubts that God/Creator can heal you. Possibly, part of you wonders if God even wants you to heal from this issue, or whether He is punishing you in some way.

Whatever the case, you may benefit from tapping around blocks to believing you can heal, via your own will or Creators. You may wish to use an EFT set-up statement such as, “Even though healing is hopeless, because even God can’t (or won’t) heal me, I deeply and profoundly love and accept myself.” After tapping a round or two, switch to a positive affirmation: that you *are* indeed worthy of healing and *can* manifest the health and happiness you desire!

Card 29—Clear Energy, Chakras & Contracts

UPRIGHT POSITION: CLEAR ENERGY & CHAKRAS

If you have drawn this card in its upright position (*Clear energy and chakras*), it may benefit you to clear your energy field and/or chakras before proceeding any further with treating your issue. Possibly, this will help with EFT results or with healing your issue in general.

To start, draw another card asking, “What part of my energy field and chakras need attention?” Whatever card you draw, look up the explanation in the chapter of this manual titled “Chakra & Energy Work” for how to proceed with using EFT toward chakra and energy clearing. Keep clearing any blocks until you draw the “blocks are clear” card.

REVERSED POSITION: CLEAR CONTRACTS

When a person creates a negative ‘contract,’ they make (in some way or degree) an emotional, energetic or karmic decision to experience something which can include experiences of suffering or limitation. It could be as simple as having somewhere ‘decided’ that your life *has* to be hard, that you are unlovable or other things. However, if you are able to make such contracts with yourself, others or your life, then you are equally able to break them, as well.

The EFT set-up statement that goes with this card is, “Even though I have contracts that I have made with myself which block me from overcoming {...}, I deeply and profoundly love and accept myself. Tap a few rounds in the negative and then switch to a positive affirmation; that you can be clear of any and all contracts, vows, promises or personal oaths that block you from the health and happiness you desire! If you want to go even deeper, you can tap while affirming that you are free of all of all of their fragments, frequencies, blueprints and imprints, as well; wherever they exist and within all dimensions of your mind, body and life.

If you feel you know what the contract is, you can employ a set-up statement such as, “Even though somewhere in my life I have decided or made a contract with myself to {...}, I deeply and profoundly love and accept myself.” You can also treat this as a main issue, using the deck to detect blocks to releasing contracts and then clearing these blocks using EFT.

Card 30—Space Clearing/Clear Memories

UPRIGHT POSITION: SPACE CLEARING

Sometimes, when the clutter and business of life overstimulates us, it is easy to lose our connection to all the beauty in life, the divine and other people which are always around us. So, if you have drawn this card in its upright position (*Space clearing*), it is asking you to take a break from what you are doing in order to focus upon clearing your space, physically or energetically. Possibly there is clutter that needs to be organized. Alternatively, you might benefit from performing EFT in a place free from frequency emitting electronics, digital watches, televisions, cell phones or forms of distraction. This card position may also indicate to tap around issues of spiritual interference, negative energies, energies you have picked up from other people or other environmental issues.

See the chapter in this manual on using EFT with energy work, if you feel you drew this card because you need to energetically clear your space or personal energy field or use a general EFT set-up statement, such as, “Thank-you that my space and energy are clear and free of undermining influences.”

REVERSED POSITION: CLEAR MEMORIES

If you have drawn this card in its reversed position (*Clear memories*), it is asking you to stop for a moment and ask yourself what you feel is the root of your issue (when and where it began). Tap through any memories that seem pertinent.

Card 31—Tap in the Light/I Am Open

UPRIGHT POSITION: TAP IN THE LIGHT

This card indicates to tap EFT set-up statements that help you feel light, hopeful and buoyant. For example, “I am tapping in joy. I am tapping in light. I am tapping in confidence and the ability to let my light shine. My light body expands out beautifully, clearly and brilliantly.” Tap whatever comes to your mind. This card is about ‘tapping in’ the positive!

REVERSED POSITION: I AM OPEN...

If you have drawn this card in its reversed position (*I am open...*), it indicates that you would benefit from fully allowing yourself to be filled with a sense of serenity and receptiveness to all that is beautiful in life and all that life has to offer. You deserve it, after all!

As you look around you and into nature, try to see the ‘abundance’ (the living rather than the non-living kind) and miracles that are everywhere.

If wishing to employ EFT, use a set-up statement that is geared toward inspiring a feeling of peace and openness to healing. For example, “My entire being is open and receptive to happiness, peace and strength.”

Card 32—I Release all Trauma & Fear

UPRIGHT POSITION: I RELEASE ALL TRAUMA

If you have drawn this card in its upright position (*I release all trauma...*), it may be an indication that there is trauma being held within the roots of the issue you have inquired about. You may wish to create for yourself set-up statements that help you to access and release any pent up or suppressed trauma.

Scan your body for where you feel any tension or uncomfortable sensations. You can add this into your tapping statements, as well. For example, “Even though I feel tension in my {...} when I think about the trauma of {...}, I deeply and profoundly love and accept myself.” Tap through the sensations until you no longer feel them arise in your body in connection to thinking about the trauma.

For some individuals, it may feel difficult to connect an issue to any kind of trauma because the trauma is unconscious or hard to pinpoint. In such cases, you may wish to use a more general set-up statement, such as, “I release and let go of all trauma within the roots of this issue. I release it from all timelines, generations and ancestry. I release all memories, causes and effects.”

REVERSED POSITION: I RELEASE ALL FEAR

If you have drawn this card (*I release all fear...*) in its reversed position it is an indication to apply the above with the emotion of fear.

Card 33—I Release all Anger & Sadness

UPRIGHT POSITION: I RELEASE ALL ANGER...

If you have drawn this card in its upright position (*I release all anger...*), it may be an indication that there is anger being held within the roots of the issue you have inquired about. (Note: anger can include irritation, resentment and frustration.) You may wish to create for yourself set-up statements that help you to access and release any pent up or suppressed anger.

Scan your body for where you feel any tension or uncomfortable sensations. You can, then, add this into your tapping statements. For example, “Even though I feel tension in my {...} when I think about my anger about {...}, I deeply and profoundly love and accept myself. Tap through the sensations until you no longer feel them arise in your body in connection to thinking about the trauma.

For some individuals, it may feel difficult to connect the issue to any feeling of anger because it is unconscious or hard to pinpoint. In such cases, you may wish to use a more general set-up statement, such as, “I release and let go of all anger in the roots of this issue. I release it from all timelines, generations and ancestry. I release all memories, causes and effects.”

REVERSED POSITION: I FORGIVE OTHERS

If you have drawn this card (*I release all sadness...*) in its reversed position it is an indication to apply the above with the emotion of sadness. (Note: sadness can include feelings of loneliness, helplessness, hopelessness or low self-worth.)

Card 34—Let Go of Trying & Too Hard or Difficult

UPRIGHT POSITION: LET GO OF TRYING

Are you overstriving? Are you trying too hard? How about taking it easy on yourself for the rest of the day. An over-striving attitude may actually be blocking your healing progress and inhibiting you from manifesting the peace, health and happiness you desire.

What in this physical world is more important than your loving and accepting yourself right here and right now? Sure there is a lot to do and accomplish, but if you are not happy now and always trying to get to a place of happiness through external efforts and striving to be acceptable or good enough, happiness will keep evading you. So for this moment try to let go of being more healed, more accomplished, more

spiritual, more loving, more successful, more materially abundant, or whatever the case might be. Just let yourself simply “be.” The world will still be there tomorrow and full of exciting potentials. In the now, this card drawn this card in its upright position (*Let go of trying*), indicates one of three things:

- ❖ This is not a good time to work on this issue. Try another time.
- ❖ You are trying too hard, so relax a little bit.
- ❖ Over-striving or perfectionism is a block that you may benefit needs to be cleared in order to resolve the issue that you have inquired about

REVERSED POSITION: TOO HARD OR DIFFICULT

Is life really that hard for you right now? Or, are you making it hard by having so many expectations of it; making more of your challenges than you need to sometimes?

Whatever the case, if you have drawn this card in its reversed position (*Too hard or difficult...*), it indicates that you may benefit through working on the inner belief that overcoming your issue may be too hard or difficult to accomplish. Alternatively, life itself may be what is perceived to be “too hard and difficult.” If so, you may want to treat this as a main issue to tap through any blocks before proceeding further with issue you were inquiring about.

If looking for an EFT set-up statement to use, a general statement that can go with this card is, “Even though this issue is too hard or difficult to overcome, I deeply and profoundly love and accept myself.” Tap several points while focused on ‘tapping out’ the negative. Then, switch to ‘tapping in’ a positive affirmation: that overcoming your issue *can* be achieved easily and effortlessly! Life can be the same way!

Card 35—Keep at It! It’s Working!

If you draw this card, it lets you know that whatever block you are tapping on, keep tapping it! You are on the right track! Expect to see positive effects from all your efforts!

If this is the first card of the session, however, it is likely to indicate one of two things:

- ❖ tap the main issue as you will likely experience success
- ❖ tap on an underlying belief that that you have to over-strive, ‘keep at it’ or always be healing or clearing yourself (tap this one if going into the issue you feel more pessimistic that you can achieve permanent success)

Card 36—Hidden Aspects & Dig Deeper

UPRIGHT POSITION: HIDDEN ASPECTS

If you have drawn this card in its upright position (*Hidden aspects*), there might be an aspect that needs to be tapped that is hidden or unthought-of. Alternatively, you may be misdiagnosing your condition or situation.

For example, a person might not receive much success tapping on set-up statements related to panic attacks if the real issue needing attention is hypoglycemia (if the panic is due to blood sugar dropping too low). As another example, a phobia, such as agoraphobia, might actually be rooted in another fear; such as fear of death, of the unknown, of losing control, of being attacked or shamed in public, or of people.

Another indicator that there are hidden aspects is if you draw the “Blocks are clear” card regularly with an issue that appears not to be resolving.

REVERSED POSITION: DIG DEEPER

If you have drawn the card in the reversed position (*Dig deeper*) the meaning is similar, but the aspect might be less hidden. It may simply mean you are working too superficially on an issue and need to tap some different aspects of it; such as memories or off-shoots.

Card 37—Dehydration & Nutrition

UPRIGHT POSITION: DEHYDRATION

If you have drawn this card in its upright position (*Dehydration*), it encourages you to take a moment to ask yourself if your physical and emotional needs are being met and to have a glass of water before continuing any further. EFT success may be blocked by even mild dehydration.

If you should draw this card again after drinking a glass of water, it may indicate that you may benefit from working on the emotional interpretation of feeling drained, dry, depleted or spent.

If applying EFT, you can use a general set up statement that covers both the physical and emotional interpretations, such as, “Even though I am physically or emotionally dehydrated or drained and this is blocking me from making progress, I deeply and profoundly love and accept myself.” Tap a few rounds in the negative and then switch to the positive: that you *are* hydrated and recharged on all levels!

Remember, like a plant needs water to thrive and bloom, so do we need water and replenishment, as well. So, drink lots of fresh water, take a bath, or allow yourself more time for recharging your energies, dream time or intuition. Water, as a symbol or as a need, is beckoning you.

REVERSED POSITION: NUTRITION

Are you hungry for something? Are you feeling undernourished physically or emotionally? Are you dieting too much with life through not allowing your relationships to nourish you? If your stomach is grumbling right now, you may want to head to the fridge for a snack!

In general, if you have drawn this card in its reversed position (*Nutrition*), it can mean one of few things:

- consider that you may either need to eat something because you are hungry
- there may be a nutritional issue, allergy or chemical sensitivity that is blocking the treatment of your issue
- try tapping through feelings of lack of emotional nurturance or support

If applying EFT, you can use a general set up statement that covers both the physical and emotional interpretations, such as, “Even though I am physically or emotionally malnourished and this is blocking me from making progress, I deeply and profoundly love and accept myself.” Tap a few rounds in the negative and then switch to the positive: that you *can* receive and digest physical and emotional nurturance easily and effortlessly. You are nurtured on all levels!

Card 38—Fear of Change & Flexibility

UPRIGHT POSITION: FEAR OF CHANGE

You do not need to let any fear of change stop you! You were never required to hold yourself back! Know that the new reality you can manifest for yourself is so much more amazing than any old reality that you cling to hoping it will protect you from facing your fear of the unknown.

At times, if a condition has lingered a long while, there can also emerge a less direct form of fear of change. For example, if an individual should suddenly find a cure for their longstanding problem that proved simple, easy or effortless, it might be upsetting or a shock the consciousness, or to one’s sense of self-esteem. At a subconscious level, the mind may project “No, I don’t want change to occur this simply” because it might bring up a feeling of guilt, shame or failure for having wasted so much time or effort.

Whatever the case may be, as a first step toward change, try visualizing manifesting the life or goal you wish to achieve. Note if you feel any resistance or fear in any place in your body, send it light, love and gratitude till you feel it dissolving away. Know that in a spiritual sense that you are always safe and protected and that you are much loved.

If fear of change feels like a dominant issue for you, turn this card into a main issue and draw further cards to clear blocks to overcoming the fear of change. Otherwise, you may wish to tap using a more general set-up statement such as, “Even though a fear of change is blocking me from overcoming {...}, I deeply and profoundly love and accept myself. Try elaborating on the issue, allowing any feeling of

resistance within your body to be acknowledged, tapped through and released.

REVERSED POSITION: FLEXIBILITY

Miracles happen when we remain flexible and can take risks! However, it's understandable that life's hardships and traumas can make us a little rigid; wanting to retreat into the realm of what is predictable and safe. You are encouraged to keep visualizing and focusing on the goal you want, even though you might be put a little out of your predictable comfort zone to reach it.

So, if you have drawn this card in its reversed position (*Flexibility*), then it may indicate you have an attachment to outcomes or a need for things to be predictable or safe. Possibly, when it comes to the issue you are inquiring about, you have lost a certain amount of faith or an ability to be flexible enough to allow something spontaneous—or a miracle—to happen. Perhaps there are deeper-rooted issues, such as a need for control, stubbornness or resistance. If so, you may benefit from using an EFT set-up statement such as, “Even though a need for everything to be predictable and safe is blocking spontaneous recovery concerning {...}, I deeply and profoundly love and accept myself.” To ‘tap in the positive’ you may wish to use an affirmation such as, “I am safe. Change is safe. I can be flexible and let go of control to allow healing to happen.”

Card 39—Energy Toxins & Overwhelm

UPRIGHT POSITION: ENERGY TOXINS

If you have drawn this card in its upright position (*Energy toxins*), what may be acting as a block to creating what you want could be what is termed an *energy toxin*, i.e. a substance, energy, thought or compound that has a toxic affect upon the human energy system. Conditions that may present themselves as energy toxins include:

- ❖ food sensitivities
- ❖ chemical sensitivities
- ❖ geopathic stress (sensitivity to frequencies emitted by electronics)
- ❖ molds or sick building syndrome
- ❖ supplements or drugs (never discontinue a drug without advisement from you doctor)

Because the physical is usually a mirror for emotional/relationship issues, you may also work on the problem of energy toxins by tapping on issues such as fears, guardedness, emotionally toxic environments, toxic forms of nurturing/relationships, post-traumatic stress, abuse, etc.

You can also clear blocks to releasing all of your energy toxins in a straightforward manner. To do so, simply treat “energy toxins” as a main issue and tap through any blocks. Though, for more lasting effects, it is better if you can concurrently work on the causes or emotional components that are depleting your energy.

REVERSED POSITION: OVERWHELM

If you have drawn this card in its reversed position (*Overwhelm*), it indicates that a state of overwhelm (feeling overloaded) is blocking progress with overcoming an issue or manifesting what you desire. In truth, the word overwhelm is not even supposed to be used as a noun. However, many healers have begun to use this word in this way, finding that it is becoming a condition and byproduct of our fast paced and hectic lifestyles. Thus, it is recommended that you first treat any condition of overwhelm, and any blocks to clearing it, before returning to the main issue you were working on.

Alternatively, if it is the thought of healing your issue that is leaving you feeling overwhelmed—because it feels like there are too many blocks or aspects—you can try tapping, “Even though I am overwhelmed because there is too much to heal, this issue has many aspects or I don't know where to start, I deeply love

and accept myself.” Tap a few rounds in the negative and then switch to the positive: that you release and let go of all overwhelm. You do not need to overburden or stress yourself out through focusing on outcome or being too hard on yourself!

EFT tapping combined with visualization while paying attention to areas within the body which are tense and constricted may be very effective with treating overwhelm, as well. See the chapter “How to Use the Cards” for more information on how to apply this process.

Card 40—Tap in the Love/I am Supported)

UPRIGHT POSITION: TAP IN THE LOVE

If you have drawn this card in its upright position (*Tap in the love*), it is a call to do some ‘tapping in.’ You may wish to use a variation of a set-up statement such as, “I am tapping in the love. I feel my heart overflow. I feel my energy field open up and expand out.” Add lib with any words and phrases you intuit would make you feel lighter and more loved.

So, let your heart chakra expand out and welcome in both the love of the Universe and the Love for the universe and all its parts... Know from a deep place inside of you that you are never alone in life, even when it feels that way. You are special, understood and supported by a whole existence and Universe that you can and cannot see. Every breath supports you, every tree, every plant, every animal and more. You need them all. We all do

REVERSED POSITION: I AM SUPPORTED

If you have drawn this card in its reversed position (*I am supported*), it offers a message to be grateful for and to ‘tap’ into all the ways you are supported; through your connections with other humans, through your connections with nature and animals, and through your connection with the divine. ‘Tap out’ the damaging effects of toxic relationships that have left you feeling that you don’t matter and are unworthy of being listened to, acknowledged or understood.

Consider also whether a sense of not being cared about, believed in or supported has your subconscious clinging onto or recreating a situation over and over, hoping that at some point someone important will care about and acknowledge your pain, perception, diagnosis, or suffering. Sometimes, even the absence of a solid diagnosis can leave a feeling of lack of closure; launching a desire to go from one healer to another in search of an answer; confirmation that the conditioned is not imagined; or some other form of validation. Trust that you can release your condition without needing that validation. Validate yourself while allowing positive relationships to support you in other ways, instead. Affirm to yourself (using EFT if desired) that not everyone is perfect or can understand your situation without having been there, themselves.

The EFT statement that goes along with this card is, “Even though a feeling of lack of support or understanding is blocking me from overcoming this issues, I deeply and profoundly love and accept myself.” Tap a few rounds in the negative and then switch to tapping in the positive: that you do not need to recreate or linger with your habit or situation any longer out of the hope that someone else with care. You can about yourself now and can find a support system for yourself that can nurture you in a caring way.

GLOSSARY

As Without, So Within: For those who have not heard of this term, it suggests that everything we perceive in our outer world is a mirror for what is within us on some level. For example, if one perceives greed in the outer world, it is because it is a mirror for this same emotion within oneself.

Attachments: These are discarnates (souls which are not incarnated physically) or other types of spirits or beings that become attached to our own energy system. Sometimes they may have a negative effect upon us and our thinking patterns. In such cases, it may be of benefit to detach from them.

Chakras: Energy centers in the body located at certain points. You can do a google search on this topic to learn more about chakras and their locations.

Chakras may exhibit various states of balance or imbalance. For example, chakras can have too strong and be “overactive” or may be weak and “underactive” (i.e. an overactive third eye chakra may indicate overthinking or worry, while an underactive throat chakra may indicate issues with expressing oneself). Chakras can be out of balance in size with other chakras (i.e. too large or too small compared to other chakras). Chakras may be unblocked or “blocked” (i.e. something within our belief system keeps the chakra from being fully open). Chakras may develop “energetic defects” (if they have been blocked for long periods of time).

Cords: Are strings of energy that connect from our own energy system into the energy system of other individuals we interact with or are close to. To “clear a cord” means to clear these strings of connection that link us into others energy fields. It is thought to have a releasing effect, particularly if there is dysfunctional energy within the relationship, individual that you are corded to, or yourself. There are thought to be different kinds of cords that existed on different dimensions of energy. For example, some are thought to be purer and not meant to be cleared. These cords may represent our divine connection to others, while other cords that can be cleared only represent an etheric connection.

Earth Empathy: An ability of being able to feel the energy of Mother Earth and for when earthquakes or other events are happening or will happen. Some individuals with earth empathy feel physically unwell during times where there occurred natural disasters or other events that have caused collective states of panic or distress.

EFT (Emotional Freedom Technique): Is a healing modality that involves the employment of ‘tapping’ upon certain meridian or acupressure points on the body in combination with focusing on an emotion or statement in order to induce a healing effect. See <http://www.eftuniverse.com>

Empathic Sponging: A form of empathy where we seem to sponge or take on into our own energy field the energies of others and of our environment (without releasing it). These energies then affect our own moods and emotions. As an example, a young child may know its mother or father is emotionally struggling with something even though the mother or father is not necessarily communicating or showing anything. The child may take the energies on in themselves and feel they are causing the emotion or are the cause of either parents concealed distress.

Energetic Defects: Defects of the energy field and the chakras.

“Energies Taken On” or “Energies Not Our Own”: Unlike attachments, energies that are “taken on” merely refer to the emotional or psychic energy we may empathically absorb from other individuals and/or attachments (i.e. we hold it in our own energy field). This can affect our own emotions and belief systems. For example, if we were to be around someone who is sad and feel for them and for the rest of the day we find ourselves feeling sadness for no reason. Thus, it can help us to learn to ‘clear’ or to separate from these energies.

Energy Body: Our energy field/aura contains different subtle energy bodies within it; also called "layers". For example, the energy body closest to our physical body is called the "etheric body". The emotional body extends slightly further out. The mental body extends slightly further out than the emotional body; and so on. Each energy body can exhibit its own state of health or imbalance in the same manner which our physical body does. You can research using google the various energy bodies and their functions.

Energy Psychology: This is a branch of alternative healing that involves muscle testing and performing various movements or exercises to bring about healing. EFT is a branch of energy medicine.

Energy Overcharge: A condition of overcharge within the energy field or overactive chakras (specially the upper ones), which makes people feel overcharged, restless, hypervigilant or ungrounded.

Etheric: In the non-physical dimension. Our etheric field is seen as an energy field that surrounds us and which can become positively or negatively affected, which in turn can have an affect upon the body or the mind.

Feng Shui: The Chinese art of arranging objects within a space in order to improve energy flow. Certain areas of one’s livings space have symbolic significance so that when energy flow is improved or blocked in certain areas (called baguas) it has an ‘as without so within’ type of effect upon the inhabitant.

Geopathic Stress: Biological stress that occurs from being sensitive to or affected by geomagnetics such as power lines, electrical equipment, or anything else that emits low or high frequency waves. It may also be implicated in a condition known as ‘sick building syndrome.’ See <http://www.rolfgordon.co.uk/>

Grounding: A process of becoming more present within the physical body and connected to Earth. When one is not grounded one may live in the mind and be out of touch with the body or feelings. A good grounding exercise is to focus on the body, to walk barefoot, or anything else that helps one feel more connected to their body or to earth.

Hooks: Are energetic projections that we may consciously or unconsciously send out into other people’s energy field if our intention is for them to become energetically attached to us in some conscious or unconscious way.

Impurities: Impurities present as cloudiness within the energy field. This cloudiness is caused by emotional, psychic and other energies of our own and others which effect and are held within the energy field.

Leak in the Energy Field: A leak is a place in the energy field where vital energy slowly escapes. An energy field with leaks is less protected from losing its own vital energy as well as from taking on the energies of others and from the spiritual dimension. Leaks are caused by various forms of trauma to the energy field, emotions or body.

Muscle Testing: Is a form of divination where one uses the body of oneself or another to receive “yes” or “no” answers from the bodies higher self concerning certain questions which related to the health of the body, emotions or spirit. In essence it is a way to communicate with the higher self about the body’s condition and needs.

Neurological Disorganization (aka Switching): Involves the nervous systems electrical energy and

switching of polarity. A broader definition can be found at <http://www.transchi.com/are-you-switched-4/>

Psychic Attack: A projection of emotional energy onto another person. Usually this is unconscious. However, individuals who are empathically sensitive may feel these energies that are projected onto them as sensations in the body.

Psychic Boundary: A non-physical boundary around our energy field that protects our energy field from being too easily influenced or penetrated by external energies, emotions of others and attachments. See “Energetic Shielding.”

Psychic Debris: Encompasses the emotional and psychic energies of our own and others which are held in our own energy field. This energy can then affect our thoughts, emotions and experiences.

Psychological Reversal: A condition where the energy is running the reverse direction through the meridians. Individuals with this condition may experience such a reversal in their energy with certain issues. They may experience slow recovery or an inability to heal concerning the issue in question and their ability to believe in a positive live-affirming manner may be “blocked” or “reversed” and negative itself.

Reiki: A form of hands on healing which involves channeling ‘chi’ or energy through the body and hands into a living thing that is desired to have a healing effect toward. Many modalities require that to be able to channel the healing energy one must receive an ‘attunement’ from a Reiki Master (someone who has been attuned to three degrees of Reiki).

Energetic Shielding: The energetic shield is considered a psychic/etheric boundary around our energy field that protects it from being too easily penetrated by external energies and the emotions of others. Our energetic shields can sometimes have leaks, tears, holes or other defects which are caused by various sorts of traumas (physical, emotional or spiritual). Energetic Shielding is a process of using visualization or other techniques to strengthen the boundary around the energy field so that it is less penetrable by external energies and attachments.

Tapping In: To “tap in” refers to working with a positive affirmation as a set-up statement when employing EFT. The set-up statement reflects qualities or a form of belief that is wanted to be adapted and integrated within the self.

Tapping Out: To ‘tap out’ refers to the process of facing a negative issue while employing EFT in order to release any triggers, memories or negative thoughts. With “tapping out,” the act of acknowledging a negative emotion, condition or negative while stating that we deeply love and accept ourselves regardless of it has a healing effect.

Tear in the Energy Field: A tear is similar to a leak, except it is larger and energy escapes more dramatically and there is less protection. Surgeries and other forms of trauma may cause tears to develop within the energy field.

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