

Welcome to Harmony Harbor! **The EFT Path to Peace**

One definition of Harmony is “A consistent, orderly, or pleasing arrangement of parts; congruity.” My intention is for you to heal yourself and find this congruity or harmony in your life—to find the inner power and strength that all of us have if we can only *tap* into it (more on *tapping* later). I want you to learn how to empower yourself, mentally, physically and spiritually. My goal is to help you go beyond surviving to thriving. Sometimes it is difficult to muster up the courage and willingness it takes to bring about changes in your life because you are stuck in old, limiting beliefs. You prefer the safety of your comfort zone where at least you know what to expect. You may be bored or unsatisfied with your career and relationships, but at least it’s not as scary as the unknown.

You’ve probably heard of “The Secret,” the book and movie written about the law of attraction and how you can create the life of your dreams by changing your thinking. If you can visualize what you want and really believe you will get it, as if it’s already in existence, then you can manifest just about anything. This is easier said than done, especially since a lot of people don’t even realize that they have these deeply ingrained beliefs that hold them back. This is where EFT comes in.

EFT (emotional freedom technique) is a form of energy therapy that you can use to release limiting beliefs and form new ones that energize and excite you. I can help you discover what these limiting beliefs are, and then by doing EFT (see What is EFT?), you can release them. Start living the life that feels right intuitively to you. All of your answers already lie within, just waiting for expression.

I’m going to share with you what works for me. You decide for yourself what feels right for you. I believe that a major way to achieve harmony is to balance our energy system so that it flows freely. There are several ways to do this, and I will share them with you.

The EFT Path to Peace

Do you have an empty spot, a place in your heart that doesn’t get filled with food, drugs, sex or anything material? No matter what you do, you continue to trudge down the same worn path of misery and self-sabotage? You continue to be in relationships that don’t serve your highest good?

The EFT Path to Peace provides you with several “tools” to find your special path to deep peace and serenity and fulfillment. You may be thinking, “Yes, there are all sorts of tools out there, but why will I be any more committed to doing these things than I have before? What makes your path so unique?” The answer is EFT. EFT is the common thread that runs throughout the various tools that you will utilize. It can be used to help give you the willingness to take action. EFT, when used in combination with the tools, provides a very practical approach to filling the empty spot that may exist in your heart and soul.

EFT can help you to release the blocked energy in your body, the part of you that needs mending and “feels” broken. It helps to quiet your obsessive thoughts about how bad, ugly, and un-worthy you are. It helps you to find a happy life, meaningful work, and harmonious relationships with yourselves and others. It gives you connection to your Higher Power (HP). Here are the tools to be used in conjunction with EFT:

1. ***Emotional Freedom Technique.*** This is the main tool, since it allows you to acknowledge how you feel about anything, gently tap on energy meridians with your fingertips, and thus release negative emotions that drain your energy. You then have the energy/willingness to use the remaining tools.
2. ***Tibetan Rites.*** These are 5 yoga positions that were practiced by the Tibetan monks and are designed to balance your energy chakras, thus giving you more energy and emotional stability. They are written about in the “Secret of the Fountain of Youth” books by Peter Kelder.
3. ***5-Minute Daily Energy Routine.*** These are various exercises designed to help increase and balance your energy.
4. ***Daily Prayer and Meditation.*** This practice helps to center you and surrender control of your world to your personally-defined Higher Power (HP). It allows you to speak to your HP and then listen to your HP.
5. ***Positive Affirmations.*** These positive statements help to program your subconscious so that it aligns with what you consciously want in your life. You are most likely your harshest critic, not allowing yourself to be human but expecting yourself to be perfect. Easing up on yourself and feeling good about yourself will help create the results you want in life.
6. ***Visualization.*** This practice allows you to manifest your desires more quickly by combining emotion with a picture of what you want. By focusing on what you want and not the negatives in your life, you raise your energetic vibration and attract that to you which you envision.
7. ***Mentor/Supportive Community.*** These are the people in your life who believe in your abilities and want the best for you. They see your gifts and appreciate them and reflect them back to you.
8. ***Daily Gratitude Journal.*** This is a daily gratitude journal in which you list at least 5 things you are grateful for. It switches your mode of thought from the negative to the positive and creates a “good feeling” energetic vibration that attracts good things to you.
9. ***Regular Journaling.*** Journaling is very therapeutic when you can honestly write about how you are feeling, whether good or bad, and accept your feelings in a non-judgmental and compassionate way.
10. ***Physical Exercise & Diet.*** Taking care of your physical health and well-being promotes mental and spiritual health.
11. ***Firm Boundaries.*** Healthy boundaries allow you to SELF-ishly take care of yourself. Boundaries serve to protect your new found peace, confidence, self-esteem and serenity.

These tools are only effective if you pick them up and use them. If you consistently use them, little by little as you work through your fears and worries, your dream life will

emerge. You will begin to live in faith and have an abiding sense of peace and purpose in your life. You will be fulfilled. You will no longer have that empty spot.

What is EFT?

The following is taken from the website of the founder of EFT, Gary Craig. “EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren’t necessary. Instead, you stimulate well-established energy meridian points on your body by tapping with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. It launches off of the EFT Discovery Statement which says...

“The cause of all negative emotions is a disruption in the body’s energy system.”

And because our physical pains and diseases are so obviously connected with our emotions, the following statement has also proven to be true...

“Our unresolved negative emotions are major contributors to most physical pains and diseases.”

This common sense approach draws its power from (1) **time-honored Eastern discoveries that have been around for over 5,000 years** and (2) **Albert Einstein**, who told us back in the 1920’s that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why EFT often works where nothing else will.” For more information and countless cases of application, visit Gary Craig’s website at www.emofree.com.

When something traumatic happens in your life, your energy system is “zapped,” sort of like a satellite dish channel whose frequency is off kilter to due some sort of environmental interference. By tapping on various energy meridians that are close to the surface of your body, EFT helps to clear this blocked energy. Once your energy is flowing smoothly again, you are able to let go of issues that once troubled you.

You can achieve results more quickly if you hone in on a specific issue from which you want emotional relief. EFT works more quickly than traditional talk therapy that could take years before you achieve emotional freedom, if at all. Some people have likened traditional therapy to moving the furniture (issues) around in your mind, and EFT clears it out. EFT doesn’t cause you to forget memories or lose common sense. You will simply find that you are able to view your “troubled situation” in a more calm and rational way. You won’t be so “over the top” on an issue.

Tibetan Rites

The following is taken from the Ancient Secret of the Fountain of Youth by Peter Kelder, written originally in the 1930's and revived in 1985: "It's the late 1920's in colonial India. Driven by a seemingly irrational wish, an aging British officer (Colonel Bradford) embarks upon an adventure of discovery that leads to forbidden Tibet—an ancient land obscured by centuries of isolation...a mysterious place without time where people age but somehow never grow old. So begins Peter Kelder's chronicle of Colonel Bradford, whose extraordinary adventure brings him back to the West years later at age 73, looking and acting like a man of 45! How did he accomplish this remarkable feat of rejuvenation? The secret, says Bradford, is a series of five ancient Tibetan exercises, which anyone can perform in a matter of minutes. These simple exercises—which he calls the Five Rites—restore youthful health and vitality by balancing and harmonizing invisible energy vortexes within the body."

These five rites were practiced by the Tibetan monks and brought to America in 1920. You can read more about them in his book called "The Ancient Secret of the Fountain of Youth." You begin by doing three repetitions of each rite, and adding 2 repetitions each week, until you are doing 21 repetitions of each rite each day. Once you are up to 21, they will take between 10-30 minutes in total, depending on your level of fitness. These rites are designed to be done in a specific sequence and built up gradually so that you can get all energy chakras spinning at the same rate and in harmony with one another. They give you more energy, and they will help you lose or gain weight, depending on your specific situation.

5-Minute Daily Energy Routine

I learned about this from "The Healing Power of EFT & Energy Psychology" by David Feinstein, Donna Eden & Gary Craig. After working with over ten thousand people in individual sessions over a 25 year period, Donna created this five minute sequence that shifts the energy patterns in the body for greater health, vitality and clarity of mind, and it is short enough that you will be more likely to do it on a daily basis. You can do it as a warm up to a regular routine you have, such as the Tibetan rites. See below for more detail on how to do them.



5 min daily
routine.doc

Prayer/Meditation

Do you pray and do some form of meditation on a daily basis? Do you connect with your Higher Power? This practice helps to center you and allows you to surrender control of your world. It allows you to speak to your HP and then listen to your HP. Without my daily P&M, I am sure that I would not be abstinent from compulsive overeating. When I joined OA, this is when I had a spiritual awakening. I had gone to church for years, but I never felt connected to my HP and others like I did when I came to OA in August 2002.

This is when my “empty spot” was filled. Just talk to God when you pray. You can say anything you like. There is no right or wrong way to pray. The same goes for meditation. You can meditate in any way you like. You can just quietly sit, go for a walk, do yoga, swim, etc. Meditation is different for everyone, since each of us achieves calmness and serenity in different ways. One thing that helps no matter what you decide to do is to breathe deeply. Relax and enjoy this time to yourself. You don’t have to do anything perfectly, whether it is prayer or meditation. Just do what feels right to you. Trust your instincts.

I meditate to Wayne Dyer’s Morning Meditations. I breathe in and then make the sound of “Ahh” which is the sound of God in many religions. As I’m breathing out “Ahh,” I am thinking about what it is I want to manifest, visualizing a light coming from my root chakra out through the crown of my head.

Perhaps you don’t trust your idea of God. If that is the case, then change your concept of God to a loving, kinder, gentler God. Do what works!

Try placing both hands on your heart, closing your eyes, breathing deeply, and saying to yourself, “I trust myself in this moment.”

Positive Affirmations

How do you talk to yourself? Are you a harsh critic, not allowing yourself to be human but expecting yourself to be perfect? Your beliefs (which dictate your thoughts) create your external reality, and so protecting your thoughts is vital. Creating your dream life is an internal job. Once you create gentle, loving thoughts and create an exciting dream life for yourself, you can then start to build your outer world.

When you think negative thoughts, it creates sadness, anger, depression, etc. When you are feeling bad, chances are you don’t feel like taking action and your willingness to change is lessened. If you change your thoughts to ones that serve you, you can get your life spiraling in the other direction. You will feel better and start taking action. Taking action will cause you to take more action and create the willingness you need to make positive change in your life.

Affirmations are very effective, especially when you say them aloud while staring into the mirror every day. I not only say them aloud each day, I pick one or two that I want to focus on and write them out ten times and say them aloud again. If you can scream them and/or say the affirmations with a lot of emotion, you will get your desired results quicker.

I first learned about how powerful affirmations are from Louise Hay in her very influential book, “You Can Heal Your Life.” If our self-talk is positive, then we program our subconscious to give us what we want.

You should say the affirmations in the present tense. The subconscious will indiscriminately do as you say. So if you program negative thoughts into your mind, your subconscious will obey.

For example, you may think to yourself “I’m just a fat slob, and nothing is going to change that.” The subconscious listens to your thoughts like an obedient servant. “OK,” it responds. Notice that when you have bad thoughts about yourself or the world, you don’t say, “I’m going to be a fat slob, or I will be a fat slob.” You make the statement in the present tense because you already believe what you are saying.

In the same sense, you must state your positive statements in the present tense as if it’s already true. If you state, “I will be slender,” this goal will always remain out of your reach in the future. If you go around every day filling your mind with a bunch of negative input, you will create the reality that you are trying to avoid.

Louise’s book helped me to understand the vital connection between our body and mind and spirit. Your emotional state has a huge impact on your physical body. Negative thoughts create negative emotions such as anger and resentment which set up the disease process by increasing stress and free radicals in the body. This reduces the strength of the immune system, which allows your body to be susceptible to viruses and germs.

Louise created a *List* of physical problems. Next to each ailment is the probable emotional cause. She suggests that you look up any issues you may have, sit quietly, and ask yourself what could be the thoughts in you that created this. Then repeat to yourself, “I am willing to release the pattern in my consciousness that has created this condition.”

Next to the probable cause is a suggested New Thought Pattern to help heal this part of you. The thought patterns are simply affirmations. Not only do I write and say these aloud as I mention above, I also tap on my energy meridians using EFT.

Sometimes, we have something called “tail enders.” This is that skeptical voice in your head that says “Oh, yah, right!” after you say an affirmation, as if the affirmation will never come true. Pay attention to this resistance. It is very important to tap on these blocks to achieving the affirmations.

You have your current results for a reason. They are serving you in some capacity. Find out how being where you are serves you and tap on that particular issue to clear it. By doing this, you align your subconscious with your conscious, and you put yourself in a much more powerful position.

Visualizations

Reality will always match your self-image. If you change your image, you’ll change your external form. You can do anything you put your mind to, but where is your mind? What do you think about constantly? If you think that you look too fat or unacceptable, you can see how this isn’t helping your cause. Your subconscious mind will do

everything possible to fulfill your self-image. If you have a negative self-image, you can use EFT to clear the blocks to your positive self-image.

Can you see yourself at your ideal body size? Can you hear someone telling you how good you look? Can you physically feel how your body would feel at your goal? Can you feel it emotionally?

You need to see it, hear it, feel it, know it and sense it in order to achieve your desired body. What you see in your mind's eye is what you get. You magnetize what you vibrate or think about. Your thoughts are very powerful. This is called the law of attraction.

Get in a relaxed state some place quiet and breathe deeply a few times. Some optimal times to visualize are before you go to sleep at night and right when you wake up in the morning, but do what works best for you. Try to bring all senses into the visualization, sight, sound, hearing, smell and touch. Create a movie in your mind, with you being inside of your body. You are actually in the movie, rather than observing yourself in the movie. Just day dream and imagine what you want. See it and believe it.

Visualization really engages you. It shifts your thoughts from the negative to what you WANT. This provides positive energy. When our thoughts are in the realm of love, peace, gratitude and giving, we attract more of what we want.

Mentor/Supportive Community

Who do you surround yourself with? Do your friends and family support you, see your gifts and appreciate them and reflect them back to you? Or do they criticize you and tell you that you have a bunch of pipe dreams? Part of my supportive community is a twelve step program. I have a food sponsor and also sponsor several others. I also have a huge base of support from a company called Klemmer and Associates (K&A). K&A offers intense training seminars in order to develop compassionate samurai, powerful and loving, compassionate leaders.

I surround myself with people who love me and support me. My husband is my biggest fan, and I adore him. My ex-husband and I divorced 10 years ago because that relationship was not healthy for me. Although it was very difficult at the time, I knew I did not have the resources then to heal myself and remain in the marriage.

A mentor or coach can help you get to where you want to go a lot faster. They hold you accountable to what you say you want. They are meant to interfere in your life in a way that spurs you to take action. Find someone who has what you want, whether that is a peaceful state of mind, vital health, financial independence, awesome relationships, or all of the above! Ask them how they achieved it and become open and teachable to their methods.

Remember comfort is not a necessity. In fact, growing into our potential is often uncomfortable. As Brian Klemmer says, get comfortable with being uncomfortable. This doesn't mean we have to be miserable. We can actually have a lot of fun and excitement along this path of change. While you are pushing yourself forward, you may feel more alive than you ever have because you are FEELING something.

Don't shy away from feelings. Acknowledge them and let them pass through you. They don't define you. You can use EFT to move them through more quickly.

Daily Gratitude Journal

Keeping a daily gratitude journal of at least 5 things you are grateful can have a profound effect on your life. It switches your mode of thought from the negative to the positive. Gratitude has been called the mother of all virtues. It creates a higher vibration in the body that attracts more peace and love.

I can't overstate the importance of this. In 2000, I remember reading a self-help book, and it said that if I took away one thing from the entire book, it would be to keep a gratitude journal. It seemed easy enough and so I implemented it. Indeed, my life changed for the better.

Even on rough days, it forces me to focus on something positive. I am also specific about what I write. I do have a generic statement that I write everyday "I am grateful for OA, my HP, health, loved ones, abstinence, meditation, EFT & my church." Aside from that, I start each sentence with "I am grateful for", and I think of what caused me pleasure that day or what I am glad that I did that took effort, such as exercised or went to the grocery store.

I am often grateful for enjoying a good meal or doing specific things with my family like dancing or watching a good movie. This really, truly works and changes your vibration to one of gratitude so that you attract good things into your life!!!

Regular Journaling

Do you write about how you are feeling, whether good or bad? Do you accept your feelings in a non-judgmental and accepting way? I write in my journal every day. I write bothersome, troubling issues in my regular journal, and I reserve my gratitude journal for all positive things.

You are not bad just because you have bad thoughts. That sounds so simple but it's pretty profound. Each of us has a good and dark side. The sooner we can accept our "dark" side, our faults and human inadequacies, the sooner we can give them to our HP and ask for them to be released.

Usually I hold on to negative aspects of myself, like criticizing others or trying to control them, because I'm afraid or angry or resentful and this behavior serves to help me survive. If I knew a better way, I wouldn't do those things. Once I become aware of my defects of character, I can accept them as part of me and ask HP to remove them when I can cope without them. This is very empowering. I can acknowledge my feelings and thoughts on paper, and I give myself free therapy.

If there is a part of you that is very resistant to something, this usually means this part is afraid to heal. So when you tap, ask permission to heal that part of you that is resistant to change and ask for specific insights to tap on. Unless you ask for permission, you might remain stuck. If you're stuck, then subconsciously your intentions are different than what you outwardly want.

For example, you may want to lose weight, but you can't seem to do it. You most likely have a subconscious intention to keep the weight for safety reasons, to be comfortable and soothed, to maintain the status quo of certain relationships, etc. It takes some digging to figure out these subconscious intentions. Since the subconscious is so powerful, it is definitely worth aligning the subconscious to the conscious.

How do you talk to yourself? Are you a harsh critic, not allowing yourself to be human but expecting yourself to be perfect? Then you might need some positive self-talk. Your beliefs (which dictate your thoughts) create your external reality, and so protecting your thoughts is vital. Creating your dream life is an internal job. Once you create gentle, loving thoughts and create an exciting dream life for yourself, you can then start to build your outer world. When you think negative thoughts, it creates sadness, anger, depression, etc. When you are feeling bad, chances are you don't feel like taking action and your willingness to change is lessened. If you change your thoughts to ones that serve you, you can get your life spiraling in the other direction. You will feel better and start taking action. Taking action will cause you to take more action and create the willingness you need to make positive change in your life.

Physical Exercise & Diet

Are you taking care of your physical health and well-being? Exercise promotes mental and spiritual health as well. In addition to looking better, you feel so much better! The key is to pick something that you really LOVE and ENJOY doing, not something that you "ought" to be doing. Again, just like with prayer and meditation, you don't have to do hours of exercise each day. Just start out slow (yoga rites recommended—see this link).

Diet is also important. What are you putting in your body? You intuitively know if you're taking care of yourself, and you probably know what to eat. Even if you ate a perfect, balanced diet, our soils are depleted and you cannot get all of your vitamins and minerals from the food source. Consider supplementing with high-quality nutritional supplements such as those from Usana. By getting the necessary nutrition from low

glycemic foods and supplements, the more antioxidants you create in your body to fight off free radicals that cause disease. Usana produces pharmaceutical-grade supplements that are highly rated. The nutritional supplement industry is not regulated, and so be careful what you choose and that they are pharmaceutical grade.

Having high acidity in the body also causes weight gain. Avoid all soda, including diet drinks and flavored water. Drink quality water.

Firm Boundaries

Are you a doormat for others? Once you start gaining self-respect and self-esteem, it's important that you protect this new found confidence and serenity. My motto is that I will give to people until I start to resent my giving. If I can't give freely, it will hurt the other person more than help him/her. Further, it will hurt me too as evidenced by this quote: *"Resentment is like drinking poison and hoping that the other person dies."*

A boundary is an invisible line that we draw in the sand. You must learn to say NO to people's requests for your time and not be the martyr or be the people-pleaser. Your first priority is to please yourself so that you can be the best person for others. You will be more emotionally available and present to the moment.

Another example of setting a boundary is not tolerating or accepting poor treatment such as physical or verbal abuse from another. We can simply and firmly state, "I don't appreciate how you're treating me. When you want to talk to me or interact with me respectfully, we can resume this conversation."

Exercises

These exercises will help you get started on your personal journey of growth. Most people are caught up in their own issues and cannot see them objectively. I suggest that you try the tapping and various tools I've laid out for you here. You don't have to start doing them all today, but slowly build up.

If you want to achieve results more quickly and find yourself getting frustrated, please call me for a complementary, 40-minute coaching session. We will see if we're a good fit for one another. I'm interested in working with people who are willing to take the inward journey to healing themselves and take 100% responsibility for their circumstances and their healing.

Hugs from your coach,

Angie Monko
314-422-6520

First Exercise

This exercise is meant to engage your right brain and help you start dreaming. Complete the following sentence stems quickly (in 5 minutes):

- 1) If I live my dream life, I unblock or release.....
- 2) If I follow my inner wisdom and trust myself, I
- 3) If I unleash my full potential and live according to my passion, I
- 4) If I fall in love with my mind, body and soul, I.....
- 5) If I give myself permission to flow with life as it today, I.....
- 6) If I give myself permission to accept me as I am today, I.....
- 7) If I forgive myself as I would a scared child, I....

Second Exercise

What obstacles prevent you from moving forward in your life and keep you from living the best life you can? Often, these “obstacles” are our limiting beliefs that we formed in childhood. We created them at the time because they served a purpose, and the purpose was to keep us safe and protected in our environment. We needed them to survive.

As adults, these beliefs may no longer serve us, but we aren’t aware that we carry them around and that they guide our every move and prevent us from being as successful as we want to be. Keep in mind as you answer these questions that old beliefs cannot be removed but they can be replaced by more empowering ones. In other words, your old beliefs will remain with you but you don’t have to “focus” on them. Instead, you can choose to release them and think about new ones that serve you and your current dreams. EFT can help you do this beautifully.

- 1) Poor Self-Image or Realistic Image? List 10 beliefs you have about yourself. Fight back the negative self-talk when damaging or limiting beliefs surface in your mind. What in your childhood started these beliefs? Do you compare yourself to others? If so, why? How can you change your thinking?
- 2) Addicted or Abstinent? Are you addicted to any substance or activity, such as food, alcohol, drugs, nicotine, sex, gambling, etc.? Do you use something to help numb you out so that you don’t have to “feel” life’s pain? We naturally want to avoid pain and increase pleasure in our lives. This is normal, but sometimes the only way to solve a problem is to move straight through it. There are 12 step programs that provide a supportive network of people. To start, you attend a meeting and find a sponsor, someone who helps guide you in your recovery. You humbly ask a Higher Power of your understanding for the willingness to help yourself.
- 3) Victim or Empowered Self? Do you blame everyone else for your life and where it is today? Or do you accept responsibility for your thoughts, words, actions and

deeds? The only way to begin moving forward is to accept responsibility with where you're at in life to this point. The past does not matter. What matters is that you now realize you have choices and that you are the only one who can change your life. You have the power to create a beautiful existence, and nothing external to you (other people, places, events, goals, etc.) will ever be able to accomplish this.

- 4) Co-Dependent or Independent? Do you take on other people's "stuff/issues," suffering pain or abuse because you feel you are responsible for their happiness or lack thereof?
- 5) Ego vs Wisdom Nature? Do you orchestrate life and try to control it as if you were God? Or do you humbly surrender to a Higher Power greater than yourself for direction in your life?
- 6) Abundant or Lacking? Do you have the attitude that life owes you something? Do you feel that there is a limited amount of resources and that you must be stingy or you'll never have enough? Or do you trust the universe to support you and keep you safe?

Remember that all of our answers lie within us. Everybody's situation is different, but one thing we do all share in common is that we create our own destinies. We are the masters of our own fate.



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