



Raising Your Vibration: How to Use Tapping with the Law of Attraction to Attract the Success You Most Want!

JACK CANFIELD

www.jackcanfield.com

It's time to stop putting your dreams on hold! I'm about to show you how to use tapping to harness the power of your mind to take action to attract the opportunities you have been wishing for, using the Law of Attraction.

I'm a big believer that doing the inner work, letting go of past emotions, is critically important in achieving any kind of success. The Law of Attraction basically says that you have to be vibrating at a high level to attract things that also vibrate at a high level; things like abundance, wealth, health, relationships, and such.

If you're carrying around fear, anger, resentment, or any other negative emotions, your field will not be vibrating as high, and people won't feel as attracted to you as they otherwise would. In addition, when you are in a negative state, your brain doesn't function as clearly because most of your resources are being directed to your amygdala, concerned about keeping you safe.

On the other hand, when you are feeling emotions of gratitude, appreciation, confidence, joy, people in your proximity can also feel that, and they will respond positively. Note my example of Robin Williams; whenever he entered a room, the energy would rise because people could feel his energy vibrating at such a high level. So the level at which you are vibrating, your emotions, is picked up by other people.

The other issue that impacts your actions is your limiting beliefs. These are mostly unconscious thoughts that get in your way, that keep you from taking action, or from taking the most positive action. These beliefs are often generated at a very young age, typically between the ages of three and eight, and then they continue running in the subconscious mind as an adult.

In business, if you believe you can't sell, or that people won't like you, or that you're going to fail, you're not good enough, you're not old enough, you're not well-connected enough, you don't have enough friends to start a multi-level marketing downline, all those beliefs will hinder your chances of being successful. But these limiting beliefs can be tapped away just



as quickly as we can tap away negative emotions!

There are two parts to making the Law of Attraction work: the first is knowing what you want. You need to be clear about what you want, and you have to ask for it. Whether you ask for it in prayer, or just by saying it ("I want a seat by the window, I want to get a first class seat, I want to be making a million dollars a year.") Whatever it is, you have to be clear. Too many people, mess this up right from the beginning; they're just never really clear about what they truly want.

The second part is belief. Belief is more than just a mental construct. Above all, it requires action, and this is where action and belief come together. We tend not to spend time and energy, or take action, on something we don't believe is possible. When you take an action, you are expressing to the universe that you believe the results that that action will produce are possible

So there are two functions here: The first is, you actually say to the universe in a very high vibrational way, "I believe this is worth doing. I believe I can get there because I'm going to expend energy doing this activity." It supports the belief.

The second part is that you have to take action.

I teach a 10 or 12-step process that starts by stating that you must be clear in your purpose, you must take 100% responsibility for your life, you must clarify what your vision of what that ideal life looks like, and you must set specific and measurable goals. You have to come up with a plan, you have to use affirmations and visualization to turbocharge the subconscious mind and get your energy up.

Then you've got to take action. You can't just sit on your stool while you visualize and meditate, and expect a car to show up in your driveway. You have to take action in the direction of reaching that goal.

The good thing about visualization and affirmation, and then tapping to get rid of the negative limiting beliefs and negative emotions, is that it allows the subconscious mind to then become creative, and it does two things when you do that. First, it allows you to generate creative ideas, and secondly, it programs the part of your brain called your reticular activating system, to allow you to perceive more resources that are available to you. The reticular system filters out anything that doesn't match your beliefs, so if you're believing that you're not a good person, someone could even say, "I like you, you're amazing," and you wouldn't trust them, or a minute later you wouldn't even remember what they said.



So now you start noticing other resources out there in the world; people who can help you, people you can get hugs from, magazine articles jump out at you, you're walking through the bookstore and book covers just jump out of the background, calling for your attention. There has actually been a lot of scientific research on the subject of this work of visualization, of beliefs, and action, and how they all relate together.

Let's do a simple process: close your eyes and think about something you want to be creating in your life, or think of some place where you feel stuck (for example, you can't seem to create a relationship that works, you can't get a job, you can't seem to make or hold on to any money, you can't declutter your office, you can't seem to stay happy, you can't stop smoking, you can't stop drinking, you can't lose weight – whatever it might be.) Write it out here:

Now close your eyes and think about this place in your life where you can't seem to create what you want, and notice how you feel about that. (You might feel depressed, angry, resigned, frustrated, whatever.) Then as you're feeling that, scan your body from head to toe and look at where in your body you feel the most pain, tension, or numbness. (Because numbness is basically numbing out the pain or the tension.) Where do you feel this?

Now describe that. How wide is it, how thick is it, is it cold or hot? Is it solid or hollow? Is it wet or dry? Is it rough or smooth? What color is it? What shape is it? Just asking all those questions to concentrate the awareness on the sensation itself.



Now see if inside that sensation there is an emotion that's been locked away. See if you can get in touch with that emotion. Then take that emotion, perhaps that physical sensation, and go back to the earliest time you can remember feeling that very same emotion and physical sensation. (99% of people go back to somewhere between the ages of three and eight.) Picture that first time, where you are, what's going on around you, who else is there, what they are doing to you.

Now consider what decision you made at that time that might still be limiting you today.

That's when the limiting belief comes up. Now we can tap on that and we can replace the limiting belief with the positive belief. Then we can replace in the body where that tension or pain was, get the level down to a one or a zero. We can then also put in light using the spiritual dimension of replacing the physicality of that area with light.

Typically, the most common belief for most people is "I'm not _____ enough," and then you fill in the blank. ("I'm not old enough, I'm not educated enough, I'm not experienced enough, I'm not smart enough, I'm not clever enough," whatever it might be).

Then the other big thing that often comes up is fear ("I'm going to screw up, I'm going to fail.") What negative beliefs or fears came up for you?

And remember, it's not failure that's the problem, it's the fear of failure that stops us. Failure is a normal part of success. Every one of us fell down hundreds of times before we learned to walk. Your brain processes all of the information it collected when you failed, and figures out how to go about getting better. Then all of a sudden, one day you're doing it!

Obviously, we prefer success, and if you learn the principles that I teach, you can get there a lot faster, and with a lot less pain. But the fact is, you're still going to fall down, you're still going to make mistakes, you're still going to forget lines when you're giving your first talk. It's



just the way it is. But when we tap away the fear of that, we realize it's just a learning process.

I believe it was Yoda who said, "The difference between a master and a beginner is the master has failed more times than a beginner has even attempted." Most beginners are afraid to try, and that fear of trying is what keeps us from learning and growing.

Now when we have a fear it's often a physical experience, and the reason that it's often so strong is that when you did fail sometime in the past there was trauma associated with it. You got laughed at, your parents sent you to your room, it cost you your girlfriend or a job or something. The ego is now trying to protect you from having that happen again. So that's why the fear is so emotionally and physically strong, and it's why we need something like tapping, because you can intellectually know something, but your body can be telling you something different.

So let's do some tapping around this fear of failure, fear of taking action, and lower that in our bodies so that we can feel more optimistic to try, to make mistakes, to experiment, to learn.

Think about something you've been putting on hold, an action step you've wanted to take, but maybe you have this fear of making a mistake, this fear of failure.

Notice where that fear shows up in your body and give it a number from zero to ten. (How strong is that fear? You might also want to ask yourself, "How stuck do I feel," from zero to ten, ten being the strongest? Just whatever comes to mind first.) ____

Let's begin to tap. We're going to tap on the side of the hand first:

Side of Hand Even though I feel stuck
Because I'm scared of making a mistake
I accept myself and how I feel

Even though I've been beating myself up
Because I feel like I should be further along by now
But I have all this fear stopping me



I honor how I feel
And I give my body permission to relax

Even though I have all of this fear
This fear of making a mistake
I love and accept myself

Okay, now tapping on the eyebrow point, we're going to give a voice to how we're feeling:

Eyebrow	This fear
Side of Eye	This anxiety
Under Eye	This tension in my body
Under Nose	I know I should be taking action
Under Mouth	But I feel stuck
Collarbone	Because I'm scared
Under arm	And being stuck
Top of Head	Feels safer

EB	Than taking action
SE	No wonder I've been feeling stuck
UE	No wonder I've been scared
UN	I'm just trying to protect myself
UM	Because I've been hurt in the past
CB	And I don't want to go through that again
UA	But I'm much older now
TH	I'm much wiser

EB	And I know that no matter what happens
SE	I'll be okay
UE	I recognize this fear
UN	And I have compassion for myself
UM	I have been doing the best I can
CB	But now that I know better
UA	I can do better
TH	Because no matter what happens

EB	I'll be okay
SE	It's safe for me to try
UE	It's safe for me to be disappointed



UN It's safe for me to make a mistake
UM It's safe for me to experiment
CB And maybe I can make this fun
UA I release all this pressure to do it perfectly
TH I allow myself to have more fun

EB Replacing this fear
SE With fun
UE This is a big experiment
UN And I can discover what works
UM And what doesn't work
CB I set myself free
UA By releasing this pressure
TH It's safe to take action now

Take a nice, deep breath in, and as you exhale, move your shoulders around to notice how you feel in your body. Think about that action and that fear of making a mistake. How strong does that feel on that scale from zero to ten? ____

Maybe you notice that your shoulders are more relaxed, or you can breathe deeper, but notice how you feel in this moment. Notice that shift and notice what thoughts come to mind. Thinking of that action, does it feel a little bit softer, a little bit easier, a little bit more fun?

I've often said that everything we want is outside of our comfort zone. I think if success were easy, every one of us would be thin, and funny, and rich, and happy. But it doesn't work that way. One of my beliefs is that we are brought here to learn lessons and to develop mastery. I think each of us is born with a purpose. We're supposed to bring that into being. We have skills that other people may not have. We have talents that other people may not have.

Our comfort zone is a place where we get comfortable being, because we're succeeding there. But all new success happens outside of your comfort zone. I always tell people that if what you're currently doing were enough to get you what you really want, it would have already shown up. But if it hasn't, it means you've got to do something new and different, and that's always going to be uncomfortable. It's built into the nervous system that anything new



feels awkward and uncomfortable. So the reality is that you've got to be willing to be uncomfortable – to speak in front of the group for the first time, to ask for the order, to audition for the part, do your first podcast.

The other thing I think I want people to get is this: you have to set big goals. For most people that's scary, but every time we set a big goal three things come up: considerations, fears, and roadblocks.

Considerations are your thoughts about why it's going to be difficult, how it's going to be uncomfortable (For example, "I don't want to ask my dad for money, I hate asking my dad for money, he won't lend me the money, I don't have the right to grieve for this, I don't know enough people"). All those limiting beliefs and thoughts are going to appear.

Roadblocks are the real things that are out there. For example, you want a vacation at the beach, but your wife wants a vacation in the mountains. That's a roadblock.

The purpose of setting a high goal is to actually bring these things to the surface, become aware of them, so that you can do something about them. Now you can tap on them, you can handle them, whereas before they were subconscious, you weren't even aware they were there, so you couldn't handle them.

You're going to be uncomfortable, but that's OK. The tapping will help get rid of some of the anxiety and the discomfort. There may still be that little bit anxiety the first time around, but it won't be that huge issue that eventually turns to panic.

You can also mentally rehearse the thing that you want to do but are afraid of, and you can visualize yourself doing it well. As you're doing that, you may still have fears and considerations that come up, but then you can tap on them before you actually take a risk, and release the anxiety, the fear, whatever it might be that's holding you back. And by visualizing yourself doing it well, you're also creating a different set of images in your subconscious mind, which will activate the creativity to actually help you end up doing it well.

Looping back to the Law of Attraction again, people often ask how we know whether we're actually doing it right, whether we're on the right track, especially if we don't see immediate results. And the answer is that if you're experiencing joy, you're on the right track. Joy is your internal guidance system telling you you're on course toward getting to the goal, or dream, or whatever you set for yourself, or whatever your purpose is.



When we feel we're not on track, we're not on course, we're not doing the things we should be doing that are going to get us the results we want, we feel contracted. Our heads will be down, our arms are in, our breathing is less expansive. We can feel our whole body contracting.

Are you feeling alive and excited? Or are you feeling de-energized and bored? These are really good indicators about whether you're on course or not. The universe built in a guidance system. If you're feeling that joy, that tells you that your actions are on course. Something good is going to come of that.

Personally, I set 21 goals a year, three in seven areas of my life: relationships, finance, business, health and physical fitness, recreation, philanthropy, and what I call personal, which means things I want to own or things I want to do. What I've learned is that when you're feeling impatient, you're focusing on the "not having" of the thing you want. What we focus on, feel strongly about, and take action on, is what we actually get more of. You have to be really careful about impatience. Just know that it's coming, and act as if it's on its way – or better still, as if it's already there.

We've all been raised with the model that when you do something, like work hard, then you'll have money, or whatever it is you aspire for, and then you'll be happy. The fact is, if you'll be happy and do the thing you love from the place where you're happy, you'll always have things show up as rewards, whether it's money, or relationships, or opportunities. When I'm happy, and open, and in the flow, abundance comes to me out of the blue!

Let's do some more tapping. We're going to tap on the belief that "I can't be happy until I reach my goals."

Think about that belief – "I can't be happy until I reach my goal." Maybe you can think of a certain thing that you've really wanted, that you've been stressing about, pressuring yourself to do, pushing yourself. "I can't be happy until..."

Notice the tension, the anxiety that comes up, and how true that belief feels. How intense is that, on our scale from zero to ten? ____



Begin now by taking a nice, deep breath in, and exhale. Tapping on the side of the hand:

Side of Hand Even though I have this belief
That I can't be happy until I reach my goal
I accept how I feel
I'm open to a new way of thinking

Even though I was brought up to believe
That I need to use stress and worry
To push myself forward
I accept how I feel
And I realize it doesn't work

Even though I've been putting a lot of pressure on myself
I love and accept myself
And I'm open to a new way

Eyebrow All of this pressure
Side of Eye I can't be happy
Under Eye Until I reach this goal
Under Nose I have these big dreams
Under Mouth I have these big goals
Collarbone And I've been putting my happiness on hold
Under arm Because part of me believes
Top of Head That I'm not allowed to feel good

EB Unless I earn it
SE Unless I reach my goals
UE I've been putting so much pressure on myself
UN I've been holding on to this stress
UM I've been trying to stress myself towards my dreams
CB I've been trying to pressure myself to take action
UA And it doesn't work
TH I might take a step forward

EB But it's exhausting
SE And then I quit
UE This belief



UN That I can't be happy
UM Until I reach this goal
CB Has been holding me back
UA And as I relax my body
TH And as I release this tension now

EB I'm open to the idea
SE That I don't need to earn happiness
UE Right here and right now
UN I can feel good
UM Right now and right here
CB I am worthy of great things
UA I stop putting my happiness on hold
TH And I feel good now

EB And as I feel good now
SE It's so much easier to take action
UE Because whether it works the first time or not
UN I can still feel good
UM And the better I feel
CB The easier it is to move forward
UA Right now and right here
TH I feel good

Take a nice, deep breath in and exhale. Check in with your body and see how you feel. Think about that old belief, that idea that you can't relax, you can't feel good until you reach the goal. Reflect back on how you were putting so much pressure on yourself to take action and notice if that belief has shifted. Rate your intensity now: ____

Hopefully you feel a little calmer, a little lighter. Think about taking action, taking that step forward, and how different does it feel coming from this place of feeling good now? If nothing has changed, do another session of tapping and adjust the words so that they work better for you.

Above all, remember that we all have something important that we're meant to do, and that our fears and our self-doubts are the only things that are stopping us from learning what we need to learn, from teaming up with the people we need to team up with, from taking the



actions we need to take, and being willing to make mistakes and learn from them.

You know, you have survived everything that's ever happened to you. You will continue to do that, and you wouldn't be here if you hadn't. Nothing is that traumatic or tragic that we can't get over it, even a failure or two. So I would encourage you to remember to start taking action on the goals that are important to you and the things that you care deeply about.



JACK CANFIELD Known as America's #1 Success Coach, Jack Canfield is the CEO of the Canfield Training Group in Santa Barbara, CA, which trains and coaches entrepreneurs, corporate leaders, managers, sales professionals and the general public in how to accelerate the achievement of their personal, professional and financial goals.

He is best known as the coauthor of the #1 New York Times bestselling Chicken Soup for the Soul® book series, which has sold more than 500 million books in 47 languages, including 60 New York Times bestsellers.

His other books include The Success Principles™: How to Get from Where You Are to Where You Want to Be (recently revised as the 10th Anniversary Edition,) The Success Principles for Teens, The Aladdin Factor, Dare to Win, Heart at Work, The Power of Focus: How to Hit Your Personal, Financial and Business Goals with Absolute Certainty, You've Got to Read This Book, Tapping into Ultimate Success, Jack Canfield's Key to Living the Law of Attraction, and his recent novel— The Golden Motorcycle Gang: A Story of Transformation.

Jack is a dynamic speaker and was recently inducted into the National Speakers Association's Speakers Hall of Fame. He has appeared on more than 1000 radio and television shows including Oprah, Montel, Larry King Live, the Today Show, Fox and Friends, and 2 hour-long PBS Specials devoted exclusively to his work. Jack is also a featured teacher in 12 movies including The Secret, The Meta-Secret, The Truth, The Keeper of the Keys, Tapping into the Source, and The Tapping Solution.

He is the founder of the Transformational Leadership Council and a member of Evolutionary Leaders, two groups devoted to helping create a world that works for everyone.

Jack is a graduate of Harvard, earned his M.Ed. from the University of Massachusetts and has received three honorary doctorates in psychology and public service. He is married, has three children, two stepchildren and a grandson. For more information visit:

www.JackCanfield.com