

This isn't a **BeliefBusters Lesson**, nor a **Special Report**. It's a toolbox filled with hammers & nails & saws and things to help you navigate the sometimes-stormy seas of dealing with your negative thoughts & beliefs. Although many of them are taken from later in the **BeliefBusters Course**, you should know enough now to begin to use these tools.

What's here are a mix of techniques and "things to do" that will help you manage your thoughts & emotions. Over time, you'll be able to master them. Try them on for size. Use them where & when they fit. And stick with it, please. It takes only one cycle of the moon to form a new belief.



The BeliefBusters **First Aid Kit**

Negative thinking is an infectious disease. When allowed to continue it becomes negative belief. Negative beliefs are a plague on humanity— the source of all physical, mental, emotional and spiritual disease on Earth. What's needed is to STOP negative thoughts immediately treat them and heal them. Here are some ways to do that a couple of which will, literally, blow your negative beliefs away— right away!

In the early 1330s an outbreak of deadly bubonic plague occurred in China. China was one of the busiest of the world's trading nations, so it was only a matter of time before the outbreak of the epidemic spread throughout Asia and Europe.

In October of 1347, several Italian merchant ships returned from a trip to the Black Sea, one of the key links in the trade route with China. When the ships docked in Sicily, many of those on board were already dying of the plague. Within days the disease spread to the city and the surrounding countryside.

This eyewitness account describes what happened:

"Realizing what a deadly disaster had come to them, the people quickly drove the Italians from their city. But the disease remained, and soon death was everywhere. Fathers abandoned their sick sons. Lawyers refused to come and make out wills for the dying. Friars and nuns were left to care for the sick, and monasteries and convents

were soon deserted, as they were stricken, too. Bodies were left in empty houses, and there was no one to give them a Christian burial."

"The Black Death", as it became known, was a terrible killer let loose across Europe, and Medieval medicine had no way to defend against it much less prevent it. After five years, 25 million people were dead— fully one-third of all the people who once lived in Europe!

Of course the "The Black Death" couldn't happen again today. If symptoms of a bacterial plague appeared anywhere in the world, our doctors would immediately isolate those infected and treat the patients with powerful modern drugs such as streptomycin sulfate, tetracycline and other antibiotics to stop the spread of the disease.

So, why am I telling you this...?

I'm using the story of the bubonic plague of the Middle Ages to emphasize the extreme seriousness of a current, worldwide epidemic we are now facing. The disease I'm speaking about didn't originate in some far-off land and was not brought innocently to any nation's shores. It is not transmitted by fleas or rats, yet it is highly infectious and this infection is... wait. First, look at the dictionary definition of disease, please:

dis•ease (DIZ-ez) n. 1. A pathological condition of a part, an organ, or a system of an organism resulting from various causes, such as infection, genetic defect, or environmental stress, and characterized by an identifiable group of signs or symptoms. 2. A condition or tendency, as of society, regarded as abnormal and harmful. 3. *Obsolete*; Lack of ease; trouble.
[Middle English *disease* from Old French *des-* dis- *aise* ease]

Now, the highly infectious plague I'm speaking about, is...

THE source of ALL physical, mental, emotional and spiritual disease on Earth. It is the pathogen of Negative Beliefs.

Left unchecked and given time to become chronic, negative thinking will become negative belief. Beliefs are simply habits of thought. And...

What the mind believes you WILL achieve— always and in all ways.

I am convinced we are facing a worldwide epidemic of negative beliefs and we need to approach it as modern medicine would an outbreak of the plague: Immediately treat the infection (negative thinking) with "antibiotics" to stop the spread of the disease.



Now, I'm well aware that some of you will consider me an alarmist who by definition is "needlessly warning or attempting to warn others by inventing or spreading false or exaggerated rumors of impending danger or catastrophe."

I don't think so. I've witnessed first-hand how destructive negative thinking and negative beliefs have been in my own life— and the lives of many men and women I have coached and counseled over the past 20 years.

Negative thinking IS a disease and negative beliefs are the assassins of success... the killers of your living in 3D—as you Desire, Dream and Deserve.

Negative beliefs take time to change. Think about this please: Can you tie your sneakers... ride a bike... drive a car? How long would it take you to *unlearn* any of those things? Is that even possible?

Those habits are so deep-seated (and deep-seeded) in your mind and many of your beliefs are like that. The good news is you CAN change your beliefs and it's lots (LOTS) easier than trying to unlearn how to ride a bicycle.

The better news is you can STOP negative thinking before it becomes a habit of belief. It just takes first aid. So, I'm going to equip you with a **BeliefBusters First Aid Kit**, essentially containing some supplies, equipment and instructions to stop negative thinking as soon as it appears (and that is a most desirable habit to have).

First, an important NOTE:

This work we're doing with **BeliefBusters** is based on one core belief, which is:

You and I are infinitely powerful spiritual beings directly connected to the Source of all Creation.

If you cannot "buy into" this particular belief... please replace it with some other thinking that connects you to a "higher power" or "Unifying Principle."

If that idea doesn't work for you either... I'm not sure **BeliefBusters** will serve you to its fullest potential.

By the way, this (what's above) used to be a significant concern of mine. I was afraid that too many people wouldn't or couldn't relate to the spiritual side of all of this. But then I learned from recent research that well over 90 percent of Americans— not widely acknowledged as the most spiritually inclined nation on Earth— believe in God or a universal spirit... More than half of Americans pray at least once a day... And even a strong percentage of atheists and agnostics expressed similar beliefs in a higher power....

That said, the first device you'll need in the **BeliefBusters First Aid Kit** is a tourniquet for the mind. It's function is to "stop the bleeding" of negative thought. ANYthing that can accomplish that for you is the right tool for the job. Here are some I've found that work. I'll start with two of my current personal favorites. The first one is so simple & so powerful it's funny... literally.

Smile

That's it. That's all. SMILE!

The power of a smile simply blows me away. Always works. (The positive way of saying, "Never fails.") Does so instantly. And as long as you keep smiling, the negative thoughts & emotions are facing the most formidable foe they've ever done battle with.

It's an urban legend that it takes four facial muscles to smile and 16 to frown, but don't let that deter you from invoking "The Power of a Smile" at every opportunity.

You need NOT feel happy. Just smile and you will be... happy... quickly. There's nothing like it. And, I recommend you add it to the mix of all that follows here.

By the way, a turbo-charged smile is laughing. Try it. Negative thought, belief, whatever shows up... smile, then laugh and watch what happens. Joy versus feeling bad: Joy wins every time. Magic!

"Let go. Let God."

You have a negative thought. As soon as you catch it ("gotcha"), say to yourself or out loud (and more on that in a bit), "Let go. Let God." You may need to or want to say it again... and again... and again.... Simply repeat, "Let go. Let God." as many times as it takes for the negative thought to stop and disappear. (And of course, you can smile, too, for added effect.)

Here's what you're doing, and this is one of those "good to know" things, because you are accomplishing way more than simply stopping the unwanted thought.

First, we learned in early science class that, "No two objects can occupy the same space at the same time" and that's true for thoughts, too.

**As you begin thinking "Let go. Let God."
the previous negative thought gets
replaced by the new more positive one.**

There simply isn't a place in time and space for both, so... Stopping negative thinking is the first good thing that happens for you. There's more.

Right now, I want you to make a fist. Use either hand, just make a fist and clench that fist as tight as you can. Let your hand shake with the tension of your grip. Got it? Good.

Now... Quickly... **RELAX**; open your hand, palm facing up.

How does that feel?

That's the sensation of **RELEASING**, of letting go. Part one of this "tourniquet for the mind" stops the bleeding of negative thinking **AND** releases the negative thought itself and there's a real and tangible sense of liberty in that. Part two, "Let God" begs the question, "Let God what?"

You're welcome to interpret this one any way that serves you best. Here's my idea:

I'm letting God deal with it. I release, let go of the negative thought and offer it to God to cleanse, erase and heal.

For me that brings in forgiveness, treating both the symptom AND the cause, and it also assures that it's all "for the highest good of myself and all concerned." It also occurs to me that God (the higher power in my life) is far better equipped to deal with the plague of negative thinking and belief than I am, so by letting God handle it I'm engaging the ultimate healer in the Universe in the treatment and cure of my disease.

I mentioned above that you could say, "Let go. Let God." to yourself or out loud. Both work. What I'm finding is that speaking out loud has even more power. Sound adds an additional vibration to thought and the two together multiplies the positive, creative energy. Try it and learn for yourself.

Now, here's a beneficial bit I'm using that's really working for me:

BeliefBusters Physical, Intellectual, Emotional and Spiritual Fitness Exercise #1

"All truly great thoughts are conceived while walking."

— Friedrich Nietzsche

"When you pray... move your feet."

— Old African & Quaker proverb

Every day I walk for half an-hour or so (except on lawn mowing days). As I walk, I put my right foot forward I say, "Let." Then, as my left foot hits the ground, "go." Then my right foot again and say, "Let." Then my left foot, "God."



The phrases fit perfectly with the marching cadence. Right, left, right, left, right, left... it's like having a spiritual drill sergeant.

What's very cool is that my walks now go faster and I feel stronger. The back side of my walk is up hill (I live on a mountain) and I've noticed it's getting easier and easier to handle the tough part with my "Let go. Let God." marching mantra. It's another of those see for yourself, try it (maybe) you'll like it things.

Of course, anything you use to STOP! the negative thoughts in the moment is great. The word STOP! works for me. There are times when I find myself saying, "Stop! Stop! Stop!" just to get my attention (especially useful, even required, when negative obsession sets in). Some people say, "Cancel that thought." Really, anything that works for you is a good thing.

Combining the audio command with a visual image adds power as well. Imagine a negative thought right now then lay this familiar sight and sound below on top of it...



How did it work?

Adding an image to your spoken "command" simply brings in more parts of your mind. You'll have both your head and heart in the game working together for you.

Speaking of STOP! Check this out.

What follows is from [The Ririan Project](#), "a personal development blog with practical ideas on how to make important changes in your life, both big and small, so you can get your life on track and start living up to your true potential." Ririan is a student in Bucharest, Romania.

"What we focus on, we empower and enlarge. Good multiplies when focused upon. Negativity multiplies when focused upon. The choice is ours: Which do we want more of?"

— Julia Cameron

Are you carrying around some junk? You know, those hurtful and disastrous things that you may have been told by someone during the course of your life. It was supposed to be taken with a grain of salt or simply ignored but most of the times we take that criticism and wear it like a hat of shame!

Negative thinking can make all sorts of things incredibly difficult. It is like a leak in your confidence bucket— constantly drip-drip-dripping away your confidence and self esteem.

Negative thinking can be useful to help assess the possible pitfalls in a potential plan of action, but you need to be able to turn it on and off at will. Otherwise, negative thoughts will sabotage your self-belief, your confidence and your achievements. Here are some effects of negative thinking:

Sleeping problems

It can become very difficult to get to sleep, because you feel worse at night. There are a number of reasons why. While you're trying to drop off to sleep, there's nothing to distract you from the worries that may have been lurking in the background during the day.

Sapping your self-confidence

The more problems you think you have, the less able you may feel to cope with them, and this can increase your sense of helplessness. This reduces your confidence, making you more vulnerable to your fears.

Unhelpful strategies

Under this kind of pressure, it may become very difficult for you to concentrate and carry on with everyday life, so that your problems tend to build up. It's emotionally draining to feel anxious all the time. It may feel as though your whole life is being taken over by it.

Negative thoughts are not reserved for just a few people or situations.

Everyone is plagued by negative thoughts at one time or another.

However, once you begin thinking about what you're "thinking about", you've already taken the first step to controlling negative thoughts.

Research shows that people who receive positive distractions *for just eight minutes* show a remarkable change in their moods and in breaking the cycle of repetitive thought. [Emphasis mine JMF] So, next time you catch yourself repeating the same negative thoughts over and over in your mind, use the STOP acronym:

S - Say the word STOP!

Interrupt your internal destructive thoughts. Tell yourself firmly to "STOP" over thinking. Be strict, and don't let them intrude on your thoughts. It also might be helpful to visualize a box to place all your negative thoughts in, which you may open at a later date or time.

T - TAKE a break!

Take a deep breath. Then, take a break. Go for a walk or a hike, read a great book, listen to your favorite music. Do something to take your attention away from over thinking, and if possible, change the environment.

Also try some relaxation exercises; they often focus on replacing negative thoughts with positive ones. This could involve imagining yourself in a new setting, such as a beach, a designer home or a garden. You could visualize your worries as physical objects that can be discarded, such as stones or rocks you could heave into the distance.

Sometimes, doing a relaxation exercise makes people feel quite uncomfortable. You might feel that it's not working, or that you're doing it wrong. It's best to take the attitude that you're just giving it a go, and that these negative thoughts are normal. Surprisingly, learning to relax takes practice.

O - Focus on the OUTCOME!

Focus on the OUTCOME of your goals. Affirm why you are committed to your goals. The way we feel and what we experience in our body comes from what we focus our attention upon during a given moment. And at any moment, we are "deleting" most of what is going on around us. That is, to feel bad, we have to delete (not focus on, not think about) everything that's

great in our life. And vice versa. For us to feel good, we have to delete the things we could feel bad about.

P - PRAISE yourself!

PRAISE and acknowledge yourself for the progress you are making. Remember, you're looking for progress, not perfection! Give yourself a reward every time you're successful with overcoming negative thoughts. And remember small changes make a big difference. By recognizing that you do have negative thoughts you've taken the first step. Now, start playing Devil's Advocate and challenge yourself to find the positive. Turn your thoughts around and your moods will follow suit. And remember, you are what you think.

Good stuff. Great stuff! Here's more...

Take Back Your Power

I'm going to reveal a part of the **BeliefBusters** process here and I honestly have some concerns about doing so. The thoughts I'm having are that it's out of context and therefore premature to show this to you now, but... my intuition tells me "Nike— Just do it!" So, I will. Truth is this one is simply too valuable & useful NOT to include in the **First Aid Kit**.

In a nutshell (which is absolutely too small to hold it), the formal **BeliefBusters** process is a two-sided affair where you first write down a description of an unwanted experience you're having and all the thoughts, emotions and physical feelings that are associated with it. That part is called **Current Reality**. Once that's clearly described, you then create a **Vision** of your ideal experience— again with all its associated thoughts, emotions and physical feelings— and internalize it. There's more to it as you'll learn when we get there, but that's basically it.

Now, there are instructions for the inner actions you'll be doing with both **Current Reality** and **Vision**. What I'm going to share with you here is the instruction for **Current Reality** and how you can use it for **First Aid**.

The moment you become aware of the presence of a negative thought or belief, stop what you're doing (if it's safe to do so, i.e.; NOT while you're driving a car), close your eyes, take a deep breath and say the following:

"I am an infinitely powerful spiritual being directly connected to the Source of All That Is. This (use the most appropriate word; thought,

belief, even experience) is not real. I made it up. It is a creation in my mind. I take back my energy from this creation and give it to God to cleanse, erase and heal for the highest good of myself and all concerned. As I do I feel the power of Creation flowing to me and through me bringing me love, peace and joy. Thank you God!"

You can make any and as many changes to what's above as you want. Check with your intuition and use your own words to reflect your own spiritual understanding. That's basically what I use and I do change it frequently.

And, you can use this anywhere any time, eyes open or closed, sitting, standing or lying down. None of that seems to matter. Do what works for you.

More...? Lots.

Ho Oponopono

This is the modern day version of an ancient Hawaiian spiritual practice "Huna" popularized by Joe Vitale in his book with Dr. Ihaleakala Hew Len *Zero Limits*. The literal meaning of the word itself means "to make it right—with the ancestors... with the people with whom you have relationships... with God." This teaching is founded on the idea that you and I are personally responsible for all that happens in our world.

Admittedly, that's a stretch for some people and, you may find the idea valuable and useful. Check it out.

In Ho Oponopono you are always "cleaning" whatever it is within you that has caused unwanted situations. The process is simple, although there are many variations on the theme. It's essentially a prayer you offer to the Divine or your choice for Higher Power. It goes like this:

**I'm sorry.
Please forgive me.
Thank you.
I love you.**

The "I'm sorry" and "Please forgive me" can be "in general" or about a specific situation or relationship you're dealing with. That could be negative thoughts you're having or a belief that doesn't serve you, an upset or any

unwanted circumstance you're facing. "Thank you." and "I love you" are pretty self-explanatory.

You can also direct "I'm sorry" and "Please forgive me" at others and to yourself as well. When you discover that you've got some unwanted mental judging thoughts or beliefs, "I'm sorry" and "Please forgive me" can help cleanse and heal those thoughts and your relationship with the other person and yourself.

"Thank you" and "I appreciate you" and "I am grateful for _____" are also powerful declarations that stop the draining energy of negative thinking and help you replace that with positive, energy-building thoughts and feelings.

I love you

"I love you" is one of THE most formidable **BeliefBusting** and **BeliefBuilding** power tools (and I'm using formidable with its "inspiring awe, admiration, or wonder" meaning) and it's the equivalent of a wonder drug in the **BeliefBusters First Aid Kit**. Dr. Joe Vitale described it this way in his piece "Six Principles For Living at Zero."

Your ticket to Zero Limits thinking is saying the phrase "I love you." The pass that gets you peace beyond all understanding from healing to manifestation, is the simple phrase, "I love you." Saying it to the Divine cleans everything in you so you can experience the miracle of this moment; zero limits. **The idea is to love everything**. Love the extra fat, the addiction, the problem child or neighbor or spouse; love it all. Love transmutes the stuck energy and frees it. Saying, "I love you" is the same as saying, "open sesame" to the Divine.

There are some— and I'm one of them— who say that the universal life purpose of every human being on the planet is to learn to love and be loved. You don't have to be Jennifer Rush (or Laura Branigan, or Céline Dion, or even Huey Lewis) to believe in "The Power of Love." It is THE ultimate healer. The idea that "God is love" is the one principle most widely shared by almost all of our world's religious and spiritual traditions.

**"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."
— Matthew 5:38-44**

If ever there was an enemy that needs (as in desperately) to be made into a friend its negative thinking and our negative beliefs. To love your unwanted, judgmental, destructive thoughts and to love your limiting, self-sabotaging, disempowering beliefs is— to say the very least— challenging... and it is what it is... and what there is to do.

Love is the only thing I know that can bring about this metamorphosis. As Dr. Vitale said, "The idea is to love everything. Love the extra fat, the addiction, the problem child or neighbor or spouse; love it all."

Love your negative thoughts. Love your negative beliefs. Bring about their transformation with the power of love. Believe as in **be love**.

What the mind believes you will achieve— always and in all ways. So...

Believe in love.

And now... saving (some of) the best for last.

BB & EFT ...which stands for BeliefBusters and Emotional Freedom Techniques

If you're not familiar with the Emotional Freedom Techniques, EFT, here's a quick explanation (taken mostly from Wikipedia.org):

EFT was created by Gary Craig in the mid 1990s, and is meant to be a simplification and improvement of Roger Callahan's Thought Field Therapy (TFT) techniques. Craig trained with Callahan in the early '90s.

The basic EFT technique involves holding an unwanted, negative thought, memory or belief in mind along with its associated emotion and simultaneously using the fingers to tap on a series of specific points on the body that correspond to the "acupuncture" meridians used in Chinese medicine. The theory behind EFT is that negative emotions are caused by disturbances in the body's energy field and that tapping on the meridians while thinking of a negative emotion alters the body's energy field, restoring it to "balance."

The theory states that negative emotions are built in the following stages: A negative thought occurs; negative emotions are felt in response to this

negative experience, leading to inappropriate programming inside the body; and then the body's energy flow gets disrupted due to these negative thoughts and feelings.

The contention of EFT is that in order to remove the negative responses, tackling the negative thought-experience-belief is not enough, because doing so cannot correct the energy imbalance. Rather, the energy imbalance must be restored along with healing the negative thoughts and emotions and may in fact be an integral part of the healing process.

Enough quack, quack for you? Thing is... EFT works. And for some of you it may be THE ultimate miracle "drug" in your **BeliefBusters First Aid Kit**. Here's what to do with it:

(Most of what's below I learned and adapted from **Nicolas Ortner**, the creator and producer of the documentary film about EFT, "Try It On Everything" You can see a trailer for the film and get more information from the website: <http://www.tryitoneverything.com>.)

BB & EFT Sequence

Remember, what the mind believes you will achieve— always and in all ways, so any problem you experience has a belief as its source. In this example we'll be focusing on anxiety. Any of the FADWAS (Fear Anger Doubt Worry Anxiety Sadness) would do. You can substitute any belief you're up for busting in place of "anxiety" in the example below as well. You'll see how to do that easily enough as you work through the process.

Here's how a basic EFT sequence works:

- 1. Identify the belief you want to focus on.** It can be general anxiety, or it can be a specific situation, issue or belief, any thought which causes you to feel anxious.
- 2. Consider the negative thought.** How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level and 10 being the highest.
- 3. Compose your "Set up" statement.** It begins with "Even though..." followed by the "problem" you're working with, and ends with a statement affirming you are a person of value and high self-esteem.

"Even though I feel this anxiety, I deeply and completely accept myself."

"Even though I'm anxious about _____, I deeply and completely accept myself."

"Even though I'm feeling this anxiety about my financial situation, I deeply and completely accept myself."

"Even though I panic when I think about _____, I deeply and completely accept myself."

"Even though I'm worried about my relationship with _____, I deeply and completely accept myself."

"Even though I'm having trouble breathing, I deeply and completely accept myself."

4. Perform the set up. With four fingers on one hand, tap the "Karate Chop" point on your other hand. The Karate Chop point is on the outer edge of the palm of your hand, on the opposite side from the thumb.

Repeat the set up statement four times aloud, while simultaneously tapping the Karate Chop point.

Change "I accept myself" to "I appreciate myself" the second time you say it. Change the phrase again to say, "I forgive myself" the third time. And the fourth time say, "I love myself." You may do two or three or more "rounds" of the "set up" as you choose. When you're complete, take a deep breath and...

5. Get ready to tap. Here are some tips to help you achieve good technique.

You should use a firm but gentle pressure, as if you were drumming on the arm of your chair or testing a melon for ripeness.

You can use all four fingers, or just the first two (the index and middle fingers). Four fingers and thumb are generally used on the top of the head and four fingers for the wider areas of the collarbone and under the arm. On sensitive areas, like around the eyes, you can use just two.

Tap with your fingertips, not your fingernails. The sound will be round and mellow.

The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop if you choose. Some people start with the Eyebrow and end at the head. Do what works best for you.

6. Now, tap 5-7 times each on the twelve meridian points in the following sequence:

Head (H)

The crown, center and top of the head: Tap with all the fingers and thumb of one hand.

Eyebrow (EB)

The area between the eyebrows above the bridge of the nose: Use two fingers.

Side of eye (SE)

The hard area between the eye and the temple: Use two fingers. Feel out this area gently. Don't poke yourself in the eye!

Under eye (UE)

The hard area just under the eye, the ridge of the cheekbone: Use two fingers, in line beneath your pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip: Use two fingers.

Chin (CH)

This point straight down from the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge at the center of your collarbone with four fingers. You can also use a softly closed fist.

Underarm (UA)

On your side, about four inches beneath the armpit: Use four fingers.

Head (H)

And back where you started, to complete the sequence.

As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my interview" or "my financial situation." Tap firmly with the first two fingers on each hand.

Now take another deep breath!

7. You've completed the sequence. Focus on your problem again. How intense is the negative feeling now, in comparison to a few minutes ago? Give it a rating on the same number scale as you did before.

8. If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the negative feeling is gone. You can change your set up statement to take into account your efforts to fix the problem and your desire for continued progress.

"Even though I have some remaining anxiety, I deeply and completely accept myself."

"Even though I'm still a little worried about this _____, I deeply and completely appreciate myself."

"Even though I still feel fear about my financial situation, I deeply and completely forgive myself."

"Even though I'm still upset about _____, I deeply and completely love myself."

And so on.

9. After you've focused on dispelling your immediate negative thoughts and feelings, you can work on installing some new positive ones that empower and inspire you.

NOTE from **Nicolas Ortner**: This is a different approach than traditional "positive thinking." You're not being dishonest with yourself. You're not trying to obscure the stress and anxiety inside yourself with a veneer of improbable or insincere affirmations. Rather, you've faced the anxiety and draining energy of your negative thoughts and feelings, offering deep and complete acceptance to both your feelings and yourself. Now, you're turning your thoughts and vibrations to the powerful and positive.

That's what makes EFT so much more effective than the "positive thinking" techniques that many of you have already tried. It's not just a mental trick;

instead, you're using these positive phrases and EFT tapping to tune into the very real energy of positive expectation and joy that is implicit inside you. You're actually changing your body's energy into a more powerful flow, a more positive, energy building vibration.

Here are some example phrases to guide you:

- "I have faith in _____."
- "I am joyful about _____."
- "I am becoming _____."
- "I am mastering _____."
- "I am accomplishing _____."
- "I enjoy the calm and peace I feel about _____."
- "I love my relationship with _____."
- "I am becoming a more relaxed and joyful about _____."
- "I'm grateful for what _____ has helped me to learn, so that I can _____."

You can use these positive phrases and others you create yourself with the same EFT tapping points and sequences described above.

Congratulations! You've completed your first **BeliefBusters EFT** process (**BB EFT** for short). What did you like best about it?

I am so inspired by the results people are getting with **BB EFT** I'm going to make it an integral part of the core **BeliefBusters** process.

So, that's what's in the **BeliefBusters First Aid Kit**— for now. I imagine we'll be adding to it again sooner than later as our work with **BeliefBusters** and the keeps growing.

Please, let me know what you like best about all of this, and what makes that useful and valuable for you.

Thanks.

I appreciate you!