



Free By Tapping

The 'core tool'

Exercise 1

Stand up. Close your eyes. Say inside - just with your thoughts - to your body:

"When you show me a yes, I would like you to tip forward." – repeat some times. (After a little while, you feel, you tip a little forward. You do not need to tip very far, before you can feel it – perhaps down in your ankles or lower legs.)

Then say inside to your body:

"When you show me a no, I would like you to tip backward." – repeat some times. (Especially backward it does not feel nice to tip very far). Now stand and say: "yes" and "no" alternately – and feel how the body tips – depending on if you say yes or no.

Now say inside yourself:

"I would like you to show me a yes or no, when I now say: "My name is xxxxx." (say your own name) – and sense you tip forward. Then say inside yourself: "My name is yyyyy." (say another name) – and sense you tip backward.

Subsequently you can practice by saying something else, you know is right – and wrong. This exercise for most people gives an immediate experience of how simple it is to have answers from the body.

Remark: The way, the questions are asked here, is the most distinct – and the way, I recommend. You could say, it's like a statement.

You can make any agreement with your body to how it shows yes and no. If my forefinger goes upward it is a yes – and downward no. When you first learn to tip, is because I still haven't met any person, who couldn't begin with that.

Many people have heard ex: "You must follow your heart!" or "The heart is never mistaken!" The heart, the body and your 'I' seems to be one – or the same authority. What you just learned in exercise 1, is very useful, if you have difficulties in sensing the answers from your heart (many people have).

I experience the “I” is both pedagogical and patient. That means, when you want to have answers from your body, that you get it – or learn it – exactly the way your “I” consider is the best right now. That, which sometimes underlie, is the past history. If you have not been very good at listening to your body or your “I”, the answer often comes a little reluctant in the beginning. I sometimes compare it with a friendship. A good friend perhaps has tried many times to say something – without you have been listening. You do remember, your friend has said something many times – but not what your friend said. When you then ask your friend – when you have come to where you are ready to listen – your friend may begin with saying: “I do not think, I can recall, what you’re talking about!” – and at the same time recalls exactly, what you are talking about – but will you listen now?!

When you have got started to listen, you may experience yourself as a *supercomputer*. We have opposite a computer no calculation time. The answers come instantly. That also means that there never is a situation, where you can’t manage to have an answer.

It seems, the body is our very best friend – and that the body needs, we are the body’s very best friend!

The ‘I’

The ‘I’ is your core – or what you truly are. Around your core you have a layer of demands and expectations that perhaps suited for the people; you grew up among – but not necessarily suit you. Often, we more are that layer – than those, we truly are.

The layer not only consists of imprints of – or representations of – people, you grew up among – but also part-personalities, you have developed, who can be very influenced by the people, you grew up among.

All in the layer interfere occasionally – as thoughts – and that can be very confusing. Those thoughts can also make us act contrary to our own best interest – or what would be the best for us. The task seems to be to live in accordance with ourselves. It also seems the body responds more and more positively – the more we live in accordance with ourselves – or what and who, we truly are.

From now on you can communicate with your ‘core’ or your ‘I’.

When you begin to follow your ‘I’, the interference from the layer, that is around your ‘core or your ‘I’ still goes on.

One of the great tasks for ‘Free by tapping’ seems to be to uncover what the layer consists of – and to make positive change (stop the interference).

The ‘full edition’ of ‘Free by tapping’ allows you to uncover and positively change all, what you want, lasting (stop all interference), in a simple and fast way – moreover completely on your own.

Resetting

We can with negative – or too many thoughts at the same time – disturb our ability to have correct answers. If you just have a little doubt about, if an answer was correct, you can just say/ask: “It was a correct answer, I had now?” If it wasn’t, you will get a no – or have no answer.

There is a solution to that – in 5 points:

1. Say/ask: “I need to drink some water?” Our muscular system works on the basis of low power – and water conducts power. Therefore, it is important, the fluid balance is ok. The body knows instantly, if it was enough water, you drank, if you had a yes to drink some water.
2. Tap (the lighter – the better) a little at the edge of your hand (little finger side).
3. Massage a little below your collarbone in a circle – up in towards the heart (direction)
4. Tap between your nose and your mouth.
5. Think alternately of the colors green and white – or combine – ex a white sheet in a green garden – or – a white horse in a green field.

In rare instances it can be necessary to repeat the 5 points.

Now, where you have an understanding of, what resetting means, you can – when you are about to have an answer – just say/ask: “Resetting is ok? – or “I am ready to have correct answers now?”

How can you use the answers from your body/the “I”?

Food/drink

What, you have an answer to, the moment you ask, is what, you in that moment focus on with your thought.

An area, where it is possible to begin, is what you eat and drink. You can ex stand in the super market and have answers to, if something will be good for you to eat now or today. You don't need to have it in your hand. All you need is to focus on it with your thought. Ex: “It will be good for me to eat xxxx today?”

You will always have an answer in the present. That means, that something, you have a yes to today, not necessarily will be good to eat tomorrow. What, we eat or drink, in some ways fill up our depots – and we are just attain balance.

If you give the body something, it has already; you will put the body at a work, which is unnecessary. The body will have to use energy to expel or store.

How, exactly your body works or reacts, you can just ask it about (ask with ‘statements’).

Food supplements

Some people use food supplement. If you do that, this way can help you find out, which will be the best for you to use.

Remark: Sometimes just one pill or tablet is enough to restore chemical balance in the body. Ask every day, how much is needed – or if it is needed at all.

Decisions

Perhaps the most important, you can use the direct communication with your ‘I’ – via the body – for, is to follow what or who, you truly are. Having answers this way makes it very simple and fast to make a decision. Most likely you will find as well, that no decision is too big or too small to make this way. You will also find, that you have the same answer – even if you ask 1000 times. You will also find, if you ask after ex 5 years, if a decision was the right one, that you will have the same answer again.

Breaks

Perhaps one of our most important decisions is if it is time to have a break – and for how long. Breaks are when impressions fall into place – and when there is room for having new ideas. Another important aspect is that the body needs breaks to recover.

Sport/fitness

Especially if you practice sports or fitness it is very important to train in accordance with your body. Most people have tried to train too much or hard – and experienced or felt, the way the body expressed, it was too much – was with tensions and pain – and perhaps also injuries. You don't need to go that far! Just ask the body recurrently.

When you train, the fluid balance – and the balance of nutrients, vitamins and minerals are very important. Also here ask your body – it gives you the answers instantly.

Other possibilities

You can have answers to anything regarding you. You can ex also stand in front of a bookcase and have an answer to, if something in a book in the bookcase will be relevant to read now – and find the book and the relevant page. It is this possibility, ‘Free by tapping’ is based on.

Am I to work with/buy ‘Free by tapping’?

I have already written about interference. The interfering is ruled by convictions or paradigms about what to do or how to live in any aspect. We experience the interference as thoughts – and

emotions and physical reactions in body caused by the thoughts.

Before a thought is a conviction or paradigm. You can also say it is a conviction or paradigm that releases a thought. Most of our convictions are formed early in life. We form them ourselves – or take over from the people, we grow up among. We form convictions about how life is for us ex “I’m sure, I’m not good enough!”, “I’m sure, I can’t handle success!”, “I’m sure, life is a struggle! etc. We can call them life-limiting convictions/beliefs. More than 1500 life-limiting convictions/beliefs are now gathered in ‘Free by tapping’.

After a thought one or more feelings or emotions are activated – and after one or more feelings or emotions are activated we after a split-second experience a more or less strong physical reaction in the body. Often it is the physical reaction in the body, we end up acting to.

The problem is, that convictions or paradigms works the same way as a program in a computer – they rule what happens in life.

Therefore, it is very important to have access to effective tools to uncover and change convictions or paradigms, that limit our lives.

After short time practice with ‘Free by tapping’ it takes less than a minute to uncover a conviction or paradigm – and who (the ‘I’ a ‘part-personality’ or a ‘representation’) has it – and afterwards typically 5 minutes to create a *lasting* positive change.

To achieve lasting change understanding of a problem is necessary – and ‘Free by tapping’ all the time provides that.

The speed of the achievement of lasting change with ‘Free by tapping’ makes it foreseeable – also if/when lots of changes are needed.

There may be, if it is a “chronic” disease, you want to treat. I have set quotation marks around chronic. Chronic is just an expression of, that there at the moment is no cure.

About ‘Free by tapping’

‘Free by tapping’ solves two of our major problems: ‘Our health problems’ and ‘That people fail to act’.

Clients said:

“It’s incredible it can be that simple!”

“To me it seems, it could mean a revolution to our healthcare!”

“After these first two months I have had more in place than the previous 25 years!”

‘Free by tapping’ has been developed in interaction with my clients for more than 10 years now. It combines and further develops 3 thoroughly tested methods (all developed in USA). Often the new is discovered when we combine methods, we already know – and use them in new ways. ‘Free by tapping’ combines knowledge about how the mind interact from gestalt therapy with kinesiology, which has been developed since 1964, when it was discovered that it is possible to have absolutely reliable answers from the body – with ‘tapping’ – which is part of Thought Field Therapy (which also in some ways spring from kinesiology).

To kinesiologists tapping is just one of many ways to restore balance in the body. Tapping is chosen here, because it is for everyone to use in about five minutes. Even though ‘Free by tapping’ combines 3 methods, it is so simple to use – that it can be used from being 10 years old. And – it can be used completely on our own.

All people are unique – and each holds a unique history. ‘Free by tapping’ allow us to create unique/individual solutions.

What really turned me on was a leading nurse, who had a severe problem with one of her kidneys. The date was already set for a removal, when she came. I told her about my experience with treating the body by changing the mind (using ‘Free by tapping’) – and she chose to cancel the appointment at the hospital. After having used ‘Free by tapping’ for one year, the kidney had regained 80 % of full function – in line for reaching 100 %!

How could this happen? Already early in the process of developing kinesiology (began in 1964), it was discovered, that more balance in the body meant better function of the organs in the body. The experience with the leading nurse made me think, that 'Free by tapping' should be put at all peoples' disposal.

What is the cause of a problem? Kinesiologists have found there are 3 main aspects (very many bodies have told): physical (ex how you use your body), chemical (ex what you eat and drink) and mental/psychological. They also have found that the cause of a problem often is 80-90% mental/psychological. That is why it is so crucial to have an effective tool to use in the mental/psychological area.

It seems we have avoided trying to focus on the causes – and instead focused on treating symptoms – because we have not had good and effective tools for identifying and treating causes – and for creating relevant change.

It has seen a problem that a great part of the mental area is unconscious – often 95 %. However, the body does not distinguish between whether something is conscious or unconscious. It just gives you the correct answer.

With 'Free by tapping' we have that tool – and at that one, which is for everyone to use – on their own.

'Free by tapping' features outlines over: Almost 300 different feelings, more than 1500 life limiting convictions/paradigms, all parts of who or what can interact in our mind and almost 300 different life aspects.

How do we communicate with these outlines? We all hold a sensitivity we directly can begin to make use of. Kinesiologists have known this for years. The kinesiologists have used that knowledge as experts in their field like doctors, psychologists and others. I have just chosen to put that knowledge at disposal for all people. We can all learn to use that sensitivity in about five minutes. This sensitivity we can use to "communicate" with both something that is written on paper (here outlines) – and written on a screen. I became aware of this possibility myself – and naturally or of course it led to, that it was possible to have 'Free by tapping' on a "smart phone" or a laptop (all computers). The communication with the outlines makes it possible to uncover one cause of a problem in less than a minute.

It is fast

A computer has a calculation time. The body does not. You have the answers instantly. After short time training it typically takes 5 minutes to both identify and make a lasting positive change to one aspect. That makes it manageable – also when many changes are needed.

Why does it work?

Epi genetics gives one of the answers.

"The field is the sole governing agency of the particle."

Albert Einstein

It seems that most biological research has avoided to incorporate that aspect – which no longer is questioned – until now. Perhaps it is because, it has been difficult to master the 'field'. 'Free by tapping' makes that very simple.

I use my own medicine!

After the first five years, while I developed 'Free by tapping' – and also used it myself (I still use it), my body balance (expresses ex ability to handle infections, uptake, excretion etc.) had gone up from 58 % to 96 %. At this day it is at 96,978 %. We can have the answer with as many decimals we like. We can measure our results on our own.

A vaccine

You can compare 'Free by tapping' with vaccination. Using 'Free by tapping' constantly increases

your ability to handle infections.

Research

By linking users of 'Free by tapping' it will be very easy and fast to have answers to many decisive questions ex: "When I change my way of thinking in positive direction, I gradually change the information in my cells positively?" It seems to be so. The way, the users can be linked, is by access to a homepage that feature 'Free by tapping' – and instruction videos, written instruction, exchange of experience for users, interplay with associated scientists etc.

At this moment, users of the 'full edition' are invited to be part of the 'secret' 'Free by tapping – group' on Facebook. Here 'secret' just means, that others cannot see, that you are a member. The group is for sharing experience of use – and allows all members to communicate directly with the developer of 'Free by tapping', Niels Gyldenkærne.

How is it spread?

Social medias play an important role. The discovery of the possibility of using 'Free by tapping' digitally makes it very simple and cheap to spread by access to a homepage – now www.freebytapping.com.

A great strength is that you feel changes almost at once – and that you can measure your results on your own.

To make it possible to try how 'Free by tapping' works, the 30 most central life limiting convictions/paradigms have been gathered in each of these 'fields': physical disease, sport, coaching, stress, food/drink, appearance, weight, exercise, identity, job/career, management/leadership, cooperation, entrepreneur, family, couple/partnership, single life, sexuality, parent, child, loneliness, cancer, depression, PTSD, anxiety, OCD, pain/tensions, addiction and aging.

A 'field' allows you to try use of 'Free by tapping' – but also helps you change the most 30 central life limiting convictions in the 'field' (or those 'fields'), you choose.

The price

The price for one 'field' is almost symbolic. The price for the 'full edition' is equivalent to the price of just *one* session/consultation.

'Free by tapping' seems to be able to handle ex diabetes, weight and cancer – which are major challenges right now. A price equivalent to just one session/consultation seems to be a fair and affordable price, for an effective tool that not only works now – but also for the rest of your live.

Status

'Free by tapping' is already developed very far. Until now I have not experienced problems, it could not solve (physical and mental/emotional). It now features more than 1500 life limiting convictions or paradigms (still growing), I have found in myself and in my clients (I just began to collect) – but there are still more to be found – and we can help each other.

Best regards Niels Gyldenkærne, psychotherapist EAP, Denmark, Clinic more than 20 years.

Disclaimer: Use of 'Free by tapping' is at ones' own responsibility. After having been in the market for more than 14 years in Denmark there have been experienced no adverse effects.