

Tapping into Abundance

By Brad Yates

Like most folks, you may well be thinking, “Gee, it’d sure be swell to have more money.”

Yet, despite the many opportunities out there (yes... they really are out there – other people are finding them...), you find yourself staying stuck at a certain level of financial abundance. Or, as with many people, you may even be experiencing a reduction of said abundance. You may even be saying, “What abundance...!?”

It is true that there are a lot of financial challenges at present. It is also true, as mentioned, that many people are doing fine. And it is likely true that there are things you could do to improve your situation, in spite of the economic challenges.

So... why aren’t you doing them...?

While a number of reasons might come to mind, chances are that you are avoiding taking action – or even allowing yourself to think of actions you could take – because of fear.

Fear that you might fail. Fear that it might be a waste of time. Fear of what other people would say. And, perhaps scariest of all... fear that you might be successful, and would have to make changes in your life (as well as give up your story about there being no opportunity).

Your unconscious mind is programmed to protect you. So a part of you will try to keep you from taking any action that could lead to a potential threat. And while you might rationally argue that your current financial situation seems pretty threatening, the unconscious mind isn’t always rational.

If you have ever tried to succeed at something and the result was painful – either because you failed and were ridiculed, or because you succeeded and were met with disdain from jealous friends, or some other unpleasant consequence – your mind will try to keep you from a repeat performance.

Maybe you’ve resigned yourself to a belief that you are somehow undeserving of a better life. Or that a better life would be wrong. Have you ever been told that rich people are greedy, or that money is the root of all evil? If you tend to believe that’s true, can you see why your internal security forces might lead you away from wealth...?

So you do things that sabotage potential success. You find ways to miss appointments. You conveniently lose important pieces of paper. You spend more time than you should watching television. You look for ways to comfort yourself that move you away from any goals. And you stay in your comfort zone... as uncomfortable as you might consciously say it is.

Self-sabotage is misguided self-love. You really are trying to take care of yourself. Acknowledge yourself for that. Appreciate that part of you that is doing such a good job of

protecting you. Then decide that you don't need that kind of protection anymore. Those limiting beliefs about who you are and what you can achieve are outdated. You've been doing the best you could based on your old programming, but you now have the opportunity to do better.

Fortunately, there are a number of ways to diffuse these feelings that, well intentioned as they may be, sabotage your success. Emotional Freedom Techniques (also known as EFT or Meridian Tapping) is one of the easiest and most effective. Based on the same principles as acupuncture, though using tapping rather than needles, EFT is a simple technique that often provides rapid relief from physical-emotional issues. If you thought of EFT as nothing more than a quick technique to use when you are experiencing stress, it would make a huge difference in your life.

Take a moment to think of some action you know you could take to improve your financial situation – like starting your own company. Think about having greater financial wealth. What do you feel?

It may take a little more focused attention than most folks are willing to give, but unless you are already easily building your wealth, there is probably some stress coming up. The warning signs are starting to kick in to stop you from moving forward.

As you become aware of that stress, start tapping with two fingers just under your eye – just one of several points used in EFT. As you tap, you will be reducing the stress, and clearing out the emotional discomfort around these thoughts. It may be very quick, or it may take some persistence, but these old beliefs will start to lose their emotional strength, and thus their hold over you. Keep it up, and you may even find yourself laughing at these thoughts. You will eventually find it impossible to let such ideas hold you back.

Tapping away that stress gives you the freedom to take positive action. Another way to put it is that Emotional Freedom Techniques give you the emotional freedom to make better choices, and to live a happier and more abundant life. And you deserve that.

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