

❖ Path to Emotional Freedom Deck ❖

To Replace or Compliment Muscle Testing



By Mandy Peterson

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Disclaimer

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HOW TO USE THE CARDS

In essence, EFT is an emotional version of acupuncture wherein we stimulate certain meridian points by tapping on them with our fingertips. This addresses the true cause for emotional issues (unbalanced energy meridians). - Gary Craig, Founder of Emotional Freedom Technique

This card deck and manual is intended for individuals who are already experienced with Emotional Freedom Technique (also known as EFT). If you have bought this deck and wish to learn EFT, I recommend visiting sites such as www.EFTuniverse.com or www.emofree.com.

To begin, shuffle and spread the cards face down in front of you. Then, form in your mind a clear perception of an issue you would like to tap on. For example, “I would like to be free of this headache.” Then, ask your Higher Self (or whatever energy you wish to work with) what block needs to be cleared in order for you to be free of your particular issue. Drawing only one card at a time, flip one over; paying attention to the phrase that is at the top of the card that you draw. If you draw a card and the number is upside-down, use the definition for the “reversed position” (if it has one). If you draw a card and its number is upright, use the definition for the “upright position.”

To find the definition for the card, look it up in the section “Card Meanings” (pages 9 – 58). With each card you will see two separate definitions: one for EFT and one for Energy Work. Only select the one under the heading “EFT.” It is not necessary to pay attention to the colored symbol and its meaning unless you have specifically asked to receive a card on the topic of chakras or energy work.

Proceed to tap a round or two of EFT on whatever card is drawn. For example, if the issue you wanted to treat was a headache and you drew the card “I deserve,” you may wish to begin tapping “Even though I do not deserve to be free of this headache, I deeply and profoundly love, cherish and accept myself.” Feel free to ad lib with your own words when inspired. After tapping a round or two of EFT, you can try pulling another card to see if there are any other blocks.

Keep drawing cards, tapping through each block, until either your headache is relieved or you receive the “Blocks are clear” card. If when drawing the “Blocks are clear” card your issue or pain is still present, try finding another aspect. Sometimes you may find that the symptoms have changed or moved. In the case of a headache, perhaps the pain is gone but they still feel pressure behind the eyes. In such a case, begin the EFT process over, clearing any blocks to releasing the pressure behind the eyes. “Chase the pain” (or the symptoms) until the issue is cleared.

This process also works well with emotional issues. In treating emotional issues, you may wish to ask yourself—or any other person you are working with—to visualize or affirm what is wished to be achieved. Alternatively, you can focus on a source of distress, allowing any emotions or fears to arise. Tune into your body and note any sensations or tensions that arise. Wherever you feel resistance, tension or negative sensations in your body, use EFT to address these states.

For example, if you should feel anxiety over being rejected by a loved one, allow yourself to temporarily

focus on the anxiety or any memory that is attached to being rejected. Then, scan your body for any sensations or tensions. Perhaps you may feel your jaw clench, your stomach tighten up or a pain in your heart. If so, continue to focus on that particular sensation while using the cards and EFT to clear any blocks to its release. Then, refocus on the issue to see if any unpleasant symptoms arise. Sometimes you may find that the sensations will move or change. Usually this indicates another aspect or emotion is arising (and which is still connected to the original issue). For example, an original tension in the stomach may have resulted from fear. However, if when refocusing on the issue a new sensation arises in the heart, such a sensation may no longer be connected to fear but to sadness.

Drawing a Card More than Once

Sometimes you may find that you draw the same card more than once. This is usually an indication that this block is a sticky one for you. You may wish to either break it down, tap out any memories that feel connected to it, or consider what might be blocking you from releasing that block.

For example, if the card is “it is not safe for others,” define for yourself why it might not be safe for others and try tapping on these issues or any memories that arise. Perhaps you feel that the only way to love others or to prove your love is to stay small or weak in ways (for the purpose of being more humble or less assertive, for example), so you may wish to tap, “Even though I can’t heal this issue because in order to be loving I have to compromise myself for others or be sick, needy, or in pain, I deeply and profoundly love and accept myself.”

These cards may also be used as a starting point to ask your High Self what issue needs to be tapped (if you do not have an issue). They may also be used for chakra and energy work. For example if you draw “Fear of failure” you might want to start with this issue. If you draw “I deserve” you might want to start with issues of self-worth, deserving good things to come to you or guilt.

Tapping “Out” or Tapping “In”?

You may “tap out” negatives, “tap in” positives, or both. What is important is to tap what feels right to you. Some people feel uncomfortable working with affirming negatives, fearing a focus upon negatives will cause them to manifest.

I prefer to see working with negatives as a form of homeopathy or “like treats like.” If you consider that everything we experience is energy, and that “symptoms” are forms of repressed energy popping up to say “hi,” then saying “hi, I love you” back can tell the suppressed parts of you that they have been heard and acknowledged. Thus, they no longer need to act out in order to receive your love or attention.

Use your intuition and whatever process works best for you. You may even use the cards for the purpose of receiving personal insights. There is also a facebook application that allows you to use these cards for more general insight at www.facebook.com/eftcards.

CHAKRAS & Energy Work

As you move more and more into the present, inside you will come across seven lights - what Hindu yoga calls seven Chakras, Buddhist yoga calls seven lights, seven lamps. As you become more and more detached from the body, detached from possessions, uninterested in desires, your energy starts moving upwards... -Osho

If you are new to chakra work, there is a wealth of information on the internet pertaining to what chakras are, what each represents and their location. For example, the developer of a course called “Chios Energy Healing,” Stephen H. Barrett has now authored a book titled *Chios Energy Healing: Powerful New Techniques for Healing the Human Energy Field*, which I highly recommend as it contains a wealth of information on the human energy system. With knowledge of the various defects and imbalances that can occur within the chakras and the energy field, one can then apply EFT toward correcting these imbalances.

Using EFT to work with one’s energy field or charkas is not difficult. It simply involves changing the set up statements to reflect energy work. In fact, some individuals if deeply stuck with an issue may benefit more from working with their chakras and energy field.

Not only can the cards be used to determine which part of the energy field or chakra to work with, the same cards can be used to clear any blocks in the way to clearing these energetic issues.

To begin, each card possesses a center image which is color coded. You may wish to select a card concerning what part of the energy field may most benefit from applying EFT toward clearing blocks. The chart below covers the color codes and what each one represents:

| <i>Color Code</i> | <i>Meaning</i> |
|--------------------------|---|
| <i>A red symbol</i> | <i>Work with the root chakra (located at the base of the spine). You may wish to tap the EFT points while affirming that your root chakra is clear of blocks, balanced and free of energetic defects.</i> |
| <i>An orange symbol</i> | <i>Work with the sacral chakra (located in the area of the belly button, on the front and the back of the body). You may wish to tap the EFT points while affirming that your sacral chakra is clear of blocks, balanced and free of energetic defects.</i> |
| <i>A yellow symbol</i> | <i>Work with the solar plexus chakra (located just below the middle</i> |

point of the ribs, on the front and back of the body). You may wish to tap the EFT points while affirming that your solar plexus chakra is clear of blocks, balanced and free of energetic defects.

A green symbol

Work with the heart chakra (located over the heart center, on the front and on the back of the body). You may wish to tap the EFT points while affirming that your heart chakra is clear of blocks, balanced and free of energetic defects.

A blue symbol

Work with the throat chakra (located in the center of the throat, on the front and the back of the body). You may wish to tap the EFT points while affirming that your throat chakra is clear of blocks, balanced and free of energetic defects.

An indigo symbol

Work with the third eye chakra (located between the eyes at the brown, on the front and the back of the body). You may wish to tap the EFT points while affirming that your third eye chakra is clear of blocks, balanced and free of energetic defects.

A violet symbol

Work with the crown chakra (located on the top of the head). You may wish to tap the EFT points while affirming that your crown chakra is clear of blocks, balanced and free of energetic defects.

A pink symbol

You may wish to tap while asking that you are clear and free of all cords, attachments and energies that do not belong to you (i.e. energies that may be empathically taken on).

A white symbol

Work with the energy field and upon issues such as leaks, tears or impurities. For example, you may wish to tap that any leaks or tears in your energy field are healed and that your energy field is free of impurities.

A black symbol

Work with issues of grounding. Try tapping that your energy is grounded and that you feel happy and safe fully incarnated in your body. If you find you are in your head a lot, try tapping while visualizing bringing the energy down from the head into the heart. Allow your mind to quiet itself as you allow yourself to feel different parts of your body.

“Blocks are Clear”

You may have no real energetic defects at present or it may not be helpful to focus upon them. If you do feel blocked, however, you may wish to tap set up statements that affirm you’re your energy field and chakras are clear and free of blocks. You are whole.

Figure 1

To perform an energy clearing using EFT, spread the cards face down in front of you and select one. For

example, let us say the card “I am safe...” is drawn which has a red symbol. Look up the definition in the manual and read what is located under the heading “Energy Work.” You will find that a red symbol indicates to work with the root chakra.

Tap through any blocks to clearing and balancing your root chakra. You can determine what blocks to work with through drawing further cards. For example, if you were to draw the card “I am ready...,” then you may wish to tap a set-up statement such as, “Even though part of me does not feel ready to have a clear and balanced root chakra, I deeply and profoundly love and accept myself.”

Continue this process, drawing further cards until you draw the “blocks are clear” card. Use your intuition for what feels right for you.

If you are familiar with energy work or Reiki, you can use in conjunction with or in place of EFT tapping.

CARD MEANINGS

As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation ~ either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course. -Martin Luther King, Jr.

This healing deck includes cards that pertain to clearing contracts, karma and other spiritual issues. I wanted to include some of these features for those familiar with Theta Healing or other healing modalities. However, if you do not wish to use the deck in this way, feel free to remove these cards or any others that you do not wish to work with. There is no right or wrong way.

Each card definition contains two options:

- ❖ for interpreting that card as it pertains to identifying what block to clear on an issue
- ❖ for interpreting that card as it pertains to using EFT to clear and balance the energy field and chakras

You can set your intention prior to drawing a card as to what option you are pursuing. Then, pick only the interpretation that applies. Use your own situation and your own words to replace what is between {...} within the EFT tapping statements attached to each card.

Card 0—Blocks Are Clear

EFT:

This card indicates that you are either free of blocks concerning the issue you have in mind, or it would not be of benefit to focus on them. Tap the main issue.

Energy Work:

If drawing a card to determine what part of the energy field to focus upon, simply employ EFT or send energy to any chakra or part of your body or energy field which you intuitively feel would benefit. You may have no major blocks at present. Alternatively, this card may indicate that healing can be best achieved through letting go of any focus upon blocks.



Card 1—I Deserve

EFT:

This card indicates that you may carry a conscious or unconscious belief that you are not worthy or deserving of healing in some way. You may benefit from using an EFT set-up statement such as, “Even though I do not deserve to experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that you *do* deserve!



Energy Work:

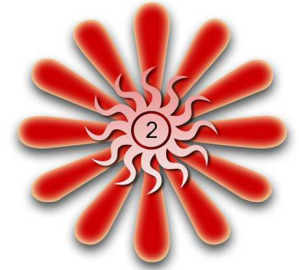
If drawing a card to determine what part of the energy field to focus upon, a white symbol on a card indicates to work with the energy body. While tapping, visualize and/or affirm that your entire energy body is clear and in balance. While continuing to tap, affirm that you are bringing bright, white, healing light into your aura. Alternatively, work with bringing into your energy field whatever you intuit is needed for it to be radiant and glowing.

Card 2—It Is Safe

EFT:

Part of you may consciously or unconsciously feel it is unsafe for you to overcome an issue. Possibly your issue protects you in some way. For example, being sick can allow us to say “no” to demands without being judged for taking care of ourselves. Fear can be protective as well. Part of us may imagine that without certain fears we would have no caution in certain matters and thus come to harm.

Whatever the case may be, you may benefit from tapping around issues of trust, security and safety concerning overcoming the issue you are inquiring about. Try using a set-up statement such as, “Even though it is not safe for me to {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that it *is* safe!



Energy Work:

If drawing a card to determine what part of the energy field to focus on, a red symbol indicates to work with the Root Chakra. While tapping, visualize and/or affirm that your Root Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin in the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.

Card 3—It Is Safe For Others

EFT:

Part of you may not fully believe that it is safe for others if you should overcome the issue you are inquiring about. Perhaps your subconscious feels that to heal a certain issue would cause you to become more outspoken, confrontational, honest or powerful in some way. As a result, some part of you may resist, fearing that if you should heal certain beliefs or issues, you would become more liable to be ‘mean,’ uncaring, hurtful or lacking in humility. This is not the truth of course. It is possible to be a strong, whole and confident person while still being kind. In fact, the more whole and confident you become, the less likely it would be that



you would act out in an uncaring fashion.

Whether this block is conscious or unconscious, you may benefit from tapping while working with a set-up statement such as, “Even though it is not safe for others if I {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that it *is* safe for others!

Energy Work:

If drawing a card to determine what part of the energy field to focus on, an orange symbol indicates to work with the Sacral Chakra. While tapping, visualize and/or affirm that your Sacral Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spins the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.

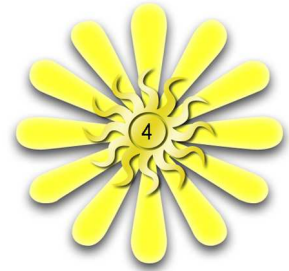
Card 4—I Am Willing

EFT:

Part of you may feel unwilling to manifest a particular outcome. Perhaps you are resisting change or healing at a subconscious level. Sometimes this resistance may be connected to a fear of the unknown or a fear of leaving an old habit behind.

If this is the case, you may wish to employ tapping while visualizing manifesting what you wish to achieve. If any feeling of resistance should arise (in the form of negative sensations or tension in the body), try using EFT to release it.

If you wish to “tap out” your unwillingness, try a set-up statement such as, “Even though I am unwilling to experience {...}, I deeply and profoundly love and accept myself.” You may also wish to “tap in” the positive: that you *are* willing!



Energy Work:

If drawing a card to determine what part of the energy field to focus on, a yellow symbol indicates to work with the Solar Plexus Chakra. While tapping, visualize and/or affirm that your Solar Plexus Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that it spins the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.

Card 5—It Is Possible

EFT:

Part of you may resist fully believing that what you want to achieve is possible. You may benefit from tapping while using a set-up statement such as, “Even though it is not possible for me to experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that it *is* possible!

If while visualizing what you want to achieve you feel any negative sensations or resistance in the body, you may wish to ‘tap this out’ as well.



Energy Work:

If drawing a card to determine what part of the energy field to focus on, a green symbol indicates to work with the Heart Chakra. While tapping, visualize and/or affirm that your Heart Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or

affirm whatever you intuit is needed for this energy center to thrive.

Card 6—Loss of Identity

EFT:

Part of you may feel you will lose your identity if you manifest the change you desire. You may fear you may not know who to be or who you are anymore. This is more likely to happen if a habit or concern has become chronic and engrained into how you perceive yourself. You may benefit from tapping upon a set-up statement such as, “Even though I will lose my identity if I experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that you do not need to worry about losing an old identity! You *can* create a new and better one!



Energy Work:

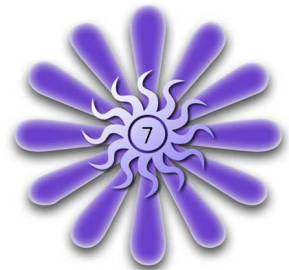
If drawing a card to determine what part of the energy field to focus on, a blue symbol indicates to work with the Throat Chakra. While tapping, visualize and/or affirm that your Throat Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.

Card 7—I Have What It Takes

EFT:

Part of you may subconsciously fear that you will no longer know how to make your life work should conditions change or improve. This may be more likely to happen if a habit or concern has become so deeply engrained into your way of life that you cannot see how life can work for you any other way. For example, certain individuals may subconsciously feel that without a habit of over-striving they would not be able to achieve success in the world. This is merely a faulty belief system, however. There are many successful people in the world who their success came easily, effortlessly and without over-striving.

You may benefit from tapping on a set-up statement such as, “Even though I will not be able to make my life work without the issue of {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that you *do* have what it takes to make your life work without succumbing to old habits and patterns. Your life works when you experience the love, healing and/or happiness you long for!



Energy Work:

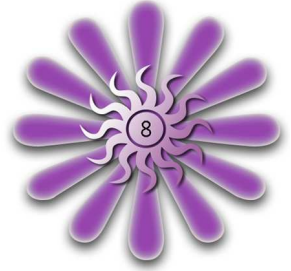
If drawing a card to determine what part of the energy field to focus on, an indigo symbol indicates to work with the Third Eye Chakra. While tapping, visualize and/or affirm that your Third Eye Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.

Card 8—I Allow

EFT:

Part of you may be resisting fully allowing yourself to experience the outcome you desire. You may benefit from tapping on a set-up statement such as, “Even though I will not allow myself to {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on ‘tapping out’ the negative. Then, switch to “tapping in” the positive: that you *do* allow!

You may also benefit from visualizing what you wish to manifest into your life. If this brings up any feeling of resistance, tension or negative sensation, you may wish to employ EFT toward these issues.



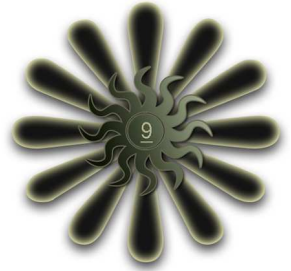
Energy Work:

If drawing a card to determine what part of the energy field to focus on, a violet symbol indicates to work with the Crown Chakra. While tapping, visualize and/or affirm that your Crown Chakra is spinning beautifully, vibrantly and free of blocks. Ask that it be brought into balance. While continuing to tap, you may also ask that this chakra spin the right direction, the right speed and the right color. Visualize and/or affirm whatever you intuit is needed for this energy center to thrive.

Card 9—Deprivation Issue

EFT:

Part of you may feel that you will be deprived in some way if you should manifest the outcome you desire. The absence of certain symptoms, habits or issues might bring up the feeling of a void that draws your issue back into your experience again (to fill that void). This is more likely to happen if an issue or habit has become chronic or ingrained into your way of life or how you perceive yourself. If so, you may benefit from using a set-up statement such as, “Even though I will feel deprived if I {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that you do not need to feel deprived and *can* create a new and more abundant reality for yourself!



Energy Work:

If drawing a card to determine what part of the energy field to focus on, a black symbol indicates to work on the issue of grounding. You may benefit from visualizing yourself as having strong roots which extend outward from the bottom of your soles, traveling deep into the center of the earth. Tap various points while allowing yourself to feel grounded and solid. Alternatively, work with whatever you intuit is needed for you to feel grounded and alive.

Card 10—I Forgive Myself

EFT:

If you have drawn this card in its upright position (*I forgive myself...*), it is likely that a lack of self-forgiveness in some way (even for not overcoming an issue), may be blocking you from manifesting the outcome you desire. Alternatively, if you draw this card in its reversed position (*I forgive others...*), it is likely that in some way you have felt unable to fully forgive another/others, which this may be acting as a block toward manifesting what you desire.

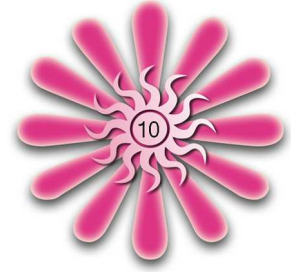
Depending upon whether you drew this card in its upright or reversed position, you may wish to choose from the following EFT set-up statements:

- ❖ “Even though an inability to forgive myself is blocking me from experiencing {...}, I deeply and profoundly love and accept myself.”
- ❖ “Even though an inability to forgive others is blocking me from experiencing {...}, I deeply and profoundly love and accept myself.”

Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” the positive: that you forgive yourself and others *wholly* and *completely*!

Energy Work:

If using this deck to determine what part of the energy field to focus on, a pink symbol indicates to work with clearing negative cords, attachments and psychic debris. This symbol also deals with empathic sponging and shielding. (See the glossary for the meaning of these terms). You may benefit from working with whatever visualizations, clearing or shielding techniques you intuit are needed for you to feel clear, protected and whole.



Card 11—Even If I Never

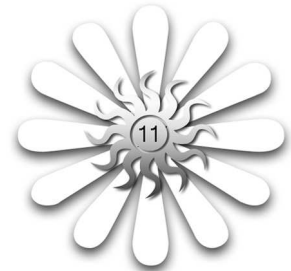
EFT:

If you have drawn this card, part of you may fear, or may have subconsciously decided, that you will never experience the love, success, healing or outcome you desire. This is more likely to happen if a health or other issue has become chronic or seems hopeless or incurable. If this is the case, you may benefit from tapping around past memories or traumas that left you feeling hopeless or that nothing ever works out for you.

Try using an EFT set-up statement such as, “I deeply and profoundly love and accept myself even if I never experience {...}.” After tapping several points while focused on “tapping out” the negative, you may wish to switch to “tapping in” a positive affirmation such as, “Thank you Creator/High Self that my negativity is only in my thoughts and does not represent my reality. I *can* create the health, wealth or happiness I desire! In fact, I *will* create it, because I am ready for it and deserve it!

If you draw this card and you are feeling a great deal of internal/external pressure or guilt over having a certain issue—especially if this pressure or guilt is creating despair or a feeling of being trapped—it may help to tap and affirm that we are all worthy and lovable even in the worst case scenarios. This includes even if we were never able to fully heal an issue or accomplish a goal.

Energy Work: If drawing a card to determine what part of the energy field to focus upon, a white symbol on a card indicates to work with the energy body. For more information, see Card 1: *I deserve...*

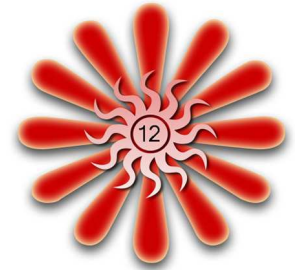


Card 12—I Will Benefit

EFT:

If you have drawn this card, part of you may feel you will not benefit if you should manifest the outcome that you desire. Sometimes we may unconsciously receive a pay-off through having or maintaining a particular habit or condition. Some common pay-offs include:

- ❖ avoidance of responsibility or commitment
- ❖ a desire for attention, to be dependent on others or taken care of
- ❖ self-punishment or self-sabotage
- ❖ desire to be a victim or a martyr
- ❖ a need to learn a “lesson”



There are many types of subconscious benefits that individuals cling to which may prevent them from letting go of what isn't working anymore. However, once you understand the pay-offs you are receiving (as well as why you hang onto them), you can choose to change the beliefs systems that support them (which EFT can be a valuable tool to support this).

To clear this type of block using a more general set-up statement, you may tap while repeating, “Even though I will not benefit if I {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” a positive affirmation: that you *will* benefit!

Energy Work:

If drawing a card to determine what part of the energy field to focus upon, a red symbol on a card indicates to work with the Root Chakra. For more information, see the definition for Card 2: *It is Safe...*

Card 13—Others Will Benefit

EFT:

If you have drawn this card, part of you may subconsciously feel that others will not benefit if you should manifest the outcome you desire. Sometimes others benefit through having power or authority over us, or from being needed by us (via our dependency on them). Other times, others may benefit from our never saying “no” or setting boundaries. Many people who have this type of block may hold themselves back, afraid of confrontation or to stand in their own light. They may be subconsciously afraid others will be jealous, upset or intimidated if they achieve their dreams or become more assertive. Sometimes, being strong, assertive or self-empowered can be identified with being unloving or unkind. Lastly, at times this card may indicate that an individual is holding onto a situation feeling someone else will feel guilty or learn a lesson.

You may wish to try tapping something such as; “Even though others will not benefit if I {...}, I deeply love, cherish and accept myself.” After tapping a few points in the negative, switch to a positive affirmation: that others *will* absolutely benefit!



Energy Work:

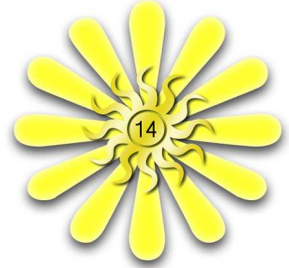
If drawing a card to determine what part of the energy field to focus upon, an orange symbol indicates to work with the Sacral Chakra. For more information see the description on Card 3: *It is safe for others...*

Card 14—I Do Not Need

EFT:

Part of you may be subconsciously resisting overcoming an issue or habit because you feel you need to hang on to it for some purpose. A good method which may help you free yourself of resistance is to visualize what you truly want to achieve while taking note of any place within your body that a sensation of tension arises. This is one way in which our resistance can communicate with us. Then, perform EFT while focusing on the sensation of resistance in your body until you are able to visualize the outcome you want without any tension arising. If the sensation moves from one place to another, this likely indicates there is more than one emotion coming up in the body to be cleared.

The EFT set-up statement that goes along with this card states, “Even though I have an unconscious need for {...} which prevents me from fully letting go of it, I deeply and profoundly love and accept myself.” After tapping a few points using this set-up statement, switch to a positive affirmation such as, “I no longer need this issue. I *can* be free now!



Energy Work:

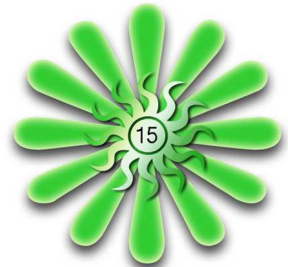
If drawing a card to determine what part of the energy field to focus upon, a yellow symbol indicates to work with the Solar Plexus Chakra. For more information, see the definition for Card 4: *I am willing...*

Card 15—Healing Is Permanent

EFT:

Part of you may resist fully believing that healing or change concerning the issue you have inquired about can be permanent. Possibly you have experienced a prior remission only to later suffer from a relapse of your symptoms. In such a case, you may benefit from tapping a set up statement such as; “Even though if I heal the issue of {...} it will likely not be permanent and my symptoms will return, I deeply and profoundly love and accept myself.” After tapping a few points using this set-up statement, switch to a positive affirmation such as, “I *can* recover from this habit, issue or condition permanently without any relapse!”

If while tapping the positive affirmation you feel any resistance arise within you consciousness or body, apply EFT to the symptoms until you feel your resistance dissolve.



Energy Work:

If drawing a card to determine what part of the energy field to focus upon, a green symbol indicates to work with the Heart Chakra. For more information, see the definition for Card 5: *It is possible...*

Card 16—I Choose

EFT:

Part of you, at a subconscious level, may not fully be choosing to overcome the issue you inquire about. Sometimes our intention becomes split when our conscious mind desires one thing and our subconscious mind desires something contradictory. For example, an individual might develop an illness or may delay their own healing because part of their subconscious mind desires to be able to take a break from a job or to be able to say “no” to other pressures. On a conscious level, the same person may be very anxious to heal, so that they can



keep their job and meet demands or pressures in a way that pleases everyone involved. If such a person can locate what part of their consciousness is not choosing to overcome an issue and why, they can then begin to tap upon some of these issues.

Sometimes locating the underlying root(s) is not necessary to clearing a block. In such cases, this block of “not choosing” can be cleared through using a general EFT set up statement such as, “Even though I do not choose to experience {...}, I deeply and profoundly love and accept myself.” Tap several points while focused on “tapping out” the negative. Then, switch to “tapping in” a positive affirmation: that you *do* fully choose to change and create a new and better outcome for yourself.”

Energy Work:

If drawing a card to determine what part of the energy field to focus upon, a blue symbol indicates to work with the Throat Chakra. For more information, see the definition for Card 6: *Loss of Identity...*

Card 17—I Want

EFT:

The truth that part of us may not “want” to recover or to experience a particular outcome may be hard for us to imagine. Of course we consciously do want to experience a positive outcome! Why else would we bother to even try to heal an issue if the contrary were true? However, through acknowledging a subconscious level of resistance, we may achieve a breakthrough when using EFT to clear what appears to be a sticky issue.

If you have drawn this card, you may benefit from using an EFT set-up statement such as, “Even though I do not really want to experience {...}, I deeply and profoundly love, cherish and accept myself.” After tapping a few points using this set-up statement, switch to a positive affirmation: that you *do* want to change and create a better outcome for yourself!



Energy Work:

If drawing a card to determine what part of the energy field to focus upon, an indigo symbol indicates to work with the Third Eye Chakra. For more information, see the definition for Card 7: *I have what it takes...*

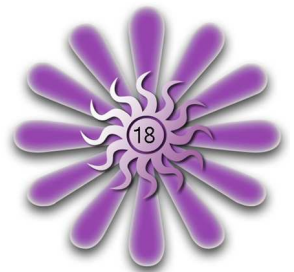
Card 18—I Am Ready

EFT:

Part of you may not feel ready on all levels to manifest the outcome you desire. The idea of change or of spontaneous healing may bring up a slight feeling of anxiety. Will you be prepared for what may be expected of you (or what you might expect for yourself), should you obtain a desired outcome? Do you possess latent fears of authority, responsibility, commitment, power, success, assertiveness or anything else?

In general, if you have drawn this card, you may benefit from using an EFT set-up statement such as, “Even though I am not ready to experience {...}, I deeply and profoundly love, cherish and accept myself.” After tapping a few points in the negative, switch to a positive affirmation: that you *are* ready for change and to create the outcome you desire!

You may also wish to locate any fear or resistance that may be blocking you through visualizing manifesting what you wish to achieve. If you feel any resistance or tension in any place in your body, add these symptoms to your tapping program.



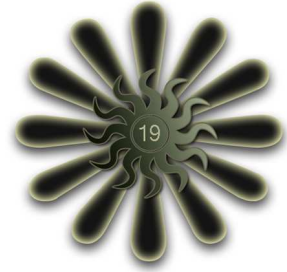
Energy Work:

If drawing a card to determine what part of the energy field to focus upon, a violet symbol indicates to work with the Crown Chakra. For more information, see the definition for Card 8: *I allow...*

Card 19—Grounding Issue/Lessons & Karma

EFT:

If you have drawn this card in its upright position (*Grounding issue*), it may either be an indication that you need to work on issues of being fully present in your body or that you need to ground yourself before you proceed. In this day and age where many people are living busy lives and living primarily within the mind and upper chakras, it is easy to become ungrounded. Some signs of being ungrounded include: dreaminess, light-headedness, scatteredness, obsession and feeling scattered, ‘spaced-out’ or distracted. Shock and trauma can be ungrounding as well.



There are many physical ways to ground. Some examples include: exercise, feeling and sensing the body, eating a grounding meal (especially if you feel lightheaded from not eating enough), focusing your attention out of the mind and away from worrying or ruminating thoughts, deep breathing and bringing your awareness to the present moment.

If wishing to employ EFT toward helping to feel more grounded, you may wish to try tapping a set-up statement such as; “Even though I do not feel happy and safe fully grounded and incarnated in my body, I deeply and profoundly love and accept myself.” Tap several points while focused on ‘tapping out’ the negative. Then, switch to ‘tapping in’ a positive affirmation: that you feel happy, safe and vitally alive while fully grounded in your body!

If you have drawn this card in its reversed position (*Lessons & Karma*), it may indicate that part of you may feel you have to hang onto an issue because you unconsciously believe it is part of your ‘karma.’ In this same theme, part of you may feel that you have not yet completely learned a lesson that was needed to be learned from your issue. Thus you may hang onto the issue, feeling unready to let it go. If this is the case, EFT can be used to make a firm intention that you are clear, have learned everything you need to learn, and *can* fully move forward!

While you may wish to use your own words, a set-up statement for clearing karma and lessons may read something like, “Thank-you, that I am healed of all the lessons or karma in all of the roots of this issue. Thank you, that it is being healed where ever it existed within my body mind and life, as well as in all of its timelines, all ancestry, all generations, all origins, causes and effects.” You can change the statements as you tap each point, till you feel within yourself that you are ready to move forward and to embrace the new and unknown...

Energy Work:

If drawing a card for what part of the energy field to focus on, a black symbol indicates to work with issues of grounding. For more information, see card 9: *Deprivation Issue*.

Card 20—I Detach & I Am Clear

EFT:

If you draw this card in its upright position (*I detach...*), there may be a need to detach from a particular person, situation or energy in order to facilitate healing. In such cases, you may wish to employ EFT toward issues of toxic relationships, codependency, letting go or becoming more detached.

Sometimes this card may indicate a need to clear the energy field of cords, attachments and energies that may have been taken on empathically from another person. This is especially true if you feel another person is angry, hurt or sad and that you may have taken on their emotions or projections in a way that you begin to feel this way about yourself. In such a case, you can use EFT to clear yourself of such states before further working on your issue. See pages 4-7, as well as page 17 under the heading “Energy Work” for more information how to use EFT towards clearing cords and energies.



If you draw this card in its reversed position (*I am clear...*), you may need to energetically clear yourself and your space before proceeding. While there are many methods that can be used for space clearing, you can also use EFT with a set-up statements such as, “Thank-you that I am clear and connected to Source. My energy field is bright, light and free of negative psychic debris, cords, attachments, hooks, leaks and tears. My energetic boundaries are strong and protective.”

Energy Work:

If drawing a card for what part of the energy field to focus on, a pink, symbol indicates to work with clearing negative cords, energies and psychic debris. For more information, see card 10: *I forgive myself...*

Card 21—I Live for Life/I Love Myself

EFT:

Both the upright and reversed positions of this card indicate that Massive Psychological Reversal could be blocking progress. The person with Massive PR may sometimes seem psychologically reversed (or blocked) in almost every area. Within their meridian system, the energy may be running in the wrong direction. Employing muscle testing (see glossary), such individuals may muscle test ‘weak’ on the statement, “I live for life” and ‘strong’ on the statement “I live for death”. This does not mean the person consciously wants to die. They may simply be repressing their life force in ways. Issues such as hopelessness, perfectionism, escapism, giving up, chronic worry or other negative thinking patterns may be present.

If you use this deck frequently in your EFT practice, it is not always going to be likely that you are psychologically reversed. If you normally have positive results using EFT, then drawing this card may simply be an indication for you to ‘tap out’ a feeling of boredom or glumness in order to ‘tap in’ an appreciation and gratitude for miracles everywhere. Self-love can work miracles, as well.

Whatever the case may be, tapping while repeating the main set up statements for Massive PR can help; which lies with directing love and acceptance to the whole being. If you are drawing this card in its upright position (*I live for life...*), try tapping while repeating, “I live for life and all its joys and miracles.” If drawing this card in the reverse position (*I love myself...*) you may wish to try tapping “I deeply and profoundly love and accept myself with all my weaknesses and limitations.”



Energy Work: If drawing a card for what part of the energy field to focus on, a white symbol on a card

indicates to work with the entire energy body. For more information, see Card 1: *I deserve...*

Card 22—Fear of Success/Fear of Failure

EFT:

If you have drawn this card in its upright position (*Fear of success*), a fear of success may be blocking you from manifesting the healing or outcome you desire. Success can bring with it many rewards, but it frequently has strings attached. Such strings may include increased responsibilities, public recognition or the need to develop a tougher exterior or stronger boundaries.

At times, drawing this card can indicate that there is a fear of succeeding at recovering from the condition or issue you have inquired about. This can happen with individuals who may have already experienced in life a hard fall from a place of former success, or who with their health experienced a remission only to suffer a humiliating relapse. Such a person may begin to fear that achieving their goal could be followed by being humbled or knocked down again in a painful manner. There could also be other reasons and ways one can fear success, however.

If you feel that fear of success is an issue for you in more than one way, you may wish to treat it as a main issue. Try clearing any blocks or memories around fear of success. Then, return to the original issue you were working on and see if you feel any shifts.

To work with the fear of success as a block rather than as a main issue, use the EFT set-up statement, “Even a fear of success get is blocking me from overcoming this issue, I deeply love and accept myself” or “I am releasing all fear of success in the roots of this issue.”

If you draw this card in its reversed position (*Fear of failure*), a fear of failure may be acting as a block toward manifesting the outcome you desire. The fear of failure may be more general, or may be a fear of failing to overcome the issue in question. Whichever alternative feels the most relevant, tap through it.

If fear of failure feels like a prominent issue in your life, you may wish to treat it as a main issue before returning to the original issue you were working on. Tap through any memories you can think of or blocks that come up through using this deck. Once drawing the “blocks are clear” card, then return to treating the original issue.

To work with the fear of failure as a block rather than as a main issue, use the EFT set-up statement, “Even though a fear of failure is blocking me from overcoming this issue, I deeply love and accept myself” or “I am releasing all fear of failure in all of the roots of this issue.”

Energy Work: If drawing a card for what part of the energy field to focus on, a red symbol indicates to work with the Root Chakra. For more information, see the definition for Card 2: *It is Safe...*



Card 23—Forgiven By Others/Need for Attention

EFT

If you have drawn this card in the upright position (*Forgiven by others...*), you may benefit from tapping around issues of not feeling forgiven; either in general or concerning the issue you are inquiring about. This card can also indicate to do some EFT tapping on any feelings of guilt or shame. Statements that you may wish to tap around may include variations of; “Even though I am not forgiven for {...}, I deeply and profoundly love and accept myself”, and “Thank-you, that within all levels of my being, all timelines and all generations I am forgiven by anyone who has blamed me in any way.”



If you have drawn this card in the reversed position (*Need for attention...*), it may indicate that at a subconscious level your issue provides a form of attention. Sometimes being sick was the only time we got attention from busy parents. Other times, negative attention, can be subconsciously more acceptable than feeling invisible. A need for attention may also indicate a victim or martyr consciousness. Less frequently, this card may indicate to work on a body, weight or image issue; a strong desire for fame or recognition; or an excessive need for validation or approval from others; all of which may get in the way finding true happiness.

If none of this applies, consider whether you are giving too much attention to the issue you inquired about.

The set up statement to use with this card is, “Even though a need for a form of attention is getting in the way of overcoming this issue, I deeply and profoundly love and accept myself.”

Energy Work: If drawing a card for what part of the energy field to focus on, an orange symbol indicates to work with the Sacral Chakra. For more information see the description on Card 3: *It is safe for others...*

Card 24—Main Issue

EFT:

If you have drawn this card, it simply indicates to tap on the main issue instead of working through any—or any additional—blocks.

Energy Work:

If drawing a card for what part of the energy field to focus on, a yellow symbol indicates to work with the Solar Plexus Chakra. For more information, see the definition for Card 4: *I am willing...*



Card 25—I Can Receive Love & I Know What It Feels Like

EFT:

If you have drawn this card in its upright position (*I can receive love...*), then it is an indication that you may have issues with receiving love, healing, or both. Such blocks may be hindering your success with overcoming an issue.

If you feel that this issue should be treated on its own, you can treat it like a main issue, i.e. tap through any blocks you may have to receiving love and healing in general. If you feel the block is just with the particular issue, you can try tapping a set-up statement such as, “Even though I have blocks to receiving love and healing that block me from overcoming this issue, I deeply and profoundly love and accept myself.” Then, move towards tapping an affirmation such as; “I can receive love and healing. I am open.”

If you have drawn this card in its reversed position (*I know what it feels like...*), then you may wish to experiment with statements such as “Even though I do not know what it feels like to experience {...}, I deeply and profoundly love, cherish and accept myself.” After tapping a few rounds, you may then wish to move toward affirming that you *do* know what it feels like! Visualize that everything you need in order to “know what it feels like” is being downloaded into you as you tap (or was always there)!

Energy Work:

If drawing a card for what part of the energy field to focus on, a green symbol indicates to work with the Heart Chakra. For more information, see the definition for Card 5: *It is possible...*



Card 26—Cross Crawl & Energy Over-charge

EFT:

If you have drawn this card in its upright position (*Cross crawl*), it indicates that your energy may not be crossing over in an optimal way. Marching in place for about 1 minute can often correct the issue. Make sure you raise your right arm with the left leg and the left arm with the right leg.

Regular exercise can also help if you find you draw this card consistently. People who suffer cross over issues (known as homolateral energy flow) may suffer chronic illness, allergies, poor coordination, learning disabilities, chronic fatigue syndrome or issues with the nervous system.



If you draw this card in its reversed position (*Energy over-charge*), it indicates that “neurological disorganization” may be an issue (see glossary). This could apply to you if you tend to feel “overcharged”, forgetful, scattered, ADD, disorganized or ungrounded. If so you may wish to try an exercise called “Cook’s Hook Up”.

To perform this exercise, sit upright in a chair and cross your left ankle over your right ankle. Then, hold your arms out in front of your body and cross your right arm over your left arm in a manner where both palms are facing one another. Clasp your palms together interweaving your fingers. Flip your clasped hands towards the body and upwards so that they are resting on your chest, pointed up towards your chin. Press your tongue against the roof of your mouth and breathe deeply for a minute or two.

Energy Work:

If drawing a card for what part of the energy field to focus on, a blue symbol on this card indicates to work with the Throat Chakra. For more information, see the definition for Card 6: *Loss of Identity...*

Card 27—Heal the Cause

EFT:

You can either use this card as a block or turn it into a main issue. Use it as a main issue if you feel the cause is deep and that there may be blocks to releasing it. For a set-up statement, you may wish to try something like; “Thank-you, for clearing the cause of {...} from all timelines, all origins, all generations and all dimension of body mind and life.”

Energy Work:

If drawing a card for what part of the energy field to focus on, an indigo symbol indicates to work with the Third Eye Chakra. For more information, see the definition for Card 7: *I have what it takes...*



Card 28—EFT & Creator Can Heal Me

EFT:

If you have drawn this card in its upright position (*EFT can heal this issue...*), then it indicates on some level you may feel that this form of therapy may not work for the issue you are inquiring about.

To treat this kind of block, you can try using an EFT set-up statement such as, “Even though I believe that EFT will never work on this issue of {...}, I deeply and profoundly love and accept myself.” After tapping a few rounds in this fashion, you may wish to switch to tapping a positive affirmation: that EFT *can* work easily and effortlessly for you!



If you still find yourself thinking, “EFT is not going to work,” perhaps turns this belief into a main issue. Use the deck to address any blocks and clear until you draw the “blocks are clear” card.

If you have drawn this card in the reversed position (*Creator can heal me...*), it indicates that part of you may have doubts that God/Creator can heal you. Possibly, part of you wonders if God even wants you to heal from this issue, or whether He is punishing you in some way.

Whatever the case, you may benefit from tapping around blocks to believing you can heal, via your own will or Creators. You may wish to use an EFT set-up statement such as, “Even though healing is hopeless, because even God can’t (or won’t) heal me, I deeply and profoundly love and accept myself.” After tapping a round or two, switch to a positive affirmation: that you *are* indeed worthy of healing and *can* reach your goal!

Energy Work:

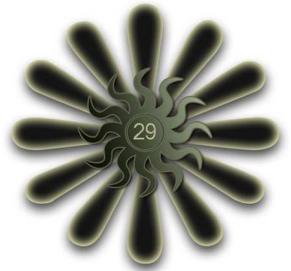
If drawing a card for what part of the energy field to focus on, a violet symbol indicates to work with the Crown Chakra. For more information, see the definition for Card 8: *I allow...*

Card 29—Clear Energy, Chakras & Contracts

EFT:

If you have drawn this card in its upright position (*Clear energy and chakras*), it may benefit you to clear your energy field and/or chakras before proceeding any further with treating your issue. Possibly, this will help with EFT results or with healing your issue in general.

To start, draw another card asking, “What part of my energy field and chakras need attention?” Whatever card you draw, look up the definition as it pertains to “Energy Work.” For more information regarding how to use EFT to clear the energy field and chakras, see pages 3-7. Clear till you draw the “blocks are clear” card.



If you draw this card in its reversed position (*clear contracts*), then it is likely that you have in some way or degree made an emotional, energetic or karmic decision to suffer or to be limited. It could be as simple as having somewhere decided that your life *has* to be hard or that you are unlovable.

The type of set-up statement I work with to clear this type of issue is; “Thank-you Creator, for deleting any and all contracts, vows, promises and personal oaths that block me from overcoming this issue. I ask that all of their fragments, frequencies, blueprints and imprints to be 100% deleted wherever they exist; within all timelines, generations, ancestry or dimensions of body, mind and life.”

If you feel you know what the contract is, you can employ a set-up statement such as, “Even though somewhere in my life I have decided or made a contract with myself to {...}, I deeply and profoundly love and accept myself.”

Energy Work:

If drawing a card for what part of the energy field to focus on, a black symbol indicates to work with issues of grounding. For more information, see card 9: *Deprivation Issue*.

Card 30—Space Clearing/Clear Memories

EFT:

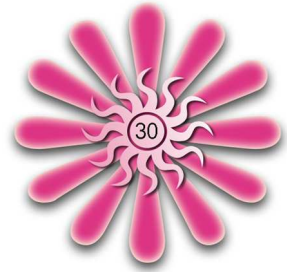
If you have drawn this card in its upright position (*Space clearing*), it is asking you to take a break from what you are doing in order to focus upon clearing your space, physically or energetically. Possibly there is clutter that needs to be organized. Alternatively, you might benefit from performing EFT in a place free from frequency emitting electronics, digital watches, televisions, cell phones or forms of distraction. This card position may also indicate to tap around issues of spiritual interference, negative energies, energies you have picked up from other people or other environmental issues.

See the section in this manual on using EFT with energy work if you feel you need to energetically clear your space or personal energy field.

If you have drawn this card in its reversed position (*Clear memories*), it is asking you to stop for a moment and ask yourself what you feel is the root of your issue (when and where it began). Tap through any memories that seem pertinent.

Energy Work:

If drawing a card for what part of the energy field to focus on, a pink symbol indicates to work with clearing negative cords, energies and psychic debris. For more information, see card 10: *I forgive myself...*



Card 31—Tap in the Light/I Am Open

EFT:

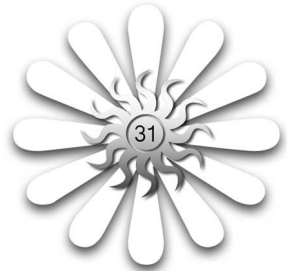
If you have drawn this card in its upright position (*Tap in the light*), it may indicate to use a little EFT to awaken your light body.

The types of set up statements you may wish to employ may include variations of, “I am tapping in bright, white, healing, loving light” or “My light body is expanding out beautifully and brilliantly...” You can add lib any other phrases that you intuit would help your light body to expand out and/or become clearer and lighter.

If you have drawn this card in its reversed position (*I am open...*), it indicates to use a little EFT to bring in a sense of serenity and receptivity. You may wish to come up with a set-up statement that is geared toward inspiring a feeling of peace and openness to healing. For example, “My entire being is open and receptive to happiness, strength and peace.”

Energy Work:

If drawing a card for what part of the energy field to focus on, a white symbol indicates to work with the entire energy body. For more information, see Card 1: *I deserve...*



Card 32—I Release all Trauma & Fear

EFT:

If you have drawn this card in its upright position (*I release all trauma...*), it may be an indication that there is trauma being held within the roots of the issue you have inquired about. You may wish to create for yourself set-up statements that help you to access and release any pent up or suppressed trauma.

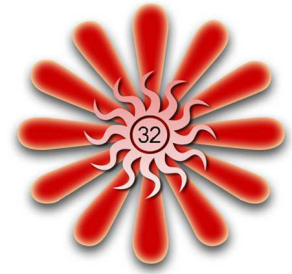
Scan your body for where you feel any tension or uncomfortable sensations. You can add this into your tapping statements, as well. For example, “Even though I still feel trauma regarding {...} and feel tension in my {...} when I think about it, I deeply and profoundly love and accept myself. Tap through this block until you no longer feel any tension arise in your body.

For some individuals, it may feel difficult for you to connect your issue to any kind of trauma (because you may not be conscious of it). In such cases, you may wish to use a more general set-up statement, such as, “Thank-you that I release and let go of all trauma within the roots of this issue. Thank-you, that it is being released from all timelines, generations and ancestry. Thank-you, also, for releasing all memories, causes and effects.”

If you have drawn this card (*I release all fear...*) in its reversed position it is an indication to apply the above with the emotion of fear.

Energy Work:

If drawing a card for what part of the energy field to focus on, a red symbol indicates to work with the Root Chakra. For more information, see the definition for Card 2: *It is Safe...*



Card 33—I Release all Anger & Sadness

EFT:

If you have drawn this card in its upright position (*I release all anger...*), it may be an indication that there is anger being held within the roots of the issue you have inquired about. (Note: anger can include irritation and frustration.) You may wish to create for yourself set-up statements that help you to access and release any pent up or suppressed anger.

Scan your body for where you feel any tension or uncomfortable sensations. You can, then, add this into your tapping statements. For example, “Even though I still feel angry about {...} and I can feel tension in my {...} when I think about it, I deeply and profoundly love and accept myself. Tap through this block until you no longer feel any tension arise in your body.

For some individuals, it may feel difficult for you to connect your issue to any kind of anger (because you may not be conscious of it). In such cases, you may wish to use a more general set-up statement, such as, “Thank-you that I release and let go of all anger in the roots of this issue. Thank-you, it is being released from all timelines, generations and ancestry. Thank-you, also, for releasing all memories, causes and effects.”

If you have drawn this card (*I release all sadness...*) in its reversed position it is an indication to apply the above with the emotion of sadness. (Note: sadness can include feelings of loneliness, helplessness, hopelessness or low self-worth.)



Energy Work:

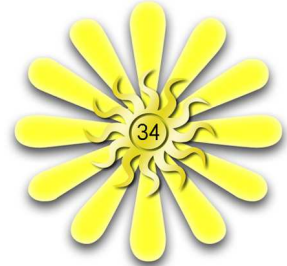
If drawing a card for what part of the energy field to focus on, an orange symbol indicates to work with the Sacral Chakra. For more information see the description on Card 3: *It is safe for others...*

Card 34—Let Go of Trying/Too Hard & Difficult

EFT:

If you have drawn this card in its upright position (*Let go of trying*), it could indicate one of three things:

- ❖ This is not a good time to work on this issue. Try another time.
- ❖ You are trying too hard, so relax a little bit.
- ❖ Over-striving or perfectionism is a block that you may benefit needs to be cleared in order to resolve the issue that you have inquired about.



If you have drawn this card in its reversed position (*Too hard & difficult...*), there could be an inner belief that overcoming this issue may be too hard or difficult to accomplish. Alternatively, life itself may be what is perceived to be “too hard and difficult.” If so, you may want to treat this as a main issue to tap through before proceeding any further with issue you were inquiring about.

You may wish to use an EFT set up statement such as; “Even though this issue is too hard or difficult to overcome, I deeply and profoundly love and accept myself.” Tap several points while focused on ‘tapping out’ the negative. Then, switch to ‘tapping in’ a positive affirmation: that overcoming your issue *can* be achieved easily and effortlessly! Life can be the same way!

Energy Work:

If drawing a card for what part of the energy field to focus on, a yellow symbol indicates to work with the Solar Plexus Chakra. See Card 4: *I am willing...*

Card 35—Keep at It! It’s Working!

EFT:

If you have already been tapping an issue and draw this card, it can be a good sign and indicates shifts are taking place! If you were working on a particular block, it may be a major one, so keep tapping!

If this is the first card of the session, however, it is likely to indicate one of two things:

- ❖ tap the main issue as you will likely experience success
- ❖ tap on an underlying belief that that you have to over-strive, “keep at it” or always be healing or clearing yourself (tap this one if going into the issue you feel more pessimistic that you can achieve permanent success)



Energy Work:

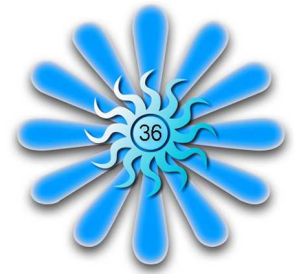
If drawing a card for what part of the energy field to focus on, a green symbol indicates to work with the Heart Chakra. For more information, see the definition for Card 5: *It is possible...*

Card 36—Hidden Aspects/Dig Deeper

EFT:

If you have drawn this card in its upright position (*Hidden aspects*), there might be an aspect that needs to be tapped that is hidden or unthought of. Alternatively, you may be misdiagnosing your condition or situation.

For example, a person might not receive much success tapping on set-up statements related to panic attacks if the real issue needing attention is hypoglycemia (if the panic is due to blood sugar dropping too low). As another example, a phobia, such as agoraphobia, might actually be rooted in another fear; such as fear of death, of the unknown, of losing control, of being attacked or shamed in public, or of people. This is especially true if you get the blocks are clear card on an issue that you know hasn't been healed.



If you have drawn the card in the reversed position (*Dig deeper*) the meaning is similar, but the aspect might be less hidden. It may simply mean you are working too superficially on an issue and need to tap some different aspects of it, memories, or off-shoots.

Energy Work:

If drawing a card for what part of the energy field to focus on, a blue symbol indicates to work with the Throat Chakra. For more information, see the definition for Card 6: *Loss of identity...*

Card 37—Dehydration & Nutrition

EFT:

If you have drawn this card in its upright position (*Dehydration*), it indicates that EFT success may be blocked by dehydration (even mild). So, you may want to have a glass of water before continuing any further.

If physical dehydration is not the issue (or if you should draw this card again after drinking a glass of water), it may indicate that you may benefit from working on the emotional interpretation of feeling drained, dry, depleted or spent. Consider, also, whether you possess an over-abundance of yang energy (fire, action, force, accomplishment) which needs to be brought into more balance with yin energy (water, stillness, receptivity, gentleness).



If you have drawn this card in its reversed position (*Nutrition*), consider that you may either need to eat something because you are hungry. Alternatively, it could indicate that there is a nutritional issue, allergy or chemical sensitivity that is blocking the treatment of your issue. If none of this applies, try tapping through feelings of lack of emotional nurturance or support.

If drawing this card looking for a set up statement to use, you may wish to tap while stating, “Even though an emotional or physical issue with nutrition/dehydration is blocking me from making progress, I deeply and profoundly love and accept myself.”

Energy Work:

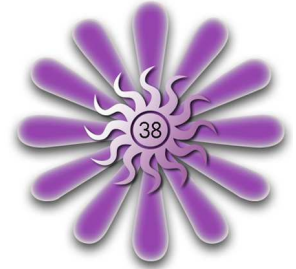
If drawing a card for what part of the energy field to focus on, an indigo symbol indicates to work with the Third Eye Chakra. For more information, see the definition for Card 7: *I have what it takes...*

Card 38—Fear of Change & Flexibility

EFT:

If you have drawn this card in its upright position (*Fear of change*), then it indicates that a subconscious fear of change—or of the unknown—is blocking progress.

If fear of change feels like a dominant issue for you, turn this card into a main issue and draw further cards to clear blocks to overcoming the fear of change. Otherwise, you may wish to simply tap using a set-up statement such as, “Even though a fear of change is blocking me from overcoming {...}, I deeply and profoundly love and accept myself. Try elaborating on the issue, allowing any feeling of resistance within your body to be acknowledged, tapped through and released.”



If you have drawn this card in its reversed position (*Flexibility*), then it may indicate you have an attachment to outcomes or a need for things to be predictable or safe. Possibly, when it comes to the issue you are inquiring about, you have lost a certain amount of faith or an ability to be flexible enough to allow something spontaneous—or a miracle—to happen. Perhaps there are deeper rooted issues such as a need for control, stubbornness or resistance. If so, you may benefit from using an EFT set-up statement such as, “Even though a need for everything to be predictable and safe is blocking spontaneous recovery concerning {...}, I deeply and profoundly love and accept myself.” To ‘tap in the positive’ you may wish to use an affirmation such as, “I am safe. Change is safe. I can be flexible and let go of control to allow healing to happen.”

Energy Work:

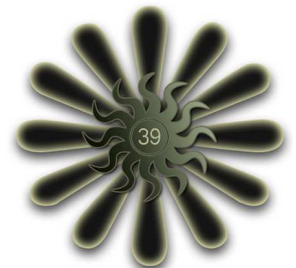
If drawing a card for what part of the energy field to focus on, a violet symbol indicates to work with the Crown Chakra. For more information, see the definition for Card 8: *I allow...*

Card 39—Energy Toxins & Overwhelm

EFT:

If you have drawn this card in its upright position (*Energy toxins*), what may be acting as a block to creating what you want could be what is termed an *energy toxin*, i.e. a substance, energy, thought or compound that has a toxic affect upon the human energy system. Conditions that may present themselves as energy toxins include:

- ❖ food sensitivities
- ❖ chemical sensitivities
- ❖ geopathic stress (sensitivity to frequencies emitted by electronics)
- ❖ molds or sick building syndrome
- ❖ supplements or drugs (never discontinue a drug without advisement from you doctor)



Because the physical is usually a mirror for emotional/relationship issues, you may also work on the problem of energy toxins by tapping on issues such as fears, guardedness, emotionally toxic environments, toxic forms of nurturing/relationships, post-traumatic stress, abuse, etc.

You can also clear blocks to releasing all of your energy toxins in a straightforward manner. To do so, simply treat “energy toxins” as a main issue and tap through any blocks. Though, for more lasting effects, it is better if you can concurrently work on the causes or emotional components that are depleting your energy.

If you have drawn this card in its reversed position (*Overwhelm*), it indicates that a state of overwhelm (feeling overloaded) is blocking progress with overcoming an issue or manifesting what you desire. In truth, the word overwhelm is not even supposed to be used as a noun. However, many healers have begun to use this word in this way finding that it is becoming a condition and byproduct of our fast paced and hectic lifestyles. Thus, it is recommended you first treat overwhelm and any blocks to clearing it before returning to the main issue you were working on.

Alternatively, if it is the thought of healing your issue that is leaving you feeling overwhelmed because it feels like there are too many blocks or aspects, you can try tapping, “Even though I feel too overwhelmed to overcome this issue as there is just too much to heal, I deeply and profoundly love and accept myself.” EFT tapping combined with visualization and/or paying attention to areas within the body which are tense and constricted may be very effective with treating overwhelm as well.

Energy Work:

If drawing a card for what part of the energy field to focus on, a black symbol indicates to work with issues of grounding. For more information see card 9: *Deprivation Issue*

Card 40—Tap in the Love/Resistance

EFT:

If you have drawn this card in its upright position (*Tap in the love*), it is a call to do some ‘tapping in’ (see glossary). You may wish to use a variation of a set-up statement such as, “I am tapping in the love. I feel my heart overflow. I feel my energy expand out; so pure and light.” Add lib with any words and phrases you intuit would make you feel lighter and more loved.

If you have drawn this card in its reversed position (*Resistance*), you may have blocks or resistance to overcoming your issue. Using resistance as a main issue, use the deck to clear blocks to being free of all resistance or blocks. Then, return to your original issue.



Energy Work:

If drawing a card to determine what part of the energy field to focus on, a pink symbol indicates to work with clearing negative cords, attachments and psychic debris. For more information, see card 10: *I forgive myself...*

GLOSSARY

As Without, So Within: For those who have not heard of this term, it suggests that everything we perceive in our outer world is a mirror for what is within us on some level. For example, if one perceives greed in the outer world, it is because it is a mirror for this same emotion within oneself.

Attachments: These are discarnates (souls which are not incarnated physically) or other types of spirits or beings that become attached to our own energy system. Sometimes they may have a negative effect upon us and our thinking patterns. In such cases, it may be of benefit to detach from them.

Chakras: Energy centers in the body located at certain points. You can do a google search on this topic to learn more about chakras and their locations.

Chakras may exhibit various states of balance or imbalance. For example, chakras can have too strong and be “overactive” or may be weak and “underactive” (i.e. an overactive third eye chakra may indicate overthinking or worry, while an underactive throat chakra may indicate issues with expressing oneself). Chakras can be out of balance in size with other chakras (i.e. too large or too small compared to other chakras). Chakras may be unblocked or “blocked” (i.e. something within our belief system keeps the chakra from being fully open). Chakras may develop “energetic defects” (if they have been blocked for long periods of time).

Cords: Are strings of energy that connect from our own energy system into the energy system of other individuals we interact with or are close to. To “clear a cord” means to clear these strings of connection that link us into others energy fields. It is thought to have a releasing effect, particularly if there is dysfunctional energy within the relationship, individual that you are corded to, or yourself. There are thought to be different kinds of cords that existed on different dimensions of energy. For example, some are thought to be purer and not meant to be cleared. These cords may represent our divine connection to others, while other cords that can be cleared only represent an etheric connection.

Earth Empathy: An ability of being able to feel the energy of Mother Earth and for when earthquakes or other events are happening or will happen. Some individuals with earth empathy feel physically unwell during times where there occurred natural disasters or other events that have caused collective states of panic or distress.

EFT (Emotional Freedom Technique): Is a healing modality that involves the employment of ‘tapping’ upon certain meridian or acupressure points on the body in combination with focusing on an emotion or statement in order to induce a healing effect. See <http://www.eftuniverse.com>

Empathic Sponging: A form of empathy where we seem to sponge or adapt the energies of others and of our environment, taking into our own energy field and experience without immediately releasing it. These energies then affect our own moods and emotions. As an example, a young child may know its mother or father is emotionally struggling with something even though the mother or father is not necessarily communicating or showing anything. The child may take the energies on in themselves and feel they are causing the emotion or are the cause of either parents concealed distress.

Energetic Defects: Defects of the energy field and the chakras. See <http://www.chioshealing.com/HealingLevel2/EnergyDefects/energydefects.htm> for more information.

“Energies Taken On” or “Energies Not Our Own”: Unlike attachments, energies that are “taken on” merely refer to the emotional or psychic energy we may empathically absorb from other individuals and/or attachments (i.e. we hold it in our own energy field). This can affect our own emotions and belief systems. For example, if we were to be around someone who is sad and feel for them and for the rest of the day we find ourselves feeling sadness for no reason. Thus, it can help us to learn to ‘clear’ or to separate from these energies.

Energy Body: Our energy field/aura and all of its layers. Every human being has more than one ‘body’ which the physical body is only one of these and is the most visible. However we have an emotional body, mental body and other bodies which are less visible to the human eye and which contain their own state of health or imbalance in the same manner which our physical body does.

Energy Psychology: This is a branch of alternative healing that involves muscle testing and performing various movements or exercises to bring about healing. EFT is a branch of energy medicine.

Energy Overcharge: A condition of overcharge within the energy field or overactive chakras (specially the upper ones), which makes people feel overcharged, restless, hypervigilant or ungrounded.

Etheric: In the non-physical dimension. Our etheric field is seen as an energy field that surrounds us and which can become positively or negatively affected, which in turn can have an affect upon the body or the mind.

Feng Shui: The Chinese art of arranging objects within a space in order to improve energy flow. Certain areas of one’s living space have symbolic significance so that when energy flow is improved or blocked in certain areas (called baguas) it has an ‘as without so within’ type of effect upon the inhabitant.

Geopathic Stress: Biological stress that occurs from being sensitive to or affected by geomagnetics such as power lines, electrical equipment, or anything else that emits low or high frequency waves. It may also be implicated in a condition known as ‘sick building syndrome.’ See <http://www.rolfgordon.co.uk/>

Grounding: A process of becoming more present within the physical body and connected to Earth. When one is not grounded one may live in the mind and be out of touch with the body or feelings. A good grounding exercise is to focus on the body, to walk barefoot, or anything else that helps one feel more connected to their body or to earth.

Hooks: Are energetic projections that we may consciously or unconsciously send out into other people’s energy field if our intention is for them to become energetically attached to us in some conscious or unconscious way.

Impurities: Impurities present as cloudiness within the energy field. This cloudiness is caused by emotional, psychic and other energies of our own and others which effect and are held within the energy field.

Leak in the Energy Field: A leak is a place in the energy field where vital energy slowly escapes. An energy field with leaks is less protected from losing its own vital energy as well as from taking on the energies of others and from the spiritual dimension. Leaks are caused by various forms of trauma to the energy field, emotions or body.

Muscle Testing: Is a form of divination where one uses the body of oneself or another to receive “yes” or “no” answers from the bodies higher self concerning certain questions which related to the health of the body, emotions or spirit. In essence it is a way to communicate with the higher self about the body’s condition and needs.

Neurological Disorganization (aka Switching): Involves the nervous systems electrical energy and

switching of polarity. A broader definition can be found at <http://www.transchi.com/are-you-switched-4/>

Psychic Attack: A projection of emotional energy onto another person. Usually this is unconscious. However, individuals who are empathically sensitive may feel these energies that are projected onto them as sensations in the body.

Psychic Boundary: A non-physical boundary around our energy field that protects our energy field from being too easily influenced or penetrated by external energies, emotions of others and attachments. See “Energetic Shielding.”

Psychic Debris: Encompasses the emotional and psychic energies of our own and others which are held in our own energy field. This energy can then affect our thoughts, emotions and experiences.

Psychological Reversal: A condition where the energy is running the reverse direction through the meridians. Individuals with this condition may experience such a reversal in their energy with certain issues. They may experience slow recovery or an inability to heal concerning the issue in question and their ability to believe in a positive live-affirming manner may be “blocked” or “reversed” and negative itself.

Reiki: A form of hands on healing which involves channeling ‘chi’ or energy through the body and hands into a living thing that is desired to have a healing effect toward. Many modalities require that to be able to channel the healing energy one must receive an ‘attunement’ from a Reiki Master (someone who has been attuned to three degrees of Reiki).

Energetic Shielding: The energetic shield is considered a psychic/etheric boundary around our energy field that protects it from being too easily influenced or penetrated by external energies and the emotions of others. Our energetic shields can sometimes have leaks, tears, holes or other defects which are cause by various sorts of traumas (physical, emotional or spiritual). Energetic Shielding is a process of using visualization or other techniques to strengthen the boundary around the energy field so that it is less penetrable by external energies and attachments.

Tapping In: To “tap in” refers to working with a positive affirmation as a set-up statement when employing EFT. The set-up statement reflects qualities or a form of belief that is wanted to be adapted and integrated within the self.

Tapping Out: To ‘tap out’ refers the process of facing a negative issue while employing EFT in order to release any triggers, memories or negative thoughts. With “tapping out,” the act of acknowledging a negative emotion, condition or negative while stating that we deeply love and accept ourselves regardless of it has a healing effect.

Tear in the Energy Field: A tear is similar to a leak, except it is larger and energy escapes more dramatically and there is less protection. Surgeries and other forms of trauma may cause tears to develop within the energy field.

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