

## It's How You Play The Game

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OK I admit it. I love sports, particularly at the collegiate level. In the fall, I can feel the pull of the season to participate in the community of the game. Even during all those years when I denied it, I still felt the magnetism when the teams I grew up with were playing. So what does this have to do with tapping? I'll tell you. It's about energy! But first a little background.

I attended my first college football game before I was born. That's right, my Mom was 7 months pregnant with me. On a hot September day, my Dad and Mom (and me) drove the 250 miles to attend a University of Kansas football game. It was well into the 90's in the stadium and Mom fainted at the game. Dad carried Mom out and got us to a cool place with the housemother of his old fraternity.

Though scary and stressful, after some good old Lemonade and a cool cloth for her head, it turned out OK. (To this day, I don't do well in really hot weather, but I still love the energy of all those folks cheering for the home team and basically having fun.) Most of the time, it didn't matter if our team won or lost; we still had a great time. It did matter to Dad. If it was a big game, I too got caught up in desperately wanting them to WIN because it was always easier to be with Dad when they did. You know what I mean when I say; the energy was very different in the car on the drive home.

This morning when I was asking myself what to write about I heard "It doesn't matter whether you win or lose, it's how you play the game."

When I apply this phrase to my work as a Life Coach, I realize it's the second part of that statement that holds the spark of wisdom. I'm not saying it's not important for the players to know their part, be well trained and warmed up to avoid injury and strive to win. All that does affect the outcome of the game. But, what really makes a bigger difference on the field is the mental and emotional game that's being played. That's the "how" of playing and what I pay attention to when I watch or listen to a sports event.

The players that manage their thoughts and emotions (their energy) even when they make mistakes or fall behind are the ones that stay "in the game". True winning means you

feel good about yourself even if it didn't go the way you wanted it to. It's less stressful and less likely to cause you heartburn or heartache later.

So how well are you managing your energy in the game of life? Were you taught how to manage your thoughts and feelings in a healthy and productive way? Do you end up with conflict and confusion as you experience the ups and downs of living and suffer for it down the road?

Here's where tapping comes in. After looking and trying every imagined tool I could find for over 30 years, tapping is the most effective I have found. It systematically unravels the conflict and confusion from unresolved emotional experiences usually in a matter of minutes. The thoughts, beliefs and negative energies held in our bodies affect how we live our lives. Finally, there's an easy and effective way to relieve the cycles of suffering left over from the past.

The more you and I become free of these past negative thoughts and emotions, the happier we are today and naturally life seems to turn out better going forward.

After all, haven't you heard: It's your nature to be happy?

I used to think that if life was different, I would be happy. Now I know a completely different paradigm. By erasing the negative programming by applying EFT to each issue as it shows up, I experience being happy right now, even if nothing has changed in the world around me. It has little to do with what's going on in the outer. It's far more about how I'm reacting to it that affects me. Science has now proven that our emotional responses are based on perceptions formed by past experiences.

The good news is by tapping everyday and managing your energy, you experience more happiness.

Imagine that: by clearing your mind, both the conscious and especially the unconscious negative programming using EFT and other energy management tools, your life becomes filled with more wins than losses! Even if you make mistakes or fall behind it doesn't take your reserve of energy with it. You become so much more resilient than ever before. By managing your energy on a day-to-day basis, you not only have more successes, but you also enjoy being alive while it's happening.

Oh, and one last thing. Want to know a secret dream I've had since I first learned about tapping?

Here it is: “I am hired to teach energy management skills to an NCAA team.” I get chills every time I think about it.

It can be men or women, football, basketball, baseball, tennis or golf. I love them all. You see it’s not just whether they win more games that makes this dream important or worthy of pursuing. As these young men and women learn to manage their thoughts and emotions, it will serve them not just as athletes but also for the rest of their lives.

Imagine what the next generation can do when they are in tune with themselves, aligned within their hearts and minds and unimpeded by the traumas and disappointments that are part of the human experience. They now can make a bigger difference in the world beyond the playing field of sports.

**Tap into that idea and feel how powerful it is.**

Whether you have a love of sports or not, I do hope you keep tapping into your greater energetic potential and more fully enjoy whatever game in life you are playing.

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