

A Little Red Tapping Book™

**Tap to Create A
MindSet of Steel! #2**

YOUR SOLID PROSPERITY MINDSET

Angela Treat Lyon





Tap to Create Your SOLID PROSPERITY MINDSET #2

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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

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**
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.

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

If you are not familiar with tapping, please visit 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.

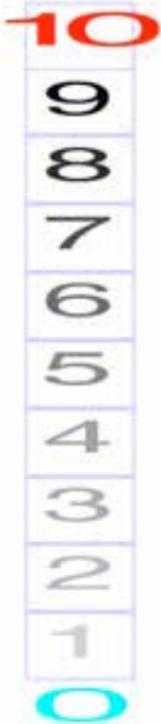
Why tap on those limiting feelings, thoughts, habits and beliefs? Because by definition, they are

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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.**

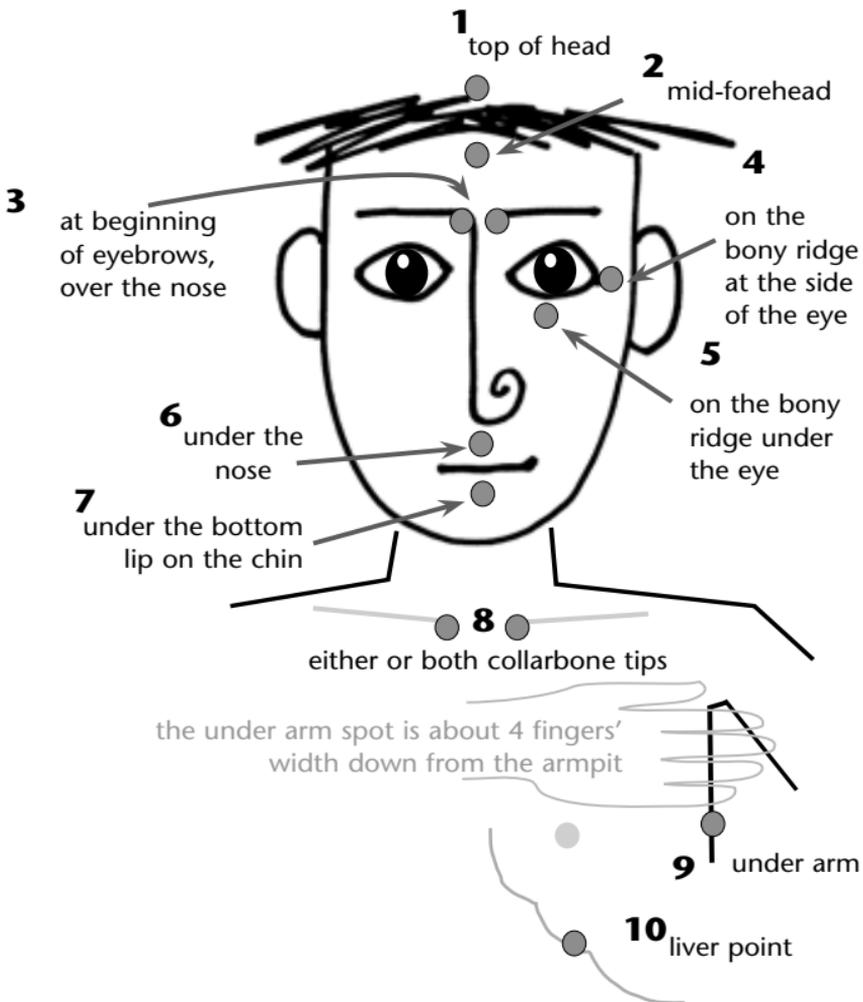
As you go through your first self-help tapping experiments, make any notes as to your ratings, issues, and results.

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



Your **SOLID PROSPERITY MINDSET #2**

Hi, I'm Angela Treat Lyon at IDareYouRadio.com, and I am really excited about today's class!

We're going to start you on the road to developing a really solid mindset so that down the line, you can be confident in knowing that in any situation in which you find yourself, you can either extricate yourself or improve your situation.

I'm going to load it on today, because there's a lot, a lot, a lot to do! We're going to do some tapping, some talking and I'm going to address as many of the issues that you all sent in as I can.

I'm so thankful for you sending those issues and ideas in, I can't tell you what it does for me—it really helps me gear the class just for you. Each class is different and each class sends in different stuff, and if you find your issue not there, it can be disappointing.

So again, thank you for sending in that information.

**In order to build
any kind of mindset at all,
you have to know
who you are.**

**You have to have
a really good sense of
yourself in your body,
on the planet, in life.**

I hear from many people, “I just don’t know what my dream is, I don’t know what I want to do. I don’t know, I don’t know, I don’t know.” It’s really very simple.

When I first started my search for how I wanted to serve—because contribution is a really big thing for me, I feel empty if I can’t contribute something—it showed up in the silliest ways, and in the very most

serious ways. You can notice it in yourself by doing something like this: if you read a good book, and you think it's just terrific, is your first thought, "I wonder who I can tell about this?"

That's wanting to share with the greater community. That's contributing.

I read books, I find great websites, I hear about videos and blogs and other things, and my first thought is, "Oh, this would be great to share with the people on my list!" Or, "this would be such a great thing to tell my son," or, "this would be great to show my business colleague."

I want to share these things.

**That's just my nature.
What's yours?**

Making money from sharing these things is not my first need or priority by any means. It's just that I need to share. I have done it since before I was ever even conscious about the idea of money—it was, and still is, a natural inclination.

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The other need that I have is for recognition. Now, this doesn't mean I need to be a 'famous guru' on top of some pedestal raking in millions of dollars and gathering an enormous fan base!

It just means that when I create something, I need to hear from people. I need the feedback—like, "Oh, that's really wonderful, it's just what I needed to see."

Because then I know that I can go about doing more of it. If I don't get that kind of recognition, then, to me, what I created doesn't have much worth, because it's just for me, and I've got a ton of this stuff sitting around gathering dust. I don't need it.

I can make tons of stuff at any time, but when my creative urge is welcomed and recognized by people, it then becomes more important in my eyes.

Now, that doesn't mean that I just want approval—that's not part of it—it's that what I'm doing is being useful.

So, when you see these tendencies in yourself, note them down, and say, "You know what? I need that because it's useful to me, and it tells me exactly what I'm doing, exactly where I'm heading."

Another thing is to notice what you love. I love to talk on the phone. I just love to talk on the phone, and before I started giving teleclasses, I thought,

how can I do what I love to do and contribute? I asked myself, “What do I love to do?” I got it down to the most simple things, like walk on the beach, carve, be with friends, talk on the phone.

So I asked myself, how can I make a good living and be a contributing factor as I talk on the phone? At that point, teleclasses were just starting to become popular, so choosing to talk on the phone about the things I was passionate about worked—and still works—perfectly for me.

Notice the most simple things about yourself.

Ask yourself, how can I use these simple things to contribute?

How to get to the Center

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

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talk about green peas, but hang with me, because it's how I first discovered it, myself. I was sitting 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. Just put your Being inside that green pea. Just imagine  that you're inside that green pea.

Pop it in your mouth, and swallow it, and feel it go down your gullet, down to your tummy, and 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. I don't know.

How big are you?

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

It goes outside of the room that you're in—maybe the car that you're in, listening to this call. Wherever you are, it goes outside of your house or office, it goes outside of your town.

Let it go past your state or your 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.

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

Your body is the tool of your Essence.

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.

Your body is the focal point of this amazing divine energy, and your body is a tool that you use that does the things that you dream of.

Where did those dreams come from? They aren't from your conscious mind! They're from your essence, and your essence is connected to all things. All things in God, in the Divine, in the Universe, whatever you want to call that amazing, huge thing. You *know* there has to be something bigger than us, because we sure don't create the plants and the critters and the waters and everything!

So whether you call it God or not, you *are* connected

and you are infinite. And as such, you have an awareness, and you have attention, and they're localized in your body. Your body is the focal point and the tool for your awareness and your attention.

This is so important! When I was in the hospital recently, it saved my sanity, because I was hallucinating from the drugs they gave me. I literally had to haul the light of my awareness back into the front of my mind, because I had lost it. If I hadn't found that little tiny flicker, I think I would have been in an insane asylum.

Whenever you're in any kind of situation, you just look to middle of your being where that little flame is and grab it. Just **grab** it, because that's the most important part of you.

**Anytime you feel like
you've lost it just stop,
take a breath, and go
right back to it.**

When you start to develop that sense of self—from being a little teeny tiny flicker to a huge flame that's as big as the forty-foot-across Olympic torch—then you can feel really confident in yourself, and know

that you are making the decisions that are really important. This is where you begin. Don't begin anywhere else, because it's irrelevant. If you don't have a sense of self, if you're not solid within who you are—and that doesn't mean, "I'm my name, I'm my job, I'm my role"—none of those things are primary.

The primary thing is Who are you, in God? In the Divine? In the Universe?

You *are* that divine spark. This is where the mindset starts.

Decide!

The first thing to do after you find and develop that a bit, is to decide—you must decide, no matter what, that you are the boss in your life.

Because if you don't, you will be living everybody else's commitments, decisions and conditioning. Quotes will affect you, words will affect you.

But, if somebody says something to you, and you have a solid sense of self-worth, of self-being, if somebody says something to you that doesn't ride with that, your being will go, "Uh-uh, that's not for

me! Next?" And you can walk on, knowing that you've made the right decision.

You *must* decide right now to be solid in yourself and be the boss of your being.

Process right NOW!

The next thing you must decide is to process in the moment. Because a lot of times we'll get angry, we'll get upset, and we'll go, "Oh, I'll think about it later." That's not where the energy is.

The energy is *right here, right now.*

So if somebody ticks you off, and it's inappropriate for you to yell at them or to respond in a way that you'd really like to, take a bathroom break!

Go into the bathroom and start tapping, "Even though that person is just a jerk, and he yelled at me, I can't stand it, or even though my boss told me to do something and I'm really ticked off because it's not what I do...."

Whatever it is, sit there, and tap—in the bathroom, or in your bedroom, in your car—it doesn't matter where it is, just go off and do the process until you've got that energy handled.

Because we're all made out of energy!

And we all have this energy that we must, must, must maintain.



If we push it back down, it goes back down into the dark, and guess what? The dark loves the dark, and so it gets bigger.

If you bring it out into the light, the light eats the dark and it becomes

light again. It's so important to process *in the moment*, no matter how painful it might seem.

The pain is only equal to the amount that you're resisting it. Now, I'll tell you, I had a hard time with that concept recently when I was in such physical pain—it was really hard to breathe into the pain!

I could handle it better on the mental and emotional levels using that concept. So instead of tapping to get rid of the pain itself, I would tap on: I hate this pain, I don't want to feel it, I feel like an idiot, I'm

sitting here in the hospital tapping, they're going to think I'm a jerk, I don't care if they think I'm a jerk, I'm going to keep tapping anyway, I'm resisting this god-awful pain...." I handled the mental and emotional parts, at least, so I could keep my sanity. I hope that makes sense to you.

You *must* process the emotion or feeling *in the moment*—otherwise it gets shoved down and repressed again.

Here's an example of how to tap in the moment, especially if the issue is painful. One of the things that a lot of people mentioned today in their emails



was that they have resentment, and they are angry at people. They're stuck and they don't know what to do about it. I want you to tap along with us, because this is important. You've absolutely got to learn how to do this. So, tap along on the Karate Chop Point on your hand with me and my tapper, Marianna.

Tap to Create Your SOLID PROSPERITY MINDSET #2

Even though:

I'm so full of resentment,
I am totally ticked off
That guy is such a jerk
Or maybe my wife is such an idiot

That's OK, I still want to love and accept myself
And I'm determined to do this work
And process in the moment
Because that's where the juice is
And because I love and accept myself

Even though:

I have this resentment,
And I feel so stuck,
And the bloody government—
What are they doing?
What a bunch of idiots?
Why don't they give *me* a payout?
And my brother-in-law and all the people I know?
We're the one who ought to get paid,
Not those stupid banks,
And those people on Wall Street.
I can't stand it
And I just don't know what to do.



That's OK, I really do love and accept myself
And I'm determined to process this energy
And create a solid, stainless steel mindset

That I can depend on for the rest of my life
Because I love and accept myself

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Now right there, Marianna, I heard you sigh a couple of times from just doing those setups and determining to process in the moment—did you feel those shifts before we even tapped? It's awesome, isn't it?

Marianna: Yes, it is.

Angela: OK, now, I'm going to say all the points once, and then with each phrase from then on, just move on to the next point, OK?

Top of the head, just very gently, tap:
I'm determined to tap in the moment

On the Third Eye:
I can't see a way out of this

On the Eyebrow Point:
It's driving me crazy

The side of the eye:
I'm so afraid of the economy

Under the Eye:
I'm so full of resentment

Under the nose:
I am totally ticked off!

On the Chin:
And I'm freaked out!



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On the Collarbone:

Because I just don't know what to do!

Under the arm:

I'm taking hold of my energy right now.

On the liver point, directly down from the nipple, on The edge of the rib, either side:

I have been so angry for so long

Top of the head:

then just switch to each consecutive point with each new phrase

I'm going to take that anger energy
And I'm going to begin to see a way out
I'm going to start taking steps
Whether I feel stupid or not
Whether I feel like I know what I'm doing or not
I'm just going to do it
I'm going to count on my intuition
And my heart
To know that I'm doing the right thing
Because it's my life
I am the boss of my life

And I know that when I make a commitment
To take a hold of my life
All of my system
Is absolutely thrilled
And it is saying to me
It's about time!

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Woo-Hoo! I can do this!

People are going to say, Oh, you can't do that!
And I can look them in the eye

And say, 'watch me!'
And actually do it

Because I have decided
That I'm the boss of my life

That I'm going to process in the moment
And take a hold
And guide my life where I want it to go

I'm the boss here
Not anybody else
And all of these silly resentments

And the anger I hold
Are just stories
They're stories that have sabotaged me before
And drained my energy
So that I didn't know what to do
The truth is,
That when I resent somebody
The story is, I can't
The truth is that when I'm angry at somebody
The story is, "I can't"

So what I need to do now
Is listen for my stories
And find out where the "I can't" is

Tap to Create Your SOLID PROSPERITY MINDSET #2

And resolve it

Maybe I can't get a raise

Maybe I can't do public speaking

Maybe I can't keep my life in balance

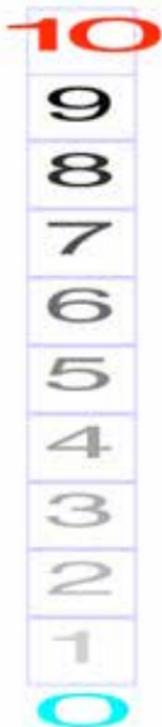
None of those stories has any importance

Except for the energy that they hold for me

When I can turn that energy around

I can use it for creativity

And that's what I'm doing right now



OK, take a deep breath, in and out. Now, I don't know if you were at a 10 before, but what are you at now?

Marianna: I'm feeling like the door is open to the possibility that I can.

Angela: Good! That's what we want. Because if you feel like you can't, you won't!

The I-can't can come from my mother said, who do you think you are? My father said, what, you think money grows on trees? My teacher said, this is ridiculous, you get an F. The student said, you're just stupid....

All those things that are from our past, every single time we come up against a thing where we feel like we-can't, we

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absolutely must process *in the moment* and glean, harvest, and grab the energy that's behind that "I can't." So after you decide that you're going to process in the moment, and to take hold of your life, you're the boss, and commit to that, you must commit to it 100%.

And, Marianna, you've committed to this, right?

Marianna: Totally committed to processing in the moment? Oh, a six or a seven, and it's only because I worry that if I commit, I won't always do it—I won't do it 100%.

It's not that I don't want to do it 100%, it's that I may not do it 100% because I'll feel silly.

You know—you're talking to somebody in a restaurant and you're eating, and you go, 'oh, excuse me, I have to go to the bathroom and go tap'—and meanwhile your food is getting cold, and you love that food, and you don't want it to get cold—it's that kind of silly but possible situation that I'm aware of, because I love food.

It's not that I won't do my best, but I have this fear that I won't do it 100%.

And when I make a commitment like that, I want to know—and I guess that's a kind of perfectionism—but I want to know that I'm going to do it 100%.

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Angela: Yes, I understand that. Your commitment level is different from your doing level. That's a great example. Now, let's say that you are at the table with somebody and you really do want to sit there and eat your food, but you've got something that's nagging on you.

If it's a 10, get up and go to the bathroom!

Marianna: Absolutely, you're right, if it is a 10, I'd have to. Because I wouldn't enjoy my food.

Angela: Or, work it out with that person, if that person is able to communicate clearly with you. If it's a five or a two, put your hands under the table and squeeze your Karate Chop Point.

Marianna: Yes, I have done that, and it does work. I've even tapped on the edge of the table with my Karate Chop Point. I have.

Angela: Or rub your sore spot, or the collarbone, and just mentally tap. So you stay true to your commitment.

Marianna: You know, that feels a lot better, I don't have to do the whole thing, but I know that rubbing the sore spot helps, I know that just doing the Karate Chop Point should help. It doesn't have to be the whole shebang.

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Angela: And the good thing is that if that other person is familiar with EFT, you can ask them for help. Say, "listen, I got caught on something that you said. I'm feeling a little angry about it. And I'm not angry at you, I know that I've got an issue that needs to be cleared, would you mind either giving me space for a second, or tapping with me right here at the table?"

Marianna: There are friends I could do that with.

Angela: Many people would probably look at you and go, "What the hell are you talking about?" But I'm sure that most of us have at least one friend who would do that, so that's another option.

So, let's look at your commitment level now, what would it be?

Marianna: Eight or Nine.

Angela: Good. Now, here are some of the things that people have sent in:

My wife and kids are bugging me

I'm procrastinating

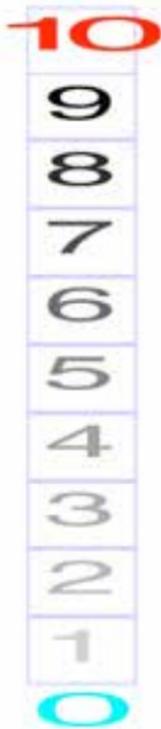
Being nice means obeying

Don't talk back

Don't say no to anybody

I might be sarcastic

I'm challenged



Tap to Create Your SOLID PROSPERITY MINDSET #2

There are so many things that can come up for you, but your commitment to yourself is the most important thing of all.

Because if you're living someone else's commitment, you're not living your life from *your* stand-point, you're living it from *their* standpoint, and that leaves you out. Nobody likes to be left out, especially from the center of your life! So you're going to end up feeling weak, helpless, powerless and angry. So, let's do a little tapping on that....

Even though:

I'm not committed 100%

I really want to be

But I have fears and ideas that keep me blocked

They're "I can't" ideas

I'm blocked and I'm procrastinating

I worry about what people think of me

And I worry about what I think of myself

It's too big of a challenge

How can I possibly be committed all the time?

And how can this possibly affect my finances?

That's OK, I still want to love and accept myself

And I'm choosing right now

To choose the best for myself

And choosing the best for myself

Means being committed to who I am

No matter what anybody else thinks of me

So, here I go

Because I love and accept myself

Tap to Create Your SOLID PROSPERITY MINDSET #2



Start tapping:

Nah, I don't want to be committed.

It's easier to live other people's ideas.

Go with the flow,
be a good guy

Not make a ruckus

Obey what I'm told to do

Be a good little boy or girl

And end up with an ulcer

Because I'm so ticked off

Because I'm so left out

I don't want to be left out!

I want my power back!

And I want to know how to use it

I love my power

I love using it for creative things

When I'm creative, I am absolutely in heaven

My life goes easily

It flows smoothly

And I just love myself

I'm proud of myself

I love to go to bed that night

And say, look what I did!

I did this amazing thing!

I'll even jump up in the middle of the night

And go look at it again

Because it's made me so happy

Because I committed to myself

Tap to Create Your SOLID PROSPERITY MINDSET #2

To make sure
That I manifested my love of life
In this thing that I created
That is what my power is for

And I commit today
100%
To the very best of my ability
Including forgiving myself when I don't do it
To take a hold of my life
Put myself first
In a selfless way
So that I can contribute
Using my skills, talents, and abilities
To the very best that I can

Slap the insides of your wrists together:
I'm committed 100%

Angela: OK, deep breath in and out. Good. Now how does that feel?

Marianna: Much better, because you gave me permission to fail and forgive myself on those few times that I don't do it. I'm not required to be 100% all the time, and that makes it all OK.

Angela: Because it's not about being perfect!

Marianna: Good! Because that's been one of my issues, and I guess it's still there. And I'm so dang

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honest, that I know if I can't do it 100% then I don't want to commit. That's the craziness to it.

Angela: That is crazy, because nobody's ever going to be able to do it 100%. So the important thing is to *commit to 100%* and then go ahead and allow yourself to flub it a little bit and when you do, just go, "Huh! What could I do better next time? Where could I find a little loophole and jump in and make it a little cooler?"

I'll give you an example of that. I did a sculpture one time that started out as a woman holding her knees next to her chest. Her head was up and down...you know—vertical.

When I got down to her ears, the whole top of her head blew off. It just fell right off! This was a fairly large sculpture—it was a lot of stone, and it was



Peace
Bronze
22" x 13" x 13"

Tap to Create Your **SOLID PROSPERITY MINDSET #2**

a lot of work up until that point. And I was just going, “curses....” I won’t even say it....But then I thought, “Alright, I’m just going to put it aside. I’m not going to trash it, I’m just going to put it aside for a while.”

About two weeks later, I had a dream where she came to me, and she was in that same position—but her head was on sideways! Her chin was on one knee, and her crown was over the other, and when I got the piece out again and I looked at it, there was *just* enough stone to be able to recarve it into that position.

When it was done, I saw that it was a much better sculpture this way than what it would have been had the head not fallen off. So, even if we do blow it, at the moment, it seems like a tragedy, but remember that Spirit has something in store for you and it may be something even better than what you started out with.

Assess!

The next thing we need to do in order to keep our mindset really strong and clear is to honestly assess where we are.

Now, people emailed me for this class and said they either were changing to a new job or a new business, or they were stuck in an old job, they didn’t know how to make a transition, or they were in a

business and they weren't going anywhere.

All those places can be really scary. And it will be especially scary if you're looking at the situation from the viewpoint of the past. Because in the past, you were scared, you were stuck, you were being asked to do things that you were afraid of.

You've got to start looking forward—you can't get out of a box by looking at the walls. You have to look at the new place, and imagine the new place, and be there, and the box disappears all by itself.

**You can't *think*
yourself out of a bind,
you have to *create*
yourself into a new
situation.**

Let's do a little tapping on assessing the situation and being scared, and the challenge of the new situation.

Even though:

I'm really scared

Because I want to start a new business

I want especially to be an EFT practitioner

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But it seems really hard
I want to be able to rocket forward
But I feel really stuck
I want to shift easily
But I don't know how to handle the challenge
I am really scared
Because I'm in this old job
And it's sucking all my energy
So that when I get home at night
I don't have the juice
To even think about my new one
I don't know what to do
I feel totally frustrated
I still love myself

Even though:

I feel stuck
I want to get rid of the second guessing
And self-sabotage
Thinking that I'm not good enough
And playing small
I'm deciding today
No matter what I'm doing
That I'm ready to have a MindSet made of steel
Because I have this divine essence within me
And it is eternal
No matter what I think on a conscious level
Being afraid and all that stuff
**My inside, eternal being
Is perfect and incorruptible
And I am determining today**

Tap to Create Your SOLID PROSPERITY MINDSET #2

To make a permanent connection

Between my conscious mind

And that mindset made out of steel

That originates in my perfect incorruptible being

I love myself



More tapping:

I want to start a new biz

I want to get out of
this old business

I want to be free

Oh, I'd better not

My wife will think that I'm
just flubbing around

My kids will go hungry

I'll feel like a failure

Oh, what do I do now?

I'm so stuck

I don't know how to deal with this challenge

I just don't feel up to it.

The shift isn't going to be easy

It's got to be hard

All those messages from when I was a kid

If it isn't hard it isn't worth it

If it isn't hard, you'll never get paid

Work hard, make little

I'm throwing all that stuff in the garbage bin

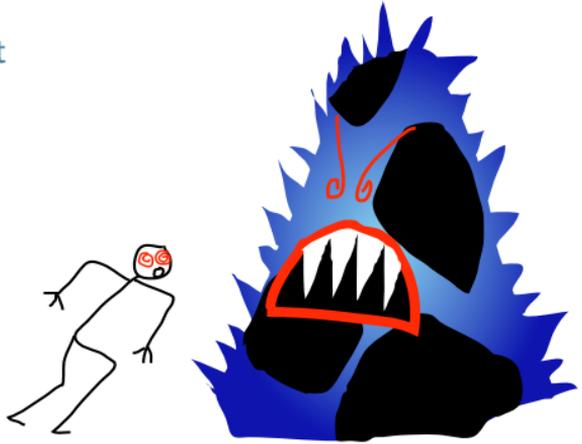
And underneath all that stuff

That great big pile of energy

That used to be black and blue

Tap to Create Your SOLID PROSPERITY MINDSET #2

I'm going to get
out my polish
And shine it up
As I shine it up
I'm watching it
change color
I'm watching it
go from black
and blue
And hard and
crusty
Spiky and nasty
Out to trip me up
And turn into beautiful opalescence



And get bigger and bigger and bigger
Until it's this Empire State Building-sized
Pile of energy
That I can use anytime I want
I'm going to construct a huge tank
That's right at my back
And I'm going to pour all of that energy into it
Here it goes
I'm pouring all that energy in right now
And it's a flexible tank

So that it can get bigger and bigger
as I want it to
And there's a big hose on it
That's connected to my being
And there's a regulator on it
That keeps me from getting too much at once

Tap to Create Your SOLID PROSPERITY MINDSET #2

Or too little
And it makes it the perfect amount of energy
I need at Any time
So I can just call on it
And say, "Tank! Send me some more juice!

"I need to stay awake a little bit more
I need some new ideas
I need some input
I need so and so to call me"

All those things I can ask for
And my tank will deliver
In the moment
Because that's my energy
And I'm not wasting it in fear anymore
I'm not wasting it in anger anymore

All anger is
Is just the feeling that "I can't"
And I'm p*ssed off about it
Well, any time I feel myself being ticked off
Instead of continuing being ticked off
I'm going to say, "Wait a minute!
Here's some more energy for my tank!"
I'm going to say, "Hey, why am I angry?
Let's see now, where do I feel I can't?"
And I'm going to explore the question,
Until I find where the I can't is.
And only I can take it away.

Angela: OK, take a deep breath, in and out. While we're talking here, I just want to mention that I have seven 60-minute Prosperity audios at a site that I want to turn you onto. I just thought I'd mention it, because they all have to do with abundance and prosperity—letting go of fear, bonding with abundance, like that. Fits right in with what we're doing here. AngelaTreatLyonBooks.com.

Commit to being clear

Now, the next thing that you need to do when you assess your situation is to make your commitment to whatever it is you're working on. To clear it up as best you can.

For instance, let's say you really want to give up procrastination and handle the "yeah-buts." Procrastination was a big part of what people emailed me about for today's call.

I want to work on that right now because all procrastination means is that you were convinced at some time in the past that you weren't good enough, that whatever you did wasn't good enough, that it was impossible—all that stuff that says that you're less-than or a bad person.

Well, truthfully, that's just a bunch of BS, It came from somebody *else's* blocks. They're passing their blocks on to you, and you don't have any business carrying them around anymore.

“Proxy in” the other people

And here’s something else: when you think about the people who told you those things, I want you to proxy them into this session.

Proxying them in simply means that you’re inviting them to join you here in this class on an energetic level—to be here with you—so they can get the love they need, as well.

All you do is say, “Mom, I’m proxying you in for this teleclass, because I want this to heal for you, too! Because this is what you told me, and it didn’t do you any good, and it didn’t do me any good, and I want to clear the line back through our ancestral trail.”

That way, you can help those people clear up their own past. And if you can’t forgive them, so what? Bring them in, anyway. Because once you do this, you’ll find that your relationship with those people completely changes—and I don’t care whether they’re living or dead.

My relationship with my mother completely changed after I did a process like this, and now she shows up for me.

She didn’t ‘show up’ to me for about five years after she died, and I was so angry at her. I couldn’t forgive her because I was so mad at her for dying. I was in that space. So after I did this process, I could forgive

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her for leaving so young, and she's been showing up for me. It's been really, really precious because she was a very wise woman.

So, I want you to proxy in the people who gave you these limiting messages. The ones who said to you things like you're not good enough, who do you think you are—all that stuff.

Proxy them in, because we're all one, and if you're angry at them, guess what? You're angry at you. The only reason you're angry at you is because you felt helpless in the moment, and you didn't like that feeling. Well, guess what—you don't get to do that anymore! Because you have now made the commitment to give your Being the chance in this life to be the boss.

So let's do a little tapping on this, alright?

Even though:

I'm a major procrastinator

And I haven't the slightest clue

how to get off my butt

I'm taking the clue today

From Angela

Because I know

That she won't put up with it anymore

I don't want to put up with it anymore, either.

Even though:

I'm scared to death

Tap to Create Your SOLID PROSPERITY MINDSET #2

Because if I don't procrastinate
I won't know who I am anymore
And I'll have to step forward
and start doing things
And that's pretty scary
Because you know
I'm not good enough
Who do I think I am?
And, I'm just a smart*ss
And speaking out in anger
Protecting myself with sarcasm



I still love and accept myself
And I am choosing right now
To toss procrastination out
And I'm going to yank all the energy
out from underneath it
Clean it up
And put it in my tank
My tank is sitting there, going "Hurry, hurry.
I love that energy, I want it!"
Because I love and accept myself

Start tapping:

I am a major procrastinator
I procrastinate on things Until I wet my pants
I am so silly
I think I'm protecting myself
But I'm really not
I making the mess bigger
No matter what I do
I'm making a mess

Tap to Create Your SOLID PROSPERITY MINDSET #2



I'm making a mess
because I didn't do what I
said I'd do
And I'm making a mess
because of the procrastina-
tion

Either way I lose.
Either way, it's just energy
So, right now,
I'm going to commit

To ditching procrastination
And taking my first step
It doesn't matter how
Because the how isn't up to me
The commitment is up to me
And the how will show up

It's just like yesterday
When Angela was talking to Stacey
And Stacey said this,
"Angela, it doesn't matter who you sell to,
You have to picture them first.
When you picture them clearly
And you get a good idea of who they are
And then you understand
that you have value for them
They appear, you don't even have to try."
That's how it works.

It's not about trying
It's not about going out and grabbing

Tap to Create Your SOLID PROSPERITY MINDSET #2

Or doing stupid things
Or feeling stupid
It's just being true to yourself
Making the commitment to do what it takes
And vibrating that from the center of your being
If you're a singer
And you're committed to singing
And you walk down the street singing,

Maybe somebody will hear you and hire you.
If you're a speaker,
And you speak the truth,
Who knows who's going to hear you
And ask you to speak
That person might be right behind you
In a grocery store line
Might be right behind you in a class
And hear you talking
When you vibrate from the center of your being

You never know who's going to hear or see you
And be attracted to you
And ask you for your services.
They might just be walking down the street
And think, "I want what she's got!"
That's what the power is,
Of vibrating from that space
Procrastination has nothing to do with it
When you know you're a damn good
EFT practitioner
And that you truly desire to serve

Tap to Create Your SOLID PROSPERITY MINDSET #2

And you want to help people
with migraine headaches
Or with fear of something
Or just doing what I'm doing here
on today's class

You start talking about that with people
And your excitement gets across
You don't feel stuck anymore
And people want what you've got
And they're excited to pay you
Enthusiastically!

Saying,
"Wow, that was awesome,
do you have any more of that?
What else have you got?"
And suddenly you can feel really excited
About what you're doing
And who you are

Angela: OK, deep breath, in and out.

Boy, I'm flying. I'll tell you, after I sent that email today with the truth of what this class is about (creating success instead of focusing just on fear), I felt so excited and so thrilled, because all of a sudden, the shackles and the I-shoulds that I had put on myself about what marketing 'should' be and what I 'should' say and how I 'should' do copywriting just fell away.

Tap to Create Your **SOLID PROSPERITY MINDSET #2**

And half of the people on the call signed up right afterward I sent the email out. It was just amazing.

Marianna: Wow, well, it was a great note, too! So thank you.

Angela: Thank *you!* I just feel it from the depths of my being that it's so important to do this work.

Hold your new space!

OK, so the last part, here, is to decide to hold the new space you've claimed and created.

A lot of times you go to a workshop or you get on a call like this, you get really excited, and you go home or get off the call all pumped up and excited, but the excitement feeling only lasts for maybe a day or three days. And all of a sudden it starts to fall off again.

That's because you get caught up in your old story again! I don't want that to happen to you. It's just a story, that's all it is. So, when you start to come down from this call:

**Stop and tap, and
recommit!**

**You've got to *decide*
to hold the space,
because this is the space
that is meant for you.**

This is your Divine Space! You've created your decision, you've created your commitment, you've decided to tap in the moment—now you've got to commit to yourself to *hold* the space for the rest of your life to the very best of your ability.

Including forgiveness for yourself for the times that you fall off. And even a curiosity to see why did you fall off. How can you use what you found out from that situation to make your commitment even stronger?

Sometimes we fall off because of blind spots. You can sit there on the floor going, "How the heck did I get down here?" Or, you can look up, and there's something you never saw before—you were blind to it before. Just like with that sculpture, I hadn't seen the possibility of her head being on sideways.

So, when you do fall off, instead of going, "Oh, darn it, I'm such a jerk, I blew it, I messed up and fell off my commitment..." ask new questions!

Don't beat yourself up—you've done that enough!

You know what black and blue feels like, you know what that whip feels like. Throw those things away.

Instead, put into place a sharp, deep and persistent curiosity. Because curiosity is a place of delight.

It's a place of really accepting yourself. When you come from curiosity, you can say to yourself, "Wow, this is really cool, I fell off! Look at that! There's a new color; look at that, there's a new person in my life; look at that, where did that big mud-stain on my pants come from; wow, this is really neat, maybe I should just go get another pair of pants!"

All kinds of possibilities are open to you when you fall off.

If you come from a place of curiosity, you'll be able to see the new possibilities.

But if you're beating yourself up, you're all wrapped up around yourself in blame, shame and resentment. You don't need to do that anymore, that's a thing of the past. Marianna, let me ask you this. Do you beat yourself up?

Marianna: Absolutely. I do. But I'm learning over and over...I keep having to relearn to be forgiving....

Angela: What's something you beat yourself up about?

Marianna: Not getting in the exercise that I want to do each day. Not doing the meditation that I want to do each day. Burning the food that I'm cooking because I wasn't watching and the flame was too high.

Actually, I don't burn it, I overcook it, and that really bothers me. It's a matter of not being careful, not being in the moment, trying to do too many things at once.

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Angela: And the other thing that I know that you beat yourself up about is not being able to be all things for all people. I know that about you, (laugh).

And you're not alone in that. People think that when somebody asks them to do something they have to do it, and they forget that they can say no, or maybe at a later time.

Marianna: And they don't even have to ask! If I see the need, I'm offering!

Angela: Yes, so I want you to stop doing that. Because a lot of times if you offer, it can make the other person feel like they're not powerful. It's not empowering to them for you to be the automatic asker.

You know, I read a thing a long time ago about Japan, and I don't really know if this is true or not, but I read that if a person falls down in the street, people won't will reach out to help them up because it disempowers them, in their pride.

And if that person reaches a hand up, then they will reach out to help. Like I said, I don't know if that's true or not or if that's just an archaic thing that was a long time ago.

But it has the same essence: don't be so quick to

offer help. Because the person may not even want it. So, let's do a little tapping on this.

We're holding the new reality!

Let's tap some more:

Even though:

I haven't decided yet
To hold my new reality
Because I don't even know what it is yet
And it's a daily dream that I dream up
I am committing right now
To absolutely determine
To hold onto my new reality

I can feel so good right now
But maybe three days from now
I might not feel so good
I'm going to stop in the moment
That I discover that I don't feel as good

And I'm going to find out how I do feel
And recommit right there
To recreate this space
So that I can continue

Tap to Create Your SOLID PROSPERITY MINDSET #2

To hold and live my life this way

Oh, my goodness

I can just imagine

What it will be like

To live my life

Feeling like this

Wow

Because I really do love and accept myself

I love and respect myself

I recognize and hold myself forth in power

The power of love

Because that's who I am

And I'm so excited

Marianna: Oh! My belly feels so happy. I don't know why, it's so strong there, but that's where...oh, maybe it's the Dan Tien...but it feels so happy and so full and so rich.

Angela: That's great, I'm happy to hear that—that's just perfect! OK, start tapping on the top of the head:

I feel so rich

My belly feels so happy

But what if I lose it?

What if in three days

The old story starts coming back?

My wife will start complaining

My husband will start nagging on me

My kids will start whining

Tap to Create Your SOLID PROSPERITY MINDSET #2

And I'll go, "Oh, no! I was feeling so good
And now I'm caving in

Oh, god, I didn't exercise enough
I burned my food
I'm not paying attention
I blew my job
I don't know how to do marketing
All this tech stuff makes me crazy
All those stories
Are potential bringer-downers
However, I can face them with curiosity

And say "How can I resolve this situation
And bring forth something new
That I hadn't seen before
And do it in integrity with my being?"
How can I face this new situation,
And invent something new
Something I've never seen or done before
A new story
Just like it's a fairy tale
Here I am, sitting on the floor

With somebody yelling at me
or thinking I'm stupid
Maybe I should just do a handstand
Start gargling peanut butter
Do something completely out of character
With my old story
Give myself the time
To take a breath

Tap to Create Your SOLID PROSPERITY MINDSET #2

Tap, "Oh, I feel so stupid,
I can't do this, I feel like giving up
Maybe I should keep procrastinating"

All those old stories
Have energy in them
And I have already committed
To get the energy out
And leave those old stories behind
My question would be
What is one thing I could do right now
To enable myself to stand up
And take my first step
In my new story?

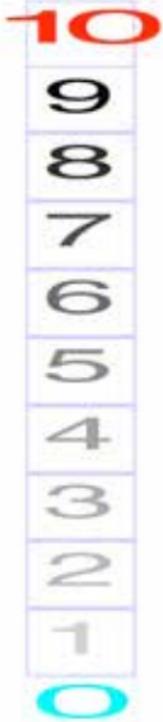
I am determined right now
To remember how I feel in this class
How great I feel right now
And recreate that
As much as I can
On a daily basis
And radiate the love I feel
All the way out
through my skin
And keep that going
I'm committing right now

To hold on to my new story
And write new chapters on it
New paragraphs, new words
New illustrations
As often as I can



Tap to Create Your SOLID PROSPERITY MINDSET #2

I am so thrilled
I feel so good,
And I have given up my old story
I love myself
I am so worth it!
I have a fantastic beginning to my new mindset
And I'm developing it as I go
For the rest of my life
Because I and everybody around me deserve it.



Angela: OK, take a deep breath in and out. Boy, you'd have to be made out of concrete not to be high on this one. So, how does that feel? Do you feel like that business about getting exercise and not paying attention is still important?

Marianna: It's important, and I'll be doing it, but not perfectly and that's OK.

Angela: Make a commitment to do the things you can, and if you can't do them, it's OK, because you take on really a lot.

Times are accelerating—we get about a thousand things done in our daily business that 10 years ago we never would have dreamed of doing in ten years. So,

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if you skip your exercise today, just make sure you do it tomorrow. Big deal. We make commitments to ourselves to do a million things, and we can only do a thousand, and then we beat up on ourselves.

The thing that I discovered last month when I was in the hospital was that none of those things are important. None, zero, zip.

The only thing that was important was allowing myself to be loved. I knew I was a loving being—I knew that already, and that was important—but I needed to learn how to *be* loved. I think that's something people really don't know how to do.

I'll say to you, "Marianna, that's a great dress," and you'll say, "Oh, I got it at the thrift store for three bucks." That's not being loved, that's pushing my gift-compliment away.

Being loved is receiving, like saying, "Oh, I'm so glad you like it, I like it, too." It's receiving. That will be another class that we'll do in the future.

So, how does it feel to decide, commit, and create this beautiful mindset?

Marianna: Really good. Really really good.

Angela: Good! OK! Well, that's it for today. So thank you everybody who sent in your comments

and for coming along today. This has really been a powerful class, I didn't expect to do some of the things that we did today—I really never know—I have an outline, but I never know exactly what's going to come up.

Thanks for your participation and your comments, and for your complaints and ideas that you wanted to set up—I think that we've made a pretty good beginning. And, thank you, Marianna for being my tapper.

Here is the email I sent out about this class:

04.21.09

I ran into an old friend today at the store. He looked like he was carrying the weight of the world on his shoulders. He told me a few things that were going on with him.

In the past, I'd have taken time to listen to his whole story, yessing and um-hmmm-ing and being 'nice' and making light suggestions if he wanted them—not wanting to be intrusive, of course.

I don't feel 'nice' anymore. My emergency surgery last month had a very deep and profound effect on me—I got to see how real it was that I could have left the planet in a wink. And in view of that, I felt really ticked off that my friend today was being so

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nonchalant about something he was doing that would have really bad consequences in the future if he didn't shift out of it—and told him so, no bones.

I'm going to repeat it to you, because I feel so passionate about it. Here's what I said, because I just love this guy, and I couldn't bear to see where he was going:

"You know, this isn't a dress rehearsal. This is IT. You don't get a second chance at any of the seconds you waste. Not one. This is the best it gets, right here, right now, unless you make the next ones better.

"Each minute, you get the opportunity to choose clarity or chaos. Which are you going to choose?

"Because if you don't choose, and you try to get to my age in the mess you're in right now, you may not GET to my age.

"It really doesn't matter what your story is—if you continue to not make conscious choices and to allow your default mindset to run you, you have not one iota of justification to complain or blame anyone but yourself.

"What are you committed to? What do you want to be remembered for? What makes you feel good? What makes your heart race? What makes you feel expanded and on fire? What makes you feel clean and connected inside?

“If you’re not making the choices to create those feelings and live them, then you’re actively choosing the life of a robot. Is that what you want?”

To say that he was stunned would be a just bit of an understatement. But he got it, and appreciated it. I could see that he was making new choices right then and there. His body even looked lighter.

In the past I’d never have been so outspoken. I’d have been afraid he’d take offense, or that I’d feel stupid. But I have to tell you that my commitment to the truth of my Being has gotten so much more powerful and so much bigger.

So I want to admit something to you that I have been doing. I was writing the emails about this week’s teleclasses from a point of view that only included the idea of Turning Fear Around.

Here’s what happened:

I’ve studied marketing for many years, and I bought into ‘find a problem and solve it’ copywriting.

But I realized today that that’s way too small for what I do, for what I can share with people, and the value I can present. My intention is to help you expand your life into something amazing, to create the underlying mindset, the internal structure upon which you will build the rest of your amazing life.

In truth, the classes this week are the foundation of a series about developing the mindset for absolutely becoming solidly set within your own being and creating your life from there.

You know as well as I do that if the mindset isn't there, there's only floundering, freaking out and failure.

It's like thinking you're going to rocket to the moon when all you have to ride is a rubber ducky.

It's beyond turning fear around—fear is only a small part of that whole creation.

It's being able to take any situation and glean the best from it and make it into something you're excited and delighted about forever.

It's about being aligned with and aligning the choices that all fit together into the beautiful whole of your life.

So, I'm stepping up the ante!

Because people talk about mindset, they show other peoples' mindset examples, but where do you find out exactly *how* to create your mindset in a way that works for you?

Believe me, it isn't about affirmations, affirmations, goals, maps, plans, or anything material. It's way deeper than that, and yet so simple. It's a daily path, a vigil, a challenge, an artistic creation.

Are you up to it?

In our day and age when so much is not only possible but plausible, when we are being asked by the universe to stand forth and be true to our dreams and passions, it's just a darn crime to sink back into "I can't." I won't allow it in my life, and I'm praying you don't, either.

So if you're ready to be real, if you're ready to acknowledge what's going on with you, feel it, and be willing to construct something a whole lot better,

I want to show you how to take those same feelings and limitations and remove the dirty charge from them and clean them up.

Then you can expand the energy and use it in the light and love and creativity you deserve and that is your right in this life.

I'm tired of 'nice!'

Nice doesn't get the results I want. I'm not talking about not being kind, I'm talking about saying what is real so you can move on to the next step.

For example, "yes, I'm addicted to sugar again after being on an IV for a week, rather than, oh, it'll go away soon."

No, it won't! I have to take active steps to get the substance out of my body and then do what it takes to not invite it back in again.

That's being real.

That's exciting, because I have removed doubt, I can take real action towards clear, attainable goals, and I can feel real, expansive feelings about myself and my life. Much better than fog-head and 3 pm cravings.

How real can you get?

**How much energy
are you throwing away
being 'nice,'
but *not real*?**

How much do you want to continue your pseudo-dreaming, someday-gonna-do this or that? Man, aren't you just sick of that? Step on out!

I invite you to join me on my teleclasses. I pull out the stops so you can accelerate the progress YOU want to make—no matter at what pace—in no uncertain terms.

You walk away with the feeling that no matter what happens in your life, you have what it takes to deal with it and bend it to your dreams. I look forward to having you on the calls.

aloha -
Angela

p.s. I want to hear from you!

Tap to Create Your SOLID PROSPERITY MINDSET #2

WRITE ME! I'm not some out-of-touch person who doesn't read his emails—I'm a real person who lives and feels just like you do.

Why does this class excite you?

What blocks you?

What do you want to create?

I read all my emails, especially if they are from someone on my list. I want to create the best classes possible for you, and I can't do it tailored to YOU if I don't hear from you!

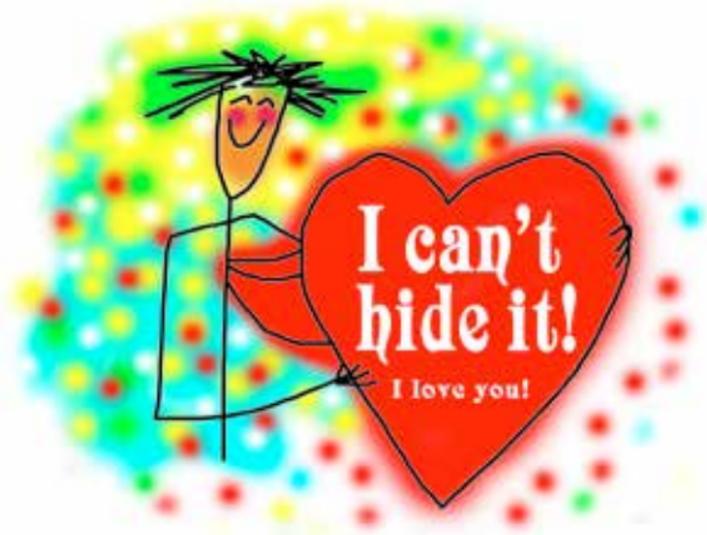
Do it now, OK?

Thanks! I love you!

Thank you, I'll talk to you soon. That concludes our session for today. Thanks, everyone!

This has been Angela Treat Lyon, the Voice of Daring, reminding you to Break the Mold! Live Your Dream! Supported by IDareYouRadio.com, and EFTinEveryHome.com!

**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 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, 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.

Angela hosts and produces Daring Dreamers Radio for entrepreneurs, interviewing daring, exciting and inspiring guests at IDareYouRadio.com like Quantum Thinking Expert Dr. Joe Dispenza, health

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

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

You 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

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?