

*We all have the
power within
ourselves to overcome
any adversity!*

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Manifesting:

Getting back to why people tend to come to the Seattle Manifesting Group in the first place.

We all have wants and desires but how do we create the realities we desire? Why does it feel like everything is such a struggle? Why is life so hard? We do the affirmations, positive thinking, sending out the positive vibe. .but . .where's that slice of the pie? Where is, when is the big payout? How long will it take? Where is happiness? Do we have to change our definition of happiness? What we "settle" for? We all have our own ideas of what happiness is and what it will take to be happy, but getting there is a different story. . . .

Then came Cindy.

Her idea for starting the Manifesting Group was to teach techniques she's passionate about. Techniques that she feels are the missing pieces to manifesting. What's not being taught to help you achieve your goals. Techniques that clear negative beliefs you have, beliefs that hold you back. Beliefs that get you nowhere fast and keep you plenty frustrated. Techniques that give you a clear indication of what your subconscious mind is really thinking and how simple it is in most cases to get your subconscious and conscious mind empowered and working together.

How to Manifest?

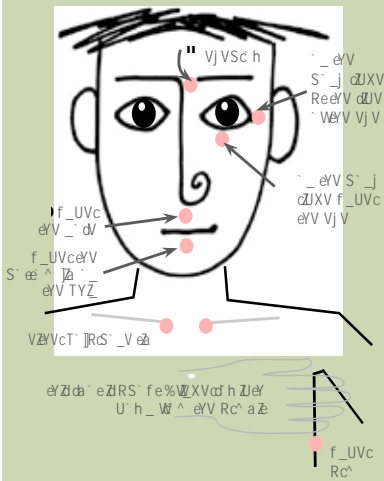
Everyone has their own ideas and techniques. Try them all and see what works for you. They all say to have a goal, a desired outcome. The Law of Attraction says that focusing on a desired outcome with intention causes the "how" of reaching the goal easier. Be clear on what you want, emotion has power, imagine your outcome, see it, FEEL it. By creating emotion around it, we can draw it to us like a magnet. The Universe conspires to help you and things happen naturally.

You can achieve your goals with sheer will power. Create a day-to-day plan of achieving your goals and stick to it. Share your plan, state it publicly, get friends to help keep you on track. But be flexible and stay open minded. You may need to make small changes in your plans and you need to be open minded enough to see it.

Listen to any self-talk you may have, any negative beliefs. Don't suppress them or pass them off. You won't reach your goals and be truly happy if you still have negative beliefs. Work on them with the techniques we teach, we know they work.

Enjoy, be happy!

Dave



Donna Eden's Energy Medicine Corner

THE BELT FLOW "EQUATOR" © 2005 Donna Eden & David Feinstein, Ph.D.

An energy Donna calls the "equator" surrounds the belt flow. It sometimes looks like another auric band sitting between the 2nd and 3rd chakras, but it is really the outer dimension of the belt flow and has the energetic of a radiant circuit rather than an auric band.

The belt flow connects the energies between the upper part of the body and the lower part. The equator assimilates and integrates information between upper and lower. Information from the root chakra can be assimilated into the crown chakra, for instance, or information from the throat chakra can be assimilated into the solar plexus, etc. The equator assimilates recent experiences into the storehouse of the past, and most importantly, it discerns what is deep and enduring from what is superficial.

When the belt flow connection is chronically weak, the body's top and bottom energies don't connect. An energy builds up in the belt flow equator, as if in an effort to keep things connected. But it becomes difficult for information to flow freely through this pudgy equator. So life's lessons can't be fully assimilated and integrated at either an energy level or a psychological level. In that case, you don't feel whole or complete, and you are burdened with the sense that you can't reach your depths.

The color of the equator is usually green (perhaps because green sits in the middle of the color spectrum):

It is a clear emerald green when the belt flow is strong. It looks like rain in a distance, going up and down, connecting the chakras.

If the belt flow is habitually out, however, it looks like a spare tire of thick pea soup around the center of the body.

To restore the equator from pea soup to emerald green:

Strengthen the belt flow.

Stretch the abdomen.

Trace small circles around the body at the belt, then figure 8s around the belt, first sideways then up-down.

Tap the meridian endpoints to help the meridians stay connected and send the energies that are stimulated across the belt flow line.

If you want another opportunity to practice EFT in a group setting, then plan to attend Dena's EFT Borrowing Benefits Group, every other Saturday at 10:30 a.m. at the Metaphysical Library. The Library is at 2220 NW Market St. in the basement of the Kress Building in Ballard, enter on Market St. near Great Harvest Bread Co. The group will be free at this time but donations or becoming a member of the Seattle Metaphysical Library are encouraged.

Let us share these powerful techniques which can change your life!

Cindy Wright, LMP

EFT-Adv

**Energy Medicine Practitioner
Empowerment Trainer**

"I have been a licensed massage practitioner since 1998 and over that time, I have taken many classes in a variety of energy healing modalities including four years experience and teaching assistant with Donna Eden and Energy Medicine, EFT-Adv., Advanced level Psych-K, and Source Connection Therapy™."

Call 370-4555 for appointment.
www.waysforchange.com

Dave Duran

EFT-Adv

Empowerment Trainer

"I've always been drawn to help others and in doing so have become the student, learning so much along the way. I have studied many methods of "self-help," from NLP, hypnosis, Energy Medicine, Psych-K and Emotional Freedom Technique™ (EFT)."

For a private session,
call 227-6581.

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- We also offer Empowerment Training to small groups •

Speeding Up the Attraction Process... from Carol Look's Attracting Abundance Newsletter

The first thing you need to do is find out if there is any resistance to actually speeding up your manifestations. If you're not where you want to be, the chances are high that you are still struggling on some level with internal conflict and resistance.

Ask yourself the following questions:

Do I really want to speed up the attraction process?

What will change in my life if I do?

If I finally get what I want, then what?

Are there any risks to this that I don't want to look at?

Once you have answered these questions, you will be identifying the resistance you still hold to getting what you want. Remember, the reason why so many "systems" of manifestation don't "work" is because we have a hidden conflict in the way that we haven't collapsed yet. Most importantly, after answering these questions, you have the targets for EFT tapping. Once you apply EFT to these "yes, buts," you are doing what you need to do to actually speed up the attracting process.

If you are satisfied with the current speed of your manifestations, don't change what you are doing. But if you are getting a little itchy and are impatient to move forward, or are frustrated with the apparent "stuckness" of your life, you may clear the resistances with EFT which automatically opens the door for your desires to come rushing in.

My 4 favorite no-fail tools to attract abundance and peace into your life.

1- gratitude lists,

2- EFT,

3- meditating/being still

4- respecting yourself and others.

These are the tools you need to change your life nothing fancier, nothing trickier, nothing more complicated.

EFT Setup Phrases followed by two rounds (one negative and one positive)

While tapping the karate chop spot on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

"Even though I still have some resistance to getting what I want, I have decided to accept myself anyway."

"Even though I'm afraid of getting what I really want, I accept who I am and how I feel about this."

"Even though I'm not sure if I want to speed up the attraction process, I choose to love and accept myself right now."

Now, for the phrases that focus on the problem

Eyebrow: "I'm afraid to speed things up."

Side of Eye: "Maybe I don't want it after all."

Under Eye: "What if too much changes in my life?"

Nose: "I'm not ready for all the changes."

Chin: "I didn't realize I had so much resistance."

Collarbone: "I'm afraid to speed it up."

Under Arm: "Maybe I like where I am."

Head: "I don't know if I can handle the success..."

Now for the positive focus on the solution

Eyebrow: "I wonder why I'm afraid to move forward?"

Side of Eye: "I'm ready for change."

Under Eye: "I am ready to feel worthy of success."

Nose: "I have decided to accept success in my life."

Chin: "I'm ready to speed things up."

Collarbone: "I have enough right now, and I look forward to more."

Under Arm: "I accept the abundance flowing into my life."

Head: "I appreciate all of me, and choose to be at peace."

Then tap on the following phrases as you complete one more round:

I love knowing we all deserve abundance...

I choose to believe in the guidance I am receiving...

I appreciate the prosperity in my life...

I love appreciating my body, my friends, my opportunities...

I'm grateful for all the new opportunities for abundance...

I appreciate exactly who I am...

I appreciate all the lessons I have learned...

I am so grateful for all the prosperity in my life.

A huge part of Attracting Abundance with EFT revolves around expressing gratitude and appreciation for the little and big “items” (friendships, objects, the sun, pets, laughter etc) in your life.

Create a Daily Gratitude List and tap while naming what you appreciate. This has several major beneficial effects:

- * Raise vibration and feels good
- * Brings up surprising tail-enders that are then neutralized with EFT
- * Remembering how good my life really is. . .

Remember, it’s the feeling of abundance or wealth that actually produces more abundance in your life. This is the simplest and most often overlooked piece of energetic work with building prosperity.

The most effective words to start with are,

Thank you, Universe, (or Thank you God/Spirit/Higher Intelligence etc.) As in basic EFT, you want to be very specific about what you are grateful for and what you want in your life. (A “lot of money” or a “new boyfriend” aren’t very specific and could get you in a lot of trouble. Any “new” boyfriend doesn’t narrow the field down very much!)

Below are 5 variations on this theme of appreciation and gratitude:

(1) Expressing Basic Gratitude, part 1:

Thank you, Universe (God, Higher Power, Spirit, Higher Self) for the blessings I have in my life RIGHT NOW.

(2) Expressing Basic Gratitude, part 2:

I LOVE _____ or I APPRECIATE _____ or I feel GRATEFUL FOR _____. (You may do this exercise as a “list” or as a daily walk or jog, but add tapping while you express the appreciation. Also, try both of these styles as a Gratitude Letter to “the Universe” for all the evidence of prosperity in your life.)

(3) Bringing the Future Into the Present:

“Thank you, Universe (God, Higher Power, Universal Intelligence, Source Energy, etc) for bringing me _____.”

(4) “Yes!” tapping to help you feel inspired. (It has a very different energy than “No!” as you will see.)

(5) “Blessing” Tapping