SPECIAL REPORT

Ten Powerful Doses of Love & Happiness

Phillip Mountrose & Jane Mountrose
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Ten Powerful Doses of Love & Happiness

Official Guide for Enjoying Life and Making the World a Better Place

Sponsored by Awakenings Institute, a non-profit organization dedicated to awakening to a more collaborative, creative, and cheerful world where love can conquer fear and everyone can thrive!

Directed by Authors, Coaches, and Trainers
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Welcome! We hope you will enjoy in this book. It could open a door to an opportunity to create more love and happiness than you ever could have imagined possible before now. We value your opinion and invite you to send any comments or suggestions on how we might improve this book to us at the email address listed below.

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If you could create the world on your own terms, what elements would you most want to include? What specific characteristics would provide the greatest benefits for everyone and everything concerned?

When we asked ourselves this question, the answer was clear. Our choice is to live in a world where love and happiness abound.

Lots of people complain about the challenges we face individually and collectively. These people view themselves as victims of forces that are much larger than themselves. Less of us focus on the solutions. As we learn more about how our reality works, both from philosophical and scientific perspectives, whining and complaining make less and less sense. On the other hand, choosing a more joyful and living life makes a lot of sense.

Quantum physics has now proved what the world’s foremost thinkers have been telling us throughout the ages. Socrates explained it this way more than two thousand years ago:

\textit{The mind is everything; what you think you become.}

You CAN choose the kind of world you want. In fact, no one else can do it for you.

\section*{A Quantum Perspective}

According to quantum physics, everything is energy vibrating at different frequencies and our thoughts give this energy form. As Socrates suggested, this means that our thoughts literally become our reality. By inference, this also means that each of us is creating our reality all day every day whether we doing it intentionally or not.

When we intentionally think positive, empowering thoughts that vibrate at expansive frequencies, our lives become better. According to Dr. William Tiller, one of the world’s leading scientists on the structure of matter,

\textit{“Every application of our intention is an act of creation.”}

Tiller reminds us that the key is to learn to create properly, efficiently, and effectively.

When we think that life is difficult and stressful, believing that we are disempowered victims, we create a reality that mirrors our struggle. This is the way most people live today...
and it carries a restrictive frequency of energy that reverberates through everything these people say and do. From this place, the concept of creating a world characterized by love and happiness seems absurd and unrealistic. Progress is slow and everything takes a lot of effort. “No pain no gain” is the victim’s motto.

There’s no doubt about it - life can be challenging. With our increasingly rapid pace, it always seems like there is too much to do and too much information flying around to make any sense of it. States of chronic stress, confusion and anxiety are much more common than joyful engagement in the excitement of being alive.

Unfortunately, many people never figure out how to escape this foe. According to the American Psychological Association, “Chronic stress - stress that interferes with your ability to function normally over an extended period - is becoming a public health crisis.”

The situation may just keep getting worse and many believe that "this is the way it is" and "this is the way I am" seem reasonable. Anyone can justify them and sadly, most people do just that.

Does it have to be this way? The facts say no. According to quantum physics, whatever is limiting you is just one possibility that can be changed with the focus of your intent. Why not cultivate the perspective that love and happiness can rule, that virtually anything is possible and miracles are all around you?

Choosing Happiness

At its best, life is to be lived fully, to reach happily for higher heights, feeling good and excited about waking up to each day. Who wouldn't want this? From this perspective, you can see that stress and happiness are opposing ideas. You can't be in both places at the same time, so your choice of which one to cultivate is an important one. As you'll see, stress, your foe, takes you further from what you want, while happiness, your friend, opens you to the life of your dreams. In essence, success is your ability to create what you truly desire and if you want to enjoy the ride, this must include happiness. It's exciting, stimulating, and life enhancing.

This perspective carries a supportive frequency of energy that reverberates through everything that those who choose to access it say and do. Imagine the difference this kind of perspective could make in your life and the lives of those you love.

Expanding Your Mind with Daily Doses of Love and Happiness

True change comes from within. When you recognize that only YOU can change your thinking and your life, the opportunity to take in daily doses of love and happiness makes more and more sense. Every day, you can choose to make more creative choices. You can
decide to expand your mind to embrace a larger, happier, more loving and amazingly miraculous picture of who you are and what is possible.

Here's an example of a dose of love and happiness. Richard Bartlett, the creator of Matrix Energetics, a transformational form of healing, suggests setting the stage for a quantum shift in your reality by asking yourself mind-expanding questions each morning. Opening your mind to more miraculous possibilities brings new opportunities to create a happier and more loving reality where things come to you easily and effortlessly.

Here are a few examples of mind-expanding questions to ask to get you started:

- Consider, what might you do differently as you recognize that the universe is really a friendly, supportive place that wants the very best for you?
- Imagine, what might be possible if you could choose to live each day with great inner happiness and ease, knowing that everything is going your way?
- What might you notice today that could open you to a more energizing and joyful life, one where dreams can come true?
- What readily available opportunities to experience more love and happiness have you not discovered yet?
- What can you perceive differently that will uplift you and awaken you to the joy of being alive a little (or a lot) more today?

Having asked your question(s), take a nice deep breath, relax your mind, and allow the voice of wisdom inside you to respond. Each day can take on new meaning as you open to the messages that emerge from within. You may discover that you have access to an intelligence that is greater than you might imagine, the intelligence of the creator that dwells in you.

### Picking Up More Good Vibrations

Remember that since everything is connected, you can connect with any energy you choose. You may know or grow to understand that you actually have access to the infinite intelligence of the universe, which speaks to you as your inner wisdom. Quantum physics is all about this field of pure potential and infinite possibilities. The further you go and the more you come into harmony with the miraculous possibilities that are yours for the taking, the better you feel and the better your life becomes.

Taking it a step further, as you focus on what is truly meaningful to you, a new sense of purpose may emerge. Like us, you may find that you enjoy being a love and happiness ambassador, knowing that the better you will feel and the more you share your joy, the better the world will become.
Here's how you can recognize a profound truth about yourself. Before reading further, take your hand and point to yourself. Now notice where you pointed. If you are like the vast majority of people, you pointed to your heart.

Why would this be? Most of us consciously associate ourselves with our brains and the complexity of those 70,000 thoughts that run through our heads each day. Regardless, we know deep down inside that the essence of who we are resides in the heart. When you focus on your heart, on the love and joy of being alive that naturally reside in the heart, the picture looks much brighter.

**The Heart as Your Most Important Resource**

People commonly talk about "getting to the heart of the matter" and "following my heart," but we rarely consider what this means. In the spiritual traditions of India, the heart is seen as the doorway to our essential and ultimate nature, the Supreme Consciousness, what many in western philosophies refer to as the "seat of the soul."

It's no coincidence that the heart resides in the center of our being, sharing our life blood with every cell of the body. Some also call the heart the spiritual bridge and we would agree. An open heart is the bridge to a spiritual transformation we call "the Ultimate Paradigm Shift." You can learn more about this at [http://gettingthru.org/holistic/ultimate-paradigm-shift](http://gettingthru.org/holistic/ultimate-paradigm-shift).

It is through the love and spiritual intelligence of the heart that we can access our greatness and Infinite Intelligence. It is also through the heart that we can easily tap into a higher understanding of ourselves, our inner guidance system, and an intuitive knowing of what is right for us.

Modern science is starting to agree. Recent research at the Heartmath Institute has shown that as our hearts become clear, filling with love and gratitude, amazing things happen. Our heart rhythms shift, bringing the whole body into a new state of harmony. This reduces stress and relaxes the organs, producing positive effects that even offset the effects of aging. This coherence also engages the higher cognitive functioning of the brain and increases intuition. Finding that it possesses a complexity that exceeds that of the brain, science is even exploring the heart as a second brain.

The profound nature of the heart is another place where you can see that there is much more to life than most of us realize. Albert Einstein, a very smart man, once said:

"Few are those who see with their own eyes and feel with their own hearts."

Isn't it a relief to consider the possibility that your greatest and more important inner resource is truth that resides in your heart, at the center of your being? The heart simply knows! To get the most from this report, it may help to recognize that if you are not consciously aware of what you are thinking and feeling, particularly in your heart, life is
happening to you by default. And if you are not accessing your greatest resource, the spiritual wisdom that resides in your heart, you are missing the most important and miraculous key to a richly fulfilling life.

When you're stressed and confused because you can't figure out what's right for you, you may feel lost. You're not in a resourceful state for creating the life you desire. You're disconnected from Infinite Intelligence, which is the source of inner wisdom. We had this experience and when we opened our hearts, everything changed. The simple guidance and wisdom that emerged from our hearts brought new life. With this source of inner guidance, we recognized that we are all built to be resilient and bounce back up when life gets us down.

If you want clarity for making decisions and understanding what's right for you, you absolutely can. Open your heart and start to listen to its wisdom. When you do this, you'll begin to see that anything really is possible and miracles are all around you. And with practice, you can easily return to center, aware of who you are and where you are going. That's what happened to us.

The Miraculous Journey

The realization that living with chronic stress was taking us away from our center and the life our hearts so deeply desired changed everything for us. For a number of years, we, like many people, somehow believed that if we kept going and put up with stress long enough, things would turn around. That's not the way life works and we finally understood that the path to our dreams needed to go in a dramatically different direction.

We finally realized that if we could open our hearts and experience more love, gratitude, joy, and excitement about being alive, we could go on a miraculous journey. We were right and our lives changed as dramatically as our perspectives. It was truly amazing and brings us to an important point.

Imagine... If everyone on earth was vibrating love and happiness, the challenges we face collectively would fade into the past. With open hearts, there could be no war, no starving children, no damage to the environment, and more.

Facing the Foe

Repressing our hearts' callings is stressful and studies consistently show how damaging stress can be. Stress — along with its counterparts confusion, hurry, and worry — is the foe of those who long to live fully and create the lives they were born to live. Chronic stress generally indicates that a person's life is heading in the wrong direction or spinning out of control. This doesn't feel good! It's like taking a bath in toxic sludge.

This picture is not a pretty one. According to the American Institute of Stress, more than 75% of the population suffers regularly from psychological and/or physical symptoms of
stress. It's not just unpleasant. It destroys their opportunities to bring out the greatness that's longing to emerge. Stated simply, stress is a killer!

Stress is so pervasive that it seems normal, but the body tells a different story. Health statistics are alarming. Some estimate that as much as 90% of all illness is stress related. This includes heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, accelerated aging, and even premature death.

The Opportunity to Make a Difference is Real

Each step you take to improve your life is a step for yourself, for those you love, and for humanity. Statistics on happiness are equally impressive. According to statistics compiled by the University of California at Berkeley, happiness protects your heart, strengthens your immune system, combats disease, and lengthens life. Happy people also report having fewer aches and pains.

It's not surprising, then, that happiness directly impacts your success according to research cited by Forbes. One of the benefits we've noticed is that a positive state is a more resourceful state. More feels possible, so it is, with health, prosperity, career, relationships, and much more. Use your imagination. What might be possible?

The key question to consider is, "How important is this to you?" It's very important to us. We want to live fully and expand our possibilities. On a larger scale, helping to create a world where love is the guiding force is a key focus of our non-profit organization, Awakenings Institute. The energy each of us contributes through the quality of our thoughts and feelings is quite literally our vote for the world we want to create.

Why Ten Powerful Doses of Love and Happiness?

This is where the doses of love and happiness you'll find in the next chapter come in. They are a prescription for success. It's also worth noting that the doses we suggest are just some of many possible ways to create a happier and more loving world. We invite you to share your prescriptions for love and happiness with the important people in your life. You, too, can choose to be an active part in the solution. And best of all, taking doses of love and happiness doesn't cost a thing. It's a choice you can decide to make right now!

*How wonderful it is that nobody need wait a single moment before starting to improve the world.*

- ANNE FRANK
With the potential for living in a joyful, supportive and friendly world, we want to awaken your creative juices with ten tips or doses of love and happiness that you can use each day to enhance your life. None of them take any extra time, so you can start to develop these life-enhancing habits right away. If you want to tap into the power of love and happiness and create an extraordinary life, these habits will help you to get where you want to go.

As you read these tips, think of the simplest changes you can make that will produce the best results. Remember, you can choose to make it easy.

1. **Decide to feel good each day.**

   Effort you exert to achieve or improve anything in your life when you are feeling bad is a waste of time and energy. It simply won’t work. Suffering, stress, hurry, and worry can only create more of the same, which means the key is in the turn around.

   In addition to experiencing the joy and ease of living in a friendly world, you can start to turn things around now or any time by recalling one of the happiest moments of your life and feeling now the way you felt then. Describe it to yourself, maybe even aloud. Recalling this time and enjoying the feelings should make you feel good now. You may also notice that when you re-experience this happy moment, every cell in your body feels more alive!

   To make the most of this idea, add some emotional intensity to your positive feelings. Get excited about feeling good! Continue to recall this happy moment and others like it often and watch a smile come over your face.

2. **Look at things more objectively, like an impartial observer or detective.**

   We can all learn from these words of wisdom from the French philosopher Michel Montaigne:

   "A man is not hurt so much by what happens as by his opinion of what happens."

   Put yourself in the place of another impartial person and notice how different things look. You can increase your self-awareness and learn a lot about yourself this way.

   You may also find it helpful to view situations through the eyes of a highly successful person you admire. Looking through the eyes of overcomers like Oprah Winfrey and
Deepak Chopra can give you a new perspective on any situation. How might they respond to your situation? Would they whine and complain? Would they give up? You may notice that you can draw on the strength of people you admire and feel better right away.

3. Go with the flow and cooperate with the things you can't change.

This is very practical, powerful, and in the long run essential to your happiness. Your natural state is well-being on all levels - body, emotions, mind and spirit. Resistance to what is reduces your well-being and causes stress. The more you stop resisting what is, allowing your life to flow with joy and ease, the better you feel and the more easily you can move in the direction of your dreams.

Going with the flow can reduce your day-to-day stress dramatically, making it easier to open to the miracles that are yours for the taking.

4. Step outside, take a moment to breathe some fresh air, and focus on the big picture.

It's easy to get overwhelmed by the small stuff and lose sight of the big picture. Make a habit of letting small irritations go.

Sure people can be annoying. So can rush hour traffic. On the other hand, you can always return to flow, joy and ease in just about any environment. Always remember your most important goal is to feel good. As you practice finding ways to shift small irritations, life will become easier and more joyful.

One option is to breathe and imagine rising to the lofty mountaintop we described earlier. This is a place where the air feels clear and crisp, where you have a panoramic view of the world around you. Going to a place where you can get a panoramic or long distance view produces similar results, giving you a more expansive view of your life. The small stuff pales into insignificance in the face of the big picture.

5. Dance, jump, sing, play with a dog or cat, feel the excitement of being alive!

You get the best results when your energy moves strongly in a positive direction. Excitement moves energy and you feel most alive when you get excited about something. In the end, being in the process of realizing your dreams, which we discuss later, becomes the main source of your excitement. Regardless, there are lots of simple things you can do to feel excited about life right now.

6. "Smile at the world and the world will smile back at you."

As Gerald O'Donnell suggests, you experience stress when you believe that the world is a place to be feared because it is working against you. This is only true if you think it is. Remember you live in a friendly world and find ways to smile at the world often. Look for the good things that are happening, not the bad, and you will see that there is a lot of good in the world to smile at.
Like you, the world is in a perfect place to take its next steps. The challenges we face globally speak about us as individuals. Good things are happening and as each of us acts more in a spirit of love and happiness, the world will, too.

7. When you find yourself stressing, hurrying, and worrying, stop the momentum and notice something pleasing around you.

We all get into momentums. Fortunately, we can also choose to change direction when we notice them. Negative momentums like hurry and worry prevent you from feeling good and creating what you want. They also take you out of the present moment, which is your true place of power.

When you have an opportunity to move back into the now, you can make this even more pleasant by putting things around you that make you feel good where you are, like flowers, inspirational quotes, and beautiful pictures. Regardless, there are probably interesting things around you that you have not noticed before or in awhile.

8. Lighten your load.

Energy that doesn’t match the person you are becoming or what you want to create weighs you down. It's like wearing a backpack filled with heavy rocks or wiggly worms. What's in yours? Notice any burdens you can remove and do it now. Maybe you need to start to say "no" more often or expect less of yourself. You don't have to be perfect to be happy and successful. Striving for perfection will just hold you down.

On a related note, maybe you can ask for help sometimes. Notice how good it feels to lighten your load.

9. Spend as much time as possible with likeminded people who are focused on creating a better live and a better world.

You may also have heard the idea that your success with anything you want in life is reflected by the five people closest to you. If you are spending most of your time with people who are not supportive of your dreams and goals, this would suggest that your road to success will be much more challenging. We all know the saying "Birds of a feather flock together." If you want to turn stress into love and happiness, be sure you're in the "right-thinking" flock.

This idea should provide some food for thought. It points to the importance of being around likeminded people who are focused on love and happiness just as much as you are. You may have to make an effort to surround yourself with these people who are in the extraordinary minority.

10. Express gratitude for the many blessings in your life as often as possible throughout the day.

The energy of gratitude opens your heart. It generates feelings of love, harmonizes your entire being, and attracts miracles into your life.
Opening your heart with gratitude is one of the easiest ways to experience love and happiness. You can be grateful for anything — a pet, having a roof over your head, having food in your refrigerator. The subject doesn't matter. It's all about the energy. It doesn't take much and the amazing thing is that when you feel gratitude, you attract more things to feel grateful for. Remember, you get more of what you think about.

Also notice when you are feeling gratitude that there is no room in your consciousness for fear and stress. You feel blessed and in truth, you are.

*Happiness cannot be traveled to, owned, earned, worn or consumed.*

*Happiness is the spiritual experience of living every minute with love, grace, and gratitude.*

- DENNIS WAITLEY

**An Invitation to Go Deeper**

We also invite you to explore a process we call Soul Centering. It's a transformational spiritual practice you can use to connect with the power and wisdom that reside in the heart and soul. Here's the link to the process, which truly transforms lives.

Do a thousand doses of love and happiness sound impossible? We don't think so. As more of us expand our capacity for creating happiness from the inside out, we can bring more of it into our daily lives and receive the blessings of ideas from other likeminded people.

Ten doses of love and happiness are just a beginning. You probably have some prescriptions of your own that you can take and share with those you love. Our ultimate goal is to see a reflection of the collective happiness of a myriad of likeminded individuals in the outer world and this means the more the merrier.

At first glance, compiling a thousand doses of love and happiness may sound kind of silly, but on closer examination, it makes sense. Love, which is really complete connectedness with all and everything, is just about the highest vibration around and happiness is an outer manifestation of love.

In his book *The Art of Happiness*, Tibet’s Dalai Lama, one of the world’s foremost spiritual leaders, describes the attainment of happiness as the purpose of life. Happy people tend to be more open, sociable, creative, and flexible. They also have a greater ability to reach out and help others than unhappy people, who tend to be more self-centered and withdrawn.

Being joyful is a way to help both yourself and others. Here is how the Dalai Lama suggests reaching this goal in *The Art of Happiness*:

“One begins by identifying those factors which lead to happiness and those factors which lead to suffering. Having done this, one then sets about gradually eliminating those factors which lead to suffering and cultivating those which lead to happiness.”

**Increasing Your Capacity for Love and Happiness**

Remember, however your life appears to you and wherever you are on your path to your dreams of a better life, the reality of your true potential lies before you. You are in the perfect place to take the next step on the journey.
People change when they set their minds to it. And if you want to improve your life, you can make this your time. As Goethe said,

“Boldness has genius, power, and magic. Whatever you can do or dream you can do, begin it now.”

How much are your dreams of a more joyful, loving, miraculous life for yourself and for the world as a whole worth to you? What would you do to make them a reality? We suggest that you commit to focusing on increasing your capacity for love and happiness for a month, three months, or even six months. Then decide if you want to go back to where you were before or continue forward toward the creation of a better life for yourself and for the world as a whole.

Some suggestions:

- **Come up with some new ideas for doses of love and happiness and share your ideas with the world.** You probably have a tip or two of your own. This is exciting! Have fun with them and know that your tip(s) could make a difference in someone's life.

- **Keep a journal of your progress.** Notice where you are when you start, and notice where you are after one, three, and six months.

- **Take as many doses of love and happiness as you can** throughout the day each day.

- **Remember, you always have the choice of taking a nice deep breath,** letting go of victim thinking, and opening to creator thinking. And remember that your perception of the world starts with your perception of yourself. You are the creator of your own circumstances and what you have created you can change.

- **Every day, ask yourself mind-expanding questions** like the ones in Chapter 1.

- **Watch for the time when your initial enthusiasm wanes.** It's inevitable, but it doesn't have to throw you off course. This may happen when other activities overwhelm you, you encounter an obstacle, or something else distracts you from your goal. When this occurs, relax and be kind to yourself. This will help you to keep your focus on the bigger picture of making the dream of a happier, more loving world a reality.

### Addressing Challenges

Even with the best of intentions, most of us encounter challenges that test our faith in our ability to take control of our lives. Sometimes stress, pain, hurry and worry win the day. When this happens, it can help to have a strategy to deal with the challenge, so we can move more freely forward in the direction of our dreams.

If you encounter a challenge that is difficult to overcome, you may also want to consider EFT, the Emotional Freedom Techniques. EFT tapping, as it is often called, can produce miraculous results, often in a matter of minutes.
About EFT (Emotional Freedom Techniques)

You may already know how to use EFT and seeking to keep your spirits up provides a number of opportunities to use it to make amazing changes in your life. To ease some possible doubts, here's what some prominent people have to say about EFT:

- "EFT offers great healing benefits." - Deepak Chopra
- "Put away your skepticism, this really works. I have ... had great results with tapping in my own life." - Wayne Dyer
- "Nothing comes closer to "magic" than the positive results I have personally witnessed using EFT on thousands of my patients who suffered from physical and emotional pain and illness..." - Joseph Mercola, MD

If EFT is new to you, refer to Appendix A to learn the "Basic Recipe." It's so simple that just about anyone can do it. As you reach for more love and happiness, you may find plenty of opportunities to experiment with it.

We compare using EFT to being like superman. When we have something that's disturbing us, wherever we are, just as Clark Kent stepped into a phone booth (can't find those any more) and came out as Superman, we can go into any restroom and come out transformed. Imagine how empowering a technique that does this can be in your life.

We live in a time of great change that's ripe with opportunities for those who are willing to shift into our true identities as creators of our reality. As David Grayson said,

"Adventure is not outside; it is within."

We are indeed on a great adventure of human consciousness where each individual and humanity as a whole are heading into a completely new reality. We call this "The Ultimate Paradigm Shift." You can play an important part, for yourself, for those you love, and for the new world that awaits us all!

The Time is always NOW!

Know also that if you want to change your life, you have to start NOW. If you wait for a better time, the PERFECT TIME, it probably won't ever come. Look around you. How many people make tapping into the power of love and happiness a top priority?

Going forward, remember these key points.

1. Through your thinking, you are making up the rules that create your life. You and ONLY YOU make your life a heaven or a hell.
2. You are in the perfect place to take your next steps. We live in a supportive universe that wants the very best for every one of us.
3. You have much to gain and nothing to lose.

4. You CAN make a difference in the world. Remember this quote:

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

— MARGARET MEAD

Imagine how much love and happiness we can generate all around the world this year and in the years to come!
Appendix A: How to Do EFT

EFT (the Emotional Freedom Techniques) is a group of powerful processes that can help just about anyone to achieve genuine freedom from the emotions that have created problems in their lives. These techniques have been described as one of the most important recent breakthroughs in the area of psychology. According to Gary Craig, who developed these techniques, they have been used by over a million people with a broad range of difficulties.

For those who are new to EFT, we offer this introduction drawn from our book Getting Thru to Your Emotions with EFT:

   You are about to explore some emotional clearing techniques that many consider a modern miracle. They are based on a series of discoveries that some psychologists consider to be among the most important breakthroughs in their field in the twentieth century. EFT is a group of techniques that just about anyone can learn to use to release the stuck emotions that prevent them from experiencing happiness and moving forward toward their goals in life. These techniques were developed in and introduced in 1995 by Gary Craig and Adrienne Fowlie, based on the work of psychologist Dr. Roger Callahan.

   In its short history, EFT has already helped thousands of people with a vast array of common emotions, including stress and anxiety, anger and frustration, depression, all kinds of fears and phobias, negative memories and inner child issues, self-doubt, guilt, grief, confusion, and just about any other emotion imaginable. … There are almost countless examples of people who have recovered with ease from emotions that have disturbed them for years using EFT.

EFT is one of a number of meridian-based techniques that are now being developed worldwide. It works by simply tapping on a series of points on the body that correspond to acupuncture points in the energy meridian system. Fortunately, you don’t have to know anything about the meridian system to use EFT; you just have to remember where to tap and we present the Basic EFT Recipe here for new users.

Why So Many People Are Using EFT

EFT is versatile and has been used confidently by therapists on clients with successes on even the most difficult problems, by relieving imbalances in their clients’ energy systems. We have been using it personally and with clients and class participants since 1997 with consistent
success. Our book Getting Thru to Your Emotions with EFT describes the EFT techniques in detail, along with different uses of these techniques.

How EFT Works

EFT may sound a bit ridiculous at first, and the only way you'll find out how it might benefit you is by approaching it with an open mind. On the positive side, it is completely non-invasive, fast, and easy to learn. In many cases, you can get results on your own, which also means that it doesn't cost a thing to use EFT. We can't imagine being without it.

EFT is based on a revolutionary discovery that contends that the cause of all negative emotions is a disruption in the body's energy system. With remarkable consistency, EFT relieves symptoms with a simple process of tapping on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridians. The tapping releases the blockages that are created when a person thinks about or becomes involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance.

Many energetic imbalances may be partially or completely relieved within a short time using this process. Others may be relieved through repetition of the process. The Basic Recipe or Short Sequence, as it is commonly known, is the starting point for using EFT. Once you identify the pattern you want to release, it takes less than a minute to complete.

Steps in the EFT Basic Recipe, the Short Sequence

We will break down the steps in the procedure here, because there are some subtleties that can affect your success. Before starting, you need to have a single, specific issue in mind. We often suggest starting with stress.

1. **THE SETUP**: Focus on bringing an emotion or issue into your awareness in the present moment. The key to the success of this process include being specific. For example, think of a specific time when you experienced stress. You may feel some now, which makes it such a good place to start.

2. **THE EVALUATION**: When you have brought the emotion up to its full intensity (or whatever intensity feels comfortable), measure how strong it feels between one and ten, with one being the least intense and ten being the most intense.

3. **THE AFFIRMATION**: While rubbing the “Sore Spot” on the chest, shown below, (see the diagram in Figure 4.2 for location) in a circular fashion, repeat the following affirmation three times:

   “Even though I have this ____________, I deeply and completely accept myself,”
filling in the blank with the name of the emotion, like fear, anger, and so on. With the tests for psychological reversal in Chapter 4, substitute the standard affirmation with the one given there.

4. **THE TAPPING SEQUENCE:** Using the tips of your index and middle fingers, tap with a medium pressure about seven times on each of acupuncture points in the order shown on the diagram below while repeating the following reminder phrase once at each point: “This ____________ ,” again naming the emotion.

![Acupuncture Points Diagram]

Note: You can tap on the points on either side or tap on both if you feel like it.

5. **THE RE-EVALUATION:** When you have completed the tapping sequence, take a moment to focus on the emotion or issue again and notice how it feels. Evaluate it again between one and ten to bring any difference in your experience into your awareness. If some intensity remains, evaluate the emotion again to notice if it has changed (such as from fear to anger, and so on) and repeat the process.

That last part is important. One round of tapping with EFT, following the steps outlined above, may produce partial or complete relief. In many cases, several rounds (repetitions) are needed to produce the desired results. When this is the case, notice if the emotion has changed, measure the remaining intensity, and start again.
Free Holistic EFT "Get Started" Manual and Video Series

You can get some great results with the basics of EFT you find here and even more from the specific processes in this book. You can also learn more in our Holistic EFT "Get Started" Manual and video series. This manual teaches how you can benefit from a holistic approach to EFT and more.

Follow this link to get immediate access to your complimentary copy now:

http://gettingthru.org/holistic/access-eft/

EFT Training and Certification

Through Awakenings Institute, we have offered Holistic EFT Training and Certification since 2004. Certification in EFT has tremendous value. It demonstrates a level of competence and professionalism for individuals who want to include EFT in a new career in the healing arts or add it as a new methodology in their current practice.

Many counselors, psychologists, massage therapists, Reiki practitioners, and more are increasing their effectiveness by adding tapping techniques to their practices.

Learn more now at http://gettingthru.org/holistic/eft-courses/
Appendix B: Coaching and Healing with EFT

Does this report awaken the realization that more is possible for you?

Are you ready to shine more brightly, to create a life with more love, happiness, purpose, and success?

Do you want more clarity and confidence so you can make a unique difference in the world?

Thinking about being a meaningful part of a movement to create more love and happiness may awaken recognition that you are here for a reason, that you, too, have a unique purpose and desire to create an extraordinary life. You see that there's more to our existence than just surviving. Life has a deeper meaning and you are being called to participate in a greater way.

Maybe you're stressed and confused about how to move forward in a more meaningful way ... or maybe you've already started on the path to a greater life and want to accelerate your progress. Wherever you are, more is possible. Imagine the joy of overcoming stress and pain, improving relationships, increasing prosperity, having a meaningful career, and making the most of yourself.

Your Opportunity

If the time is now, your opportunity is before you. We (holistic coaches, authors and trainers Drs. Phillip and Jane Mountrose) invite you to learn more about Awakenings Institute and our transformational one-on-one Private Sessions.

Over the past two decades, people have come to know us for our deep, heart-centered approach that brings profound and lasting results. We help people to quickly release blocks with processes like EFT and move forward toward more joyful, purposeful, and successful lives on all levels.

Would you like help so you can experience deep insights into your unique gifts and purpose? In the process, you will release the obstacles in your way and find the right strategies for moving forward with love, joy, and ease.
We've been where you are and know what it takes to create life on your own terms. In these private sessions, you will learn how to clarify your purpose and direction. You will also receive tools you can use on your own.

In our signature 8-STEP "MIRACLES" LIFE PURPOSE PROCESS, you will receive customized coaching and healing with EFT and more in a unique framework.

**The 8-STEP "MIRACLES" BREAKTHRU PROCESS includes:**

**M** Make a Commitment to Your Expansion  
**I** Identify Your Direction  
**R** Reveal Your Most Powerful Inner Resources  
**A** Activate Your Vision  
**C** Clarify Your True Identity  
**L** Let Miracles Come into Play  
**E** Experience Your Breakthru NOW

As a valued client, you'll also receive the *Life Purpose Breakthru System* ebook, which will guide you every step of the way in the direction of the life you were born to live.

**Learn more now at:**


When you contact Phillip or Jane, be sure to ask about the “Miracle” Breakthru Process to take advantage of this special opportunity.

*The very best thing you can do for the whole world is make the most of yourself.*

– WALLACE WATTLES
Awakenings Institute is a non-profit organization directed by Drs. Phillip and Jane Mountrose. With more than twenty years of experience in the healing arts, the Mountroses are on a mission to be part of a growing movement to change the world in miraculous ways.

As Christopher Reeve once said:

“So many of our dreams at first seem impossible, then they seem improbable, and then when we summon the will, they soon become inevitable.”

Everything starts with a dream and Awakenings is built on this dream:

Imagine a world where love is the guiding force, where the unique gifts that each individual brings receive honor and respect, where all are nurtured in allowing their gifts to blossom, to manifest the joy of living in each moment...

Imagine a world where all of nature is also honored, so all may live in harmony and share an increasingly vibrant and beautiful environment...

What we imagine we can create, starting in this moment. This vibrant world will come into being as each of us empowers ourselves to live the dream now and share it with others. Playing a part in the creation of this dream is the mission of Awakenings.

In this dream, there is no poverty, because everyone is nurtured and loved. This love also eliminates the focus on fear and separation as we bridge the divisions created by race, creed, and national borders to co-exist together in harmony. The environment synchronously benefits everyone, as people all over the world shift their focus to a more holistic approach that creates balance rather than congesting our home planet with chemicals and toxic fumes.

Increasing our connections with our wholeness, which we may experience as God, the creator, the source or simply the oneness, brings us closer to making this dream a reality. We have an inherent connection with divine order. As we progress spiritually, we unite more with our inner wisdom, which, in turn, strengthens our connection with all-that-is. This
evolutionary quest is an upward spiral, taking us to higher levels of consciousness and wholeness.

Creating a New Path and Presence

Today, there are millions of people around the world who recognize that love is the ultimate solution. Many feel like this is an impossible dream, but it is time to reconsider. Do you understand the power in numbers? Together, we can move beyond complaining and reacting. We can turn stress into happiness and success and make an ENORMOUS difference.

The power that emerges in a harmonious group of likeminded people working toward a common goal exponentially increases the power of each individual involved. As a movement, we CAN make positive changes in the world. Awakenings invites you to join in. Together we can bring the dream into being.

So many of our dreams at first seem impossible,
then they seem improbable,
and then when we summon the will, they soon become inevitable.

- CHRISTOPHER REEVE

Rising to a New Way of Being

Anne Frank once said,

How wonderful it is that nobody need wait
a single moment before starting to improve the world.

Awakenings invites you to start now, wherever you are, in whatever way you feel drawn to participate. Learn more at:

http://gettingthru.org/holistic

Please like our page and share a tip or two on ways you create more love and happiness in your life. You never know when your tip will carry the exact message someone else is waiting to hear.

You can also learn more about Awakenings Institute at http://gettingthru.org/awakenings.