

**RELEASING** THE BRAKES™



ELITE COACHING PROGRAM

**-CALL 2-  
FUNDAMENTAL  
PRINCIPLES, UNIVERSAL  
LAWS AND FAST TAPPING**

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## Mission For This Week

Take time for your self to do the following steps for this week. Do your best to complete these steps:

- **STEP 1:** Spend some time reflecting on the 7 Universal Laws we outlined in the call. There is a handout on the 7 Laws at the end of this Action Guide. Ask yourself, “**How can I experience this law in my life? What does this law have to teach me? How can I align myself with these laws?**”
- **STEP 2: Keep exposing your brakes** and tuning into WHAT is holding you back from making things happen in this area of life. Look for the reference points, the parts of your story that you use to keep this in place.
- **STEP 3: Tune into that block**, emotional pain, painful memory, limiting belief (with the story included of how you know it’s true) and notice how strong your charge is between 0-10. 10 is VERY uncomfortable. 0 is there is nothing really there.
- **STEP 4: If it’s a 5-8 or 9...make it a 10!** Make the images stronger. Get deep into state. Welcome this pattern, this emotion, this association and memory to come in and at the peak of this experience do the next step, which is to...
- **STEP 5: Use the Tapping Technique** to release and let go of this disruption to your energy system. The Tapping Points Are (in order):
  - Between the eyes on the forehead
  - Side of the eye (on the bone)
  - Under the eye (on the bone)
  - Collar Bone point (under the big knob close to your sternum)
  - After tapping, always grab your wrist, take a deep breath and as you exhale, say your POWER WORD. We recommend using ‘PEACE’ as your power word. But it’s totally up to you.

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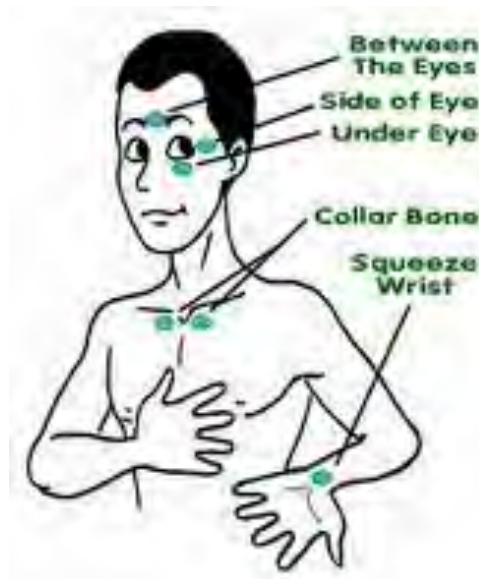


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- **TIP:** Remember that **PERSISTENCE** is your greatest gift. If it doesn't shake very much (the charge/belief) in the first go...then go again, and again, and again, and again until you bring it down to ZERO CHARGE.

You can do this! ☺ You're here. We're here for you. And we are 1000% invested in your success to release the brakes and make HUGE shifts happen for you. Remember to use the forum to post questions, get support and help your fellow students. We will be there to support as much as possible. Finally, here are some helpful and supportive tips to make this journey even more successful...

## Tapping Points Diagram



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## 7 UNIVERSAL LAWS:

1. **THE LAW OF REFLECTIONAL CONSCIOUSNESS:** Your outer world is a reflection of your inner world; it corresponds to your beliefs, dominant thoughts and vibration. All perception is projection.
2. **THE LAW OF CAUSE AND EFFECT:** For every Effect in life, there is a Cause. Likewise, you are either on the Effect side of life (victim) or the Cause side of life (creator). Success is not an accident. Well-being, healing, prosperity and fulfillment are not an accident. What you sow, you will reap.
3. **THE LAW OF BELIEF:** Whatever you truly believe, with feeling, becomes your reality. When you create a belief, you create reality. When you eliminate a belief you change your reality and create new possibilities.
4. **THE LAW OF A NEUTRAL UNIVERSE:** There is no inherent meaning (THE TRUTH) in the world. We assign meaning to the world. We are the **MEANING-GIVERS** and can therefore choose what meanings we give to events and circumstances. There are infinite possibilities.
5. **THE LAW OF VIBRATION:** Everything vibrates and is made of energy. Everything is made up of the same substance. The higher the frequency the less distinctions and the higher your level of Unity with the Divine Substance, the Source.
6. **THE LAW OF ATTRACTION:** You are a living magnet and attract the people, opportunities and circumstances that are in harmony with your inner most dominant thoughts. Everything you have in your life you have attracted to yourself because of the person you are.
7. **THE LAW OF POLARITY:** Everything exists in relationship to something else. Nothing IS until you distinguish it from something else. There is no such thing as a ONE-SIDED REALITY OR PERSON in this world of opposites. There are always two sides in equal measure. Opposites CO-ARISE.