

Current (2017) thinking is that cognitively functioning people store information in areas of mind not always kept in focus (ex: memories); enabling their conscious mind (or current awareness) to give its attention to what is happening Now - whenever Now is.

If I were to Tap you on the shoulder, you would typically, turn around and ask, "What?". Just as a tap on your shoulder is recognized as an act that warrants attention and spurs the conscious mind to pay attention to what happens next..

- 1) When we tap on an area that is on an Energy Meridian for the body, the body (or subconscious mind) responds by focusing attention on what happens next.**
- 2) Since a sane person will give more credence to what THEY Themselves say than to anything they hear from another source (no matter how trusted or authoritative), When they REPEAT ALOUD the positive affirmation the practitioner tells them, that action gives the affirmation the highest possible impact.**
- 3) Thus, using this "Affirmation Cementing Technique" - Using Faster EFT (the 5 points tapping protocol), we are able to affect the functioning of the body / subconscious mind - and diminish formerly hyper-energized emotional charges.**

It is Emphasized that any affirmation spoken aloud WILL impact the client – and that care be taken to format the affirmations in a positive way – The subconscious mind is believed to be unable to process a negative – so if we tell the mind, "Do Not Go Out", it hears, "Go Out".. In this case "Stay In", would be a better command.

Whether one has training in Hypnosis, Neuro Linguistic Programming or other consciousness technologies, it is Important to Affirm in terms of results *as if they were already achieved*, formatted in the Present or even Past Tense.. and Practice using Affirmations that are Laying Claim, so to speak, on the new improved way of thinking. We Release and Let Go of the old thought patterns.

While this is possibly the least invasive healing modality short of zero touch, it is imperative that we maintain the goal of working toward what is for the highest good of the client, since what we do WILL enable modifications to the subconscious mind. Understand, the tapping is to be done lightly, and with patience – as a way to TUNE IN to the vibrational resonance of Release and Relief.

**This is not a Toy, and YES, Please DO Try this at home. [www.lwantJoy.com](http://www.lwantJoy.com)**

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