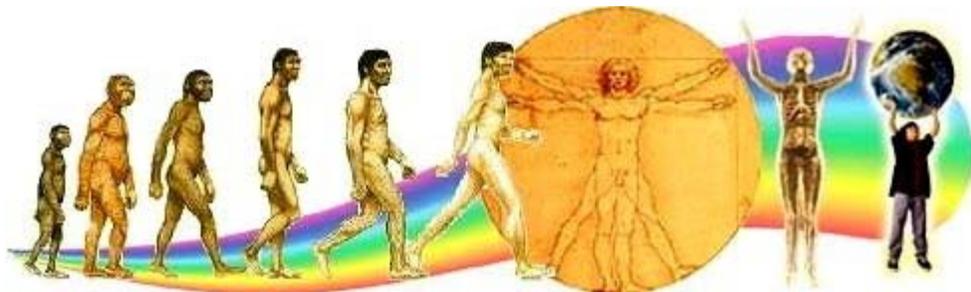


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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Introduction

You may not actually know this yet, but experts agree that when you want to ‘create your own reality’ or ‘manifest’ things into your life, the main obstacle that need to be overcome is the unfortunate emotion of doubt.

You see, whenever we create our own reality, we want to feel that it’s going to work without fail, we *have* to feel that it is beyond belief and that it has *definitely* happened in our lives already.

You want to meet your future lover through manifestation? You’ve got to *believe* it has already happened, with all the appropriate emotional content, and that there is *no doubt* in your mind whatsoever.

You want to be offered a new job or career? It’s imperative that you fully *believe* you’ve been offered that job already, again with all the emotional content, and *without a hint of doubt* that it has happened.

You want to create wealth, health, happiness ...? Make sure you have full congruence in your thoughts and actions, and make sure that doubt is *eliminated* from your mind and body.

Your mind *and body*? Yes, because you hold your beliefs, amongst other things, in the muscle as well as in the (conscious and unconscious) mind.

So how can you make sure that belief is definitely installed inside? How can you ensure that you have the necessary belief, congruence and doubtless feelings?

Well, personally I’ve found that EFT (Emotional Freedom Technique) has proved invaluable at giving me that certainty, that deep-rooted belief in what I *need* to believe in ... what I *need* to believe in to make that manifestation work every time, 100%.

Because if there's just a *hint* of doubt, then the whole thing collapses. I don't know why, and I don't know how, but just a small whiff of doubt and all the focussed manifestation exercises in the world won't bring you your lover, your job, your desired wealth, health, and happiness. Not ever.

Thankfully, you have in front of you, the ultimate guide to eliminate that doubt. By following the instructions in this easy to understand manual, you will naturally and automatically improve your level of self-belief, and over time you'll create your own reality without any worries that doubt will enter your mind.

It may seem strange, but this stuff works.

Hey, I didn't believe it the very first time I came across EFT. But I tried it, and I continued to use it, and now I use it in conjunction with my hypnosis practice.

So treat today like it's the first day of the rest of your life. Enjoy the wonderful benefits that this guide gives you. Let's start right away ...

Utilising Emotional Freedom Technique (EFT) To Eliminate Doubt

The purpose of this compact manual is to allow freedom from the emotional issues of doubt that usually accompanies our efforts at creating a new life, at manifesting our chosen reality. By regularly using the techniques described in this simple to use manual, you will naturally and easily eliminate those emotional issues.

Emotional Freedom Technique (EFT) has been described as acupuncture without the needles! It is a painless way to release any disruption in the body's energy system simply by tapping on meridian points, places where energy lines exist in the body.

If you have already experienced a one-on-one session with Howard Sandford, you will already know just how effective these techniques are. For example, you may already know what are your most effective points for tapping, for example using the "sore spot" for setup phrases rather than the "karate chop spot". Utilise what is best for you.

Eastern medical practices have always recognised the importance of our energy system. And as we work with our energy using a tapping technique, we can release *any* disruption in our energy system.

However, to start with, we need to set up the intention. We need to ensure that our efforts are channelled in the right direction, because when we focus on our goals we tend to ignore the distractions. And our deliberate focus ensures we achieve what we want to achieve.

So begin by creating an intention statement which accepts the negative emotion. Such as:

"Even though I have doubt and I'm not sure that manifesting a new job is going to work for me, I completely and fully accept myself"

or

“Even though I feel doubt whenever I try to create my own reality, I deeply and completely accept myself”

or

“Even though I don’t believe Dr Robert Athony’s Secret to Deliberate Creation works as he says it does, I accept myself completely”

Notice how the set up phrase is constructed:

“Even though I _____, I completely and fully accept myself”

“Even though I _____, I deeply and completely accept myself”

“Even though I _____, I accept myself completely”

You simply insert a description of the negative emotion in the blank, and follow it with an acceptance of who you are. And it is important to be very specific.

Simply saying “Even though I feel doubt, I completely and fully accept myself” doesn’t wash, because it’s not direct enough.

A much better version would say “Even though I feel doubt about this working because every time I’ve tried affirmations in the past it’s failed, I completely and fully accept myself” would be much more direct and therefore **more powerful**.

Once we have a set up phrase, we need to create a short-hand version, something that encapsulates the whole phrase in a couple of words.

For example the equivalent for the phrases above would be:

“Doubt about this new job”

“This create my reality doubt”

“This Dr Anthony non-belief”

“This doubt of success”

Once we have the set up phrase, and the short-hand version, we are ready to begin tapping on our meridian points. Though before we start tapping we should measure the intensity of our feelings for comparison later.

On a scale of 0 to 10, where 0 is no effect and 10 is really fully affected by the negative emotion, measure your current intensity. Of course this is very subjective, but it will be your own interpretation of the intensity of feeling.

Make a note of this number. We are now ready to commence tapping to be free of the negative emotion.

For example, if you feel the level of doubt you have about being able to create your own reality is a 7 out of 10, then note this number down for reference.

For all the tapping exercises, use the first and middle fingers together, using whichever hand you feel comfortable with. Tapping should be of moderate intensity – not too light, but not too hard to cause injury.

Incidentally, you can swap over hands or change sides at any time during the tapping.



The first point is what is known as a “karate chop” point; it’s the place you would use to do a karate chop. Alternatively, especially as it occasionally gets better results, you can instead rub what is know as the “sore spot”. This is a lymph node point, located approximately 3 inches below the “Adam’s apple” and 3 inches to the left or right. When you rub or press this spot, you

should feel a little pain or discomfort. **You will know when you find the right spot**, so search around this area!

Whilst tapping with the first and middle finger, repeat the set up phrase three times. When rubbing on the “sore spot”, rub only as hard as is necessary to feel a little discomfort; there is no need to hurt yourself whilst doing this!

For example, “Even though I have doubt and I’m not sure that manifesting a new job is going to work for me, I completely and fully accept myself. Even though I have doubt and I’m not sure that manifesting a new job is going to work for me, I completely and fully accept myself. Even though I have doubt and I’m not sure that manifesting a new job is going to work for me, I completely and fully accept myself.”

Really get into the intensity of the emotion. Really focus on that statement as you tap, and say it as if you mean it (even if you feel a little self conscious and silly at first – it happens to all of us!)



The next point to tap is located at the start of the eyebrow, just where the eyebrow hairs start near the top of the nose. Whilst tapping here, perhaps between 7 and 9 times, repeat the short hand version of the phrase.

For example, “Doubt about this new job”



The next point to tap is located at the side of the head, level with the eye, and about half an inch from the eye socket bone. Again, whilst tapping here, perhaps between 7 and 9 times, repeat the short hand version of the phrase.

“Doubt about this new job”



Next, there's a point on the front of the face, directly under the eye, on the eye socket bone. Again, tap between 7 and 9 times repeating the short hand version of the phrase.

“Doubt about this new job”



Next, there's a point under the nose, above the top lip. Tap 7 to 9 times repeating the short hand version of the phrase.

“Doubt about this new job”

You may begin to notice that all the short hand version of the phrase points to tap can be easily remembered as they are working their way down, from the top of the face downwards.



The next point is between bottom lip and chin. Again, 7 to 9 taps whilst repeating the phrase.

“Doubt about this new job”



The next one is located on the start of the collar bone, nearest to your neck. Locate the bone and follow it along towards the neck, and find the end of the bone approximately one and a half inches from your centre line.

Tap 7 to 9 times again repeating the short hand version of the phrase. “Doubt about this new job”



The final point is located under the arm, level with the breast. If you are a woman wearing a bra, the equivalent place would be on the bra strap under the arm. Again tap 7 to 9 times repeating the short hand version of the phrase.

“Doubt about this new job”

Once again measure the intensity of the feeling on a scale of 0 to 10. You may begin to notice the intensity level decrease.

This is a fantastic way to reduce a craving or releasing emotions such as guilt, anxiety, anger etc. Using these tapping techniques in association with the previous instructions will allow you to be free from the negative emotion linked with all types of negative issues.

Of course, there's little chance of the intensity of the doubt being reduced to zero with just a single round of tapping. That's ok. It's advised that you continue to tap for several rounds, repeating the whole process right from the start i.e. from the 'karate chop' onwards. Also, you should repeat your tapping exercises every day whilst you're running through your manifestation process. This ensures you remove the doubt and increase your internal belief in creating your own reality.

Addressing Specific Issues

Now that you know the method for tapping with EFT, you can utilise this to help with the doubt and belief around all areas of your life.

Do this exercise now. Write down a list of all the goals that you want to achieve, all the dreams and desires that you want to attract into your life.

Think about each situation in turn. If it were a movie, what would it be called? How long would it last?

You might notice that you feel that you shouldn't have a big house because you lived in a small house when you lived with your parents, and it may be that you feel guilty about having a large house when they're still stuck in their own little 'shack'. You might call this movie 'Guilty about leaving my parents behind.'

Eventually you will have a list of events and incidents that have a contributory factor to your self belief. Such as:

"Too much money is evil"

"I should be grateful for this meagre existence"

"No one would want to employ me"

...

...

Now, run through each episode, tapping on each "movie". Start off with the setup phrase:

"Even though I feel that too much money is evil, I completely and fully accept myself"

"Even though I should be grateful for this meagre existence, I completely and fully accept myself"

“Even though no one would want to employ me, I completely and fully accept myself”

After you have completed a setup phrase for the first incident, do a round of tapping, using the short-hand phrase:

“Too much money is evil”

“I should be grateful for this meagre existence”

“No one would want to employ me”

...

...

Move on to the next incident when you’ve completed both the setup and the round of tapping, and once you have completed the whole list, go back to the beginning and start again, tapping on each incident until its intensity is absolute zero!

And even if you believe the intensity is low enough to cope with, don’t stop there! The whole point of this exercise is to *release* all negative emotion, not just *reduce* it. Keep going until the “movie” or incident has no affect on you what-so-ever.

Now, don’t just read this ... **do it now!** You can release your doubt, improve your self belief, and manifest whatever you want in your life by tapping away all the negative emotion today, so start now.

Conclusion

I hope you have enjoyed this simple to follow manual on how to help control and eliminate doubt. By following the instructions you will automatically and easily change the way you view the manifestation of your dreams and desires.

Of course, you can use the same process to help you eliminate *any* kind of negative emotion from your life.

When you want to know more about Emotional Freedom Technique, including finding out how EFT can help you with other issues such as Trauma & Abuse, Stress & Anxiety, Fears & Phobias, Depression, Addictive Cravings, Children's Issues and hundreds of physical symptoms including headaches, body pains and breathing difficulties, simply visit the web-site

<http://www.fastimprovement.co.uk/eft.htm> and follow the links there to learn more today.

Should you wish to have a one-on-one session with Howard Sandford, either to use hypnosis or EFT with a better directed one-on-one focus, call Howard now on +44 (0)1273 500 196 in the UK, and begin to lead that healthy life once more.

If you want to learn the *true* secret to manifesting your destiny, and creating your own universe, I suggest you take a look at Dr Robert Anthony's 'Secret to Deliberate Creation' at <http://www.therobertanthonysecret.com/>

Above all, have fun and enjoy your new found emotional freedom.