



## Free By Tapping

### Exercise

It seems freedom is connected with being able to follow one self.

That also seems to be the case in relation to exercising.

When I write “it seems” it means that it is something I until now have experienced involve all people.

Already when you have done exercise 1, you are able to find out, if something also involves you.

At page 2 you find 30 central life limiting convictions in correlation with exercising.

At page 3 you find an understanding of exercising.

At page 4 you find ‘Instruction’. I recommend you begin with reading that.

At page 10 you find the overview of tapping/massage points and sequence.

After you have worked with the 30 life limiting convictions in correlation with exercising, you may want to be more profound – and then you know it is possible to use ‘Free by tapping’ (full version). It is mentioned after the instruction.

You may also want to go on by working with 30 life limiting convictions in correlation with one of the other possible ‘fields’: physical disease, sport, coaching, stress, food/drink, appearance, weight, 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.

Hope you get on well with your work!

Best regards

Niels Gyldenkærne  
Psychotherapist EAP, developer of ‘Free by tapping’

## Exercise – convictions/beliefs

Life limiting convictions/beliefs you can benefit from changing.

1. I'm convinced that, I am to go beyond my own boundaries.
  2. I'm convinced that, I decide, what my body is able to.
  3. I'm convinced that, I am to compare myself to others.
  4. I'm convinced that, I can compare myself to others.
  5. I'm convinced that, the consideration for others are more important, than the consideration for myself
  6. I'm convinced that, others know, what is best for me.
  7. I'm convinced that, I am not as good as others, when I take responsibility.
  8. I'm convinced that, I am incapable of choosing, what is best for me.
  9. I'm convinced that, exercise is of no negative consequences.
  10. I'm convinced that, I am unable to brake my old habits.
  11. I'm convinced that, I am to prove my value to others.
  12. I'm convinced that, I fall back to my old habits.
  13. I'm convinced that, I am not good enough.
  14. I'm convinced that, I am not to let myself enjoy.
  15. I'm convinced that, what, I find, is not good enough.
  16. I'm convinced that, I am to give up myself.
  17. I'm convinced that, I am not to satisfy my own needs.
  18. I'm convinced that, I am to make high demands to myself.
  19. I'm convinced that, I am to do, what others expect.
  20. I'm convinced that, exercise is suffering.
  21. I'm convinced that, it is unacceptable to ask for a break.
  22. I'm convinced that, I am unable to act in accordance with myself.
  23. I'm convinced that, my real needs never can be satisfied.
  24. I'm convinced that, I am unable to take care of myself.
  25. I'm convinced that, the needs of others are always more important than mine.
  26. I'm convinced that, I do not want to see the reality, as it is.
  27. I'm convinced that, I am no good as a human
  28. I'm convinced that, I am not to show, who and what I am.
  29. I'm convinced that, it is too late.
  30. I'm convinced that, it is unacceptable to ask for accept.
- (See 'What is life limiting convictions?' in 'Instruction')

### Short instruction:

Have answers to – by tipping – or another way – in which order, it is optimal for you to work with the convictions/beliefs.

Have answer to – or sense – how strong the conviction or belief is for you, on a scale from 0-10, where 10 is a strong conviction/belief. You change the convictions/beliefs by tapping. Tap them as far as you can get down on the scale (0 is optimal).

While you tap: check how far you have gone on the scale after point 8 (tapping point). Just carry on repeating point 1-8 (tapping/massage points).

Say loud (or whisper) the conviction while you tap.

Note down what you work with – and how far you get on the scale.

## Exercise – Understanding

Exercise and movement seems to be crucial for the body – and by that for us.

It seems to be crucial for, that the body can work optimally in relation to sending nutrients, vitamins and minerals around in the body – and in relation to excretion and by that removal of waste products.

Exercise also seems to be crucial to, that the body can uphold or maintain its musculature, that it recurrently is used.

To which degree, the body can be persistent, also seems to be connected to, how much it is used – and how.

It also seems, the body can get used to being in “outer positions”. That requires, that the musculature recurrently is stretched out. We call it suppleness.

Likewise, it seems, that all bodies have their individual “point of balance” – or “points of balance”. That there is one or more points of balance means, that we can both move the body too little – and too much.

The body tells by pain or discomfort, when we have not hit the balance. If we choose to ignore the first “messages”, the body can ex put its foot down in whole or parts of one or more muscles. It is often called “injuries”.

It both seems, we are capable of “offering” the body less – and more, than fits for the body in the present. Both far less – and far more.

It seems, we by that are capable of killing the body more or less fast.

When it seems, we are capable of “offering” far more or far less to the body, than fits for it, it seems to be connected to our perceptions of ourselves – and the body. It can ex be perceptions of, that it is I, who is in control of or decide for my body – and that it is possible to compare myself to others.

How our relation to exercise and movement is, is basically marked by the environment, we grew up in – both in relation to not moving very much – and in relation to moving a lot.

It seems, the shortest way to get close to the “point of balance” of the body, is to change the life limiting convictions/beliefs, that do not fit with exactly your body. When the life limiting convictions/beliefs are changed, it seems to be possible to experience, that it is easy to act in accordance with the body.

Already now it is possible to find out, where the “point/points of balance” are in your body by using the method, which is described in the instruction. That can immediately be a – or work as support in relation seeking to be in balance.

It seems, we can say, that the body is always right – or that it will be right.

## Instruction

### Strength about 'Free by tapping'.

A strength about 'Free by tapping' is, that you can only create positive change – or change that are in accordance with your 'core' or your 'I'.

Many people live to a high degree other people's demands and expectations - regardless of, if the demands or expectations fit with who or what they are. You are the only person in the whole world that holds exactly your story. 'Free by tapping' helps to set you free to be exactly the one, you truly are.

Strength about 'Free by tapping is also, that you can use it totally on your own. To me it seems that the greatest gain about 'Free by tapping is' that it provides a base for being ones own authority.

That goes for when you are to relate to what is written on these pages as well.

(More about strength about 'Free by tapping' in the 'main edition' of 'Free by tapping' – mentioned at page 8.)

### Tapping is simple.

(See 'How do I tap?')

Always remember:

If you experience a problem, you can just begin to tap. You will almost always at least achieve a relief or a temporary solution. Lasting solutions, you achieve, when you have understood something totally. Often you will experience, some understanding is added, while you tap.

### What is life limiting convictions?

Life limiting convictions determine or create our lives. For most of us they are unconscious (formed early in life) and work as programming. The convictions release thoughts – thoughts release one or more feelings/emotions – feelings/emotions release a reaction in the body, which is the one, we end up reacting to/act based on.

It seems that just one single life limiting conviction can release 20 different feelings/emotions. By changing life limiting convictions you create fundamental change.

With 'Free by tapping' you have the possibility of creating lasting positive change.

You may not hold all 30 convictions/beliefs. They will also be more or less strong in you (may surprise). If not a life limiting conviction is totally changed, it has continued negative effect (se how they are totally changed under 'How do I tap?').

### How do I get answers?

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 tap, 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. The exercise, you just learned, is useful, if you have difficulties to sense the answers from your heart.

You can have precise answers to anything concerning you (not others).

When you ask a question, you ask in that present. If you have a no to something, you could choose to eat in that present, you might have a yes the next day. Probably it will just be about, what your body is in need of right there (to have its depots filled up).

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).

The more precise questions, you ask – the more precise answers you get.

If you are about to eat, you can choose to ask: "I need to eat more?" It can work as a fine support in order to only eat, what the body is in need for (can be different from day to day).

If it's about a decision, you will discover, you have the same answer, no matter how many times, you ask – and when you ask (can ex be after more years).

If you ask an "uninterrupted" question, you will experience, the answer is there instantly. If you have more thoughts at the same time, the body experience it as "interruption" – and gets in doubt about, what is to be answered (see 'Resetting').

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.

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 – and that can be very confusing.

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.

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

When you begin to follow your 'I', the interference still goes on. One of the great missions for 'Free by tapping' is to uncover what the layer consist of – and to make positive change (stop the interference).

'Free by tapping' is the most effective for that I know.

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 haven't 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 don’t think I can recall what you’re talking about!” – and at the same time recalls exactly what your talking about – but will you listen now?!

When you have got started to listen, you may experience yourself as a super computer. 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 bodys very best friend!

## 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 colours 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.

## In which order am I to work with changing the life limiting convictions?

Experience that your body has the answer to in which order it is optimal for you to change the convictions. The body can only answer yes or no. Therefore, you have to identify the answer. Just relate to that there are 30 convictions (without reading them). Say: “It is from 1-15?” – if yes – say: “It is from 1-7?” – if yes – “It is from 1-4?” – if yes – ask to them one at a time: “It is 1?” – it is 2?” etc. – until you have found it.

If you have a no to the first question, you know, you have to find the conviction among those from 16-30 (identify the same way).

## How do I tap?

At the survey of TFT/EFT points you see the 8 main points (usually no more is necessary) – and a sequence.

You just tap with the end of your finger ex the forefinger. It is just a light tapping – the result is not getting better by tapping harder – the body is extremely sensitive.

It is not decisive to hit the points precisely – again because the body is so sensitive.

Remark:

The second point is a massage point (the only one). Massage in a small circle – direction: up in towards the heart.

Use your favourite hand. It is not decisive, if you tap/massage on left or right side. We have points at both sides (and at the middle).

Think of the survey with points and the sequence as a recipe. When you follow that, you'll have a fine result. At the same time, you can relate to it freely – and just tap the way, you perceive. The most important is just to tap (a big study points at that).

I recommend all to tap with their eyes closed. That sets free the brain from having to process visual impression. The best way of holding focus on, what you work with, is just to repeat saying (or whispering) – here the conviction.

The small exercise, which is called 'Brain cooperation – BC', serves to open the connection between the two halves of the brain. Humming normally lies in the right side (the creative part) and counting in the left (the logic part). The eye movement and alternately work in the two parts of the brain opens the connection.

'Brain cooperation – BC'

Is performed while tapping continuously at the BC point (point 8) - on top of the hand, one breadth of a finger above knuckles, between the continuation of the ring finger and the little finger

1. Close your eyes (skip if you tap with closed eyes)
2. Open your eyes
3. Keep the face in the same position and look down to the left (just with your eyes)
4. Look down to the right
5. Roll the eyes all the way round.
6. Roll the eyes all the way round the other way
7. Hum erratic notes
8. Count fast from one to five (loud)
9. Hum erratic notes

After point 8 you just go on with the points 1-8 (at the edge of the hand etc.) – and goes on repeating point 1-8 until you can't get any further on the 0-10 scale (see below)

Exercise 2:

Automate to tap/massage point 1-8 (often just takes 5 minutes)

### The zero to ten scale

A scale from 0-10 is used in order to follow, how far you are with a change. When you tap, you gradually go downwards on the 0-10 scale – often in jumps. After point 8 can be a good place to sense or to have answer to, where you are on the scale. The most reliable is to let the body give the answer. Of course the goal is to get down to a zero. If you don't get all the way down to a zero, you just need to understand some more.

Further understanding you can get ex by finding the exact situation, where you formed your conviction. Identify by letting your body answer to ex: "It was from 0-5 years?" – if yes ex: "It was form 0-3 years?". You will find that you have stored precise exactly on month and day. After that you can find out, who you were together with and where. When you have uncovered that, you usually remember or see (inside) the situation. Tap/massage in relation to eventual reactions, you may feel in your body, when you see the situation (say laud what you focus at while you tap/massage).

(see 'What is happening when/while I tap?' and 'How can I measure my results?').

When the body answers, it does not distinguish between conscious and unconscious – it just gives you the correct answer.

### Floor to ceiling eye rolling

While you tap the BC point you keep your head in the same position. You use 6-8 seconds to let your eyes roll from the floor to the ceiling as far as they can get. When the eyes are I their top

position, you close them. 'Floor to ceiling' is good to end up with. It seems to contribute to "cement", where you come to.

'Floor to ceiling' can also be used autonomously to reduce stress or for a fast stress relief.

### Note what you work with

Note what you work with – and how far you get on the 0-10 scale. That offers you the possibility to come back and go on with your work – where you did not reach a zero.

### What is happening while/when you tap?

Probably you will experience/see an inner film or a number of 'memory pictures' (does not always happen), that helps you to see/understand the connection with – or the cause why, you at a time formed the convictions.

It seems understanding are decisive in order to have or achieve lasting solutions.

When it is possible to create change by tapping, it seems to be because, the convictions originally isn't part of being human – but just an expression of, what is experienced – often very early in life – and by that not relevant now.

To what is experienced are often stored physical reactions in the body as well. You will feel them during your work. Give them attention, when they are there (say or whisper, what you feel – and where – while you tap) until the physical reactions are not there any more (or as far as you can get down on the 0-10 scale) – and then turn back to say the conviction, you were about to work with.

### Repetition

You might have to work with a conviction more times. The explanation you find in the "full edition" of 'Free by tapping'. Right now you can just choose to follow, what the body tells you.

### How can I measure my results?

All our experiences are stored as 'memory pictures'. It is when we conscious or unconscious see them, the reactions occur in the body.

When you tap, you bring about, that the reactions in the body, you have known until now, occur less – far less – or do not occur at all. The 'memory pictures' just turn into pictures of the experiences, we have had throughout life – or experiences, we no longer are overwhelmed by, that turn into strength.

The body holds an intelligence that many people have difficulties to imagine. That means, that you after each and every conviction, you have worked with, can check, how much less you now strain your 'I' or your body. If you set optimal body balance to 100 %, you can have an answer to, where you are right now – and where you are after having worked with a conviction. You can have the answer with as many decimals, you like.

You can also think body balance as an expression of your ability to ex: handle infections, uptake of nutrients, vitamins and minerals, expel waste products, to juggle with the building blocks, which are present in the body and your ability to recover.

### Did I complete?

You may not have solved your problem completely by working with the 30 convictions. If not it is nice to know, it is possible to succeed completely by using the 'main edition' of Free by tapping' (see below).

Remark:

When you work this way, you create lasting results. That means that you only move in one direction – forward.

Achieving your results from having worked with the 30 convictions may inspire you to go on with another possible 'field'.



Here are all the 'fields', you can choose at this moment:  
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.

### About the 'Full version' of 'Free by tapping'

'Free by tapping' now holds outlines with more than 1500 different life limiting convictions and almost 300 different emotions/feelings. Besides there are outlines of different elements, that are parts of the personality and an outline with life aspects, which also contributes to understanding. You will discover it is just as easy to identify among more than 1500 – as it is to identify among 30. The 'Full version' offers you the possibility of totally to uncover your personality – and to create those positive changes, you want, completely on your own.

That is the part that handles mental/emotional aspects.

Additionally, it is possible to buy that part, that handles the physical (how you use your body) and the chemical part (what you impart to your body/supply your body with ex food and drink).

'Free by tapping' you can use for both mental/emotional and physical aspects ex disease/illness.

When that is possible, it is because the mental/emotional part have far more influence to the body, than most people know (often more than 90 % of a problem).

'Free by tapping' makes it possible to handle the mental/emotional part completely on your own – and at that in such a simple way, that you can begin, when you are just 10 years old.

After short time practice it typically takes 5-6 minutes to both uncover and to make a positive change to one aspect. That makes it foreseeable – also when there is a need of changing many aspects.

'Free by tapping' has been developed in interaction with clients and has after 14 years not had to give up on anything.

And – if you have a smart phone, you can use 'Free by tapping' whenever you like – or feel the need.

Have App 'Free by tapping – Full edition' at [www.freebytapping.com](http://www.freebytapping.com).

## Overview – TFT points and sequence

