

Happy Tapping News

October 2010

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I Can't Believe It's Happening Again!

Do you have certain bothersome patterns in your life that no matter how hard you try to change or stop them, they just keep happening?

I've recently been using an innovative tapping process with clients that is resolving these repetitive themes with little or no resistance. Shifts in perception and emotional patterns happen with surprising ease. Once that occurs, the pattern or problem-causing behaviors diminish or dissolve away completely.

(Be sure to check out the bottom of this letter to learn about the "out of the box" offer and a demonstration recording of this method.)

Here's an example using this process. A client was repeatedly getting into conflicts with her staff. No matter what she tried, it kept happening over and over again. She first tried firing and hiring replacements but the problem persisted. She then tried different conflict resolution skills or traditional counseling without noticeable change. She really likes her current staff and the work they do, so she was desperate to do whatever she could to change the pattern.

When she came to me it was clear that another approach was needed. I asked her to use her imagination to come up with an image, symbol or metaphor for the problem. She closed her eyes for a moment then said, "I see a boxer with big gloves on ready to fight." So that's where we started the tapping process.

Within moments and several rounds of tapping, her frustration and anger turned to sadness and she said to me, "I just got an image of my brother and me fighting as kids. I loved it and hated it. It was the only way I could get his attention but I often got hurt in the process. Now I realize how much I really loved him but didn't know how else to show it." (Do you see her pattern from the past showing up in her present?)

Several days later I met with her again and the relationship with her staff had already improved. She could clearly see how she was unconsciously doing and saying things to get their attention in antagonistic ways and was now able to respond differently. She also knew to tap on herself when she got caught up in a destructive pattern until she felt her energy shift and could make a new response. The atmosphere around the office had definitely changed for the better.

Since I first started using tapping (2002) and particularly EFT (2007), many times I have benefited by someone sharing a new way of using tapping in free teleclasses or seminars. My business has grown so much this year that I want to pay it forward by sharing this unique way of using EFT or meridian tapping with a lot more people. — *Please continue to page 2.*

<http://www.happytapping.net>

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When I asked my inner guidance what I could do to spread the word in a way that's best for me and those who would benefit from the effectiveness of tapping, I was guided to make the following "over the top" offer:

101 FREE OF CHARGE one-hour sessions with 101 new individuals over the next three months for any troubling pattern you want to change ENERGETICALLY.

That's right, 101 hours of paying it forward.

You can listen to a recording of a recent Webinar I did demonstrating this Visualize the Problem process for the Women's Prosperity Network called: "Tap and Shift Happens".

http://www.happytapping.net/Classes_%26_Workshops.html (scroll down).

Are you ready to give it a try?

Who knows if I'll make an offer as outrageous as this ever again. Nevertheless, I do listen to my guidance and this is the action step I was given. Besides, I love what I do and look forward to every opportunity to share it with others. I hope it's YOU.

Contact me by email at nancy@happytapping.net

and put "101 offer" in the subject line to make sure I know you're ready to change an old pattern into something wonderful!

If you have already worked with me one on one, please help me pay it forward by telling your friends and family about this remarkable opportunity to experience the benefits of tapping with a professional energy management specialist.

Thanks for trusting me with your process of growth and change.

Happy Tapping,

Nancy

For more information about EFT and Energy Management

Contact: Nancy Southern, MSW, EFT Specialist

360-376-4288

nancy@happytapping.net

Happy Tapping website

<http://www.happytapping.net>

nancy@happytapping.net

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360-376-4288 (US Pacific Time)