Installing A New Resource State

1. Name what you don't want
2. Name what you want instead being as clear as possible
3. Tap for 3 minutes without words
4. Name what you want instead as clear as possible
5. Think of a time when you have felt this feeling before
   a. It can be small
   b. It can be in the distance past
   c. "There is always an exception"
6. Feel the new state
7. Feel the new state even deeper
8. Don't just feel it savor it
9. Feel/savor while creating an anchor

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TAPPINGQ&A