



How to Help Yourself with Intention Tapping™

Presented by Steve Wells

This material is copyright and may not be reproduced without permission

<https://intentiontapping.com/>

1

By Participating or Watching you Must Agree with this Disclaimer

This is an education and coaching program and is not medical or psychological advice.

Whilst Intention Tapping incorporates many evidence-based components, some of the techniques used and shown here must still be considered experimental with no guaranteed outcome for any user.

You therefore must agree to take full responsibility for your own mental and physical health and any use of the techniques.

If you have physical or mental health issues you should consult a physician or therapist regarding your participation and use of any of the information or techniques used or shared in this program.

2

Group Guidelines

Calls are being recorded. By participating you give permission to being recorded.

Respect yourself and others in the group:

- Microphone on mute unless called
- Avoid background distractions

Join in, participate, have fun!

Tap along and “borrow benefits”

3

How we got here and what we aim to do

I asked subscribers “What is your greatest challenge right now?”

Most asked for ideas on how to apply Intention tapping to their own challenges.

Many of the challenges others raised could be helped by knowing that too.

In these two sessions, I hope to troubleshoot many of those issues.

I’ll give you my best advice and tips on using Intention Tapping for self-help.

We’ll start with the basics then go further.

I’ll answer questions on how to apply IT/IEP to your challenges, as many as we can in the time.

And I’ll coach volunteers live, so you’ll see what to do, and can tap along to borrow benefits.

4

For those who came in late...

Intention Tapping is a unique integration of acupoint tapping with a specific type of intentions that

- Engages the power of the unconscious mind
- can be a powerful tool for emotional freedom & healing
- can also be used for peak personal enhancement (i.e., not just remedial)
- targets the emotional attachments and body energy disturbances that are behind our problems

When you release your emotional attachments and restore your energy to flow, surprising things can happen!



5



Intention Tapping™

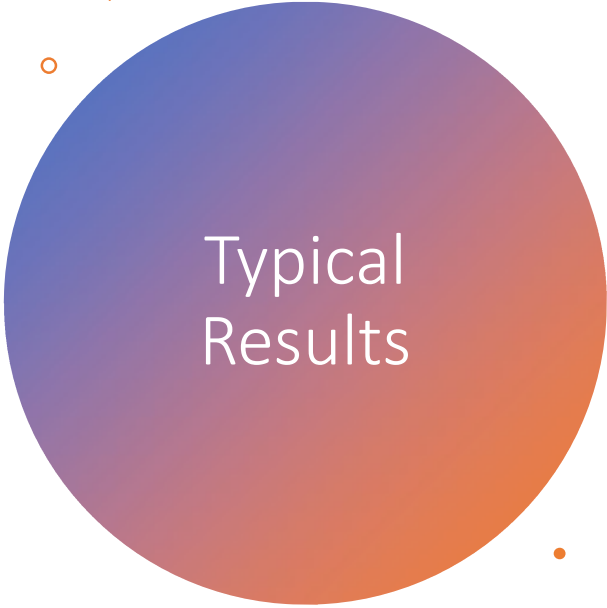
Two components:

- 1) The tapping: Simple Energy Techniques (SET)
- 2) The Intentions: Intention-based Energy Process (IEP)

These can be used separately or together.

Let me emphasize that! Each, alone, can be effective, and together they're great!


6



Typical Results

- Rapid relief from emotional stress
- Bodily relaxation
- A return to calm clarity
- Reconnection with your inner resources
- Beliefs change. Cognitive shifts towards a wider perspective
- Quietening of the mind; Judgement stops
- Feeling of being centred and “in my body”
- Awareness returns to the here and now
- A sense of being alive
- Expansive consciousness

7



Tapping Component

Simple Energy Techniques (SET), developed by Dr David Lake & Steve Wells.

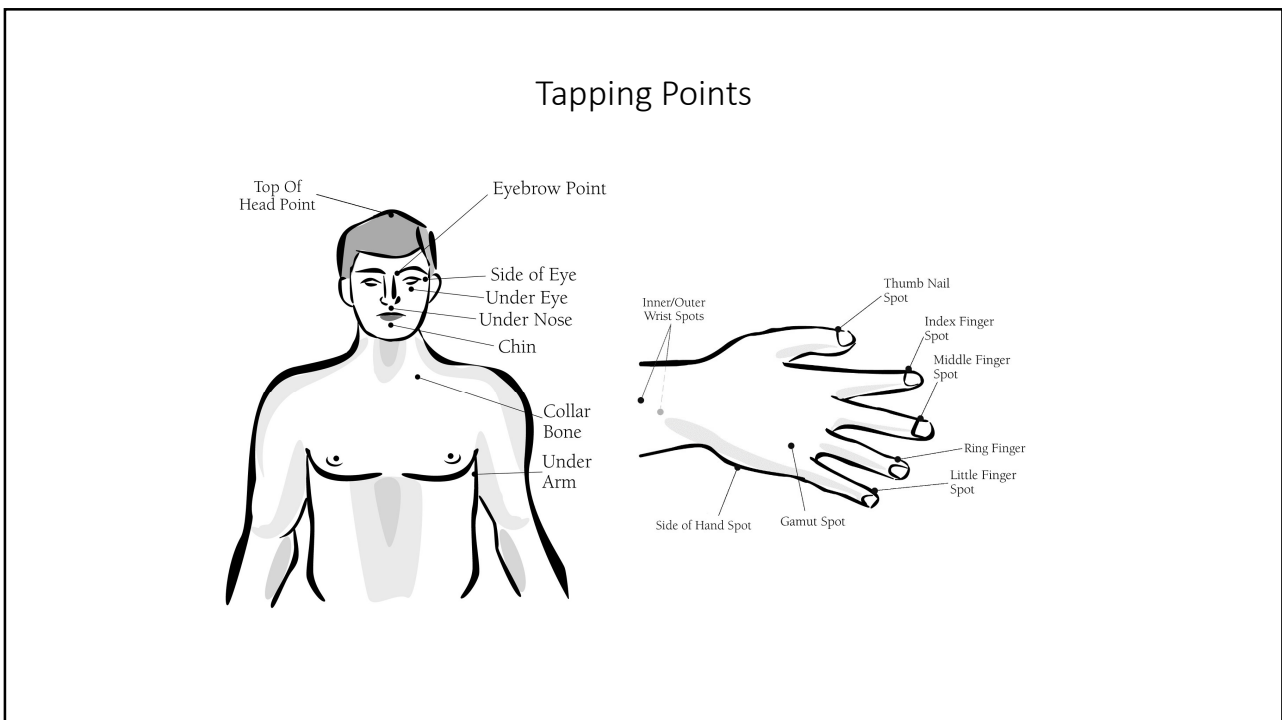
SET evolved as a simpler form of Emotional Freedom Techniques (EFT), and is gentle, user-friendly, efficient, and has shown similar clinical results.

8



Dr David Lake
Co-creator of SET

9



10

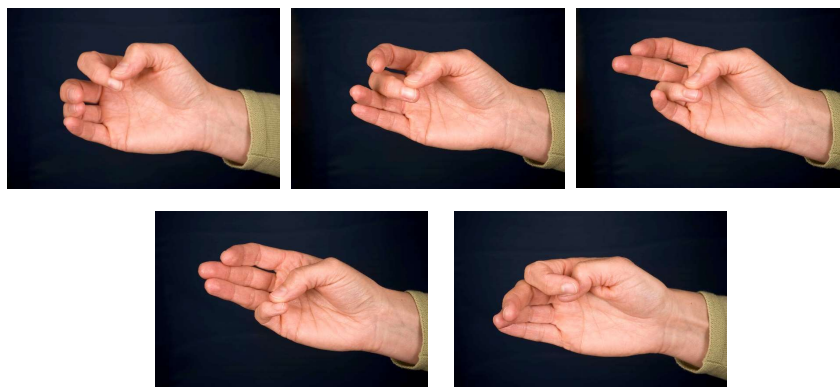
SET Tapping Basics

- Tap gently, in any order, on either side of the body
- While tapping, focus on *whatever you're aware of*: Thoughts, Feelings, Body sensations...
- Mindful Acceptance: Notice, accept, allow, follow
- Continual tapping: Quantity over quality
- Tap directly (focus), or indirectly (just tap)
- In general, more tapping = better results
- Tap daily for energy toning
- Finger tapping for discreet tapping in public



11

Fingertip Tapping



12

SET Tapping Differences to EFT

No set up statements or reminder phrases

Continual tapping + tapping for energy toning

Fingertip tapping

Following the energy more important than specific events

Trusting the unconscious rather than consciously making causal connections

13



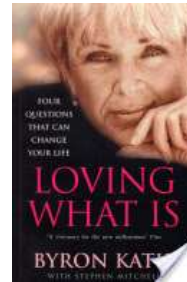
Start Tapping!!

14

The Intention Insight

A thought is harmless unless we believe it. It is not our thoughts but the attachment to our thoughts, that causes suffering.

- Byron Katie, Loving What Is



15

Intention-based Energy Process (IEP): Core Intention Statements

- I *release* all my emotional attachments to (problem, event, person, image, thought, belief)
- I *restore* the right energy flow to (body area / feeling / emotion)



16

It's the Emotional Attachments!

No problem, belief, event, or life situation has any power to affect you unless you attach your life energy or emotion to it.

Release the attachment and the spell is broken!

A belief without emotional attachments is just a concept or thought with *no power to affect you*.

17

Targets for IEP and Tapping

Release emotional attachments and restore body energy disturbances of:

- * Any problem you're experiencing now
- * Past traumas and hurts
- * Future projections and fantasies

The result is more energy and availability to be present in your life



18

Intention Tapping Self- Help Basics Part 1

First, learn the tapping and start doing it daily

- Use it for first aid and whenever problems occur
- Link it to your daily routines and tap daily for energy toning
- “Graft” it to the problem and to where the problem occurs
- Use it proactively for your goals as well as for problem solving

Next, learn the basic core IEP intention statements and combine them with tapping = Intention Tapping

- Apply IT to every problem, challenge, goal, belief, thought, and difficult feeling
- Keep going
- If you are struggling or dealing with complex issues, consult a practitioner or therapist (Can't do *everything* alone)

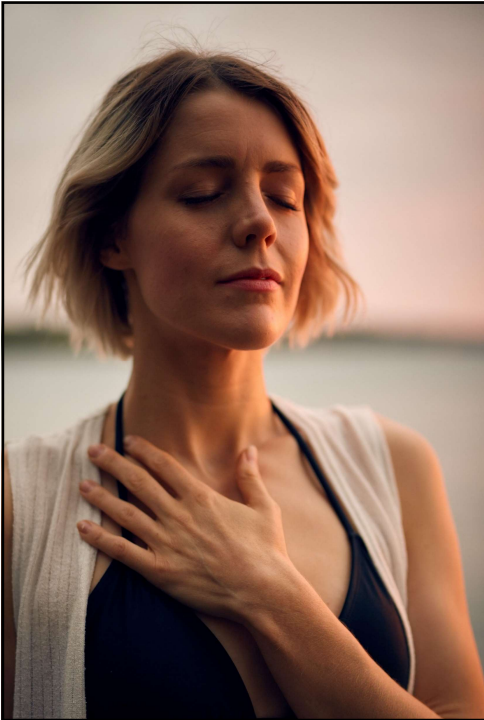
19

Intention Tapping Basic Approach

- Tap continually on the energy points
- Apply the releasing emotional attachments statement to any problem or issue
- Apply the restoring energy flow statement to any body disturbances, upsetting feelings, or emotions



20



After Using an Intention Statement

- Pause to allow some time for processing
- Notice what happens next
- Accept and follow (trust your unconscious)
- Apply the process to subsequent aspect(s) that arise
- Continue until you feel better

21



Just do it!

There's a lot more forgiveness and flexibility in the process than you think!

You can often do it badly and still get results!

Even small amounts of tapping, releasing and restoring can pay off bigtime.

Especially if you do it every day.

Learn more about Intention Tapping at: <https://intentiontapping.com/>

22

Session Two

23

Applying Intention Tapping to a Problem

First: Start tapping! Tap continually throughout.

Just Notice:

What are you aware of? How do you know you have a problem?

- Is it a thought, feeling, or both?
- Is it a bodily sensation or emotion?

Add tapping to your awareness, then use an intention statement addressed to the problem:

- You can put the problem in words and insert those words into an intention statement
- You can also simply bring awareness to the problem and direct an intention statement towards it.

Keep tapping and allow time for processing and keep open, noticing, watching and waiting for whatever comes next

Trust your unconscious and take whatever comes next as the next aspect or problem to treat...

24



How do you know it's working?

You usually know when it is working when you feel better.

You can also know it is working if the feelings are moving and flowing and changing in location, intensity, nature, or different thoughts and aspects of the issue are arising.

In general, feelings and emotions and energy starting to move versus being stuck is GOOD, even if stronger feelings arise, if you continue releasing and restoring, they will tend to change and move too.

Sometimes you know it is working when the thoughts stay the same but the feelings that they trigger change, or you have the thought but there is no longer the same (or any) feeling attached to it.

You can also know it is working when the thoughts change or something about them changes; a thought that used to trouble you is harder to focus on, an image is further away, a sound quieter, and so on.

Sometimes you won't know it is working until you go into the situation that used to trigger you, and you don't have the same reaction you had previously.

And sometimes you won't realize things have changed until you suddenly wake up to the fact you haven't had your problem for a long time!

25

Intention Tapping: Expanded Basic Format

Use whenever you notice you have a problem or bring a problem (or goal) to mind and focus on it.

Start tapping! Use Continual Tapping throughout.

Notice: What are you aware of? Problem? Thought? Feeling? Body sensation? Emotion? Energy disturbance?

If a Problem / Thought: Use a releasing statement addressed to it.

If a Feeling / Emotion / Body Disturbance: Use a restoring energy flow statement addressed to that.

Pause. Notice Whatever Comes Next!

As **Other Aspects** arise, use releasing / restoring as required

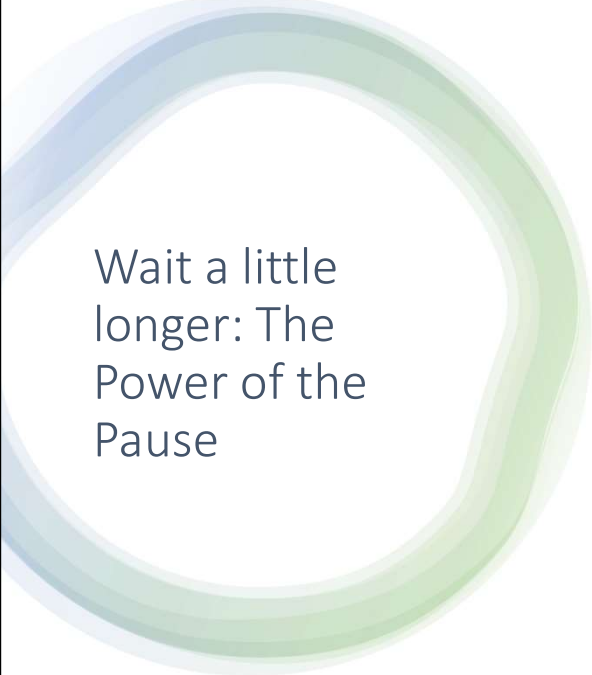
Persist until you feel better.

Test your results.

Rinse and repeat with other issues and challenges.



26



Wait a little longer: The Power of the Pause

When you use an intention statement there can be a temptation to jump at the first thought that arises and make that your next target.

Wait. Keep tapping. If that thought is important, it will still be there.

Most times when you continue to tap and wait there will be a bigger shift just around the corner and a bigger aspect to focus on next.

Try it.

27

Self-awareness is the key

Learn to pay attention to your own energy and your emotional state on a moment-by-moment basis

Become aware of the movement and flow of your own life energy

Notice your body's inner movements and any expansion or contraction, tension or relaxation, heaviness or lightness, and so on

Observe your thoughts and notice also any feelings, body sensations and emotions that *coincide* with those thoughts

28

Which statement to use?

Typically, you will use the releasing statement on any problem and the restoring statements on any body disturbance.

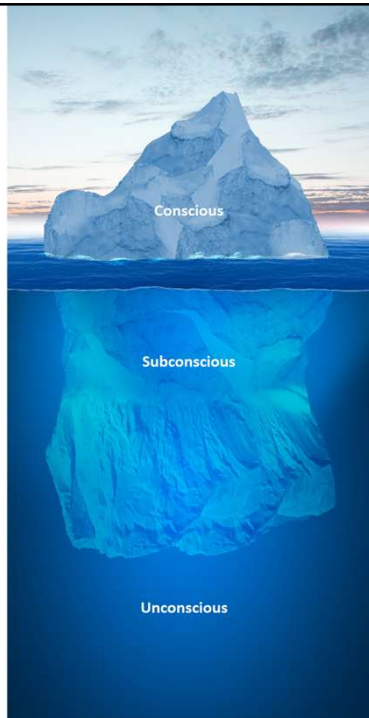
However, since we can also have emotional attachments to emotions and feelings you can also use the releasing statement on any 'negative' emotions or body feelings too...

I release all my emotional attachments to this anger (or simply "to anger")

I release all my emotional attachments to what's triggered this anger

I release all my emotional attachments to all the causes of this anger

29



Levels of consciousness

Conscious: Your aware judging mind

Subconscious: Your programmed learnings, habits, and beliefs

Unconscious: Your wise part / higher self that always looks after you & always works for your highest good

30


The way forward

We need to release unhelpful programmed emotional learnings from the subconscious mind that no longer serve us

We need to learn to trust our unconscious to look after us and keep us safe

31

Twin Focus

- 
- What you want to overcome / release
 - What you want to create (be, do, have)

32

Sacrifice everything on the altar of releasing...

All your problems and challenges

All your cherished beliefs, negative AND positive

Having experienced shifts in beliefs I thought were "just the way I am" I now say: *Sacrifice every belief, every goal and every value you have on the altar of releasing. Release your emotional attachments to it all. You won't lose anything that is good and true and real. You have nothing to lose except for your suffering and your distorted perceptions!*

Restore the right energy flow and balance to everything

33

Can I use it on anything and everything?

You can use it on anything and everything but don't expect that it will always work or be the best treatment for everything!

Some things need other treatments, such as physical or medical issues and in those cases Intention Tapping should be used as complementary treatment rather than the primary or only treatment.

34



Where to from here?

Intention Tapping Level 1 Workshops

Intentional Living Group Coaching to Release Stress and Achieve Your Goals

Practitioner Training if you want to learn to help others: Level 1 / Level 2

35

Examples of IEP

Negative thought: *It's a mess*

IEP: *I release all my emotional attachments to it's a mess*

Peaceful feeling. Tension in back of head

IEP: *I restore the right energy flow to the back of my head*

Neck tension

IEP: *I restore the right energy flow to my neck*

I need to reduce it down to the key parts

36

I'm not good at organising

IEP: I release all my emotional attachments to not being good at organising

Sigh, deep breath, chest opening up

I just need to do it, I haven't practiced this and I've had resistance to it in the past

Feeling of more freedom and being able to embrace organising, memories of when I have done this successfully in the past (TAE, res)

Scan body - mind

37

Doubt: They will think it is a pathetic effort

IEP: I release all my emotional attachments to this fantasy of them rejecting my pathetic attempts at organising

Smile. It's all ok. Some will, some won't. That's their stuff. Success, not perfection. Live your own philosophy.

38

Example of Using IEP

Upset over a person's post on FB

IEP1: *I release all my emotional attachments to this post.*

She is an idiot!

IEP1: I release all my emotional attachments to *she is an idiot!*

She is just naive. Some people are not going to get it.

Much less intensity of feeling now.

She is still wrong.

IEP1: I release all my emotional attachments to *she is wrong.*

She is allowed to be wrong. Nobody is going to die from it!

39

Disturbance is in the diaphragm.

IEP2: *I restore the right energy flow to my diaphragm.*

Breathing goes a bit lower down now.

Tight jaw.

IEP2: *I restore the right energy flow to my jaw.*

Jaw loosened up. Teeth not grinding.

Body scan: About 20% of the feeling left

What remains? Anger.

IEP1: *I release all my emotional attachments to being angry.*

Less heat. More relaxed.

40

Go back and look at her post: *I reacted to the way she insisted she was SO right and said something that is clearly wrong and naive.*

IEP1: I release all my emotional attachments to *I am right, and she is wrong.*

IEP1: I release all my emotional attachments to *she is naive and simpleminded.*

She IS wrong and that is ok. She IS right from her own experience. She is ok to use what works for her. My advice is for me.

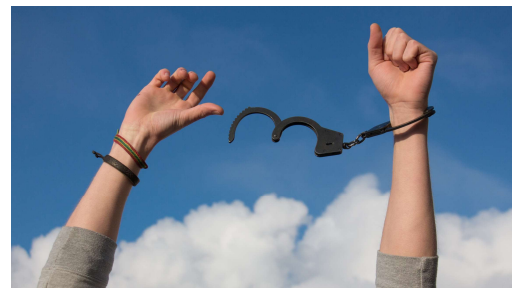
Feeling calm now.

What to do next? Time to get back to work...

41

Releasing is the key

Release your emotional attachments to everything that tells you what you are or are not, so you can be free to be who you really are.



42

Using Intention Tapping on Goals

When you set a goal your subconscious blocks rise up as if to try and stop you

Many people call this *the resistance*

It manifests in procrastination, self-sabotage and avoidance

Until you overcome the resistance it will continue to hold you back

43

What causes the resistance?

- Fear: Fear of failure and fear of success
- Unconscious blocking beliefs
- Values conflicts (“internal civil war”)
- **Emotional attachments**
- **Energy disturbances**



44

Working on Self-Criticism

When we have a problem, we tend to blame ourselves for the problem

This self-criticism, blame and anger reinforces the problem cycle

It's like putting a lid on the problem

So, work on the judgement FIRST.

