

Tapping into



*by Brad Yates
& Dr. Joe Vitale*

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Money Beyond Belief

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Money Beyond Belief can be defined in two ways:

1. A whole lot of money - like, an unbelievable amount!
2. The amount of money you are capable of experiencing when you move beyond your current beliefs about how much you could (or should) have.

So, here's the deal...

Right now, at this very moment, you are 100% financially successful.

Is that a little hard to swallow? Perhaps I should be more precise: You are 100% financially successful ... based on what you believe about money, and how much of it you should have. We all have a financial thermostat – an internal guidance system that makes sure you have at least as much as you believe you should have, and no more.

The extent to which we are not experiencing more money (or anything we consciously say we want, but don't have) is the extent to which you are resisting it. We resist what we are not comfortable with. In order to have more money, you need to be more comfortable with money... and with more of it.

There is abundance in this world, and you deserve to experience it. The more you can allow yourself to feel good about that, the more you will see it showing up in your life. And not only will that be good for you, it will benefit countless others as well.

And that's what this program is all about – helping you feel good about money.

Money, like everything else, is energy. Since everything is energy, it is all connected. You are connected to the source of all abundance – it is your birthright. The person who is absolutely comfortable with money is inside you – possibly buried under limiting beliefs about money.

When asked how he produced such marvelous sculptures, Michelangelo responded that he saw the subjects already there - perfect - inside the marble, and that he then just chipped away all the stone that didn't belong, revealing the masterpiece within.

Likewise, during this transformational program, we will be chipping away the limiting beliefs about money to reveal the you that is comfortable with abundance in all its forms, including financial prosperity. You will cultivate a healthy relationship with money, so that you more naturally draw it into your life.

The Money Beyond Belief Program

Although you can continue reading through this e-book right now, you may also get started with the audios that are the core of this program, if you have not already done so.

Please start with the [Welcome Video](#).

Before listening to the recordings, you will find it helpful to consider what some of your limiting beliefs about money might be.

Close your eyes, take a deep breath, and let it go. Allow yourself to breathe comfortably, and imagine following our breath through your body, noticing what is going on in there. Notice what you feel physically... notice what you feel emotionally.

Now imagine yourself having more money – perhaps even the amount you'd ideally like to have. Imagine what that looks like... maybe you see yourself driving a new car, or in your dream home, or maybe joyfully going over figures on your online bank account or with your accountant.

Now what do you feel? Some of it may be positive... but if you are not already experiencing this much money, you may well be unconsciously resisting it. Why you might do so is what we are looking for.

What are you afraid might happen? What do you think people will feel or say about you? What are all the possible reasons why you might believe it would be wrong to have more money...?

Some common limiting beliefs are:

“Money is the root of all evil.”
“Rich people are bad/greedy/selfish, etc.”
“I shouldn't have more than my parents.”
“Money is a limited resource – not enough.”
“You have to work (too) hard.”
“Either rich or happy (and/or healthy).”
“Money isn't spiritual.”

What are some of the consequences of having more money that you might fear...?

“I'll have to pay higher taxes.”
“I'll have to make more decisions.”
“It'll be complicated - it'll take all my time.”
“People will always be asking for money.”
“My friends will resent me.”

What limiting beliefs do you have about yourself in regards to money...?

“I'm no good with money.”
“I'm not worthy/deserving.”
“I'm too lazy.”

Take a piece of paper and make a list of limiting beliefs, writing down any of the ones above that you feel you might be entertaining, and also list others that might come to mind. You may have some absolutely unique programming about money that has been passed down through your family. Write down whatever thoughts come to mind – don't dismiss any of them as ridiculous – that's a sure way to keep them in your mind where they can hold you back. (You can also print out a copy of the Tapping the Scales sheet at the end of this book to make your list.)

Now consider each of these statements and, feeling what goes on inside your body (analytical mind may dismiss these ideas, but your feelings will tell you what you really think at a deeper level), make a note of how strongly you feel each one on a scale of 0 (not at all) to 10 ("I *totally* believe this!). Please don't judge yourself in this process. You are not bad or stupid for having these beliefs – or for having them at potentially high numbers – you have been programmed to believe them. It's also not about blaming those who taught you this misinformation. It's about finding out where you are, and then using the program to get where you wish – and deserve – to be. As you go through the program, you will see those numbers come down. Sometimes they vanish almost immediately, and sometimes it takes a fair amount of persistence. Decide that you are worth the effort. (You are!)

The best way to use this program is to go through the first two audios in order, though you are free to repeat the first any before proceeding to the next. With your list of money beliefs in hand, listen to the first two recordings:

[Class One: The Limiting Beliefs Healer](#)

[Class Two: The Deserve Reserve Expander](#)

You will find it helpful to read the description of the tapping method used in this program, which is found a few pages down. For more information about EFT/Tapping, please visit [my website](#).

Here is first recording in two parts so that it can be burned to a standard 80 min. CD:

[The Limiting Beliefs Healer - Part 1](#)

[The Limiting Beliefs Healer - Part 2](#)

Most of the comments I receive are in favor of hearing the participants and feeling their energy. For those of you who find that distracting, here are these two calls with the other voices edited out:

[Limiting Beliefs Healer \(no callers\)](#)

[Deserve Reserve Expander \(no callers\)](#)

For those who like to see things in writing, here are the transcripts as PDFs:

[The Limiting Beliefs Healer \(part 1\)](#)

[The Limiting Beliefs Healer \(part 2\)](#)

[The Deserve Reserve Expander](#)

Once you have been through the first two audios, you will know which ones are best to repeat for your specific needs. If you wish to just go repeat the tapping rounds as separate audios, here they are:

[**Money is Bad**](#)

[**Rich People are Bad**](#)

[**Rich by Comparison**](#)

[**Money Is Limited and Requires Hard Work**](#)

[**Deserving Money**](#)

[**Being Good Enough**](#)

And here are the guided imageries from each class:

[**Energy of Abundance**](#) [**Allowing Abundance**](#)

And here is an additional guided imagery. Like the tapping rounds, these guided imageries can be used on a daily basis--ideally at least once a day for the first week. You will likely find yourself wanting to use them on a continuous basis. Not only will this guided imagery help build a more prosperous mindset, it will also be healthy for mind, body and spirit.:

[**Guided Toward Abundance**](#)

Here are some additional tapping teleclasses that will provide both variety in your tapping and some other aspects of resistance that may be limiting you.

[**Tapping Into Abundance \(one-hour teleclass MP3\)**](#) ([**transcript PDF**](#))

[**Tapping Into Vibrant Health \(one-hour teleclass MP3\)**](#) ([**transcript PDF**](#))

This second one is more about health than money, but the same internal issues that block an abundance of health can also block an abundance of wealth. You may feel it of great benefit to slightly change the focus.

Here are the bonus e-books included with the Money Beyond Belief program – items that can help you continue to enhance your prosperity consciousness. They will provide you with positive "food for thought" as you go through this program. The extent to which our results are positive is the extent to which our thinking is positive. There is no specific order in which to read them.

[**Laurusnotes: The Lost Keys\(e-book PDF\)**](#)

[**The Seven Lost Secrets of Success\(e-book PDF\)**](#)

Here are some additional video suggestions as you continue to enhance your positive relationship with financial abundance.

[You Are Rich](#)

[Being a Money Magnet](#)

[Money Comfort](#)

[Fear of Having More Money](#)

[Financial Fear \(worry/stress about not having enough money\)](#)

[Being Money-Wise \(clearing resistance to being smarter with money\)](#)

And use this one as needed... [Staying Committed](#)

[Willing to be Great, Rich, Successful, etc.](#)

[Enhancing Prosperity Consciousness](#)

[Allowing Money \(and other good stuff\)](#)

[Using Money as an Excuse](#)

As you use these tapping resources, refer back to your list of limiting money beliefs. See if you are still holding onto any of that energy, and how much on a scale of 0-10. As you continue tapping, you will become more aware that these are only beliefs, not truths, and you are no longer required to hang onto them. Lather, rinse, repeat as necessary. Ideally, you will continue to tap until they are all at a zero, but even before then, the more you tap them away, the easier it will be for you to naturally draw money into your life.

To have some more fun with this process, write a list of empowering money beliefs, such as:

“Abundance is my birthright!”

“There is more than enough for everyone!”

“I am an excellent money manager!”

“I am a powerful money magnet!”

Rate those on a scale of 0-10 as to how strongly you believe them – and don’t judge yourself if the numbers are low to begin with. Saying them is likely to bring up whatever arguments you might have against them – all things you can tap on. As you continue to tap, watch as the numbers on these empowering beliefs go up – as does your income and net worth.

How long it takes for certain results to show up depends on the individual, just as the results from a diet and exercise plan will depend on the individual’s level of fitness prior to beginning. And it is not unusual for the unconscious mind, part of which is dedicated to keeping you “safely” stuck in your comfort zone, to try to discourage you. With persistence, you will see the results you desire, and you will more and more easily create a wonderfully abundant life.

Even after you have gone through the entire course, we encourage you to keep tapping. Keep clearing whatever unconscious thoughts might come up that could limit your health, wealth and/or happiness, and keep letting things get better and better. *Nothing is so good that it can’t get better, and nothing is too good for you.* (You might want to repeat those statements, while tapping, on a daily basis.) ;)

Thank you for investing this time in yourself – you deserve it, and the positive changes you make will benefit more people than you may ever know. We wish you the best. Please continue to...

Be Magnificent!

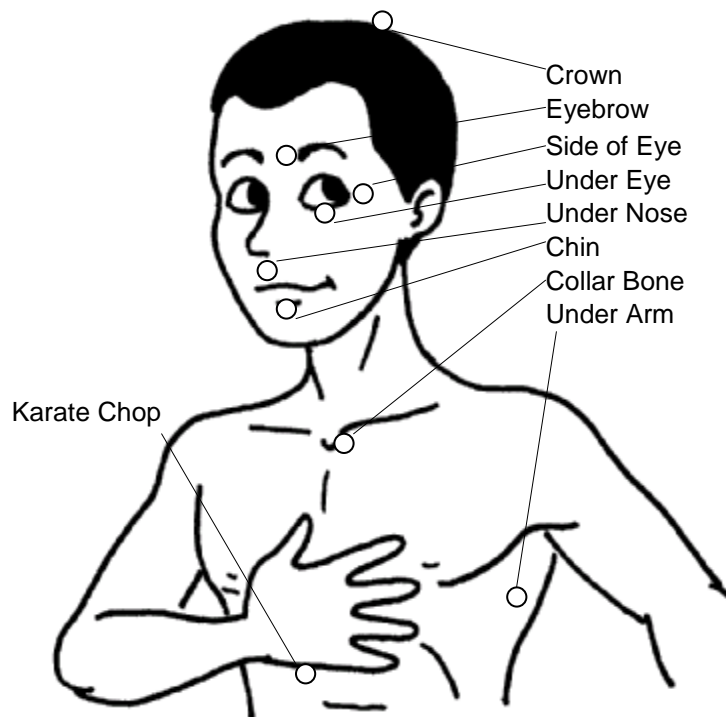
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Emotional Freedom Techniques (EFT) – aka Tapping

To begin with, identify the troubling emotion, and create what is called a *Reminder Phrase* – that wording which describes and/or will bring up the emotion. For instance, your Reminder Phrase might be: “*Money is the root of all evil*” – a common belief that causes a lot of folks to unconsciously limit their financial abundance. We want a phrase that will remind you what the issue is, so that the disturbance in the energy system remains present until it is balanced.

Otherwise, it is possible to become distracted from the issue while thinking of which points to tap, and the anxiety may seem to dissipate. As you make the statement, note how uncomfortable you are about this issue on a scale of zero (not at all) to ten (as upset as possible). This is called a SUDs scale – Subjective Units of Discomfort. It is sometimes difficult to evaluate this, but try to do so, as it will be effective in recognizing that relief is being gained.

We start the technique with the *Setup*. There is likely to be some reluctance to let go of this issue – remember, there is a reason you have this feeling or belief. This desire on the part of the subconscious mind to hold onto this issue is called *psychological reversal* – you are reversed about your desire to make this change, and there is actually a reversal in the polarity of your energy flow. The Setup clears the way for the tapping to work. It is a statement of self-acceptance in spite of the negative emotion or experience you are seeking to remove. Using your Reminder Phrase, it is stated like this: “*Even though I’m afraid money is the root of all evil, I choose to accept myself.*” You will repeat this three times, and you can also interchange the words *accept, forgive* and *love* as you feel appropriate. It also helps, if you are willing, to state forgiveness and acceptance at the end of the third repetition for “*anyone else who may have contributed to this issue.*” While repeating the Setup, you will tap with two fingers on the karate chop point on the edge of your hand. The meridians run along both sides of the body, so you can tap with either hand on either side of the body. You will then proceed to tap on the following points while repeating the Reminder Phrase:



Put it together, and you have what we call:

THE BASIC RECIPE

1. **The Setup:** Repeat 3 times this affirmation: *"Even though I have this ____ (fear, pain, issue with so-and-so, etc.), I choose to accept (love, forgive) myself."* while continuously tapping the Karate Chop point.

2. **The Sequence:** Using two fingers, tap between 5 and 10 times on each of the following energy points while repeating the Reminder Phrase at each point.

Crown (Cr)
Eyebrow (EB)
Side of Eye (SE)
Under Eye (UE)
Under Nose (UN)
Chin (Ch)
Collar Bone (CB)
Under Arm (UA)

Finish the round by taking a deep breath, then checking in with yourself to see where the level of discomfort is. Remember to rate your discomfort on a scale of 0-10 each time so that you can monitor your progress with each issue. You will most likely feel more relaxed – and it is possible that the negative emotion will be gone.

With the example of money being the root of all evil, as you clear out emotional discomfort, you will likely realize more and more that this isn't true. And besides which, that isn't even the actual quotation - it was "the love of money" – which might be more accurately described as the lust for it.

You can make up Reminder Phrases based on the thoughts and feelings you experienced earlier when thinking of possible actions or increased wealth. For example:

"Even though I'm afraid I'll fail, I choose to love and accept myself..."
"Even though I don't deserve wealth, I choose to love and accept myself..."

Perhaps you can recall specific events that contribute to emotional discomfort around money. EFT can be even more effective when targeting specifics, such as:

"Even though my parents had that big fight over money, I choose to love and accept myself..."
"Even though my teacher showed us those pictures of rich people and insisted money corrupted them, I choose to love and accept myself..."

As you tap, you will be reducing the stress, and clearing out the emotional discomfort around these thoughts. It may be very quick, or it may take some persistence, but these old beliefs will start to lose their hold over you. Keep it up, and you may find yourself laughing at these ideas. You will eventually find it impossible to let such ideas hold you back.

Become who you wish to be

Even beyond using tapping to clear the beliefs that are holding you back from experiencing more wealth, you can likewise use it to clear the beliefs that keep from seeing yourself as the person you'd most like to be. As you clear these beliefs, and allow yourself to acknowledge who you truly are, you naturally show up in the world that way.

1. Identify qualities you would like to have – or adjectives you would like to use to describe yourself, such as loveable, brilliant, talented...
2. Ask yourself on a scale of 0-10 how strongly you feel you have each of these qualities.
3. Identify what thoughts, beliefs, experiences keep any of these from being a 10. (It helps to also note evidence that you do have it.) List as many as you can think of.
4. Identify why you might block yourself from having this quality – what might be the negative consequences? List as many as you can think of.
5. Use the answers to form set-up phrases, and start tapping.

It may help to use a chart like this (with example included):

Desired Quality	How Strongly I Feel I Have it	Evidence that I don't have it	Evidence that I do have it	Possible negative consequences
Focused	4	I sometimes... wait... what was I working on...?	I'm still here.	I might actually be successful... and that doesn't feel safe...

Use your answers to create a tapping round, such as:

SH: *Even though I have trouble staying focused, I choose to love and accept myself.
Even though I have trouble staying focused, I choose to love and honor myself.
Even though I have trouble staying focused, I choose to love, honor and accept myself.*

EB: *I have trouble staying focused.*

SE: *I have lots of proof that I have trouble staying focused.*

UE: *Maybe I'm afraid to stay focused.*

UN: *What might I be afraid of?*

UM: *I choose to clear that fear.*

CB: *I must have some ability to focus, or I wouldn't have made it this far.*

UA: *I choose to be more focused.*

TH: *In body, mind and spirit.*

Take a deep breath (and maybe a drink of water).

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