

**A Little Red Tapping Book™**

**Tap to Create A  
MindSet of Steel! #1**

# **YOUR SOLID PROSPERITY MINDSET**

**Angela Treat Lyon**





## **Tap to Create Your SOLID PROSPERITY MINDSET #1**

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### **A Little Red Tapping Book™**

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Please be aware of your own physical, mental and emotional state, and take appropriate responsibility for yourself. Tapping is meant to be supportive, not disruptive. Please, be gentle with yourself and your inner process.

**REMEMBER THIS:**

**“The cause of all uncomfortable emotions is a disruption in the body’s energy system.”**

*Gary Craig, Founder of EFT*



**Angela Treat Lyon**

**[AngelaTreatLyonBooks.com](http://AngelaTreatLyonBooks.com)**

I use a powerful process called EFT, the Emotional Freedom Techniques, to help people clear their negative thinking and uncomfortable emotions. EFT was originated by Gary Craig.

My deepest appreciation to EFT Master Dr. Patricia Carrington for her brilliant introduction of the Choices Method to the EFT process, making the results more complete, inspiring and satisfying.

Don't know how to tap? See **[EFTinEveryHome.com](http://EFTinEveryHome.com)**  
Illustrations included in this book for your convenience.

This book written, illustrated, designed and  
constructed just for your inspiration  
by Angela Treat Lyon

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## **PLEASE READ THIS DISCLAIMER BEFORE READING THIS BOOK**

The information presented in this book is educational in nature and is provided as only general information. In your reading this book, you understand that you will be introduced to a modality called Emotional Freedom Techniques (also known as EFT, MTT, or tapping) which is a technique referred to as a type of energy therapy. To date, tapping has yielded remarkable results for relieving emotional and physical distress and enhancing personal, business, artistic and athletic performance. Tapping appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The premise behind tapping is that it employs a gentle stimulation of select points on the face, torso and hands used in the ancient Chinese meridian system. This basic procedure has helped thousands of people relieve their own emotional stress and physiological pain, and to balance their energy systems. By reading this book you agree and understand that tapping could be considered experimental, and that the author does not know exactly how you will personally respond to tapping and/or whether your tapping will help you with a particular problem or issue. Due to the experimental nature of tapping, and because the extent of its effectiveness, as well as its risks and benefits, are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this book and using tapping as a result of reading this book or listening to its corresponding audio. You understand and agree that the information presented in this book (and/or audio) is only for your own personal use. In order to use tapping with others you must become sufficiently trained and qualified as a tapping, EFT or MTT practitioner. You further understand that if you choose to use tapping, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using tapping, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident.

# Why These Tapping Books?

**Hi, my name is Angela Treat Lyon.** I'm a peak performance and business and marketing success mindset specialist. I live in Hawaii, but work with clients all over the world. It's my passion to help you take your life and business way beyond what you originally thought you would—as fast, fun and fulfilling as we can make that happen.



To facilitate that happening, I hold many teleclasses, trainings, business and marketing seminars, as well as group and private coaching, both business and personal, for those who dare to think in terms of, "What Box?"

And to make things go even faster and funner, I help you reverse the limiting factors in your life and business using a powerful personal stress relief tool simply called 'tapping'. *(More on that in a bit....)*

**I was looking through** my files and saw that I had over 1000 audio recordings that I had created over

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the past 10 years with my clients and students in private sessions, coaching, seminars, teleclasses and business study courses.

**I realized that if I didn't do something more** with them that could help people beyond what the original sessions or classes did, I'd feel like I was hoarding this rich resource.

So I decided to create a whole line of really handy, to-the-point tapping books that you can stick in your pocket, purse, suitcase, briefcase or backpack to read and tap along with on your way to work, to school, traveling or wherever.

I have chosen the recordings I thought had the most potential to provide good, hearty tapping examples for you to tap along with, and had them edited and transcribed.

**This book you are reading right now is** one of those transcriptions. It does not follow the original audio precisely, because I edited it to clarify confusing parts or any colloquial languaging. Now it's richer in meaning and is more understandable.

In case you want more of these sessions, you can get both the downloadable audio recordings and printable ebooks here:

[AngelaTreatLyonBooks.com](http://AngelaTreatLyonBooks.com).

You can get the same books in print [HERE](#).

**If you are not familiar with tapping**, please visit [EFTinEveryHome.com](http://EFTinEveryHome.com). I include illustrations of the points within the illustrated text in this book here, so go ahead and read and tap, but do visit the site afterwards for even more clarity about how tapping works (free).

**You will notice** as you read and tap along with these books and audios that sometimes we get into some of my tappers' very specific memories. Not to worry—even though obviously your story will differ from theirs, tap along with us, anyway, and the energy in your system will shift, too: this is called *Borrowing Benefits*.

## Before you start reading

**Make a note on a piece of paper** what some of your own most important issues are that fit with the subject of this book. If you can't find words, write down how you feel inside your body when you think of failing or feeling like a failure.

It's those feelings we want to get at and shift for you, so you can actually create and have the life, dreams, family, business and relationships you dream of but haven't attained as yet.

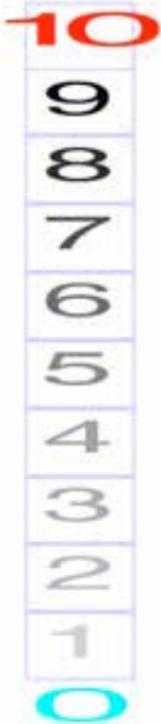
**Why tap on those limiting feelings**, thoughts, habits and beliefs? Because by definition, they are

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limiting you! When we tap on them, we can get at the limiting thoughts, beliefs and habits that are in your way, clear and transform them, so you can now use the energy you felt for creativity and success..

You know how much work it is not to say an ugly thing when you really want to blast someone? Well, imagine all the energy in that ugly blast being cleaned up and used for creativity!

That's what I help you do—you and I work together to find the places where you're stuck, and clean up what's in there. Then we expand the energy so you can use it for what *you* want, rather than it using you! It can be easy, simple and even fun, if you allow it!



**Remember your own issues** and problems as I ask my tappers in the session what's going on for them. Please don't get into worrying about whether your issues are the same or not, because as you tap along, your energy will know exactly what to do and where to go to resolve your own issues, and you'll get relief, too.

**When I ask what feeling-intensity** rating to give how my tapper feels, rate your own—and make note of your rating on your sheet of paper.

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This way you'll see the progress you've made when you're done tapping along. We do this because tapping is so very effective that often what made you nuts before you won't even remember afterwards!

**Tap along, but don't try to** replace the story words with your own because you'll just get confused and miss out on the effectiveness of the session.

After tapping, re-rate your feeling-intensity, and you'll be surprised to see that your own issue was resolved, too!

Have fun, and I hope you enjoy this and my other *Little Red Tapping Books* and *Audios*!

much aloha,  
Angela Treat Lyon

# **The Illustrated Tapping Points**

**Here are illustrations  
of the tapping points.**

As you go through your first self-help tapping experiments, make any notes as to your ratings, issues, and results.

Make sure you date them so that when you come back to them at a later date you can say, "Ha! Look what I did!"

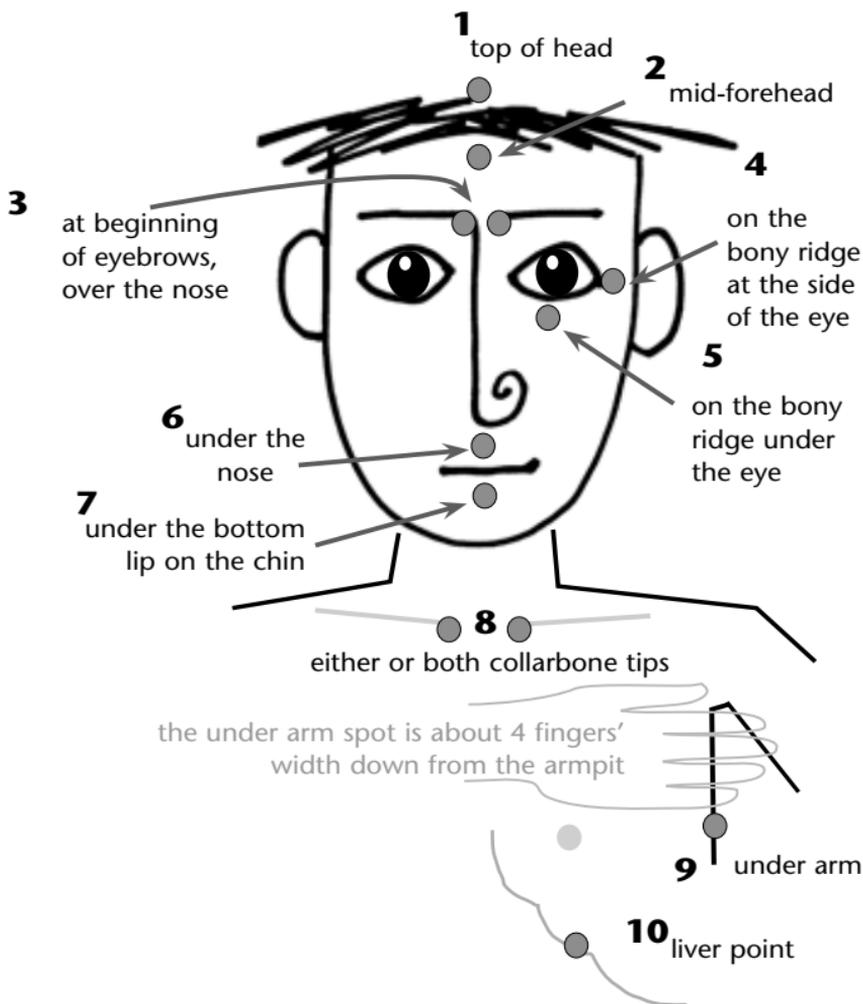


# the Karate Chop Point





# the Basic Tapping Points





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I was honored and privileged to have been asked to do this teleclass for the Hilton-Johnson Productions through [GlobalTeleclasses.com](http://GlobalTeleclasses.com). I thank them for the honor!

This teleclass was called *How to Turn Your Fears About the Economy into More Freedom, Fun, and Fulfillment*, and it was the intro class for *The MindSet of Steel* series.

I'm here with you doing this work today because it's my belief and my conviction that it's absolutely and ultimately important for all of us to live the dream that our soul has for our life. It doesn't really matter if it's a little tiny thing that you want to do, or if it's a huge thing in life—if you're aligned with that thing, your life can feel fulfilled.

I want to show you today several things that I do myself to stay aligned with that, and to keep my courage going, because sometimes, I will tell you, I have indeed quailed under the onslaught of the

things that have happened to me. I'll give you a very real example of that in a minute. But first, I'm asking that you remember this:

**That the power  
and the love of the  
Great Circle of All Things  
surrounds and fills us in  
honor and thankfulness,  
today and always.**

Our lives are part of That Something Bigger. It touches all things. Everywhere and everyone. I also want to remind you to:

**Make the most  
conscious choices you  
can, and stay committed  
to the highest outcomes  
possible.**

Even if it seems like everything is falling apart, still, choose the highest.

And I ask that we each remember to use our strengths just as they are, rather than how we wish they could be. We're just fine, every one of us, as is.

I suggest that you get out a piece of paper and a pen to take notes. I'm a note taker—I take tons of notes. I never look at them again (!), but just the act of taking them gets the information into my body. So I want to encourage you to do take notes, because there are specific things I'm going to tell you today that are helpful to keep you on track. If you can remember to do them, fine, but if you've got them written down it will be so much easier for you to access them.

## **How I made an almost-death into bright life again**

Recently, I had a radical emergency surgery to have my gallbladder removed. It was a real shock to me, because I had worked really hard to keep it healthy, and when they told me it was infected and had to go, you can guess that I was just more than a little disappointed! They had to do it fast because the infection had gone so far and they said I could have left the planet if I hadn't come in.

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One of the things about the whole experience I had the hardest time with didn't have to do with the surgery at all—it had to do with the pain-killers they gave me. I had specifically asked the doctors to please not give me anything to do with morphine, because my body is extra-sensitive and I wanted to try to protect my mind from the effects. A lot of good my request did—they gave me Dilaudid, a drug I was later told is one of the most powerful pain-killers—and it's a morphine based drug.

**At first I felt OK**—nice, warm, fuzzy and pain-free. But as the end of the first day came, I found myself hallucinating. As time went on, the hallucinations became more and more lurid and frightful. I tried to get them to remove the drug from my IV, but they kept insisting that I needed it. When I finally got them to remove the drug, I had spent two full days in the most intense inner hell. I was sure I'd somehow found the lower levels of Hades itself, because what I saw I knew darn well wasn't part of my own mind—they were the most gruesome, gory, neon colored, flashing, nasty, grasping ghosts and horrible creatures you hope you can never could imagine.

I believe the only thing that saved me from going completely mad was remembering that I was a piece of what I call The Great Circle—you can call it God, The Universe, All That Is, Buddha—whatever you want to call it. I call it The Great Circle because that works for me. I have a way of connecting with that and I'll show you in a minute. I finally did remember

that I could open my eyes. Opening my physical eyes while I was having those hallucinations and dreams gave me the blank white wall of the hospital. Seeing that immediately stamped out the images on the inside of my head.

**I suddenly realized  
that if I could open my  
outer eyes, I could open  
my inner eyes!**

I also remembered that I needed to remember who I was. Well, I thought, who *are* we, anyway? We're not our name, we're not our job, we aren't our role in life. You might believe differently, but I believe that each of us is a little tiny spark in the Fire of Life.

I had a vision of myself as a little tiny fragment of a mirror. You know how when you break a mirror or piece of glass there are all these little teeny tiny pieces, and no matter how small they are, you can look at any one of them and the light will sparkle off it?

Well, that's what I saw inside of me—it was that little fragment of Light.

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**Try this:** put your finger in your belly button. Then run it down about an inch toward your bottom.



Then imagine that there's a straight line going from that spot that you're touching to your back.

In the middle of that line is where that light that you *are* belongs. It's called your *Dan Tien* in Chinese. It's where you gather *chi*, or life force, into your body—it's the main gateway for the light force that comes to you from the Universe.

As I lay there beset by these awful inner visions, I remembered my Dan Tien. I pictured it as a little teeny tiny sliver. Every time I had a hallucination or a dream from those drugs, I pictured that little sliver.

I remember thinking, "This is really a lot of work." It was so hard to remember that sliver, because the hallucinations were so powerful. So I mentally hooked a big cable to that sliver and hauled it to the front of my awareness. I literally hauled it there, just like hauling on something heavy using a rope, and I kept imagining that little sliver of light getting bigger and bigger and bigger inside of myself.

Finally, after I got the doctors to take me off the drug, I was able to visualize that light inside of me so that it was just like a beacon inside a lighthouse.

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It was enormous. And even though I had flashbacks every now and again, it was nothing like before. I could even taste those hallucinations. There was neon, crackling light in and around everything, garish, blaring noise, and a kind of greasy feel to everything. It made any bad LSD trip seem like a walk in the park. It was a most gruesome experience. I really thought I was losing my mind.

### **Three important things helped me get through, aside from the Light.**

First, the deep understanding about my mind that I obtained in the 60s when I took LSD and smoked marijuana (which I quit doing long ago!); second, the broad spiritual and metaphysical training I've had over the past 45 years; and third, the support of a very dear friend who is the director of Habilitat, a private rehab retreat center here in Hawaii. He is an ex-junkie, and was able to help me understand about the drug itself and how to apply my mind in stopping its effects. I'd have been without any reference points as to what was up and what was down.

You have this same little spark within you! And you can grow it—if you've not already—you can grow it to this huge light that will *eat* the darkness. Literally! Think about it. If you're standing in front of the sun, and your shadow is going out in front of you, what are you going to see?

You're going to see the shadow.

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But when you turn around and face the sun, you're going to see the sun! The shadow's still there, of course, but now it's inconsequential. It's just a shadow now.

A friend of mine and I were talking recently, and he said the most wonderful thing: "You've got to remember that the dark loves the dark. So, the more you suppress your dark feelings, your dark ideas, your dark thoughts, your dark actions—the more you suppress them and don't express and talk about them to yourself, admit them and work on them—the more powerful that dark gets."

That's why it's so important to let it out, *admit it*. Say something like this: "I'm feeling really angry right now. I'm feeling a lot of anger."

Well, what happens when you do that is the light absorbs it—and turns it into (*surprise!*) more light!

This is what's really special about having that Light within you, because when you turn to it, it will turn the dark into light. It's really special. If you haven't had an experience of this, I'm going to show you right now how to connect with that. It's going to be a little weird, because we're going to talk about

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green peas, but hang with me, because it's how I first discovered it, myself.

I was meditating and suddenly had this idea that if I could put myself inside of a little green pea, and eat that little green pea, I would be in the center of my being.

So, just imagine, here's this little green pea, a little fresh green pea sitting out in front of you. Put your Being inside that green pea—just imagine that you're inside that green pea.

 Now pop it in your mouth, and swallow it! Feel it go down your gullet, down to your tummy, then a little bit lower until it's right in the middle of your belly. And there you are, right in the Center of your Being.

Now what's really magic about this is that within that little green pea, you've got all of your Essence. Your Essence doesn't have any edges. Your essence goes out all the way into Infinity—I bet you didn't realize that. Maybe you did realize that!

Now, I want you to imagine that that Essence is starting to move outside of your body from that central spot within your body.

Watch it as it goes outside the room you're in—maybe the car that you're in, listening to the audio of this teleclass—wherever you are, see your essence

go outside of your house or office, outside of your town. Let it go past your state or province. Let it go past your country. Let it go past the earth, all the way out into the Universe. All the way past all those cosmic galaxies and formations out there.

## **Your Essence goes on forever—it has no edges!**

Now, I want to ask you one thing. If it's really true that your Essence goes out forever, has no edges: are you in your body, or is your body in you?

## **Surprise, surprise! Your body is in you!**

## **You are the Essence that goes all the way out into infinity.**

Your body is the focal point for your Essence, and the focal point comes through your attention and your awareness.

So, when you're aware and you're paying attention to things, your focal point is your body. This is how you pay attention in the world, and how you can create and manifest.

# Your body is the tool of your Essence.

## The 1st Key

This is the First Key to being able to get yourself back when you're in fear.



When you feel yourself constricting into fear, **go right smack back to the center of your being**, right in your belly where the Dan Tien is.

This is like your Hideout, your Center, your Base of Operations, your Stand. This is the most powerful place in the Universe for you. This is where you are Centered.

## **When you're in fear, you're resisting What Is.**

Buckminster Fuller used to say this: "The amount of intensity of the pain you feel is equal proportionately to the amount of resistance that you're putting up to what is."

So if you're in fear, and it's really intense, you're resisting *What Is*. The easiest way to stop resisting is to go back inside and connect with that little sliver, that little flicker of light inside of you.

Or maybe it's a great big beacon! Maybe you've trained it to be the size of the huge stationary Olympic torch.

Whatever size it is for you, grow it, make it bigger, make it brighter, make that Light really attainable, so that in a split second you can stop being afraid, go back to your center, and get the strength and the power of your own energy back.

OK, so that's the first key. Remember to get your energy back by reconnecting with who you are, alright?

Where's your attention? The next absolute most important thing is that you pay attention.

**You pay attention.  
And you decide that  
no matter what's going  
on, if you don't like it,  
you're going to shift it.**

Yes, sometimes we're in situations that we can't change. However, we *can* change how we receive the situation.

We can receive the situation in fear, in depression, in sadness, in guilt, grief, happiness, in delight, in calm—there's so many different ways to receive a situation.

What's your favorite way to receive a situation? It may be that you get angry about things. It may be that you get sad. It may be that you welcome it with open arms. What would you prefer?

You know, when people say, "You need to change your life," it doesn't mean that you need to change your job and change your home and all this other stuff. It just means that you need to change *how you receive* life.

## **When you receive life differently, you have a completely different experience of it.**

I'll give you an example. I've been in the hospital many times, and it was always a solitary experience for me—I never received much support from anyone. So when I would hear someone say, "Oh, I'm going to go visit so-and-so in the hospital," my first thought was, "Why? You're just going to sit there with a person—what do you do?"

That sounds really cold, but I just didn't have a reference point for what it was like to be visited in the hospital, or even to visit somebody in the hospital and have it be an exchange of love and compassion. I'd always experienced it alone—and it was always a not-fun experience.

Well, this time, a very dear friend of mine, Helena Summer Medena (you may have known of her from my newsletters—she's at [LivDelicious.com](http://LivDelicious.com)) was my lifeline. I'm really feeling this right now, because it was so important for me—she was my support.

She spoke with the doctors when I was too groggy to say anything, she brought me the greeting cards that people sent, she sent out emails to my list and even created a tapping class just for me! I have never, ever, in my entire life had that kind of support. I realized that it's not just important to love people. I really got to see that:

**It's just as important  
to *receive* people and the  
love they have for you!**

I never realized that so many people loved me! It was a really humbling experience. I came home to literally hundreds of emails from people, saying, "Angela, what you do is so fabulous; we love you; we love who you are; we love what you do. You helped me when I was down, we want you to get better," and so on....

I was blown away. I sat here and wept, because I saw that I had kept myself in this little ball of here I am, keeping people at a distance just so I could have space to be who I was, who I thought I was. I had to expand that ball-of-me in a big way so that I could receive the love that people were pouring on me. It was just an amazing experience.

# **When you decide no matter what to change, you need to also decide to expand your energy.**

Not only to be able to give more and contribute more, but to be able to receive more. Expanding takes energy—you need more energy. And the only place you're going to get it is from the Universe and people loving you! If you're not ready to receive more, you ain't gonna get it, you're going to contract right back into the same size you are right now.

## **The 2nd Key: Decide, Receive**



Decide, no matter what, that you're going to change your experience, and that you're going to be able to *receive* love. This is really big.

## **The 3rd Key: Assess**



The next thing that you do is to assess where you are—without judgment—of yourself, anyone else or the situation.

If you've made a mistake, say, "I made a mistake, now what can I do to change this, or ameliorate it, or make it better, somehow?"

If you have done something wonderful, what's your next step? You have to assess where you are.

You have to find out where you are on the map of your life in order to take your next step, which is:

### **The 4th Key: Determine to shift in the moment**



Let's say that you've made a mistake and you want to apologize to somebody. But then you start thinking, "Oh yeah, but if I apologize, maybe he'll yell at me, or maybe she'll divorce me, or maybe I'll lose my job."

**Before you go on,  
you must listen to all  
those little voices and  
process them.**

Now, whether you use EFT or TAT or NLP or some other alphabet soup or whatever it is that you do,

you've got to do the processing. I like to use EFT because it's fast, elegant, and really effective.

**Life is energy—that's all it is. And if we can't handle it, then we keep running into energetic and emotional roadblocks.**

So, let's say I've made a mistake. I want to apologize to somebody, and I'm thinking, "Oh, they're going to yell at me, I'm going to lose my job, or I'm going to lose the sale," or something like that.

I'm going to tap on those ideas, using my EFT (and I'll show you how to do this in a little while).

And I'm going to process that negative thinking through until I'm really comfortable and really happy to think of, "Wow, it's going to be really neat to say I'm sorry, I really didn't mean to do that, and what can we do next?"

## **Process your energy in the moment!**

I want you to promise yourself to do that, because if you wait, the emotional charge just goes back inside you and gets repressed again!

This is what I was talking about when I said the dark comes up and asks to be processed—and if you push it down, thinking or saying, “Oh, no, I don’t want to feel that right now,” it just gets more powerful and it gives you more work to do.

Make the commitment: if something comes up for you, stop and tap on it, stop and process it—because that helps you regain the energy that you’ve been wasting in the dark.

**The same energy  
you’re using to repress  
your emotions is the  
same energy that you  
could be using to create  
a really fabulous life.**

## Here are the steps so far:

1. Reconnect yourself
2. Decide, no matter what, you're going to shift this energy or emotion
3. Assess where you are
4. Listen to the "Yeah, buts"
5. Process them in the moment
6. Determine what you prefer

## The 5th Key: Determine what you prefer



**Choose** something that's more fun, something more fulfilling, something more satisfying than what's going on for you right now.

For instance, instead of arguing with your husband, maybe you could choose to be quiet until he's done talking. Just allow him the space to say what's on his mind without pushing your own agenda on him. Some people find that really hard to do.

You've got to choose something that you would prefer that would give you better benefits than what you're already experiencing.

Then, you **decide** to hold the new reality.

It's not like you're going to create a new reality and

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then just let it go! You know, you change your tire, and it's going to stay changed. It's not going to go flat on you again. But when you decide on a new reality, it needs care and maintenance.

Decide to **hold** the new reality, the reality that you prefer. Step into the place of deciding that, "no matter what, even if something comes up, I'm going to change it to what I prefer."

**Thank yourself.** I know you've heard this a lot, and it may even sound trite. Gratitude has a lot to do with how I deal with my life. I've become painfully aware that if I notice that my gratitude for life is not at the forefront, I need to stop and do a little processing.

Ordinarily, I wake up in the morning and think, "Wow, I'm so grateful to myself that I ended up living here in Hawaii. I'm so grateful for the beauty all around me, I'm so grateful for the sweetness of the air. I'm so grateful that I have a body to be in." But it's so easy to let it slip away and end up in low-level discontent.

Before I go on, I want to tell you one of the things that was so wonderful about that experience with the drugs. I had told Helena as I was lying in the hospital the night that she took me in that I was in such pain, I'd rather die.

She turned pale, and said, "No, you better not!"

Later, as I was lying there hallucinating on the drugs, I thought, you know, it's a good thing I didn't die, because if I had died as I was having hallucinations like this, I wouldn't have been able to open my eyes! I'd be stuck in these hallucinations, because I wouldn't have a body to assist me out of this present moment.

It gave me another awareness of how precious our bodies are. They carry us around every day! It's an amazing thing.

There are three trillion cells who have decided to unite together and create this amazing package that I get to walk around in?

I call it a *chi bag*, because it's the bag of skin that holds my chi, right? It's really a lot more than that, and I'm really grateful for it!

## **Use 'negative' stuff to create the 'positive'**

Here's a way to use some of the things that you don't like about your life for creating something better with gratitude.

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Let's say that you're afraid that you're going to lose your job.

You say to your feeling of fear of losing your job, "Thank you so much for coming up! I appreciate you so much for telling me how you feel. I'm a little bit afraid of you right now, because I really am afraid of losing my job, because if I don't have a job, then I can't make any money and I can't support myself or my kids."

Why do you thank it, for heaven's sake?!?

Because it has held all that energy all these years for you. It may seem painful to you now, but it's just energy. Neutral energy. The only thing keeping it painful is the pile of thoughts and beliefs that you've wrapped around that energy.

You THINK you're in pain, or lost, or hurting, angry or sad...but what if you could feel the energy without the thoughts laid on top of it?

So you thank it for holding the energy, and you thank it for alerting you to the fact that there is a pile of creative energy sitting there, just waiting for you to clear the old thoughts, and then harvest and use the energy.

# **Thank you feelings!**

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

“I know that you, Fear, are just energy turned backwards, and if I can flip you over to access the other side of you, I can use that very same energy to create something else.

“So, thank you, Fear, for letting me know what’s going on in my mind, because you’re making me aware that there’s some energy here to gather.

“I’m now aware that I’m afraid of losing my job, and that I’m afraid I can’t create something else, so I can start tapping on that. Now I can choose to process my fear and start working on something that would be an alternative.

“One action step could be making a list of all the things I’m good at, and choose one that just might be a fun and viable alternative to what I’m doing now.

“Another action step could be to have a “town meeting” with my kids, and say, ‘Listen, here’s what’s going on, I’m afraid I’m going to lose my job. If I lose my job, what else could I do, do you have any ideas?’ “

You’ll be surprised how your kids have more ideas than you do about your life. Your kids know you really well, and they know what you’re good at.

If you are afraid of losing your job, process the fear and use it as an **opportunity** to find out what else you could be doing.

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

Because you may be able to create something that's even better than what you've got going on right now!

When my kids were 3 and 5, we lived in California. I had just divorced their dad. I was living in a very little house and I was on welfare. I was really depressed because I was having such a hard time making it, and I frankly considered them a burden.

One morning I had an epiphany: what if I treated them like the Real People they would be when they grew up instead of burdens that dragged me down? As soon as I imagined that and put it into practice, our entire relationship shifted—and I wasn't such a mean old bitch anymore!

I started asking them to meet with me. They were willing to think up ideas with me and help me in creating what I wanted for us all. I was amazed at how my own turn in attitude affected everything.



**Leaf Bowl**

Porcelain • 4" h x 5" w

© Angela Treat Lyon 1981

At the time, I was a fine art potter—I made delicate, fine art porcelain pots with hand-scribed designs on them.

It was a lot of work,

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

and very time-consuming. But, because I had my kids' support, our overall experience was so much better than if I had not told them what was going on.

If I hadn't made them part of the process, I'd have been really worried about things all the time; I'd have tried to bully it out all by myself; I'd have felt like I was *doing everything*. They wouldn't have understood the time and energy I was trying to put into making things work for us all, which would have ended up with them acting out and resisting, and me being angry and resentful.

Having their mindful support made all the difference in the world, even at only 3 and 5 years old.

So that's one thing you can do with your gratitude and your fear or your emotions. You can use them to wake you up to what's going on, make new choices, and then you use the process on that: Go back to Center, Decide, Receive, Assess, Determine to shift, Decide what you prefer.

Here's something a client mentioned to me a couple days ago. She told me that she was having a really hard time with her boss because he seemed really threatening to her. Everything that she did seemed like something was wrong.

When she said that, I immediately thought of something that I heard when I was a very young woman. The phrase is:

**The person who seems  
the most threatening  
is always the person  
who feels the most  
threatened.**

See, it's never about you. It's always about them. And so, when somebody seems threatening to you, *he or she* is the one who feels threatened.

That doesn't mean you shouldn't run if they're pointing a gun at you! If somebody is threatening you, you have to make an assessment: "Is it safe to be here now? Can I help this person? Is it possible for me to do anything for myself? Or do I simply need to get the heck out of here?"

Please! I'm not saying, "Don't be safe!" What I am saying is that having a clear understanding of the why behind somebody who feels threatening to you is going to make a big difference in how you respond, feel and take care of yourself.

If somebody comes at you with anger or violence in his voice, or treats you badly, it can be really

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

simple to look at him and say, “You know it seems like you’re having a really bad day, what can I do to help?” Or maybe this when she is feeling irrational and unhappy: “It sure seems there’s a whole lot of energy on this, how can I help you feel better?”

Your heart might be in your mouth, you could be shaking with fear because the person seems so frightening, but when you say that, you can watch his or her face absolutely shift. Most people are so shocked and amazed that anyone cares enough to offer that they immediately get off the defense and act more civil.

Think of a waitress and how much work she does all day long—sometimes with very little gratitude, and maybe low tips. I know that you’ve had the experience of being in a restaurant where that same waitress has come to you and gracelessly plopped things in front of you with a grumpy face.

Imagine what would have happened if you had said to her, “Gosh, it seems like you’re having a hard time. What can I do to help you?”

Well, you know darn well that she’s not going to say, “Well you can help me pay my rent, get rid of this headache, tell my dumb boss off, etc.” But just the fact that you offered makes all the difference in the world, because all of a sudden she’s not alone! Her situation has expanded to include somebody else—she’s not alone or separate anymore. She’ll be so grateful that she’ll start treating you better.

It's the same thing with your boss, it's the same thing with your spouse, with your kids, cousin, whoever—when you get off your position of being right or being in defense against how they seem so threatening and simply say, “You know it seems like you're really having a hard day, is there anything I can do to help?” I guarantee you it will change the situation immediately.

**We have to stop imploding. We think that everything is about us. We take everything so personally.**

**It's not about us.  
It's just energy.**

Some people feel it more than others. If someone's having a bad day, you can just simply smile and say, “What can I do to help?” That breaks the loop of the internal mechanism that makes them go, “Grr grr grr, bad day, too busy, too hard....”

It breaks that self-pity loop and helps them climb back out, up and into the light again.

**It's the "one inch" change:** you start walking along a path and you make a shift towards the right by one little inch. By the time you've gone ten miles, you're miles and miles and miles away from where you would have been if you hadn't made that one-inch shift.

I want to take you through some tapping, because once you understand how you can tap for fear and get through it, you won't have any more excuses. I'm sorry, you won't be able to say, "I can't get through it, I can't do this," and shiver and go back to bed and pull the covers over your head! Sorry—no more wimpism!

**A huge shift is  
happening right now in  
the Universe.**

**And if we can't stay  
with it, we're going to  
get left behind.**

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

Maybe you've seen, too, how things go in cycles—every once in a while, a whole slew of people either get sick, or die, or move away, or some radical thing happens—it's every three or four months or so.

Well, the week that I went into the hospital, a friend of mine, afterwards, told me that four of her friends had died that same week. And all I could think of was, "Wow, that could have been me."

But it wasn't me, because I decided to change. I decided in the moment that I don't want to die. I want to keep going, thanks anyway. My blood pressure was 68/27. That's pretty low—they told me I was dying.

What was really shocking later on to me was that, when I thought about how I felt lying there in all that pain and my blood pressure all down and not knowing what was going to happen to me, my *consciousness* didn't feel any different from being as alive as I am now. What was different was the experience of my body being in such extreme pain.

So, I got to see that dying isn't all that hard to do. It's not at all hard to die, if you think of it in terms of your consciousness, because you can't tell unless you're feeling your body. In terms of your body, yeah, it's difficult, because it can hurt.

# I choose to live.

## **My challenge to you:**

**Are you choosing to live in integrity  
with who you are and your singular  
purpose on the planet?**

**Are you choosing to create delight,  
rather than fear?**

**Are you choosing to create something  
really wonderful, something that's fun,  
that feels fulfilling to you?**

**You have to make the choices that fit for  
you and you alone.**

**This is the challenge.**

**The biggest thing  
to get over in life is  
the word no.**

No, you can't do that.

You're not good enough.

Not only are you not good enough, but you can't  
even do it (whatever it is) good enough.

Who do you think you are?"

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

Those are all messages that were laid on us as kids. You know what? We need to be thankful for every single one of those messages, because when we flip them over, there's a ton of energy under each one.

It's like planting earthworms in the soil. After a while, you come back later and lift the surface of the soil, and there they are all dancing under there, "Yee ha! She planted us! This is really awesome!" Instead of nasty ugly stuff under the dirt, you now have an army of dirt-allies that help you grow your garden.

You flip your 'negative' energy over and you can say, "Yeah, this is my energy! I get to harvest this!"

So if my mother said to me, "Who do you think you are, the center of the Universe," I tap on how that felt to me, and then I gather the energy.

### **Tapping for power**

Here's how you do it. You tap on the Karate Chop Point—that side of your hand where you would strike a board if you were a Karate Champion.



Well, you're not going to be a Karate Champion here, you're going to be an Emotions Champion!

So, tap on that Karate Chop

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

Point with your other hand, and then repeat after me:

### **Even though:**

My mother gave me this ugly message  
Where she said to me,  
"Who do you think you are?"  
I still love and accept myself

### **Even though:**

My mother didn't understand  
She had this awful energy she was laying on me  
Trying to make me feel bad  
Because she felt bad  
And didn't know how to handle her emotions  
I still love and accept myself

### **So, even though:**

I got this message from my mother  
And I ended up  
feeling really rotten about myself  
I still love and accept myself

What we just did is called ***the Setup Statement***.

You've seen people who are overweight say, "I want to lose weight," and the next thing you see them doing is stuffing a candy bar in their mouths.

This is called ***Psychological Reversal***. It means that some part of them wants to lose weight, but there's a bigger part of them that doesn't, because that part

## Tap to Create Your **SOLID PROSPERITY MINDSET** #1

believes on a secret level that if they lost weight, maybe they'd get too much attention from men, they might have to buy new clothes, they wouldn't feel good in front of people, they might lose their friends, etc., etc. There's this little part of you that wants to keep you safe in the old reality and it's not going to allow you to change.

When you tap on the Karate Chop Point and say, "Even though I'm afraid to change, even though I don't want to lose weight, even though I gotta have my candy bar..." whatever that psychological reversal is, most times the tapping in the setup phrase resolves it so that you can actually process through this issue and get significant results.



Now, the first tapping point that I like to use is on top of the head.

The Basic Recipe normally starts at the Eyebrow Point, which is the very end of the eyebrow right over the nose, but I like to start at the top of the head.

So go to the top of the head. Repeat what I say, moving to a new point with each new phrase:

**Top of the head** (tap gently on this spot!)  
**My mother gave me this message**

## Tap to Create Your SOLID PROSPERITY MINDSET #1

### **On the Third Eye**

in the middle of the forehead:

I can't see a way out of this

### **On the Eyebrow Point**

over the nose:

I'm so afraid

### **On the side of the eye**

on the bony ridge on the outside of your eye

My mother told me

that I shouldn't be the center of the Universe.

### **Under your eye**

on the bony ridge (there's a little dip in the middle of that ridge—tap right on that little dip)

My mother said,

"Who do you think you are?"

### **Under the nose**

between the nose and the lip

My mother made me feel really bad

### **On the chin**

But, you know what?

I bet you that she didn't mean

to make me feel so bad.

### **On the Collarbone**

She was just trying

to get rid of her own bad feelings.

### **Under the arm**

right about four inches down from the armpit:

it doesn't even matter to me anymore

if she was trying to make me feel bad or not!

### **Slap the insides of your wrists together:**

I'm choosing to change

my own vibrations today.

Because I love and accept myself.

We've taken it from my mother said who do you think you are, the center of the Universe and gone down to well, she didn't really try to make me feel bad, she was just feeling bad herself, and was dumping it all over me. And the point is that it doesn't matter if somebody is trying to make you feel bad or not.

## **It's how you receive the energy that's important.**

Later on, it's how you process it, how you receive it, how you made it feel 'good' or 'bad' to yourself.

## **This is called responsibility.**

## Tap to Create Your SOLID PROSPERITY MINDSET #1

You take responsibility—response-ability—for your energy. You respond. You are able to handle your energy. Does that make sense?

So, now we're going to do a little more tapping.



### **On the Karate Chop Point: Even though:**

My mother said, "Who do you think you are?"  
And I took it in as an insult  
I realize now  
she was just feeling bad  
And that was probably  
the same message

that her mother gave her  
And I'm going to change  
my internal message right now  
**Because I love and accept myself**

### **Even though:**

My mother said, "Who do you think you are?"  
And "Who do you think you are?  
The Center of the Universe?"  
And she said it with that kind of intensity,  
I'm changing that now  
To, "Yes! I AM the center of my universe!"  
Who else's universe could I be the center of?  
It would be pretty weird  
to be the center of somebody else's Universe!  
So I'm claiming my universe right now  
**Because I love and accept myself**

# Tap to Create Your SOLID PROSPERITY MINDSET #1

## Even though:

She said that to me  
It feels like water off a duck's back  
It no longer has any importance to me  
What really has importance  
Is that I am the center of *my* universe  
And that doesn't mean  
that I have to be selfish  
And self-centered and totally weird  
All it means is  
that I reconnect to the center of my being  
As much as I can  
And as many times a day as I can  
Because I love and accept myself  
And I'm choosing to reconnect  
Because when I do  
All my fears fall away  
I relax  
My mind gets clear  
And I know just what to do

## OK, on the top of the head:

Yep, my mother told me  
a bad thing.

## On the Third Eye:

That's alright,  
I can see a way out of it now

## On the eyebrow point:

Because I know that I'm a part of the great circle



## Tap to Create Your SOLID PROSPERITY MINDSET #1

**On the side of the eye:**

And I have value

**Under the eye:**

I have skills and talents and I can contribute

**Under the nose:**

I haven't known before quite what to do

**On the chin point:**

But I'm going to make up some new stuff to do

**On the collarbone:**

That feel really good to me

**Back to the top of the head:**

Even if it's only reading a story  
to my kid at night.

**On the Third Eye:**

I know more things are going to come to me

**On the eyebrow point:**

I know that  
as soon as I start getting more creative

**The side of the eye:**

More creative things will come

**Under the eye:**

I'm going to have to get a notebook  
to write it all down

## Tap to Create Your SOLID PROSPERITY MINDSET #1

### **Under the nose:**

I might even start a journal  
to see how things change  
I can look at it a year from now

### **On the chin point:**

I know that I can take  
one little tiny step at a time

### **On the collarbone:**

And change everything

### **Under the arm:**

Because one little step at a time  
means that one day

### **Slap the insides of your wrists together:**

I can take quantum leaps if I want

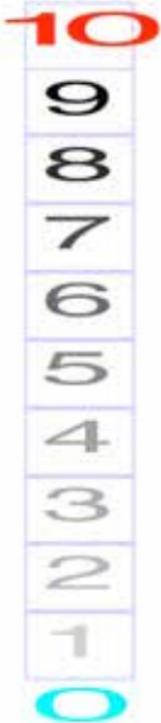
OK, I want you to take your right hand and put it on your chest, flat, and take a really deep breath, in and out, from the bottom of your belly.

Good. I hope that that's gotten you some release. It may not have been your issue, but the neat thing about tapping like that is that even if you tap on someone else's issue, your body and your energy system know exactly where to put the energy that's running through you as you tap.

So if you were running fear, anger or depression when we tapped, you ought to have gotten some

## Tap to Create Your SOLID PROSPERITY MINDSET #1

kind of results—you ought to have at least come down in your intensity a couple of points.



I forgot to ask you to measure your fear when we first started out! Let's say you were afraid of 'the economy.' When you rate your feeling intensity, you could see how afraid you were of the economy right now, of losing your job, or whatever it is that is frustrating or upsetting you. On a scale of one to ten, how intense was that fear or that scary feeling?

And how intense is that now, after you have tapped?"

The economy is outside of us. Unless you're a member of the G20 or the Fed or some national or international committee or financially responsible organization, you're not going to have much immediate affect on it.

The affect you *can* have starts when you realize that you vote with your dollars when you shop: for instance, you vote with your dollars when you buy organic food instead of processed food, if you buy socially responsible materials, like buying hemp instead of cotton—or not! Whichever way you shop, you vote with each dollar. Try to make it more conscious each time you shop.

If you buy products that come from countries that don't support slavery, it makes a difference. You're going to start talking to your friends about it, and you're going to start seeing that more and more people are doing this, and it grows. This is how we, on a very, very small level, can make a considerable difference on our economy.

**The economy is not  
just the money,  
it's how things are  
*set up* to operate.**

It's how trade and distribution of currency, products and services are set up. Vote with your dollars—support your local Mom and Pop stores instead of huge conglomerates; buy organic seeds instead of Monsanto's insane terminator seeds. Make socially conscious choices that feel good to you. You're going to start feeling better and more excited about what you're doing, and you *will* make a difference.

One little teeny tiny pebble in somebody's shoe can make him stop, take his shoe off and change things for himself. If he leaves that pebble in his shoe, soon

he's going to start limping, and then get a sore, and then, pretty soon, the sore is going to start bleeding, and he won't be able to walk anymore. This is what we can do with our dollars. We become the pebbles in the shoes of those people and organizations that are doing things that we think are unconscionable.

Start being one of those pebbles! Start being a pebble in your *own* life, and say, "Where is it that I'm out of integrity in my life? Where is it that I can eliminate something, or downgrade/upgrade the importance or my experience of something?"

Like, how many times a week do you go out to eat? How many times a week do you go to the movies? Maybe you could take a sandwich, maybe you could rent Netflix, maybe you could make movies with your kids!

**There are so many  
opportunities and so  
many different things us  
little guys can do.**

What's so interesting about 'today's economy' is, even though everybody is decrying how 'bad' it is,

I still see people buying clothes, eating at the top restaurants, driving brand new cars—it's not like the Dust Bowl days when people just simply didn't have anywhere to go or anything to eat! We still have clothing and food and shelter!

**We're still affluent.  
We have no right to  
complain!**

**But we do have  
every right to structure  
our lives the way we  
want them.**

It's up to us to quit imploding and caving in on ourselves, saying, "I'm just a pathetic victim, I'm going to lose my job, I'm going to lose my living, where am I going to end up?" That's BS. You don't have any excuse to do that anymore. Every time I hear myself complaining about something, I try to stop and say, "Wait a minute, this is a choice that

I made, this is something I can handle in my life. And if I can't handle it, how can I start thinking about it in a way that works better for me?"

I watch all the protests—like with the international G20 meetings in London—and I think, “you know, I can't affect that, but I certainly can start thinking about it better.

“I can start sending those people love, and send them vibrations that maybe will get to them, and get through to them, how valuable their contribution could be if they made the right choices!”

## **Stop criticizing people— send them love!**

That's what they need. We all need that love, and we all need to open up to it in a big way. We've never been trained to do that.

I was interviewed the other day by Gail Goodwin on [InspireMeToday.com](http://InspireMeToday.com). She made a comment that I just loved: she said encourages people to throw away the Someday Bucket.

I thought that was just delightful, and I thought, what would happen if you *didn't* throw it away? And

what would happen if you filled it full up with love?  
What if you turned it upside down and stood on it!?!?

## **What would happen if you took a stand?**

Take a stand for beauty.

Take a stand for literacy.

Take a stand for health.

Take a stand for mental well-being.

Take a stand for Moms in schools.

Take a stand for spiritual understanding.

There are so many things that you love that you don't pay attention to. I know that, because I do it, too. We're so busy, we're so involved.

## **Take a stand. Don't put up with BS anymore.**

Don't let people get away with stuff. Don't rag on them, but say lovingly, "You know, I wonder if

instead of saying, 'Oh, god, my kid's getting such bad grades,' what would happen if you spent half an hour with them and helped them?"

"Oh, no, I don't have the time...."

"Well, you've got time to complain! You could very well take that same time and use it to help. Or get them help. Get a tutor."

## **Stop complaining. Start acting.**

One little tiny thing at a time. This is how you get over your fear of the economy. This is how you get over your fear of "what's going to happen to me."

## **Take the reins in your own hands and use them.**

I like to listen to audios. I've listened to so many audios over the years, it's almost a joke. I think it's really important to have somebody's voice in your mind every day. I have my coach's voice in my mind. I have Lisa Nichols' voice in my mind. I have my friend Douglas' voice in my mind.

He's the one who said to me, when I was endlessly complaining about something, "Angela! It's just energy! Stop it! Stop it! Stop it!" So now I hear his voice in my head when I'm complaining—and I stop!

You've got to replace that inner whiner/complainer in your mind with voices that are supportive of you. Same thing with ideas and images—you've got to have images in your mind of things that you love.

**This is how you create  
your reality. You're a  
walking life artist. Live  
your life artfully.**

***Make these choices.***

**We are so abundant  
already it's almost  
a joke.**

Look at the things that we have available in our lives, look at the stores we go to. My god—some of the things available in stores now are beyond the wildest dreams I had as a kid.

I go into Ben Franklin, the local hobby store, and there's so much stuff there you can make cool stuff out of that it's almost on the verge of being disgusting. Welllll—not quite though—I love all that sparkly stuff! I love all the hobby stores!

**When you start  
thinking of yourself  
as starving or being in  
lack, just go to Safeway  
and look around.**

We have so much opportunity, we have so much stuff!

**The *stuff* isn't  
important, it's how you  
*feel* that's important.**

Give yourself the support of the deep emotional understanding that comes from working out your issues with tapping.

I really hope today's class has helped you, and that you've gotten benefit from this, and I bless you.

**I invite you to  
remember and stay in  
your awareness of being  
in the Great Circle.**

**And I hope you  
create a life for yourself  
that is absolutely  
fantastic from now on.**

## Tap to Create Your SOLID PROSPERITY MINDSET #1

Remember to get your other books and audios at [AngelaTreatLyonBooks.com](http://AngelaTreatLyonBooks.com), so that you can have my strong, supportive voice in your mind helping you and reminding you to break the mold, turn your blocks into blessings, and passionately live your dreams. I'm going to open it up for a second here, and see how you're doing...

**Callers:** Thank you! Thank you! Thank you!

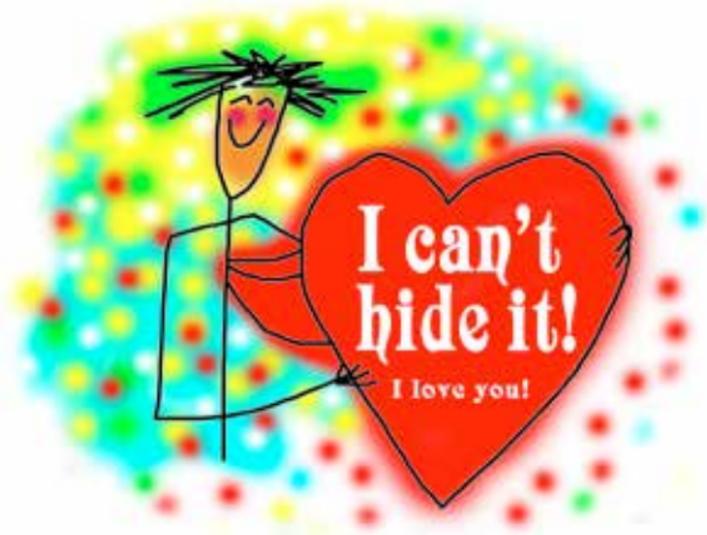
**Angela:** Hello, Barbara, how are you?

**Barbara:** I'm terrific now after tapping, thank you, this is so glorious. Just exactly right on the mark. Right on the button. Hooray for you. I'm so happy you're here. Thank you! Thank you!

**Caller:** It was a great call, thank you—Angela, that was amazing.

**Angela:** Thank you, Barbara, that's really nice. Well, thank you everybody for coming on the call—I so very much appreciate your being here. It just is really awesome, thank you all.

**Don't allow  
your past rule you—  
remember to tap!**



### *About the Author*

❖ **ANGELA TREAT LYON** ❖

*is an award-winning, internationally recognized artist and author who lives and works in Hawaii.*

Angela is trained in multiple alternative healing methods and technologies; is an Avatar Master; and holds EFT seminars in the US and internationally. She specializes in coaching for both the Inner and Outer Game for success in peak performance in business and marketing.

Her site [EFTBooks.com](http://EFTBooks.com) is the premier international source for learning materials on and about using tapping with Meridian Tapping Techniques.

You can share EFT with others easily and simply by sending them to [EFTinEveryHome.com](http://EFTinEveryHome.com), where they can find a simple, brief but solid explanation of EFT, an easily understood, short run-through of the process, and supporting ebooks.

Angela's unique artwork is in private collections and galleries from China and Japan to the US, Argentina and Europe. See [AngelaTreatLyonART.com](http://AngelaTreatLyonART.com).

Angela hosts and produces Daring Dreamers Radio for entrepreneurs, interviewing daring, exciting and inspiring guests at [IDareYouRadio.com](http://IDareYouRadio.com) like Quantum Thinking Expert Dr. Joe Dispenza, health

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advocate Gary Null, Dr. Eric Pearl, Take Action Speaker Wendy Lipton-Dibner, copyright attorney Maria Speth, self-esteem expert Dr. Joe Rubino, diabetes expert Dr. Stefan Ripich, radical people's clinic proponent Dr. Pamela Wible, Olympic Peak Performance Coach Dr. JoAnn Dahlkoetter and many others who have immense spiritual, business and health expertise.

### **MEDIA TRAINING**

As a natural outgrowth of having guests on her own show, Angela created the *How to Be the Radio Show Guest Everyone Wants Back Again and Again Program*.

Her students and clients learn how to be confident presenters who can stay on point despite hostile interviewers, talk about their books or sell their programs without being salesy, and to refine their brand and information so listeners 'get it' right off and take action to connect immediately.

She helps them get their most critical points across to their listeners easily and effortlessly, whether they have 15 minutes or 5 in which to present. Say good-bye to stage fright, being boring, having a too-soft voice or garbled speech, losing your place...say hello to easy organization, crystal clarity and powerful confidence in your crisp presentation, whether on the radio or in any other venue. (Contact Angela to ask about working with her.)

**My best aloha to you, your  
health, Dreams, success,  
happiness, and prosperity!**

Angela



***Remember to break the Fun Meter!***



## Imagine Being Free of Pain

**Y**ou really *can* eliminate limiting thoughts, beliefs, blocks, obstacles and habits that have kept you from creating and living your fullest life possible.

Once you start tapping with EFT, the Emotional Freedom Techniques (Meridian Tapping), daily, you'll find your life becoming easier, happier and more free. Reading and using this book could be the beginning of your fantastic new life!

### Meridian Tapping helps you:

- ➔ Stop headaches and migraines from stopping you
- ➔ Clear out and neutralize old bad dreams, memories, fear, pain and resentment you have carried for years
- ➔ Get relief from physical, emotional & mental pain
- ➔ Make new choices; find opportunities more easily
- ➔ Create the life YOU want to live

"I love the way you make tapping so easy to learn and fun to use!" -- **EFT Master Lindsay Kenny**

*Life Coach and Founder of the National Alliance for Emotional Health*

**Angela Treat Lyon** helps people all over the world release their fear, depression, anger and grief and move into exciting new choices, passion and delight in life. She has authored many tapping books, audios & courses, holds teleclasses and trains other coaches world wide. She has initiated revolutionary new ways of tapping, and is recognized as a leading authority on using tapping for stability and emotional sanity.

**[AngelaTreatLyonBooks.com](http://AngelaTreatLyonBooks.com)**

After years of pain, fear, anger and frustration, now you can make the changes you've wanted for so long.

**What are you waiting for?**