JOURNALING FOR SUCCESS

Now with EFT!



4th Edition, 2019

ANNE I. MERKEL, PhD, ND, CNHP, CGP
The Ariela Group of Wholistic Services
http://www.ArielaGroup.com

COPYRIGHT & PARTICULARS

This e-guidebook is brought to you by:

Dr. Anne I. Merkel, PhD, ND

The Ariela Group of Wholistic Services

"We Inspire Conscious Living and Guide Transformation in individuals and organizations."



Copyright©2006, 2nd Edition Copyright©2009,
3rd Edition Copyright ©2011, 4th Edition Copyright ©2019
Anne I. Merkel, PhD, ND; The Ariela Group of Wholistic Services
ALL RIGHTS RESERVED

No portion of this book may be re-produced without written permission from the author, Dr. Anne Merkel.

The exercises herein are for your benefit, so please feel free to use them and extend your personal onto additional pages for your benefit. Use the points from this e-book over and over, and on a regular basis for best results as you evolve.

COVER PHOTO:
***"In Full Bloom"* by Anne I. Merkel, 2000**
Painting in acrylic on canvas.

This mandala depicts a lovely flower in full bloom – fresh in the dawn with nurturing dew. Five petals are either falling from the flower… or are being magnetically attracted to complete the flower – it is all a matter of perspective. 5 is the number for change, and the journaling process in this guidebook will definitely initiate positive change in your life if you follow the steps.

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Dr. Anne Merkel,

Practitioner of Energy Medicine and Natural Medicine –

Specializing in deep and chronic issues of Whole Person Health and Well-being

For information about Anne Merkel, Ph.D., her work, and the services offered via her on-line and in-office Georgia practices, you may visit her two websites:

- ***www.ArielaGroup.com*** **is the location for Dr. Anne's Energy Medicine practice** where she offers support and training for individuals and other health practitioners - using a variety of Energy Medicine therapies including EFT (Emotional Freedom Techniques), NET (Neuro Emotional Technique) ,and where you can learn more about her use of Energy Remedies, Homeopathy, and two forms of Acupuncture. Also check out her blog and books on Amazon – all focused on helping you to clear your own inner blocks to moving forward in your life and career.

- ***www.AnneMerkel.com*** **is Dr. Anne's Natural Health Practice website** where you will learn more about her work with naturally addressing autoimmune conditions, chronic health issues, and degenerative dis-ease using Energy Medicine and Naturopathy modalities. Dr. Merkel can help you understand your unique DNA and how to feed it to keep it healthy in her ***Functional Epigenetics Health Package***, and if you are currently suffering from a physical health issue she will help you to support the right natural healing approach to complement other treatments, starting with clearing your emotional blockages through her personalized ***Functional Medicine Programs***. You may be interested in learning more about the nutritional supplement and food sensitivity testing that she can recommend for your unique case, and her book on Amazon: ***Autoimmune Cases – Naturally! Treating Chronic Conditions with Energy Medicine and Naturopathy*.**

Also follow us!






http://www.facebook.com/anne.merkel
http://facebook.com/ariela.group
http://facebook.com/TapForRelief
http://twitter.com/alchemistanne
http://www.linkedin.com/in/annemerkelphd

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

ACKNOWLEDGEMENTS

Since I was a little girl I have enjoyed sharing information with others as well as using energy to make people and animals feel better. Fast forward many years, two doctorate degrees, and almost thirty-five years of research and study in various areas of Whole Person, or holistic health and Energy Healing; I am happy to re-release my popular e-book series to a growing audience of meridian tapping enthusiasts!

The four books in this series could not have been created had it not been for my many teachers and guides along the way… many of whom I still count as friends and mentors.

Three special men in my life are responsible for my personal and professional development. Thank you, Arlen, for pushing me to a limit where I entered the world of new possibility. Thank you, Mark, for introducing me to the world of Alternative Health, Eastern Philosophy, Esoteric Studies, and for including me in many of your studies along the way. And, finally, thank you, Martin, for encouraging me to be myself and to walk the path that speaks most loudly to me.

My teachers who have personally triggered or supported my learning on my present path have included: Dr. Sheldon Deal, Dr. Scott Walker, Dr. Rob Maddocks, Dr. Depak Chopra, Dr. Wayne Dyer, Gary Craig, Barbara Marx Hubbard, Donna Eden, Abraham, Margie Tice, Dr. Ritamarie Loscalzo, Dr. Adrian Larsen,… and so many more! To you all and others I am humbly grateful!

And, I want to acknowledge you for obtaining this document with the intentions of positively changing your mindset, your life trajectory, your energy field as you move forward into the uncharted arena of your evolving life. Bravo, and Go for it!

Anne, 2019

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Journaling for SUCCESS

If you are reading this page, then you have probably initiated various self-improvement processes into your life already. Here are some potent "tools" that you can add to your others to support positive transformation in your life.

At the start and end of each day are two powerful periods of time to set quality energetics in motion. Here are some suggestions from my own practices. If you resonate with them, read the following aloud and claim the actions for yourself:

Each morning I first write in my dream journal if I remember what messages my subconscious has sent me for the day. Next I consciously focus on an exercise that some call **"scripting",** where I write down a SCRIPT for the upcoming day's activities, feelings, successes, encounters with others, etc.

I list positive outcomes that I anticipate, wonderful feelings that I expect, fun encounters, exciting adventures, wonderfully successful results to projects, among many other aspects of each day.

I write my intentions as though they have already happened, complete with what happened, how I felt, how grateful I was, the excitement of being in that state of abundance in all areas of my life. I script ONLY positive outcomes and feelings, and in doing this, I anticipate and "hold the form" for all of what I write to happen later in the day.

I have found that it is most beneficial to list my FEELINGS around an item rather than listing all of the details. By setting the stage by anticipating FEELINGS without all of the data, then the Universe can fill in the blanks and take care of the minute details.

Even if the exact expected outcomes do not happen, I have found "scripting" helps to create my acceptance of outcomes, and usually results in equal or better outcomes than I had expected. I just leave it up to the Universe to take care of putting everything into motion better than I could ever manipulate the details… and I'm grateful that I don't have to handle it ALL.

Each evening I write in my journal using a **"gratitude format".** Where I could simply record the high points of each day, instead I write "I am grateful for ------ , " as I list the various activities, encounters, break-throughs, thoughts of the day. I notice that this practice is an easy way to raise my vibrational frequency and shift my mood – even if I am very tired at the end of the day.

Each evening I also fill out the details listed on a **manifestation sheet** that I have attached in the next section. This sheet has a gratitude section as well as

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

several other key areas that help one in the abundance-attracting process. This is a good exercise sheet, especially for those who do not keep a personal journal.

By ending the day with positive, grateful, anticipatory thoughts, I have found that my sleep is more peaceful, my dreams more positive, and my waking mood more capable of attracting and creating the best NEW REALITY imaginable!!

I urge you to consider implementing these daily a.m. and p.m. practices into your life. Each exercise takes very little time, and the mental and emotional results are well worth taking 5-15 minutes each morning and evening to focus on positive thoughts and feelings that will shift your life.

My coaching clients have followed my lead in implementing these daily "rituals" for many years, and their new habits have proven over and over to produce positive results for all who take a little bit of time for themselves and their NEW LIVES.

And, whenever resistance shows up around any of the dreams, intentions, energy management approaches related to the journaling, then the EFT meridian tapping protocol is an easy, fast way to clear the blockage and be able to move on from there. I highly endorse incorporating EFT into your daily routine to use whenever emotional stress comes up for you.

I wish you well on your journey of opening fully to the abundance all around you. Today is a perfect time to FLOW FORWARD and create that NEW REALITY that meets all of your expectations.

Only YOU can prove that the exercises that I have listed in this e-book will work for you. Take inspired action, and see what positive transformation happens in your life.

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Self Advancement Journal

The form on the next pages can be copied, adapted, added to. Please feel free to customize it for yourself. It must **FEEL** comfortable in order for you to want to use it each evening before you go to bed.

Many of the concepts covered in my other e-guidebooks, ***Visioning for Success w/ EFT***, ***Planning for Success w/ EFT***, ***Prioritizing for Success w/ EFT***, are reinforced in this form. After you have used this journal format for at least 21 days it will become an easy habit. Until then, think of filling it in each night as an Inspired Action… and remember – this is for YOU!!

If you feel resistance coming up as you script or journal, it is important that you know how to clear it. There are easy-to-use energy therapy tools available that you can learn to help you in this case. Turn to the last pages of this e-guide to learn the protocol for Emotional Freedom Technique (EFT), my tool of choice.

With my clients I often facilitate Neuro Emotional Technique (NET) with some EFT thrown in along with Reiki and a few other energy tools. I've already shared quite a few tools and opportunities that you can find on my websites.

Feel free to tour:

www.ArielaGroup.com **for Energy Medicine,**

and

www.AnneMerkel.com **for Natural Medicine.**

If you have any questions about this guidebook, or if you would like to consider inviting a professional Energy Therapy facilitator into your life to help you with this and many other processes, please *contact me directly*. *https://arielagroup.com/contact-the-ariela-group/*

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit… and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

Daily Manifestation Sheet: **Today, _____, is a new day filled with pure potentiality. I am open to the gifts that Source brings me!**

I feel grateful for these wins or blessings today: because:

I claim this primary intention now: which enables me to: in order to:

Even though I may feel this resistance:_____, I deeply & completely accept and love myself.

[*Tap the karate chop EFT point while you repeat the above 3 times.*]

[If you feel any resistance, blockage, emotional charge, then do the EFT full protocol.]

I now surrender all doubts and fears, and trust Higher Power to support all details.
I feel powerful and worthy of attaining my goal because:

I love feeling these emotions as I visualize and FEEL myself LIVING the goal results:

I am sending LOVE and GRATITUDE into this FEELING of how the results of my goal will feel when I have achieved what I desire.

I am flowing with trust, knowing my intentions are being handled by Spirit... and
I am inspired and guided to easily take these action steps:

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved

CLEARING RESISTANCE with EFT

Before we end this guide I want to again share a potent energy clearing tool that I share will all of my clients.

Emotional Freedom Technique is a form of energy therapy acupressure that uses a gentle tapping technique instead of needles to stimulate traditional acupuncture points. The ***EFT*** protocol balances the energy system and appears to aid psychological stress and physical pain relief. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. ***EFT*** is non-invasive and is easy to learn and apply for yourself. It supports you to clear all feelings of resistance, emotional charge, constriction, pain – usually in a matter of minutes.

1. To **learn more about *EFT*** please go to the following link, watch the video, and download the complimentary introductory recording that will guide you to understand the process and identify the tapping points. **Go to:** *https://arielagroup.com/free-eft-stuff* .
2. To learn more about how to manage your energy better you may check out my book ***EFT – Best Practices in Energy Management*** by going here: *https://arielagroup.com/publications-amazon* .
3. And, if you would like to more easily make decisions without emotional resistance, the ***Cuztic Resistance Clearing Process*** is your key. Go to: *https://annemerkel.com/resistance-clearing-process/* .

If you enjoyed this e-guidebook and the others in the series, avail yourself of the many articles in my website blogs as well as other e-books, books on Amazon, research reports, and more… all found at https://arielagroup.com .

Copyright @2019. Dr. Anne Merkel & The Ariela Group. All Rights Reserved