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The
Vibration Elevation
Formulas

The Vibration Elevation Formulas[©]
With Anisa Aven
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A Message from Anisa

Dear conscious creation friend,

If you're reading this, then I can only assume that you have been exploring the world of Creative Manifesting, the Law of Attraction, the Power of the Mind and/or one of the energy psychologies of EFT (Emotional Freedom Technique), TFT, AFT, etc.

I can also be confident in my assumption because I trust in the laws that govern our Universe. They are consistent, impersonal, congruent and omnipotent.

If you're here, it's because you were Divinely Inspired to connect with this program. You have set forth some type of intention, no matter how slight or how substantial, to create a more fulfilling life, to obtain a higher level of personal growth, and/or to fulfill your spiritual potential and purpose.

You are in your right place, at the right time, and I am honored to have this opportunity to support you.

May I share a secret with you? I am a teacher but I am no different than you. I walk through my life colliding into speed-bumps, suffering through ailments, and crying through hiccups. I must confess, I have even been known to completely sabotage my dreams from time to time.

In a quest to overcome my 'humanness', I have spent a small fortune on personal growth books, courses, tapes, workshops, programs and coaching.

I have been a student of LOA (the Law of Attraction) since my early twenties. My first introduction to conscious creation was when I read Dan Millman's *Way of the Peaceful Warrior* (which I devoured), then Dr. Deepak Chopra's *Seven Spiritual Laws of Success*, then Maxwell Matze's *Psychocybernetics* and then more intense literature on the subject such as *The Course in Miracles*, *The Science of Mind* and the *Kabbalah*. Additionally, Abraham, through Jerry and Esther Hicks of www.Abraham-Hicks.com, has forever inspired and influenced everything that I do, all that I teach, and all that I am today.

Along my path, I've discovered certain tools that have supported me in achieving an overall level of success and happiness that I believe nothing can take away.

The first and foremost tool is meditation. This age-old remedy for all emotional distress can never be underestimated in its power to support us in realizing the Presence of God at all times. The second tool is prayer, followed by silence, intention, visualization and affirmations.

With the above tools, I have skipped along through my life achieving various levels of success and happiness. I am grateful.

However, until recently, I had been unable to truly maintain a state of central peace and positive connection to the Kingdom-of-Heaven within. I knew that my intention was to achieve equanimity, a state of peace and neutrality inside, even when stressful events were occurring outside, but I had been unsuccessful.

As a student of the Law of Attraction, you know too that in order to attract what we want into our lives we must obtain a vibrational harmony with the object of our desire, and then we must relinquish our attachment to it (or allow it to happen).

If I couldn't maintain that state of peace and serenity, that state of pure certainty that all things are in Divine Order, then I would never truly master conscious creation.

Additionally, I was teaching this 'objective' to others but not truly being able to systematically and consistently manifest results myself! Truth be told, I just didn't know what I didn't know!

For example, I would allow my honey's insensitivity (as I perceived it) to trigger emotional rivers that even the most confident salmon wouldn't want to brave. I would get unreasonably irritated when my Internet would go out, when a car would cut me off, or when I made a mistake. Additionally, when it came to talking to someone in my close circle of friends and family about something that was sensitive to me, something that might make me look 'wrong' (because of my desperate need to be right), I would become terribly defensive and self-righteous.

Even after years of personal growth work, I was ashamed about how much personal development work was still ahead of me! I asked Spirit for guidance and humbly accepted that I simply wasn't going to achieve spiritual enlightenment on my own.

Then, within a week's time, at least 5 friends told me about Dr. David Hawkin's book, *Power vs. Force*. I 'got' the message and devoured this incredible masterpiece and was particularly intrigued and inspired by his Map of Human Consciousness®.

I began to use Dr. Hawkin's Map of Consciousness[®] and discovered that I could easily walk myself up this map from a place of lower level emotions into a state of greater peace by simply putting my attention upon the higher levels.

I was using it as a way to guide my mental and emotional state into a state of higher vibration, into a state of greater peace, love, joy, and spiritual awareness.

The more I used this tool, the easier it became and the easier my life began to unfold. I was finding that even though I may still have a negative reaction to something, I was able to more quickly shift my attention and more swiftly and effectively vibrate in harmony with what I really wanted. Which, of course, is always more peace, more love, more joy, more beauty, and more harmony!

I was enjoying the fresh wind in my sails that this process was supplying me. Once again, I asked Spirit to guide me to any process that might make it even more profound and take me to an even more vibrationally enlightened level of existence.

I was lead through a strange series of search terms, to Gary Craig's EFT, [Emotional Freedom Technique](#).

The combination of these two amazing tools has created incredible shifts and positive changes in my life and in so many clients' lives that I literally began to feel irresponsible for *not* sharing it.

I am not the inventor, the creator, or the originator of either of these techniques, but I do consider the enclosed Vibration Elevation Formula[®] to be a combination of two powerful tools, resulting in an innovation – a spiritual trim tab, too powerful to ignore.

A trim tab is the smallest rudder on the 200,000 ton ship that allows the captain to steer easily through the seas. A trim tab provides maximum leverage with the least amount of force. To view it, the trim tab may appear to be the most insignificant part of the entire engineering system, but looks are often deceiving.

You have at your fingertips a spiritual trim tab; a formula, that when applied, can and will leverage your abilities, foster your spiritual awareness, expand your experience of love, joy, peace, harmony, fulfillment, health and prosperity.

I believe that when applied with conviction and commitment, you can truly alter every self-sabotaging thought and turn your everyday existence into one that is completely aligned with your true heart's desires.

This work is a work-in-progress. Please feel free to experiment, play with, and alter according to your own inner guidance and inspiration.

You simply can't mess it up or get it wrong. You can only, with practice, get it more right!

Don't think about it, don't put it off, and don't wait till you understand it better ... just *Do* it!

Can you spare 3 minutes a day?

Try the Vibration Elevation Formula® (2) for just 3 minutes a day!

Do it every day for 3 minutes a day for one week. At the end of 7 days, check into your skeptical self. Check in and ask, "How do I feel?" and "Has this made a difference?"

Be open and willing. You are on your right path, trust the process and just go for it!

Create a great life and share that with others.

Love and light,

Anisa Aven

www.CreataVision.com



What is The Map of Consciousness[©]?

From Veritas Publishing, Dr. David Hawkin's website: The Map of Consciousness[©] is:

“Over 250,000 Kinesiologic calibrations spanning a 20 year study conducted by the Institute of Advanced Spiritual Research have defined a range of values corresponding to well-recognized attitudes and emotions, (localized by specific attractor energy fields, much as electromagnetic fields gather iron filings). With an arbitrary scale of 1-1,000 and the Map of Consciousness[©] format, Dr. David R. Hawkins displays the classification of these energy fields to make them easily comprehensible.”

At the time of this edition of the Vibration Elevation Formula[©], we have not yet secured the licensing and permission required to include a copy of the map for your convenience.

There are, however, sites online where you may find the map.

To print a copy of the map, please visit any one of the following links:

<http://lifemasters.co.za/Powerforce.htm>

<http://myweb.ecomplanet.com/WOLF1291/mycustompage0011.htm>

<http://www.selfgrowth.com/articles/Weidlein5.html>

Note: As the nature of the web is ever-changing, I have included several places where you can find the map online. If you find that any of the above links are no longer valid, please let us know.

If you find this work to be helpful, then please honor Dr. David Hawkin's work by purchasing one of his books and/or a laminated copy (only \$6.00) of the Map of Consciousness[©] at www.VeritasPub.com.

The scale, calibrated using Kinesiology, found that any level of consciousness beneath 200 (Courage) weakens the body while anything from 200-1000 actually strengthens the body.

Descending Consciousness:

According to the map, at the bottom of the consciousness rung is Shame (20), then Guilt (30), then Apathy (50), then Grief (75), then Fear (100), then Desire (125), then Anger (150) and finally Pride (175).

Ascending Consciousness:

Courage (200) is the first ascending emotion, followed by neutrality (250), then willingness (310), acceptance (350), reason (400), love (500), joy (540), peace (600) and then enlightenment (700-1000).

By simply recognizing where you are emotionally, you can at any given moment, discern whether or not you are vibrationally in alignment with what you want (Courage or above) or in alignment with what you don't want (Pride or below).

Any time, without exception, that you are focused on any negative emotion that is beneath courage (200), in that moment you are resonating in opposition to what you truly want to live, which is always more of the Presence of God.

This simple awareness alone is enough to support you in realigning your thoughts and feelings to be more in harmony with your heart's desires.

Why do the Vibration Elevation Formulas[©] use the map?

For years, I've been attempting to walk clients up the ladder of consciousness from negative, self-limiting emotions to higher states of consciousness.

In my prosperity courses, I encourage clients to surrender to the negative emotions, the doubts, the fears, the feelings of failure and simply allow them to exist. From this place, a person can then begin to incrementally reach for a higher state such as forgiveness, courage, and ultimately peace.

When we truly surrender to what is, we free ourselves from the attachment. This attachment of course is akin to a roadblock between us and what we want. When we are attached to our desire, we prevent it from happening (because attachment vibrates in harmony with doubt, fear, etc.) By surrendering to and loving what is, we prime our consciousness; much like priming the surface of a wall before painting it, we clear away the old in order to begin creating anew.

Without the map, I find that I skip over important self-sabotaging thoughts and emotions. It may be that I don't want to face the shame or the guilt, or that I am simply unaware of the negative emotion all together.

I may skip from fear to courage and feel momentarily fearless and strong, but then later I'll find myself emotionally bedraggled with the same issue, but now I'm wallowing in fear or anger.

We may deny that we have shame about our past failures, for example, and attempt to skip right to pride in order to force success.

Sometimes, I must say, this works and my client's and I have been successful at 'skipping' lower level magnetisms by simply ignoring their existence and operating in a more vibrationally powerful place of willingness and acceptance.

However, there are many more times when we are incapable of making that leap effectively and with any lasting impact.

By using Emotional Freedom Technique combined with the Map of Consciousness[®] as our spiritual roadmap, we can navigate through the rocky pathways of limiting beliefs with grace, speed and objectivity.



What is EFT? (Emotional Freedom Technique)

EFT is a quick, noninvasive system of tapping on the bodies select meridian (acupuncture) points while using intentions, thoughts, and emotions. This light tapping with intention triggers an emotional release within our energetic-emotional body, which in turn allows us to release the blocks that hold us hostage to our past.

I've heard it referred to as a type of psychological acupuncture, energy psychology, and meridian centered energy medicine.

Progressed and popularized by Gary Craig of www.EmoFree.com, EFT has been used by individuals and expert practitioners to eliminate an awe-inspiring and immeasurable assortment of emotional, mental, and physical maladies.

From Gary Craig's website:

“Based on impressive new discoveries involving the body's subtle energies, EFT has been clinically effective in thousands of cases. Read the actual clinical cases and testimonials regarding dramatic relief for Trauma & Abuse, Panic & Anxiety, Fears & Phobias, Depression, Addictive Cravings, Children's Issues and hundreds of physical symptoms including pain relief, headaches, body pains and breathing difficulties. Properly applied, over 80% achieve either noticeable improvement or complete cessation of the problem. It is the missing piece to the healing puzzle.” – www.EmoFree.com

Emotional Freedom Technique (EFT) has been instrumental in creating tremendous shifts in my life and the lives of my clients.

As a student and coach of the Law of Attraction, my work is to assist clients in applying the Laws of the Universe to intentionally create and attract the life they really want.

Now, with the assistance of EFT, this remarkable technique, clients are making incredible shifts that project them even more quickly into the realm of fulfillment.

Clients who previously suffered from migraines, backaches, insomnia, joint pain, indigestion, ADD/ADHD and more are using EFT to experience complete elimination of the uncomfortable symptoms that go along with their 'diagnosis'.

With the Law of Attraction, clients are creating with incredible speed the experience of gratitude, love, prosperity, and fulfillment like never before.

The list goes on about how clients are using EFT to release limiting beliefs; the negative attachments and thoughts that attract the opposite of what we want into our lives.

Limiting beliefs are being completely neutralized with EFT (including shame, guilt, fear, doubt, apathy, anger, etc.). This leaves the person in a space of being emotionally free to easily and purely create a vibrational frequency that is completely and totally magnetic to what their hearts have longed for all along.

I've been successfully using EFT with my Law of Attraction clients and have discovered that EFT allows us to apply the Laws of Creation and specifically the Law of Detachment with greater results than attempting to mentally apply these laws alone.

I encourage you to read through the stories on Gary Craig's site. There are literally hundreds of stories to read, all free, about people just like you and I applying this technique to change their lives.

Disclaimer:

Emotional Freedom Technique (EFT) is a light tapping with intention process. To date, there have not been any reports of distressing side effects, to my knowledge. However, this does not mean that you won't experience something different, difficult, or even worrisome when using this technique on your own or with an EFT expert practitioner. If you intend to use these techniques, you must agree to take full responsibility for your experience.

If you continue reading through this material or attempt to apply the technique, you are agreeing to take full responsibility for yourself and others when applying EFT. You agree to neither hold Gary Craig, nor Anisa Aven, nor anyone else associated with EFT responsible

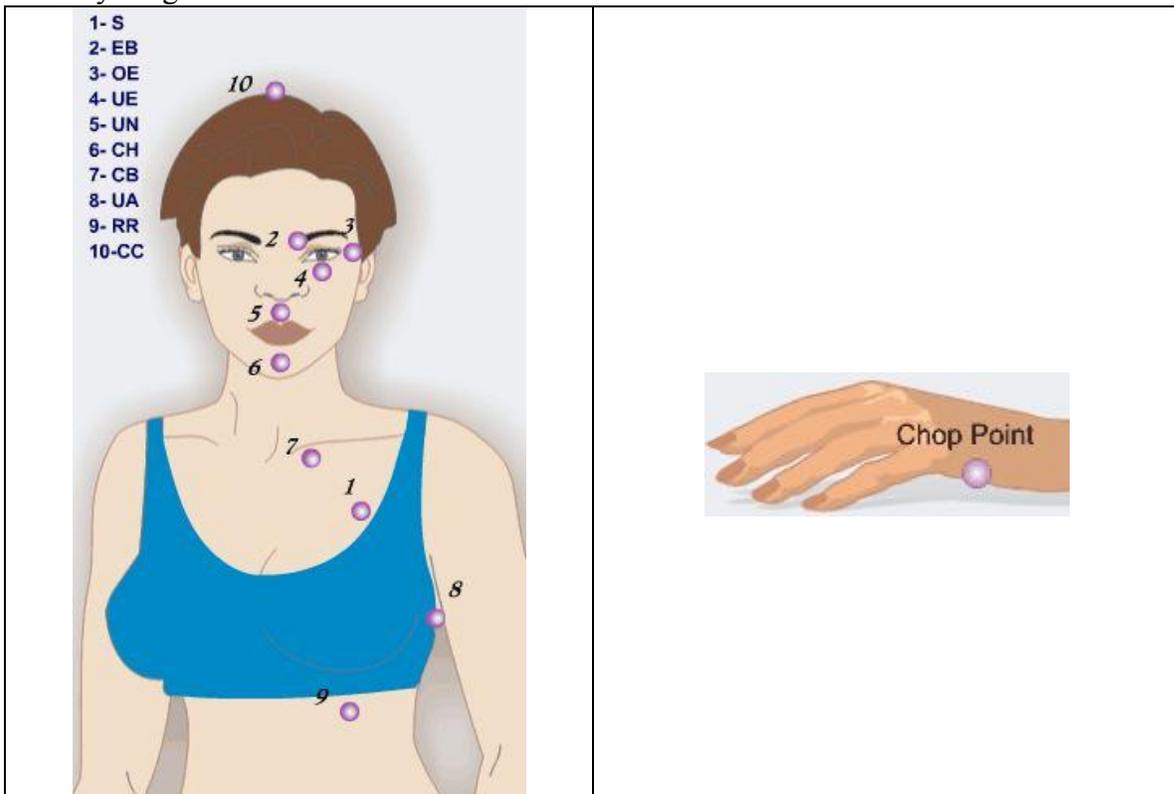
for any adverse side effects or experiences. If you are unsure in any way, do not use the technique and consult your physician. If you completely agree with the above and accept full responsibility for your experience, you may continue reading.



The EFT Meridian points:

The following illustration shows the meridian points that I use with the Vibration Elevation Formula[®] (2). I do not go through the entire 9-gamut procedure, as shown in Gary Craig's complimentary EFT Manual.

However, as you go through your personal journey, please honor your inspiration and choose to do more tapping and the other points as inspired. Only you know what's right for you. Trust your guidance.



1) S - Sore Spot (or KC Karate Chop point on side of hand)	6) CH - Chin
2) EB - Inner Eye Brow	7) CB - Collar Bone
3) OE - Outer Eye	8) UA - Under Arm
4) UE - Under Eye	9) RR - Right Rib
5) UN - Under Nose	10) CC - Crown Chakra



Vibration Elevation Formula[©] 1: Raise Your Consciousness with Intentionality

Using intentionality to raise your level of consciousness simply means that you have an intention to shift your attention and emotional state to a higher state of consciousness and then you take the necessary mental and physical steps to implement this intention.

1 – State your intention.

Your intention may look something like:

I intend to focus on the Truth - all is well and this too is Divine Order.
I intend to release my negative doubts and embrace the opposite with certainty.
I intend to hand my fears over and focus on acceptance, peace, and joy instead.
I intend to raise my level of consciousness from the dark into the light.

2 – Look at the Map.

Look at the Map of Consciousness[©] and ask yourself, “Where am I?”

3 – Walk it up.

Verbally and systematically walk up the map by expressing each ‘state’ clearly. Assume each emotion/level of consciousness using the words that correspond with each level.

“I am ashamed because...”, “I have guilt because...”, “I am sad because...”, etc.

Express each level of consciousness with conviction and a willingness to surrender to that emotion; a willingness to simply acknowledge that it exists and a willingness to allow it to be there. (Nothing more - you are not to ‘do’ anything about the emotion except accept it for what it is... just an emotion.)

Then, incrementally express the next level above that state, then the next, until you reach at least a state of willingness and/or acceptance.

For example:

A client of mine, ‘Darrel’, recently went through a series of relationships with women where he felt he was completely taken for granted, used, and then discarded. He feels as though it’s simply not meant to be that he have a successful, fulfilling relationship. As he says, “This is the way it’s always been! Every relationship I’ve ever had, even as a teen, has left me

feeling like I was taken for granted, taken advantage of, used for my generosity and kindness, and then rejected.”

As you might imagine his emotions range in any give moment from shame, to fear, to anger, to pride, and because his wound is fairly recent and reoccurring, he has had difficulty shaking the lower level emotions and thoughts in order to be a strong attractor for what he really wants (more love, peace, joy, and harmony).

Occasionally, we are in an open space where we do not feel comfortable using the tapping, meridian therapy of EFT. When this is the situation, you can simply pivot your vibration and attention by verbally walking yourself up!

To illustrate, here’s an example of how we systematically raised his consciousness from the very negative, weak attraction levels to the very positive, strong attraction levels:

20- Shame:

I am so ashamed that I could be so unlovable and worthless to the women in my life, that they could be so heartless and discard me so easily. I am ashamed that I am so unlovable.

30-Guilt:

I feel guilty for not being more intelligent and for not seeing the signs. I feel guilty for being so giving and for expecting my love to be returned. I feel guilty for not knowing how to be what they want.

50- Apathy:

I’m done. I’m through with women! I don’t even want to try anymore.

75- Grief/Sadness:

I’m so sad that I don’t have the relationship I want. I’m so sad about being constantly rejected, even after I’ve been so good to her.

100- Fear:

I’m afraid that I’ll never find someone that will return my love and kindness. I’m afraid she doesn’t even exist! I’m afraid that I’ll be alone forever. I’m afraid I’m going to die alone and desperate.

125- Desire:

I want so much more than this!

150- Anger:

I’m angry! What’s wrong with woman, that they could be so cruel and treat me this way! I’m angry because this isn’t fair. I’m angry that others have what they want and that there’s something wrong with me, that I can’t get what I want!

175- Pride:

I deserve better. I'm not going to tolerate being treated this way ever again. I'm going to stand up for myself, know when enough is enough, and call it off when I'm being mistreated.

200- Courage:

I choose to be courageous and bold! I choose to rise above any and all limiting beliefs and I choose to courageously try again. I choose to courageously attract a woman that is right for me!

250- Neutrality:

I trust that somehow all of my experiences have been perfect. I choose not to judge them and to simply allow them to be. I choose to be neutral and I choose to move forward.

310- Willingness:

I am willing to succeed and I am willing to fail. I am willing to have my heart broken again. I am willing to find my true love and be madly happy and in love. I am willing to mess it up and I am willing to get it right. I am willing to trust that love and a loving relationship, a reciprocal relationship, is my birthright.

350- Acceptance:

I accept that all is well. I accept myself exactly as I am. I accept that I did the very best I could, given who I was and what I knew at the time. I accept that my girlfriends did the best they could and I forgive them. I forgive myself and every woman in my life that I have ever judged. I accept that there is a Divine Order and all is perfect.

400- Reason:

It only stands to reason that I can have a loving relationship. I am a Divine Child of God and therefore it is my birthright to have all that my heart desires. I recognize the Truth that as I put out the energy of love and the energy that I'm worth loving, that this will be reciprocated. I am loving and love is my purpose and my path.

500- Love:

I am a loving person and I love life and all that life includes. I love what is and what has been. I love those who have come into my life because all have supported me in my growth. I am grateful for this learning. I am grateful for this opportunity. I am grateful and I love having an open heart from this point forward.

540- Joy:

I joyously and with a happy heart release any doubts about my life and my right to a Divine love. I joyously open my heart and give thanks for the full manifestation of all that I desire now. I am overjoyed with the passion and enthusiasm of life. I am happy to have loved and I am happy to love again.

600- Peace:

I am at peace with what is. I am at peace knowing that all is well and that all things are in Divine Order. I am at peace with life, my loves, my dreams and my ambitions. I am at peace knowing that all things are perfect exactly as they are.

700-1000 Enlightenment:

I am one with all that is. I am.

Instructions:

- Be willing to be emotional. Get into the feeling place of the lower level emotions. Connect to those emotions and be willing to let them go as you walk yourself up.
- Start as low as you can go, even if you have to assume or take on thoughts that you don't recognize as significantly influencing your emotions.
- Always walk yourself up through at least a state of willingness and preferably through a state of peace.
- Be willing to walk this path over and over again. Remember, you are forming a new habit. The more you intentionally shift your consciousness, the easier it will become and eventually it will be second nature. However, it takes time to create that habit and you must be willing to put in the time in the beginning to make it effective long term.



Vibration Elevation Formula[©] 2: Raise Your Consciousness with EFT

Immediately following the description of the Vibration Elevation Formula[©] 2, I've included supplementary strategies for using this formula to systematically clear out any remaining self-sabotaging patterns or negative thought fields that you may have.

For Vibration Elevation Formula[©] 2, there are two ways of using EFT along with the Map of Consciousness[©].

The first is to simply use the chart of meridian points previously illustrated to tap on the meridian points constantly while using the Vibration Elevation Formula[©] 1 above. Simply talk and tap. Select one event, memory, thought pattern, or limiting belief and simply tap along the points (4-6 taps per point, per run-through) as you walk yourself up the Map of Consciousness[©].

This can be a very quick and effective method for raising your vibration, especially when you're in a time crunch and need to shift instantly and immediately.

The second method, which requires a bit more 'set-up' and attention, (not much but a little more) includes a more specific set-up and release process. I include this additional method for those hard to release beliefs.

When you feel 'stuck' in the lower levels of consciousness, the following method for applying the Vibration Elevation Formula[©] 2 may be the more concentrated version required.

Use the chart of the meridian points previously illustrated. Select one event, memory, thought pattern, or limiting belief and simply tap along the points (4-6 times) as you walk yourself up the Map of Consciousness[©].

(Remember, you can't get it wrong. You can only get it more right, with practice. If you have questions, just 'try' the formulas anyway without having all the answers.)



VIBRATION ELEVATION FORMULA[©] 2:

- 1) What's my SUD's level? (SUD's stand for Subjective Units of Distress. How emotionally negative do I feel about this issue/thought/event on a scale of 1-10, 10 being horribly negative and 1 being just barely negative.)
- 2) Rubbing your sore spot (S) or tapping on the karate chop point (KC), you will say, with connected emotion, the set-up phrase.

Example:

Even though I... (state the problem, emotion, issue)... I deeply and completely love, accept, and forgive myself.

And, I choose to ... (release this issue, trust myself, take inspired action, etc).
Make a decision and choose your next step out-loud.

- 3) Tapping on points 2 through 10, you will tap with intention while saying the

Reminder Phrase: (...this fear, this doubt, this anger, etc.)

Tap on Pt. 2: (IE) This "issue"...

Tap on Pt. 3: (OE) This "issue" ...

Continue speaking the reminder phrase (this issue) while tapping through Pt. 10.

Now, after one to two rounds, check in to see where your SUD's level is.

How do I feel about this now on a scale of 1-10?

If you've shifted to a 5 or below, we can move right on to raising your level of consciousness (your vibration). If your SUD's level is above a 5, you may choose to move to the next stage of choices/positive implanting, or you may choose to continue using EFT again and again until you shift your distress to less than a 5. (It's your choice. Play with it and see what happens.)

Rubbing on sore spot (Position 1) again, you will say, with connected emotion, the set-up phrase as follows:

Example:

Even though I still have this remaining (state remaining negative emotion/problem)... I am willing, ready and open to accept Divine Perfection now.

Constant Tapping: Keep moving from point to point as you transcend the lower levels and constantly and persistently raise your consciousness. Continue tapping in the positive until you are passionately filled with joy and peace.

Now tap on the points 2 – 10 while speaking assertively the following statements:

I am courageous...

(What or how do you intend to be courageous? Example: I courageously step up to the plate; I boldly do what must be done; I courageously respond fearlessly to this challenge; etc.)

I am willing...

(What are you willing to do, be, have or not have? Example: I am willing to both win and to lose, to succeed and to fail, to live and to die.)

I am neutral...

(What are you neutral about? Example: I choose not to take anything personal. I am neutral and have zero negative judgments about this issue.)

I am open to receiving... I gratefully accept

(What are you ready to accept? What do you forgive? I gratefully accept my Divine inheritance; I am open to accepting and receiving what I want into my life. I forgive... etc.)

It is only reasonable for me to expect...

(What is reasonable for you to expect, given your birthright as a Divine Child of God? It is only reasonable for me to believe that this comes easily for me. It is only reasonable for me to expect prosperity. It is only reasonable for me to expect fulfillment. It stands to reason that...)

I am at peace...

(What are you at peace with? ...Peace fills me with warmth and relief. Peace reigns supreme in my heart. Peace fills my soul as I accept what I want into my life.)

I love... I am grateful...

(What do you love? What are you grateful for? ... I love all that I have learned... I love my body... I love my life... I am grateful for the perfect manifestation now. I am grateful and fully trust in the Divine Order now. I am grateful to now experience...)

I embrace absolute certainty...

(Harness the power of love and certainty. What do you have to choose to be certain about? ...I hand this over to the Universe, for it is done. I am absolutely certain and give thanks for....)

I am joyous...

(Choose joy. What do you have to be joyous about? ...I am overjoyed with my life. ... I am joyous to now have all of my dreams fulfilled. ... I am joyous about my opportunities, my growth, and my direction.)

By the time you've completed the above Vibration Elevation Formula[©] 2, most of the time, you will find that not only have you cleared the limiting belief but you've also planted a very powerful seed for the manifestation of what you really want instead.

Don't worry if the above seems long for now, with practice you'll be able to move very quickly between the lower level negative, limiting emotions and beliefs to the higher level vibrations with ease.

Like any new skill, the more you practice the better you'll become. I promise, do this method 10 times close together, and on the 11th time, you'll be in full swing!

Credit: The formula, phrases, and methods of forming affirmations have been inspired by too many authors and teachers to list. However, to list those I know for sure inspired this work; the specific set-up phrase is taught by Gary Craig of (EmoFree.com). The "I choose statements..." were inspired by the work of Dr. Patricia Carrington of (www.ToEndStress.com) and of course, Dr. David Hawkin's *Power Vs. Force* and the Map of Consciousness[©] (www.VeritasPub.com) are our guides for formulating the statements of each level of consciousness.



Emotional Freedom Technique and the Law of Attraction

We sabotage our dreams because we accept the belief that somehow we are less than - less than Divine, less than good enough, less than worthy of all that we desire.

These limiting beliefs, negative emotions, and self-sabotaging thoughts are like rats in your mental attic and you probably have the non-deserving disease that these nasty critters carry as well.

The non-deserving disease will slowly erode your belief in your ability to manifest. It will perpetuate the idea that you are the only one in the universe that can't manifest what you want. It will poison your mind against your own unlimited potential.

It will cause you to run in circles looking for the next latest and greatest self-growth technique, keep your therapist's pockets nicely lined, and cause you to ignore your own successes.

Your Rat Kill'n

If you knew you had rats in your attic gnawing their way through your electrical wires, your insulation, your high-school yearbook and your grandfather's WWII love letters to your grandmother, would you just sit and listen to them scurry about or would you get in there and do some rat kill'n?

We have our own rats that we've accepted as part of our daily experience. We've accepted these rats and have ignored the damage that they cause. We tend to let them scurry about, eating away at our dreams without doing anything about them. Our rats are our limiting beliefs, fears, doubts, and negative emotions.

When we have past negative memories or beliefs that influence our ability to maintain our connection to Source, we have rats in our vibrational frequency - our emotional attic.

It's not unusual in Texas, where I live, to hear someone say they've got to do their rat kill'n before they can go play. This is redneck for 'work'.

Your work (rat kill'n) is to get rid of those limiting emotions that prevent you from applying the Law of Attraction and the Law of Pure Potentiality. When you kill those rats, you'll be automatically applying the Law of Detachment.



How do I find the rats?

Hiding in your subconscious mind, your rats gnaw away at your confidence. They constantly forage for the next big idea that you have and spoil it with the memories of past negative experiences. They hunt down your desires and destroy your self-esteem by reminding you that you were born inadequate, worthless, and not worth loving to name just a few.

To find the rats, you've got to choose to be aware of how you feel. You know you have rats, when you feel negative. Any negative emotion, no matter how strong or how slight, is an indication of rats – limiting beliefs in your subconscious mind.

To find the rats, simply monitor how you feel. When you feel negative, ask yourself, “what’s the thought that’s causing me to feel >>>>this negative feeling>>>>?”

An exercise to increase your awareness of your limiting beliefs (the rats):

Take 10 minutes and read the following emotional sentences. Use your journal or a blank sheet of paper. Check-in with your feelings and answer these sentences by filling in the blanks. Dig deep and be willing to be truly honest with yourself about how you feel.

If, after reading the statement, you can't find something that you are in this moment feeling sad about, for example, attempt to relate it to a specific situation.

For example, select one goal (one desire, one dream, or one hope) that you want but do not already have, then go through the following list filling in the blanks with that goal in mind.

- I'm sad...
- I'm angry...
- I'm apathetic...
- I'm hopeless...
- I'm irritated...
- I feel ridiculed by...
- I hate...
- I envy....
- I'm frightened about...
- I'm afraid I will never be happy because...
- I'm really sad that.....won't
- I'm really hurt that _____
- I feel not worthy loving because...
- I feel insignificant when...
- I feel stupid when...
- I'm afraid...
- I'm disgusted...
- I'm ashamed...
- I'm anxious...
- I feel contempt towards ...
- I demand better than...
- I crave...
- I want to punish... because...
- I'll never get what I want because...
- I'm afraidcan't give me what I want because...
- I'm really angry about _____
- I feel unloved because...
- I feel unimportant because...
- I feel ashamed when...
- I feel like I've messed-up and cannot change this because...

Continue to keep an ongoing journal of your limiting thoughts and negative emotions.

Daily record anything that prevents you from focusing upon what you really want and trusting that you are attracting it easily. You will want to use this list as a starting point for kill'n the rats that destroy the life you want.

These thoughts and beliefs literally prevent you from attracting what you really want.

Give up the justification and the pay-off!

You may feel justified in feeling the way you feel. Additionally, there may be a pay-off to keeping your limiting beliefs. However, the justification and the pay-offs only serve to keep you and your heart's desire separate.

Additionally, EFT's ability to be an effective tool is thwarted by any secondary gain (pay-off) that you have for keeping the limiting belief. If your subconscious mind believes that letting go of the memory of a past violation, for example, is unsafe, then using EFT to eliminate this secondary gain may require more creativity than we will get into in this brief introduction.

Therefore, part of your rat kill'n is to give up your justification and the pay-off.

How?

Stop justifying the fact that you deserve to feel the way you feel because of what you've been through, etc. You are only holding yourself in the vibration of your past by continuing to justify where you are. If you do not like where you are, if you want to attract something better or different, then be willing to stop telling your 'story', now.

Be willing to trust in God or the Universe to protect you from your worse case scenarios and be willing to courageously and boldly let go of your fears, even if it means being vulnerable and facing those 'terrors' again. This is just a state of mind, but willingness provides an open space upon which for EFT to work its magic.

You must choose to release your 'story of justified resentment' and release the 'safety net/pay-off' of the limiting belief.

If you find it challenging to simply 'choose' to give up the story and the pay-off, then apply EFT to it!

Kill the rats and apply the Law of Detachment in the process.

When you apply EFT to your limiting beliefs (your rats) then you are clearing your subconscious and preparing your emotional body and your subconscious mind to welcome a state of equanimity.

Equanimity is defined as having a calm temperament, or an evenness of temper even under stress.

Our ultimate personal growth and happiness truly depends on mastering a state of equanimity.

There are three pillars of Conscious Creation:

- 1 – The Law of Pure Potentiality
- 2 – The Law of Attraction
- 3 – The Law of Detachment

When we practice the Law of Pure Potentiality (accepting the Truth that we are unlimited), followed by the Law of Attraction (focusing on what we want, never on what we don't want), and then finish off with the Law of Detachment (trusting with confidence that all is well and in Divine Order), we get what we want in life and are ultimately happy, even under stress and even when what we live appears to be different than what we say we want.

By applying EFT to every limiting belief (every negative rat) we actually apply the Law of Detachment. By eliminating the doubts that cause attachment, we release our attachment to what we want and thereby allow it into our life. By eliminating the fear about our limitedness (the fear that we are not worthy or unlimited), we foster a greater sense of confidence and certainty. This in turn supports the Law of Pure Potentiality and makes our desires and goals that much easier to obtain.

Some philosophies practice detachment by dismissing all desires while others practice detachment by honoring the sacred in everything. Selecting a pathway of meditation, silence, prayer, forgiveness and visualization, for example, will support you in relinquishing attachment and obtaining that state of perpetual confidence and happiness.

The separateness that we feel (or negative emotion) is our indication that we are attached and as long as you are attached to what you want - you are not allowing it. You will most likely have fear about NOT having it and this fear actually repels your desire.

Bill Ferguson, relationship expert and author of *Miracles are Guaranteed* and other books, calls this "relationship repellent", for example.

If you were not attached to what you want, then you would not have limiting, negative thoughts and feelings about how sad or angry you are about not having it and thereby repel it.

Ernest Holmes in *The Science of Mind* wrote, "Never look at that which you do not wish to experience."

Turning away from our limited reality and maintaining focus on the vision of our desire while diligently allowing it to occur, is practicing detachment.

Your work is to focus on what you want, while diligently releasing and killing the negative emotions and rats that keep you from believing in yourself.

Make a commitment to EFT every limiting belief rat in your emotional attic and you will achieve that state of equanimity!



How to create your personal Vibration Elevation Phrases[©].

The Vibration Elevation Phrases[©] alone will raise your level of consciousness. A limiting belief cannot survive in a sea of higher consciousness.

To re-cap: your intention is to move from a lower level consciousness to a positive level by moving:

From the Negative you want to walk yourself up from Shame, to Guilt, to Apathy, to Grief, to Fear, to Desire, to Anger, to Pride.

From the Neutral or Positive, you want to walk yourself up starting with Courage, then moving to pure Neutrality, to Willingness, to Acceptance, to Reason, to Love, to Joy, to Peace, and finally to Enlightenment.

As you study the map, you can use this to walk yourself up from any of the lower level emotions by simply choosing a phrase that is on one level higher than where you currently are emotionally.

For example, if you are feeling ashamed, do a round of EFT and then choose a statement that is one step up from shame – which is guilt. Now, do a round of EFT on the guilt.

For EVERY negative emotion on the map, you will discover that there will always be thoughts that trigger the next level up of emotions.

For example, if you feel ashamed, which is the lowest level of consciousness on the map, then you will also have thoughts/emotions on every level above shame.

Here's an example using 'relationships':

- Shame:
 - I am ashamed that I've failed in relationships.
 - If this is true, then you will also feel Guilt.
- Guilt:
 - I feel guilty that I've made so many mistakes and been such a failure.
 - If this is true, then you will also feel Apathy.
- Apathy:
 - I'm so tired of the struggle. I just want it to end. There isn't anything I can do to change this.
 - If this is true, then you will also feel Grief.
- Grief:

- I'm so sad that I've failed myself and others so badly.
 - If this is true, then you will also feel Fear.
- Fear:
 - I'm afraid that I will always be a worthless failure. I'm afraid to fail again.
 - If this is true, then you will also feel Desire.
- Desire:
 - I really want a relationship. I really want to find my true love and make it work.
 - If this is true, then you will also feel Anger.
- Anger:
 - I am angry that I've failed. I'm angry that my partners didn't help us succeed. I'm angry that I made so many mistakes. I'm angry that my partner made mistakes.
 - If this is true, then you will also feel Pride.
- Pride:
 - I AM good enough to have a relationship. I CAN do this. I can make myself succeed!

Note: Do you see how desire above has a negative tone? It's as if we're longing, or envious about what we want. This is why we always want to move from Desire to a level of Willingness and preferably Acceptance in order to consciously create.

Note Also: Pride is still in the negative, or descending consciousness vibrational field. This is why taking yourself up through a minimum of Courage is required to leave your vibrational frequency in a state of *positive* attraction.

This systematic method will give you insight into what other thoughts you will need to uncover and apply EFT on in order to clear all levels and layers of limiting beliefs.



Positive Consciousness Implanting Options:

After a negative emotion round of EFT, continue tapping on the meridian points while selecting from any of the following Vibration Elevation Phrases[®]. (And, eventually, you'll have your own higher consciousness phrases that work for you... write them down and include them.)

- I am courageous. I courageously...
- I have the courage to do what needs to be done, here and now.
- I accept myself.
- I am willing ...
- What I intend to have is ...
- What I intend to experience is...
- I am at Peace with...
- I hand this over to the Divine, as it is Spirit/God's responsibility, not mine.
- I choose greatness.
- I trust myself.
- I love...
- I am at peace with...
- I am willing to forgive.
- I allow myself to be neutral.
- I am bold. I boldly...
- I am at Peace with what is, and I am at Peace with
- I accept that I did the very best that I could, given my level of consciousness at the time.
- I trust in the Divine Order of life...
- What I intend to be is...
- I am grateful for the fulfillment of..... (all these things/experiences now).
- I accept that 'this person' did the very best that they could, given who they were and what they'd experienced up until this point as well.
- I am comfortable in letting this go, now.
- I accept and expect fulfillment.
- I love myself...
- I am grateful...
- I refuse to take anything personal ..and...
- I am willing to fail and I am willing to succeed
- I am open, willing, and accepting of...

- I relax and let God...
- I am fulfillment.
- I am one with the Presence of the Divine, and therefore totally fulfilled.
- I embrace my pure potentiality.
- I joyously ...
- I accept that all is well.
- I accept the Divine Order.
- It is only reasonable for me to expect...
- I am bliss.
- I am peace.
- I embrace my unlimitedness.
- I expect great things and ...
- I am joyful about...
- I accept that this too shall pass.
- I accept that there is a Divine Timing at work here.
- I understand that ... (I can't get it wrong, that there are no mistakes etc.)

The above examples are phrases that automatically trigger a higher level of consciousness.

Check in to your SUD's level (your distress level) after each round of positive implanting with EFT. When you reach *neutral* you can stop or you can continue until you reach a state of Positive Vibration, which is obviously more harmonious to the manifestation of your dreams, hopes, and ambitions.

Rat Kill'n – just 3 minutes a day!

In order to exterminate those negative beliefs (rats), apply the Vibration Elevation Formula[©] 2, systematically to every negative, hurtful, limiting thought and emotion that you have ever held.

Select a 3 minute window and simply choose an emotion or limiting belief to release. Tap on the points while walking up the Map of Consciousness[©].

If you can dedicate just 3 minutes a day to this process, in thirty days you will find that you are closer than ever before to that state of equanimity, and all that you desire.

You are on your right path. Trust the process, believe in yourself and hold the vision for a successful and fulfilled life from this point forward.



About Anisa Aven and Creative Manifesting



Anisa Aven is a conscious creation coach, author, speaker, frequent guest on talk radio stations around the country, and is the regular relationship expert on Scott Cluthe's EvoRadio.net broadcast via Sirius Satellite and on BizRadio in the major markets of Dallas and Houston, Texas.

She is also the CEO of TurnKey Coaching Solutions, LLC., an international life and business coach brokerage company, www.TurnKeyCoachingSolutions.com

On a personal note, Anisa enjoys running marathons, water and snow-skiing, dancing with her honey, hanging out with friends and family, and playing baseball with her son, Parker, and soccer with her daughter, Ashlyn.

Additional resources:

This work was inspired by the work of many, many, conscious creators and motivational writers. To name a few that you will want to visit, please check out:

Jerry and Esther Hicks of www.Abraham-Hicks.com

Dr. David Hawkins and his work in *Power Vs. Force*. <http://www.veritaspublish.com/>

Gary Craig and his work on Emotional Freedom Technique: www.EmoFree.com

Receive FREE Anisa's Conscious Creation 101 e-course, a 5-part e-course on the basics of manifesting, when you subscribe to her Creative Manifesting ezine at <http://www.creatavision.com/creative-manifesting.htm>

Anisa's additional products:

17 Seconds to a Celebrated Life and the Secrets to Manifesting Your Dreams
Navigate Your Fate, Create a Mate
Manifesting Prosperity

<http://www.creatavision.com/products.htm>

Apply the Power of EFT and LOA to Attract Your Ideal Relationship
<http://www.creatavision.com/teleclass/EFT-relationship.htm>



For singles looking to attract a mate and couples looking to increase their relationship fulfillment...

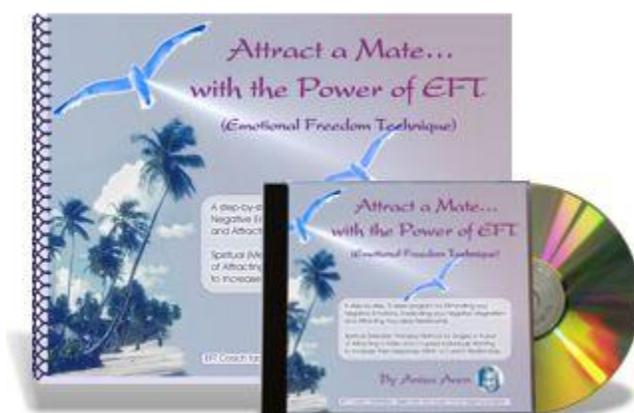
Imagine... You Can Eliminate Negative Emotions, Eradicate Your Negative Magnetism & Attract Your Ideal Relationship In Just 3 Minutes a day.

What you put your attention upon expands and you magnetize, attract, and vibrationally draw into your life whatever you FEEL and THINK on a regular basis.

I have discovered that when it comes to attracting a relationship (or recreating the one you have), if you don't find it EASY, then you are allowing a limiting belief to run your life.

And, until you eliminate that limiting belief - you WILL NOT attract the relationship you really desire.

Is it really important to you, to attract your soul mate? If you're already in a relationship, is it really important to you to recreate that love into the relationship you really want?



A SPECIAL ALL-DIGITAL, AUDIO AND WORKBOOK, E-COURSE DESIGNED SPECIFICALLY FOR ATTRACTING THE RELATIONSHIP YOU WANT!

For more information, please visit: www.Creatavision.com
Direct Link, [Click Here.](#)



What keeps you up at night? What is that nagging voice saying to you that makes you feel so stressed?

Are You Willing To Follow 3 Proven Steps To Eliminate Fears, Release Doubts, Change Self-sabotaging Habits and Finally Get Out of Your Own Way?

Give me a few minutes and together we can abolish a limiting belief that is keeping you from experiencing the fulfillment you really want.

Would You Like To Finally Experience Emotional Freedom?

Dear Friend,

I know that my thoughts and emotions are what attract my experiences. I fully and completely believe that the Law of Attraction is operating according to my most dominant point of attention. I know that when I'm joyous, I'm vibrating in harmony with the life experiences that I really want. I know that when I'm content, calm, at peace, open, willing, and trusting that I'm in harmony with what I want – always.

Never the less, knowing that my emotions either attract or repel what I want, was clearly not enough to keep me from being reactive.

Then EFT happened into my life. As if I had taken a magic pill, everything in my life simply felt easier. I was less fearful, less doubtful, more content, calm and peace-filled every minute of every day. The fear of failure and the fear of not being good enough that had plagued me ALL of my life was suddenly nowhere to be found in my experience.

“It must be all this “silly tapping” that I'm doing!!!”

Clients began to experience massive, life expanding shifts and win-falls as well. Previously, 'hard-case' clients were now feeling positive, free, courageous, and really hopeful for the first time in years.

Client experiences (names omitted to honor their anonymity):

- M. went from 'freaking out' and completely depressed about being unemployed to manifesting the best career move of his life: full benefits, six-figures, peer respect and admiration, a great new home, new friends and community, and a shift to being ready to love again.

- W. went from years of insomnia to sleeping through the night after only 8 sessions of EFT. In 4 months, she was off ALL medications, had started to exercise and even date again!
- C. went from being afraid of change and failure, to having the courage to boldly go out on her own. She spent more than a decade miserable and wanting to make a move to starting her own marketing business. She has already replaced her previous salary and projects double-earnings next year.
- T. went from being completely insecure around the opposite sex to freely flirting, being playful, and dating weekly. He's now seeing one special lady and says it's going great. This is his first relationship in 30 years.

“Could it really be EFT?”

Is there something in your life that you really want but can't make it happen? Do you think that you could commit to just 3 minutes a day to change that?

[Purchase an EFT Session](#)

Just one of my personal experiences:

In June of 2005, my brother, Chance, and I were running through the wet, rocky, pitted, precipitous trail of the Mayor's Midnight Sun Marathon in Anchorage, Alaska. This was my first marathon and I had trained on the flat concrete of hot, Houston, Texas. My inexperienced body wasn't prepared for the steady climb and cold of Alaska.

At mile 15, I hit a pot-hole on the trail. I heard and felt a 'pop' in my knee. I continued to run and thought everything was fine until mile 17. I took a step and my knee gave out completely. My leg collapsed underneath me. It was NOT working and I went down. Chance didn't notice me until he turned and saw me trying to get back up.

I was in a tremendous amount of pain and couldn't control the tears. People on the sidelines wanted to help me out of the race. I said, “No way!” I was going to finish this race even if it meant pulling myself across the finish line with two bloody stumps!

I pulled myself up and did this sort-of 'hop-run' thing for the next mile. Then I remembered EFT and how Gary Craig talks about using it for sport's performance.

I had previously used EFT, meridian therapy, during training to get over my life-long, allergic reaction to running. I know, it sounds weird, but all my life, when I ran, my legs would itch so bad that I would sometimes scratch them until they bled.

When I was in school, I would finish a race and my legs would have claw marks so deep that blood was everywhere. I had never found a cure or a solution. I had asked many doctors and health practitioners but never found any answers.

I remembered that I had successfully 'healed' my allergic reaction and was able to run without itching because of EFT. I decided that if I had to hop-run for the next 8 to 9 miles, that I wouldn't make it. I started tapping while hopping and running. Slowly, my knee began to feel more flexible and strong.

It took a tremendous amount of persistence, but finally it started really helping and the next thing I knew, I was running again. I finished the marathon 10 minutes faster than I had trained. I was in tears but they were tears of pride and joy.

This is just one of my EFT experiences but it was such a miracle that I now use Emotional Freedom Technique daily. I commit to just 3-minutes a day and have seen significant improvement in my health, my children's health, my emotional maturity, my prosperity, my fitness, my clarity, my productivity, my peace-level and the speed by which I manifest.

If you have a desire that you have had difficulty in manifesting, then let's work together and use EFT to get rid of the limiting beliefs that are bound to be inhibiting your success.

Emotional Freedom Technique is quick, easy, and effective 85% of the time for open and willing clients. I find that it's effective 99% of the time when we are persistent and committed.

If you're ready and want to make dramatic changes now - let's get started. Invest in an EFT session with me now. You won't regret it!

For more information or to register, please visit [Manifesting-EFT-Session](#).

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