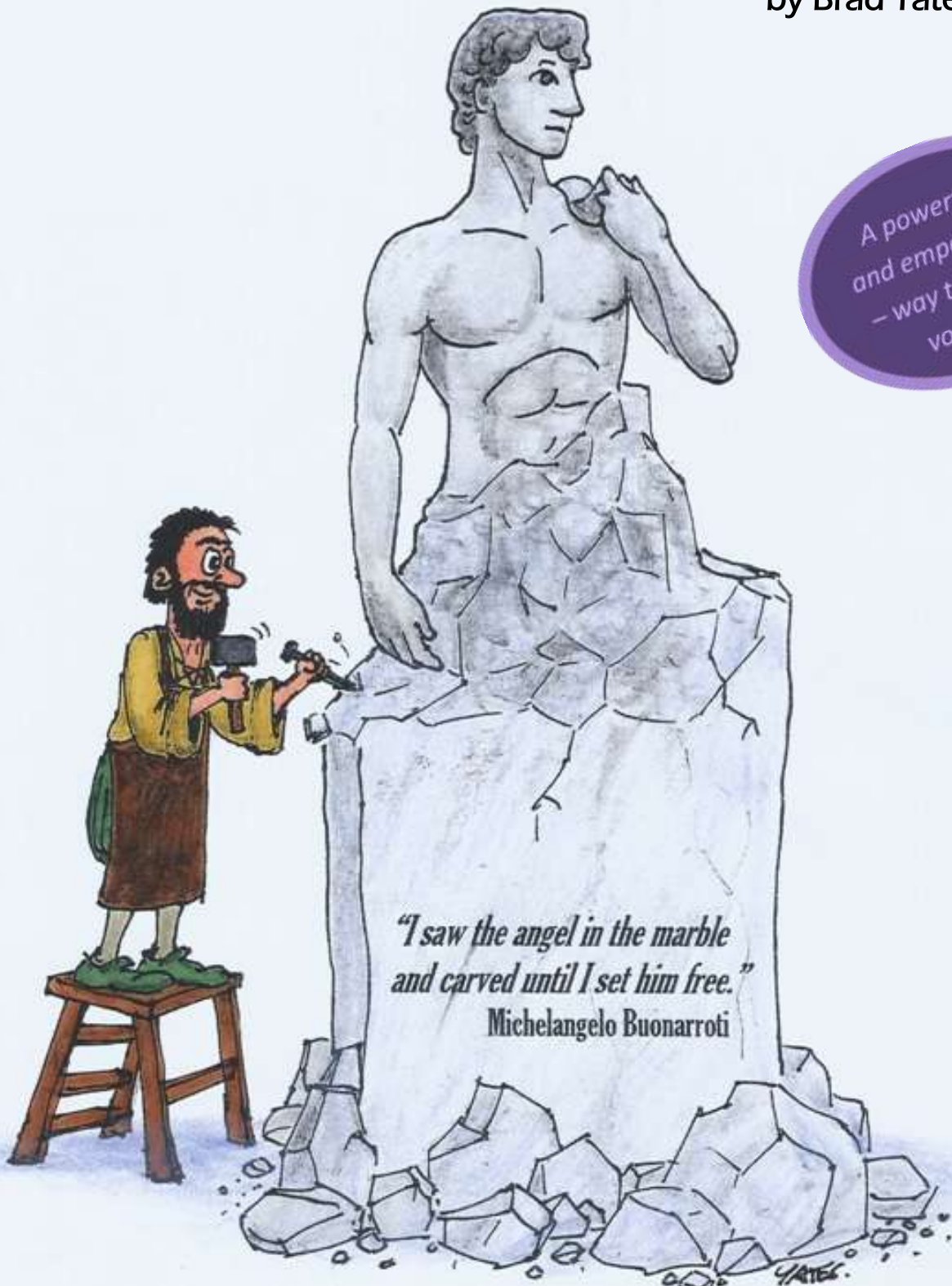


THE MICHELANGELO PROCESS

by Brad Yates



**How to Sculpt Your Ideal Self &
Tap into Success Beyond Belief**

Thank you for joining me for this transformational work! It is my intention that during our time together you will become more aware of your true magnificence than you have ever allowed yourself to be. With that increased awareness, you will naturally allow more of the abundance that is your birthright.

When asked how he produced such marvelous sculptures, the brilliant Italian artist Michelangelo Buonarroti responded that he saw the subjects already there - perfect - inside the marble, and that he then just chipped away all the stone that didn't belong, revealing the masterpiece within.

Simply put, the Michelangelo Process is acknowledging the masterpiece that is already inside you, and clearing away all the stuff that doesn't belong.

The ultimate goal in life is to feel good – to be happy. But there may be a lot of issues about how we identify ourselves that limit happiness. “I am” is a very powerful expression, and what we put after those two words can have a profound effect on our lives.

While the ideal is to be able to cultivate happiness independent of outside events or things, it is natural for us to have desires. Tapping isn't about learning to tolerate and settle for less than we can have.

But you will never achieve more than is congruent with how you identify yourself. You will never outperform your self-image. We live in a world of cause and effect. In order to change the effects, we need to change the cause – namely, ourselves.

Too often, people will stop themselves from trying for more – or give up after an attempt or two – saying something along the lines of, “I guess that's just not me.”

As Henry Ford said, “Whether you think you can, or you think you can't, you are usually right.” It's time to decide to think you can.

Being, Doing and Having

This is a well-known continuum – also often stated as:

Thoughts > Feelings > Actions > Results

We know that doing leads to having, or action leads to results. If we aren't getting the results we want, we would be correct to decide to change the actions. Fortunately, there is plenty of information available on how to do just about anything. If you want a slimmer body, there is an overwhelming amount of information on how to do so – some of it truly valid. Same with getting better at your profession, or playing an instrument, or...well... just about anything else you might want to learn to do to get a desired result.

Unfortunately, if these actions – or the desired results – are not congruent with how you see yourself, it will be difficult at best to start, much less continue taking these actions.

Fortunately, you can change how you see yourself – and reeducate yourself to be comfortable doing things that used to seem foreign. The fact is, you have done so numerous times throughout your life. There was a time when you would not have been able to read these words, but you didn't give up back then, deciding, "Well, I just wasn't meant to be a reader." With a little effort, I'm sure you could come up with many other examples.

It is important to recognize that you have the capacity for the desired qualities – but you also have resistance to them for a number of reasons. See if you can think of reasons why you might block a desired quality. These may not seem logical, but they can be powerful inhibitors. Self-sabotage is misguided self-love – you are trying to protect yourself based on old programming.

Here are some ways to use tapping to clear the old programming, and cultivate a powerful self-identity:

Become Who You Wish to Be

1. Identify qualities you would like to have – or adjectives you would like to use to describe yourself, such as loveable, brilliant, talented...
2. Ask yourself, on a scale of 0-10, how strongly you feel you have each of these qualities.
3. Identify what thoughts, beliefs and/or experiences keep any of these from being a 10. (It helps to also note any evidence that you do have it.) List as many as you can think of.
4. Identify why you might block yourself from having this quality – what might be the negative consequences? List as many as you can think of.
5. Use the answers to form set-up phrases, and start tapping.

It may help to use a chart like this (example included):

Desired Quality	How strongly I feel I have it	Evidence that I don't have it	Evidence that I do have it	Possible negative consequences
<i>Focused</i>	<i>4</i>	<i>I sometimes... wait... what was I working on...?</i>	<i>I'm still here.</i>	<i>I might actually be successful... and that doesn't feel safe...</i>

Use your answers to create a tapping round, such as:

SH: *Even though I have trouble staying focused, I choose to love and accept myself.*
Even though I have trouble staying focused, I choose to love and honor myself.
Even though I have trouble staying focused, I choose to love, honor and accept myself.

EB: *I have trouble staying focused.*

SE: *I have lots of proof that I have trouble staying focused.*

UE: *Maybe I'm afraid to stay focused.*

UN: *What might I be afraid of?*

UM: *I choose to clear that fear.*

CB: *I must have some ability to focus, or I wouldn't have made it this far.*

UA: *I choose to be more focused.*

TH: *In body, mind and spirit.*

Take a deep breath (and maybe a drink of water).

Also tap on the fears, such as:

"Even though focus would lead to success, I choose to love and accept myself."

"Even though success doesn't feel safe, I choose to love and accept myself."

Note: It may be useful to use a role model:

1. Identify someone you admire.
2. Identify what qualities they possess that you admire.
3. Ask yourself, on a scale of 0-10, how strongly you feel you have each of these qualities.
4. Identify what thoughts, beliefs and/or experiences keep any of these from being a 10. (It helps to also note any evidence that you do have it.) List as many as you can think of.
5. Identify why you might block yourself from having this quality – what might be the negative consequences? List as many as you can think of.
6. Use the answers to form set-up phrases, and start tapping.

For example:

Role Model:		<i>Cary Grant</i>		
Desired Quality	How strongly I feel I have it	Evidence that I don't have it	Evidence that I do have it	Possible negative consequences
<i>Debonair</i>	<i>6</i>	<i>Stumble over my words in conversations</i>	<i>I sometimes dress well...</i>	<i>Might end up on the cover of a tabloid magazine</i>

Let Go of Who You Thought You Were

You can also shift what you currently negatively believe about yourself.

1. Identify adjectives you use to describe yourself, but wish you didn't, such as unlovable, lazy, stupid...
2. Ask yourself, on a scale of 0-10, how strongly you feel you have each of these qualities.
3. Identify what thoughts, beliefs and/or experiences keep any of these from being a 0.
4. Identify why it might benefit you to hold on to this – what might be the negative consequences of letting it go? List as many as you can think of.
5. If possible, identify when and why you might have first adopted this trait.
6. Use the answers to form set-up phrases, and start tapping.

Undesirable Quality	How strongly I feel I have it	Evidence that I do have it	Possible imagined benefits (and/or origin – when/ why I took it on)
<i>Lazy</i>	<i>7</i>	<i>I rarely get anything done.</i>	<i>Without it, I might actually be successful... and that doesn't feel safe...</i>
			<i>Second grade – I did a lot, and there were more expectations of me.</i>

Use your answers to create a tapping round, such as:

SH: *Even though I think I'm lazy, I choose to love and accept myself.
Even though I think I'm lazy, I choose to love and honor myself.
Even though I think I'm lazy, I choose to love, honor and accept myself.*

EB: *I think I'm lazy.*

SE: *I have lots of proof that I'm lazy.*

UE: *Maybe I'm afraid to take action.*

UN: *What might I be afraid of?*

UM: *I choose to clear that fear.*

CB: *I must have some ability to take action, or I wouldn't still be here.*

UA: *I choose to be more motivated.*

TH: *In body, mind and spirit.*

Take a deep breath (and maybe a drink of water).

Also tap on the fears, such as:

"Even though taking action would lead to success, I choose to love and accept myself."

"Even though success doesn't feel safe, I choose to love and accept myself."

You can also do this with health issues – and your thoughts and feelings about those issues.

Conclusion

You are not defined by your circumstances – your circumstances are created by how you've been identifying yourself. Improving the way you identify yourself will naturally improve your circumstances.

Be aware that we tend to be attached to our current identities. Ask yourself what might be the negative consequences of letting go, such as a feeling that by changing you would betray yourself or others. But being less than you can be is not being true to yourself or others.

We are who we have chosen to be – not all at once, but by a series of small choices. Take responsibility for who you have become – forgive yourself (if necessary) and make peace with what is so... and now make new choices. You deserve the best life has to offer. Seeing yourself as deserving of that may be one of the first aspects of your new and improved identity to cultivate. :)

Following are some worksheets that will support you in this process.

Desired Quality Enhancement Worksheet

Desired Quality	How strongly I feel I have it	Evidence that I don't have it	Evidence that I do have it	Possible negative consequences

Undesired Quality Elimination Worksheet

Undesirable Quality	How strongly I feel I have it	Evidence that I have it	Possible imagined benefits (and/or origin - when/ why I took it on)

The Michelangelo Process

"I saw the angel in the marble and carved until I set him free."

— Michelangelo Buonarroti

Within the shape of David, write any and all desirable qualities that you possess... or wish to know that you possess. Describe the ideal you – the angel you wish to set free. This is the place for empowering "I am" statements – those that you already have, and those you wish to adopt. This is the love zone.

Outside David, in the shape of the block of marble, list what conceals the angel. Write down the fears, doubts, beliefs, "evidence," etc. that keep you (and/or others) from seeing or believing in the real you. This is the place for disempowering "I am" statements. This is the fear zone.

Rate these on a scale of 0-10, and use EFT to clear the blocks – tapping away at the marble to set the angel free. As you carve away what doesn't belong, you reveal more and more of your natural magnificence.

"Thought is the sculptor who can create the person you want to be."

— Henry David Thoreau

Continuing on, use a copy of this shape to write in affirmations of who you choose to be. You might even do this as a daily practice each morning.



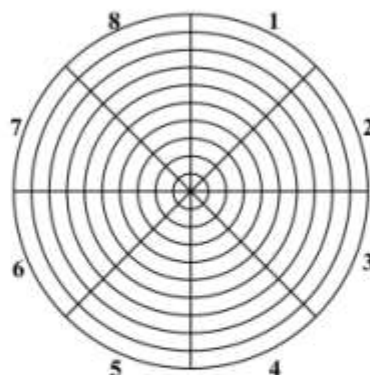
Life Enhancement Worksheet ©2002 Brad Yates, C.Ht.

Goal Worksheet

Life Circle

Consider each of the following eight areas of life. Rate your level of personal fulfillment in each one on a scale of 1 – 10. Then, starting from the center, fill in that many spaces in the corresponding section of the pie.

1. Career
2. Money
3. Health
4. Friends & Family
5. Romance
6. Personal Development
7. Recreation
8. Personal Environment

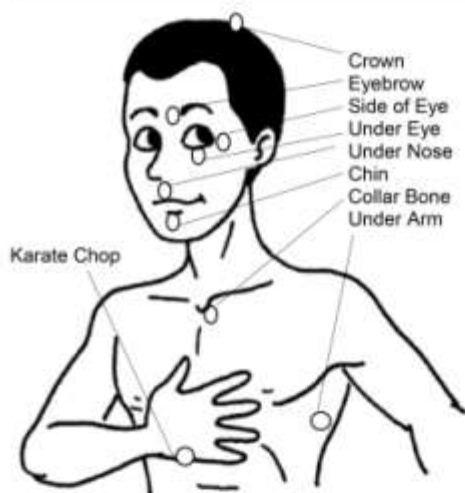


Identify a goal that will improve your fulfillment in any area of life. On a separate worksheet, use the following seven steps to write out the details of the goal.

1. State Specific Goal
2. Date To Be Completed
3. Obstacles To Achievement
4. People Needed
5. Skills/Knowledge Needed
6. Plan Of Action
7. "What's In It For Me?"

Then, take action! If you find yourself getting stuck, use EFT.

Emotional Freedom Technique™



For quick relief of emotional and/or physical discomfort:

Give the discomfort a name (*fear of public speaking, headache, anger at Bob, inability to take action, etc.*)– this will be your Reminder Phrase. Rate your discomfort on a scale of 0-10 so that you can monitor your progress with each issue.

1. The Setup: Repeat this affirmation three times: "Even though I have this ____ (*fear, pain, issue with Bob, etc.*), I deeply and completely accept myself" while continuously tapping the Karate Chop point.
2. The Sequence: Tap between 5 and 10 times on each of the following energy points while repeating the Reminder Phrase at each point:

Crown, eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm.

3. Take a deep cleansing breath.

Repeat this process until significant relief is gained – preferably bringing the discomfort down to a zero. In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the *remaining* problem: "Even though I *still* have this ____."

Tap with two fingers. You can tap on either side of the body, with either hand.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a Child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

- Marianne Williamson

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way."

- W.H. Murray

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. ."

- Johann Wolfgang Von Goethe

Other resources

A variety of audio recordings and e-books are available here:

www.bradyates.net/products.html

You can get instant access to a ton of life-enhancing recordings for \$1 here:

www.MagnificentTappers.com

There are hundreds of videos to tap along with here:

www.youtube.com/eftwizard

(You can search by subject using [this link](#) – then, in the search window, replace “subject” with your desired keyword.)

Brad Yates is known internationally for his creative and often humorous use of Emotional Freedom Techniques (EFT). Brad is the author of the best-selling children's book "[The Wizard's Wish](#)," the co-author of the best-seller "[Freedom at Your Fingertips](#)," and a featured expert in the film "[The Tapping Solution](#)," He has also been a presenter at a number of events, including Jack Canfield's *Breakthrough to Success*, has done teleseminars with “The Secret” stars Bob Doyle and Dr. Joe Vitale, and has been heard internationally on a number of internet radio talk shows. Brad also has hundreds of videos on YouTube, that have been viewed millions times, and is a contributing expert on the [Huffington Post](#).

