



Welcome to the tel-class!

Tutorial for Rebecca Marina Tel- classes

You may not need All the information in this PDF for **every** class but it is good to have. (If you read this while online, you can “click on the videos and learn that way)

Supplies needed for most classes:

- * Water for you to drink
- * Pen and paper (unlined is preferred)
- * Pictures of EFT, TAT treatment points (only if you do NOT know them)

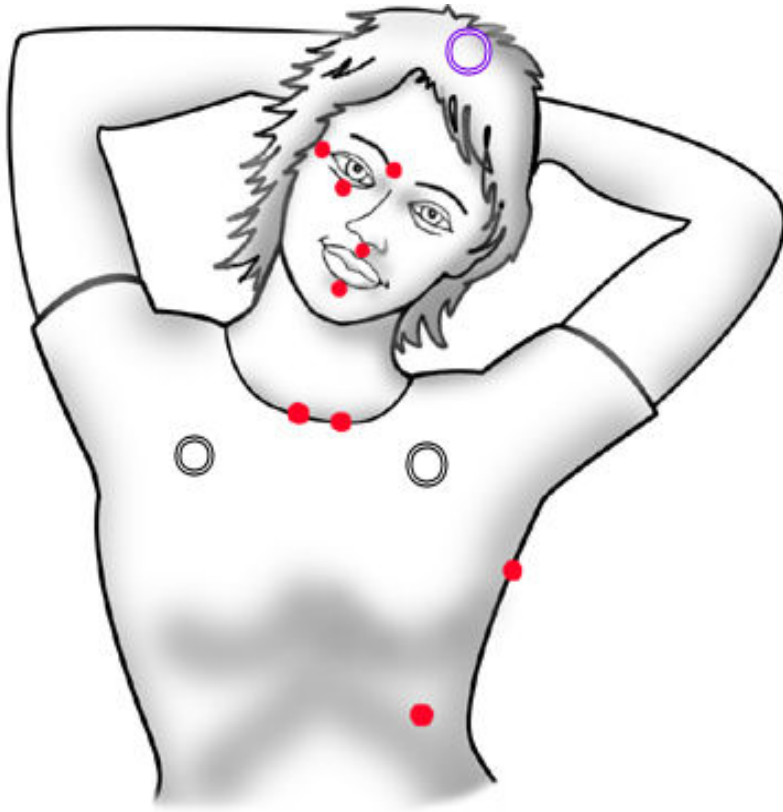
When you get the class info, decide if you want to listen ONLINE or join by telephone. When you listen online, you cannot ask questions or share. However, if you are listening online and decide to share- you can dial the phone number as it is always listed on the page.

*****VERY IMPORATNT!**

You cannot listen online and by phone at the same time. This causes a HUGE echo and no one can hear. Mute your computer completely before getting on the phone.

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If you **do not know** EFT look at these pictures of the treatment points. These are the main “body points” of EFT.



This is the KARATE CHOP SPOT- We use this at the beginning for self sabotage.



If you do not know TAT- look at these pictures and practice.



These are the points for TAT.

We simply hold these points very lightly.



In addition to EFT and TAT. Very often, I use NON-DOMINANT HANDWRITING. To do this is very simple. I will direct you to ask a question with your DOMINANT HAND. Then you will switch the pen and answer it with the Non-dominant hand. You will be tapping into the \”wisdom of the right brain” when you do this.

I will explain more in class about this.

I recommend you see and experience these techniques LIVE before class- These videos contain a more in-depth explanation. WATCH.

Watch how to do EFT by video.

<http://rebeccamarina.com/category/eft-emotional-freedom-techniques/how-to-do-eft/>

<http://snipurl.com/learneft> [rebeccamarina_com]

Learn Basic TAT at no charge-by video

<http://rebeccamarina.com/category/eft-emotional-freedom-techniques/tat-taps-accupressue-techniques/>

<http://snipurl.com/learntat> [rebeccamarina_com]

Learn ALL the 3 techniques in ONE 2-part video (includes Non dominant handwriting, EFT and TAT)

Part One <http://www.youtube.com/watch?v=OBdPLbjiopU>

Part Two <http://www.youtube.com/watch?v=jbDVou853MI>

FOR THOSE OF YOU WHO PREFER TO READ INSTRUCTIONS:

1. EFT (Emotional Freedom Techniques)
2. TAT (Tapas Acupressure Technique)
3. Non-dominant handwriting

Familiarizing yourself with these tools may require some investment of time and effort on your part, but once you have your toolbox ready, the process moves forward very quickly.

Ready, then?

I should tell you that even if you decide you never want to meet your spirit guide, these techniques are well worth your investment of time and effort. Together and individually, they can transform your life in countless ways, such as: conquering pain, removing emotional blockages, attracting prosperity, erasing fears and phobias, healing relationships, discovering your life's purpose, solving life problems, and much, much more.

Let's look at each one. Again, this is not a theoretical book, so I'm not going to delve heavily into why these techniques work and how they were developed. I'll give just enough of a taste to get you up and running. There's plenty of information out there on all of these techniques. I strongly encourage you to find out more about them.

EFT

EFT is the most popular technique in a relatively new field known as Energy Psychology. EFT is as close to a "miracle" technique as I have ever encountered

in my years of research and practice. That's why I practice it on myself and teach it to others with such great enthusiasm.

EFT is based on the ancient notion that there are energy pathways in the body. Life energy, or *qi*, travels along these pathways. This premise, as you may know, is the same one acupuncture is based on. The body's energy pathways, or "meridians," have recently been validated by modern scientific technologies.

While acupuncture involves needles and is applied only by skilled practitioners, though, EFT uses painless tapping with the fingertips and is a technique we apply to ourselves. And where acupuncture is used mainly for medical conditions, EFT has a much wider range of applications – spiritual, emotional, physical, and psychological.

EFT was developed by Gary Craig (www.emofree.com) and is based on the idea that trauma causes alterations or disruptions in our energy pathways. Much like a stream that is diverted when a rock is thrown into it, these changed energy patterns tend to continue forever along their altered routes unless we do something to correct the course and restore the original flow.

That is the purpose of EFT, in a nutshell. To return our energy system to its clean, free-flowing and "natural" state.

EFT works very, very quickly to correct flawed patterns in our energy pathways. These patterns may have been with us for most, or all, of our lives, and may have been causing us all kinds of pain, behavioral problems, allergies and emotional blockages. Yet, because EFT allows us to deal with our energy system *directly*, we can change those lifelong patterns often in as little as *ten minutes*.

Sounds too good to be true, doesn't it? That's why you need to try it. To prove it to yourself.

EFT can be compared to flipping a circuit breaker in a house and restoring light and power to rooms that have been dark for years. Once the switch is flipped, the process is instantaneous.

EFT, often simply called *tapping*, works by combining the power of verbal affirmations with the power of acupressure. It is astonishingly effective in relieving pain, healing trauma, erasing fears and changing negative habits.

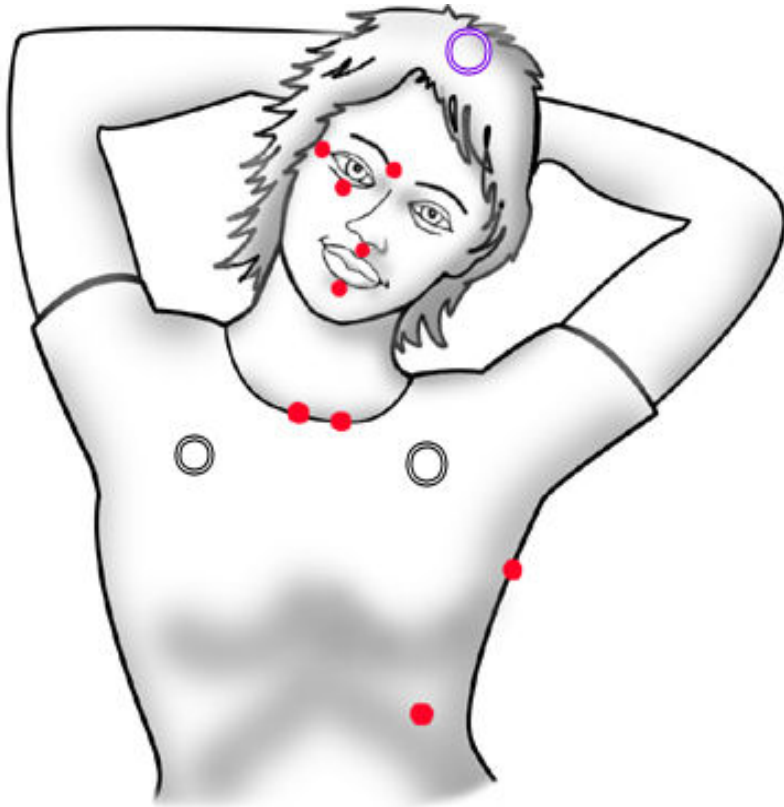
But the power of EFT does not stop there. Pat Carrington, a friend and colleague of mine, has taken the process a step further by incorporating *positive life choices* into the technique. Not only is EFT great for correcting negative patterns, it turns out to have immense power for creating positive energy patterns. These new patterns can lead to rapid inner growth as well as good fortune in the "outer" worlds of our lives.

How to Do It

EFT works by repeating certain key statements while tapping on a series of acupressure points, one after the other. There are several variations of EFT. I'll show you the version I use.

The Tapping Points

First, you need to familiarize yourself with the tapping points. On the following page is the sequence of tapping points I use. You can refer to this chart when you are learning how to do EFT.



A closer look at each of the spots:

Spot 1: Karate Chop Spot (the side of the hand)

Spot 2: Top of the head, near the front

Spot 3: Inner corner of the eyebrow

Spot 4: Outer corner of eye (on the bony edge of the eye socket)

Spot 5: Under the eye (on the bone)

Spot 6: Beneath the nose (and above the upper lip)

Spot 7: Directly beneath the lower lip

Spot 8: Collarbone – you can use your hand or fist (not just your fingertips) to thump this whole area

Spot 9: Under the arm, a few inches below the armpit – again, you can use your whole hand to thump this spot

Spot 10: Liver/Spleen combination spot – use your open hand to lightly slap this general area

Most of these points are found on both sides of the body. You can tap on either side of the body, or both sides at once; it doesn't matter.

The Sequence of Steps

EFT entails the following steps, if you are doing it alone. Some of these steps might be skipped if you are doing a guided EFT session.

One round of “basic” EFT consists of the following:

1. Choose an issue to work on. This could be a persistent fear, a negative thinking pattern, a chronic pain, etc. Let's say, for example, you want to work on fear of public speaking, a common issue.

2. Before tapping, take a measurement of your present intensity level as regards that issue. Just assign it a value on a scale of 0 – 10, with 0 being the lowest and 10 being the highest possible intensity. It's important to measure where you are at the beginning, so you can note your progress. Often EFT works so well, we can almost forget that we had the problem! Rating your intensity at the beginning and end will tell you whether you need to keep working on this issue or you're "done."

3. Create a "Set-up Phrase." The setup set-up statement usually stated in the following way: "Even though I [*insert your issue here*], I deeply and completely love and accept myself." Using the public speaking example, you might say, "Even though I am afraid of speaking in front of others, I deeply and completely love and accept myself." Why such a statement? Well, just as we can't find our way in a car until we admit that we're lost, it's impossible to move on from a problem until we accept that we *have* the problem, and forgive ourselves for having it. We can't move on from a position of non-acceptance.

4. Now tap the karate chop point with your fingertips, while repeating the Set-up Phrase three times.

5. Tap on each of the remaining points in sequence, using a Reminder Phrase at each point. The Reminder Phrase is a short-hand version of the Set-up Phrase and you can say it differently at each of the points. Some Reminder Phrases in the above example might be, "this fear of speaking in public," "I'm scared of talking in front of people," "my fear of public speaking," etc. Tap on each spot just for as long as it takes to say your Reminder Phrase, then move on to the next spot.

6. That's all! Now measure your intensity again. If it still above a 0 (and you want to get it lower), repeat the process, using a Set-up Phrase that addresses your remaining feelings in this area, such as, "Even though I still have some

remaining fear of public speaking, I deeply...blah, blah.” Then use Reminder Phrases that recap this same residual feeling, such as, “my remaining fear of talking to people,” “the fear I still have of public speaking,” etc.

Repeat the process until the intensity level is at 0. That’s all there is to it. Again, when you’re working on some of the guided EFT exercises in the book, you may skip certain steps as common sense dictates. That will be clear as we go along.

I encourage you to do some follow-up reading on EFT, particularly on the Choices Method. The important thing to know is that EFT is safe and “blonde-proof” (hey, I’m a natural blonde myself). That is, you can’t really mess it up too badly and you can’t harm yourself if you miss a step, etc. But following the steps correctly is the best way to get optimal results.

TAT

TAT is another absolutely amazing technique that falls under the heading of Energy Psychology.

Like EFT, TAT works on the body’s energy system in much the same way that acupuncture does. Much of what I explained above regarding your *qi* energy system and the way it can hold onto old trauma applies to TAT as well. And, like EFT, TAT can be used to overcome fears, allergies, negative beliefs, stress due to trauma, etc.

TAT is a gentle, simple and elegant technique that can provide feelings of inner peace, empowerment, relief and release within minutes.

Tapas Fleming, who created TAT, says that she has had virtually 100% success with the technique when treating things like traumatic stress, fears and negative beliefs. She has never seen it fail when applied to these kinds of issues.

Tapas Fleming developed TAT after she had the amazing insight that our energy systems can get blocked as a result of trauma, not only *in our own lives*, but in the lives of our *ancestors*. Sound like a crazy idea? Well, think about it. We get our hair color, facial looks, talents and genetic illnesses from our parents. Trauma can get passed down in much the same way as these attributes. Tapas calls this cellular memory.

The great thing about cellular memory is that it, too, can be erased and released by treating the energy disturbance directly at its source. The TAT technique does precisely that. It can help us with both self-created and “inherited” issues.

Now, there is a sequence of steps you go through if you wish to use TAT for any specific allergy, fear, traumatic memory, bad habit, etc. If you would like to learn more about the method, I strongly recommend you go to www.tatlife.com and obtain the free booklet on how to do the full technique.

To avoid filling your head with too many details right now, I will focus on only one aspect of TAT. That is, the so-called “TAT pose.” Because we will be doing guided exercises in this book, it’s not crucial that you master the *entire* process of TAT, though I mostly highly recommend that you do so. Again, it’s simple, elegant and astonishingly effective.

For our immediate purposes, you need only know how to do the TAT pose, which goes like this:



1. Take the thumb of one hand and touch it lightly to the area about 1/8 inch above the inner corner of your eye.
2. Now touch the fourth finger (the ring finger) of the same hand to the same exact spot by your other eye. So now you should have one finger on either side of the bridge of your nose.
3. Place the tip of the middle finger of the same hand on the "third eye" spot, a point midway between your eyebrows but perhaps a half inch higher.

Now you're forming a small triangle with the tips of your three fingers. All three fingertips are touching the skin.

4. Now place your other hand on the back of your head, with the palm cradling the occipital bone. Think of how you would cradle a baby's head – that's how you want to hold your hand. But don't apply pressure and don't rest the weight of your head in your hand. Just lightly hold your hand on your head.

This pose alone has remarkable benefits, even if you don't do all of the other (easy) steps of the TAT technique. It can add incredible dimensions of power to practices such as meditation, prayer and guided imagery techniques.

So far, so good. Your toolbox is almost complete. Just one more technique to go.

Non-Dominant Handwriting

Every day I talk with my guide, Sol. How do I do that? Simple. I use non-dominant handwriting.

If I could pick only one technique in the whole wide world to do to increase my psychic awareness, it would be writing with my non-dominant hand. Do it every day for six months and you just won't believe the advances you will make in your psychic awareness. It's incredibly powerful and, like the above two methods in the toolbox, it's easy. Just the way I love it!

Non-dominant handwriting (NDH) is done in two simple steps:

1. Write a question on a piece of paper using your dominant hand. "What if I'm ambidextrous?" you may ask. Well, then use the hand you use to write checks. The one in charge of the money center - that's your dominant hand. Always *ask* questions with your dominant hand.

2. Now *answer* the question by writing with your non-dominant hand.

It's that simple, but it's extremely powerful.

Here is why non-dominant handwriting works at helping you get answers and insights. When you place the pen in the "other" hand, you have a direct connection to the right side of the brain. It matters not whether you are right or left-handed; your non-dominant hand is hard-wired to the right side of your brain.

Every time you write with your non-dominant hand you create new neural pathways of communication between the right and left hemispheres of the brain.

Why is this important?

The left side of the brain is the logical side, the side you do mathematical problems (and write checks) with. It's the reading, writing and 'rithmetic part of the brain.

The right side of the brain is where all your creativity lies; it is also where spirit dwells, where music springs forth. It is the seat of intuition and inspiration – all the "soft" stuff that really makes being human worthwhile. Tuning into the right side of the brain is critical, because it has not yet learned how to "lie." It simply tells the truth.

There is a big bundle of nerves that separate the two halves of the brain called the corpus callosum. Writing with your non-dominant hand causes communication to flow far more easily between these two sectors. Every single time you put your pen in your non-dominant hand, you're increasing your psychic abilities. You're also tapping into creativity, insight and intuition.

I studied NDH for a year and a half with one of the world's leading experts, Dr. Lucia Cappachione. When I first began, I honestly felt I did not have a psychic bone in my body. But since journaling and non-dominant handwriting were part of her homework, I got into the habit of journaling every day and using the non-dominant hand to answer questions about dreams and to seek general advice.

Within three months I had become quite actively psychic! I had a visit from the archangel Gabriel and my psychic vision opened way up.

My guide Sol recommends doing non-dominant handwriting exercises every day for three months. Three is a magic number. Doing it for this length of time will allow strong neural pathways to form in your brain and allow for greater ease of communication with spirit.

Receiving information from spirit is closely connected with receiving finances, love and fulfillment. The key word here is RECEIVE! Many of us simply do not know how to receive and that is the main reason we are not where we want to be when it comes to life's riches. Right-brain work increases receptivity in all areas.

All right, then, your toolbox is prepared and now we're ready to plunge ahead!

See you in class!

Rebecca