

Important

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Creating New Beliefs – Tapping practice to achieving Congruency

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Practice time, on average:

10-15 minutes

In which cases, how often and to whom I recommend this practice:

If there is state of being or goal you wish to achieve, this practice can support you in aligning your thoughts with your feelings, which at the moment might not be congruent with each other. Tapping reduces stress and helps you find the best and easiest way to achieve your desired goal.

USEFUL TIP

On page 3 you can find a picture with the tapping points. On the link below, you can find more useful information about EFT

<https://www.oanaratiu.com/eft-tapping-info.pdf>

Note:

The following tapping practice is an addition and continuation to the practice written in the article. You can find the article here: <https://www.oanaratiu.com/blog/congruency/>

This is the second part of the practice, and it is necessary for you to select an area of your life in which you wish to find and strengthen congruency. Work with one area at a time for a better result.

HOW TO START

Give yourself a few moments, relax your body and take 2-3 slow, deep breaths. Write down and say out loud what is important for you now.

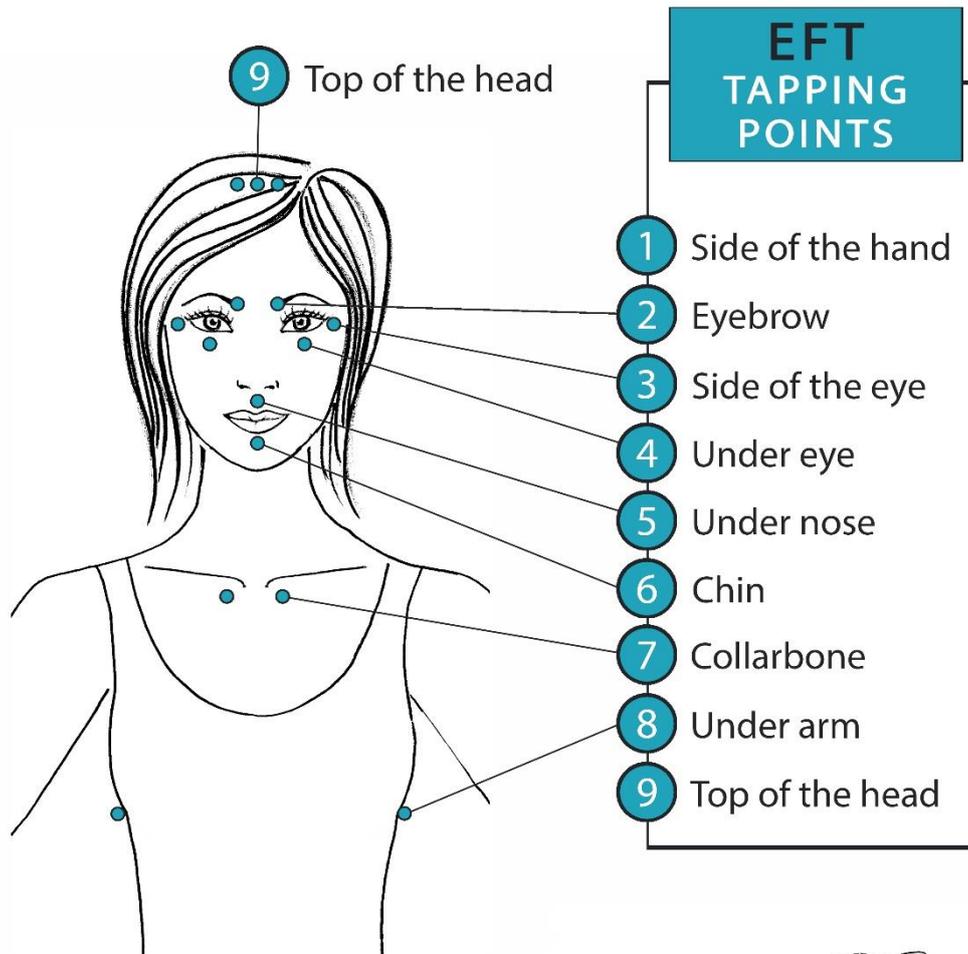
For the sake of simplicity, in this practice we'll use the same example as we did in the article: „***I live in financial security***”, but feel free to change the wording to your chosen subject.

When you have your statement, let its meaning sink in, and pay attention inward, how do you react to it? Filling the spreadsheet below will help you find the details inside yourself. If after a little while you feel like nothing else comes to mind, repeat your statement again „***I live in financial security***”, to see if newer thoughts come to mind.

Note: The spreadsheet below serves only as example, in order to make the practice clear. It is imperative that each time, you use your own thoughts and emotions when completing the exercise and while tapping.

What do I feel?	What do I think?	Where, from whom did I hear the thoughts I am thinking now?	Where do I feel it in my body?
anger	I am not... enough <i>(smart, good, valuable, etc.) so that I can have more money</i>	My mother always said that: „ <i>if I don't try hard enough, I'll never make it</i> ”	My throat hurts
guilt	This is not for me	My grandfather always said: „ <i>we don't get to have a lot of money</i> ”	My stomach is cramping
fear	People with a lot of money are bad	My dad says it till this day „ <i>people who have a lot of money are not trustworthy</i> ”	I sense a heavy sensation in my chest
worry	Money doesn't bring you happiness	XY said, that „ <i>money doesn't bring you happiness</i> ”	I feel the pressure in my head

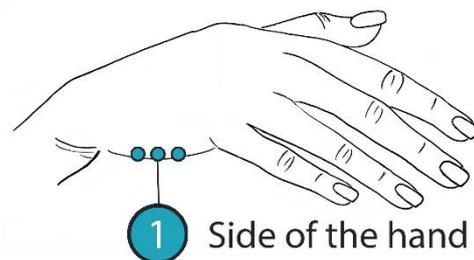
This will be the starting point. Write down what is the intensity of each word on a scale from 0-10, (where the 0 = i don't feel anything / it doesn't mean anything to me /it's neutral, 10 = it can't get any worse, stronger than this). This way, after the tapping rounds, the change will be easier to measure.



EFT = the Emotional Freedom Technique = Tapping

EFT is a stress-relieving, self-healing and personal development method. When using EFT we gently and rhythmically touch the tapping points on the face, upper body, and hands (= meridian endpoints) using the fingertips.

While tapping, we say (outloud or silently) the words or phrases that are most relevant to our particular problem or challenge. It's a method that can be used anytime, it does not require pre-training or tools.



TRANSFORMING LIMITING BELIEFS

Based on your own list, you can begin transforming your limiting beliefs. (You wrote them in the two middle columns!)

Sit in a comfortable position, take three slow, deep breaths and allow yourself to feel which is the strongest feeling around your subject, and start with that one.

You may experience that there will be elements in your list that will decrease in intensity by tapping on the others. It's also normal for the intensity to sometimes get stronger, this is a natural part of the process of change, keep on doing the practice, you're on the right track!

For the sake of this practice, I will use the words shown in the first part of the spreadsheet, which means that you can build the rest of the exercise yourself. If you just have few minutes for tapping each day, it's enough if you only tap on the information you wrote on a single line.

It's very possible that you may have other thoughts come up on the same subject the next day, or the intensity of the previously tapped sentences will change on the 0-10 scale. (This is because between the two tapping sessions the process of transformation is working inside you energetically. It can happen that after a longer tapping session/ exercise the good feelings persist for weeks.)

This is a general wording that can be applied to many different situations. Replace it with the wording you have written for yourself. Keep your notes close by so you can use them.

After a few rounds of tapping, when you feel that the intensity has decreased, you can move to the second, positive part.

The secret of success is to use your own words and phrases as often as possible, as they are true for you!

Tap on the side of the hand and say out loud or silently to yourself:

(use any hand you wish, you can also switch hands while you tapp)

Even though, if I only think of money, my throat gets tight and my anger grows, I deeply and completely accept myself and how I feel.

Even though, my inner voice, which reminds me I am not strong enough, nor brave enough to achieve financial security gets turned on very quickly, I love and accept myself and the way I am.

Even though, as a child I heard my mother say so many times that „if I don't try hard enough I'll never make it" and I believed her, I still love and accept myself.

Tap on the points in your own time:

Eyebrow:	all this anger I feel because of my financial situation
Side of the eye:	I feel it inside me, since such a long time
Under eye:	I know it so well, that even my throat tightens from it
Under nose:	I'm so upset with myself, and with the money too
Chin:	this whole situation angers me
Collarbone:	I feel this ...-intensity of anger, and I feel it so often
Under arm:	every time I hear even a small thing on financials, all the anger is triggered
Top of the head:	I feel this knot in my throat, I am gasping for air because of this bad financial situation I am in
Eyebrow:	I had enough of this hard situation, it makes me so upset
Side of the eye:	I really want this to get better
Under eye:	but I can't make it, if I don't work really hard. I learned this lesson sooo well
Under nose:	I heard it so many times, I started believing it and behave this way too,
Chin:	I've been told I need to work really hard, try very hard. That's the only way I can achieve anything
Collarbone:	I became one with this belief, and it seems like no matter how hard I work, how much I try, I will never be good enough for this situation to change
Under arm:	no matter what I do, it just doesn't change
Top of head:	it's so easy for others, no matter what I do, no matter how hard I try it just doesn't seem to change for me

Take a slow, deep breath and continue tapping!

Eyebrow:	I believed that having financial stability is not for me, because I am not good enough to achieve big things
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Side of the eye:	I am not good enough to have that amount of money which feels like would give me financial stability
Under eye:	I don't even dare dreaming of it
Under nose:	only the ones better and smarter than me can have it all
Chin:	good for them
Collarbone:	I am nor smart nor good enough to even dream of having more
Under arm:	in order for me to have financial security, so many things need to happen first
Top of the head:	and I have nothing
Eyebrow:	I proved this to myself, over and over again, I see it in my everyday
Side of the eye:	it's been a while since I gave up trying... why would I go on trying?
Under eye:	I would be the most surprised if it turned out that I am good enough just the way I am
Under nose:	mmm, but what if... what if I am good enough already?
Chin:	what if, everything I believed about myself until now was wrong?
Collarbone:	I believed something my mother says, and I made it my reality
Under arm:	what if now, as a grown up I change my mind and I let go of this old belief?
Top of the head:	what if I choose thoughts and beliefs that lift me up and support my desires

Take a slow, deep breath and review your spreadsheet again, find out the intensity of your thoughts and feelings you just tapped on. Write down any new thoughts, feelings, or memories that came to your mind while tapping. They represent new layers, which can be transformed.

Proceed with the next section only when the intensity of each part you tapped on is between 0 -2. If the intensity is still stronger, repeat the previous section, adding the new thoughts, feeling, memories that came up.

When the intensity is as low as 0-2, continue tapping with the information below:

Tapp on the side of the hand and say out loud or silently to yourself:

Even though, until now I believed that abundance is not something I can reach, I allow myself to be open to new possibilities and ways of seeing.

Even though, until now, I believed I am not good enough, I am now willing to notice that there are so many things I am already good at. Being good enough is enough!

Even though, until now I had so much anger in me, when I was thinking about my financial situation, I allow myself to feel joy and satisfaction, when I think of money and my financial situation.

Tapp on the points:

Eyebrow: it's safe to let go of the old convictions and beliefs
 Side of the eye: I can and I dare to let them go, as they are not supporting my life anymore, or my desires
 Under eye: I can think of convictions that are supportive and positive
 Under nose: it is safe to let go my old beliefs.
 Chin: it's safe to create a whole new supporting belief system for myself
 Collarbone: why wouldn't I choose the „I live in financial security” belief to start with?
 Under arm: I live in financial security
 Top of the head: this really does sound good, this is what I want, and I allow for this conviction to get imbedded in every cell of my body

Eyebrow: I allow myself to live and experience this new belief
 Side of the eye: feels so good
 Under eye: I am open to new possibilities and ways of seeing
 Under nose: I am open to life's miracles and opportunities
 Chin: it's so amazing that it turns out, I can actually reach my goals
 Collarbone: I am good enough in order to reach my goals
 Under arm: I am the child of the Universe, just like everyone else
 Top of the head: I deserve to live a safe and secure life, in every single way

Take a slow, deep breath and continue tapping!

Eyebrow: I am willing to see my financial situation differently
 Side of the eye: I am open to notice and strengthen the belief in myself and, in my worth
 Under eye: I am willing to notice and take every step I can to reach my goal
 Under nose: in an unlimited Universe I am soul having unlimited possibilities
 Chin: I allow myself to experience this reality as well
 Collarbone: I think of my financial situation with joy and satisfaction, since money is also apart of the unlimited Universe
 Under arm: there is enough for everyone, and for me as well
 Top of the head: finally I feel and I allow myself to experience it

Eyebrow: I love the vibration of the financial security
 Side of the eye: I enjoy being in this vibration
 Under eye: I take the necessary steps to build the life I dream of
 Under nose: I choose to believe in myself
 Chin: I choose to stay open and realize that I am good enough
 Collarbone: it's such a wonderful feeling to feel safe

Under arm: it's safe for me to feel this way
Top of the head: it's safe for me to feel this way, and from now I allow myself to feel this way every day

Take a slow, deep breath and relax in this new feeling.

How do you feel now? Are you ready to move on?

Soon the fun of creation can begin! Before, however, please tap on all the things you wrote on your spreadsheet. It may take a few weeks to use tap through it all. Have patience and go step by step, this is an intense work. It would be ideal if the intensity levels on each item on the list were reduced to 0 on the 0-10 scale. When this is done, take a pause then check a week later what you think you feel about your subject.

USEFUL TIP: If you do not experience any significant change in your life, do not give up tapping. It's worth looking further at the deep-rooted beliefs that are related to money/or to the subject you chose to work on. You can easily find them by spending time with your relatives, as "family sentences" typically come up at these times. Notice how you react when you hear a familiar statement? (Maybe one that you already tapped on) Do you feel it true to you or it doesn't have any effect on you anymore?

NEXT STEPS, REINFORCEMENT

In the morning or when you have a few minutes during the day, say out loud or silently your new belief and tap on it. You don't need to repeat any particular statements, it's enough to allow yourself to get into the feeling of it (giving yourself a taste of how it will feel when you will live your new belief) while tapping through the points.

The morning hours are perfect for setting the ground for a positive energetic day. This way your attitude and motivation may be different throughout the whole day.

When you are sensing the good feelings flowing inside you, take a few slow, deep breaths and put your hands in the middle of your chest (on your heart chakra). Say out loud what is it you want: **"I live in financial security."**

While saying and focusing on your new goal, visualize how you want things to unfold in your life when you reached your goal. Just as if you were watching a movie on a huge screen. Allow yourself to go through this process as if it was happening right now.

In the meantime, touch the tapping points, moving from point to point all the way through your visualization. When you feel that your positive feelings are strong enough, take a few deep breaths, rest in these feelings for a minute or two and enjoy the effect of the practice. Open your eyes and start the day!

How do you feel now? Are you ready to take the first steps to achieve your goal?

Thank you for trying this practice. I'm happy to get your feedback on your experience. You can reach me: info@oanaratiu.com

Good luck and have a wonderful day!

Love,
Oana

You can find this practice on <https://oanaratiu.com> as part of the “This thing called congruency” article. <https://www.oanaratiu.com/blog/congruency/>