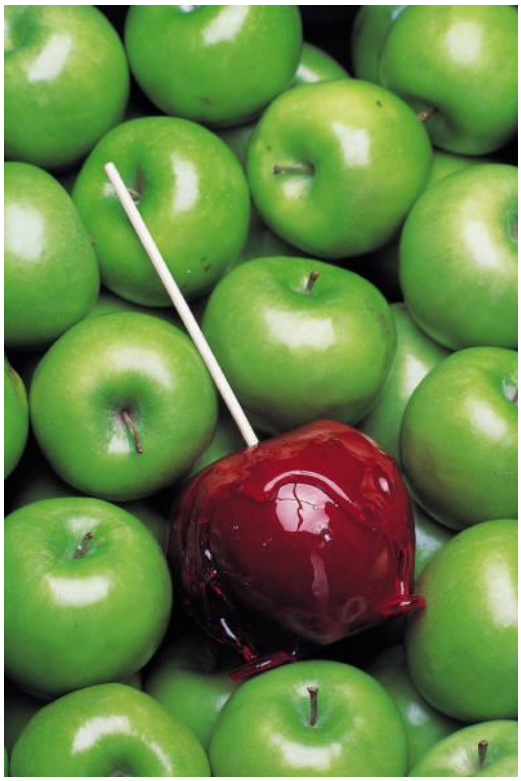
PRIORITIZING FOR SUCCESS

Now with EFT!



4th Edition, 2019

ANNE I. MERKEL, PhD, ND, CNHP, CGP
The Ariela Group of Wholistic Services
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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***.

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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.

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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

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INTRODUCTION

Prioritizing the traditional way can be a very left-brain process. Here we attempt to allow your whole being to participate. In this "whole person" or wholistic approach to prioritizing there are several exercises that will support you to make the right decisions in each instance, and still flow with the Universe and the Law of Attraction.

The exercises will guide you:

1. to plan from all directions using a traditional medicine wheel symbol so that all aspects of a plan can be easily prioritized and balanced,
2. to clear emotional or psychological resistance as it shows up at any step in the process,
3. to take process steps to implement the Law of Attraction in your favor,
4. to identify the best actions to take and ways to take them.

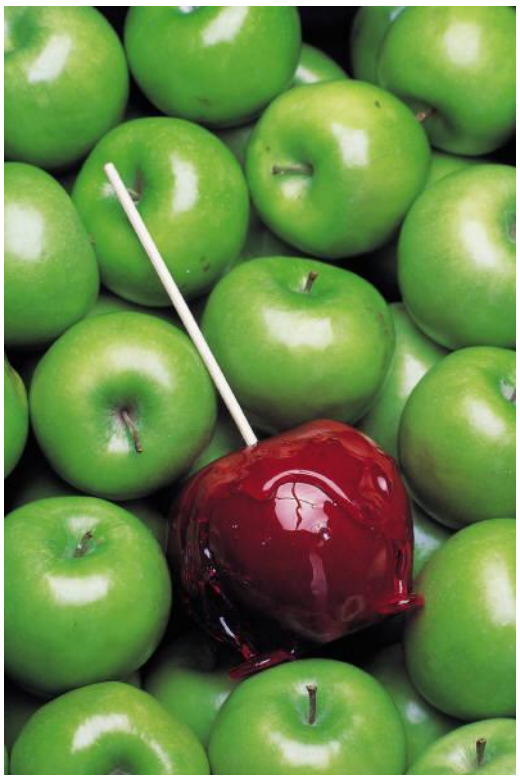
As you learn to integrate the tools included in this short e-guidebook you will notice subtle changes starting to happen, and before you know it the results you desire will start showing up.

I wish you well as we travel this path of discernment together!

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PRIORITIZING AND GOAL-SETTING FOR RESULTS

As the goals are set and plans are designed it is still of importance for you to realize that a full-blown plan doesn't just implement itself overnight. I like the analogy of eating an apple.

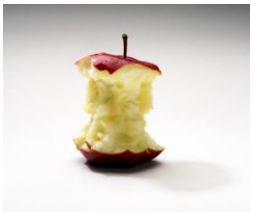


When one plans to eat a special apple, often it looks almost too big to handle alone. We have to analyze whether the task might require more than one of us to handle it. As the plan unfolds other players, procedures, techniques, action steps must be considered in order for us to successfully serve our purpose of satisfying our craving for an apple… and then do it successfully so that we can share with the "right" people and not choke ourselves in the process of eating.



Action steps must be incorporated that enable bite-sized bits to be nibbled off of the larger plan. One cannot eat a whole apple in one bite!! Action steps must be reasonable and practical… and they must **FEEL** RIGHT before we embark on taking them… or "biting them off"! Resistance must be cleared whenever it shows up in the process.

Completion of the plan is ultimately the focus or planned result, however, the most important aspect of planning and goal-setting is creating and participating in the PROCESS. We want it to "work" and we want to be aligned with the process all the way through.

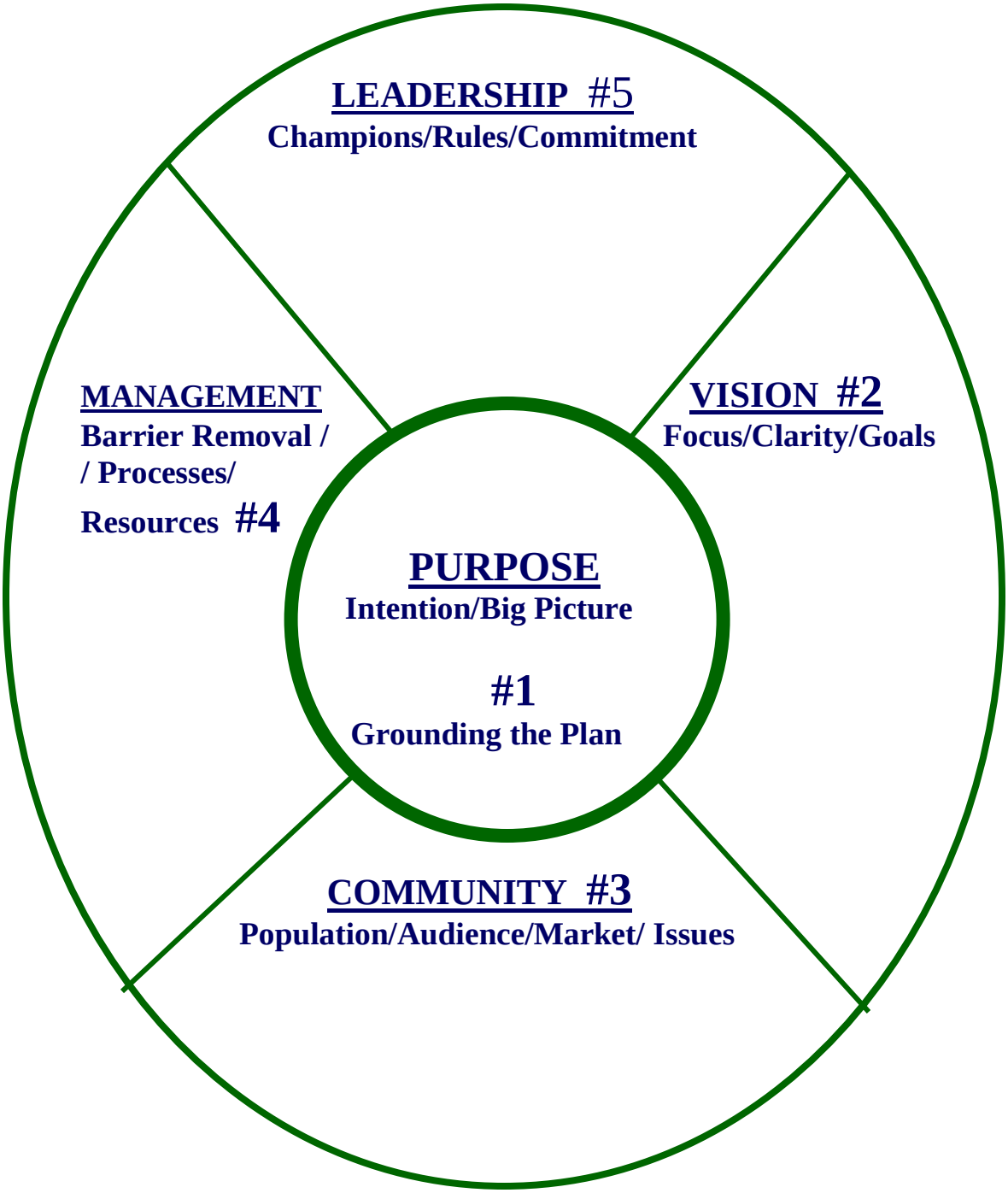


The grid on the following page is an exercise that can be used individually or with groups. It is helpful in the initial stages of strategic planning; it is good for visioning, and for goal-setting. This technique is based on energy flow and the inter-connectedness of all of the parts as a purpose is grounded, vision is identified, and then the plan unfolds.

Follow the numbered steps as you fill in parts of your plan on the grid. Don't laugh – I've used this process with government leadership teams, and it works!

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"Medicine Wheel" Planning Grid



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To best utilize the "Medicine Wheel"-based planning grid, consider the following things:

#1- Starting in the center, the **PURPOSE** is WHY you are creating the plan, bringing people together, setting the goals that necessitate the plan. By stating an intention here you can GROUND the energies of the plan. Your purpose may be very broad; do not worry, as your more specific focus related to the purpose will be stated clearly in the next visioning step. Take plenty of notes as you go.

#2- Next go to the East, where the sun rises. Here you will create and clarify your **VISION**, which is based on the purpose, and specifies the aspect of your purpose that this plan will handle or incorporate. Be as detailed here as is necessary or as feels "right" concerning your plan. Have you verbalized the true essence of what you want your plan to bring about? Have you made it very clear just what aspect of the bigger picture or purpose you will be handling through this plan? You may feel that you have done this already in the Planning process, however this visual brings in energetic aspects to an already left-brain exercise.

#3- After grounding the purpose and specifying the vision for your plan, next go to the South and focus on who the plan will serve. Who is the market, customer base, recipient of the results of the vision. What population will the plan serve? (This can be just you or another individual or a group.) This step helps you to remember to include all details in the plan that pertain to the **COMMUNITY** with which it is involved. Have you remembered all of the specifics describing who the plan will serve, so that it can be designed appropriately?

#4- Now we go to the West, where details must be handled before the sun goes down. Here is the **MANAGEMENT** segment where details about resources, procedures, other implementation issues must be remembered and listed clearly. Have you remembered all of the details here that will help to support carrying out and maintaining the plan?

#5- Finally we go to the North, where **LEADERSHIP** supports the plan. Who are the individuals or groups who will champion the plan? Who will support and implement the rules and help to build commitment from the rest of the team? Have you included all of the plan details related to this area? Who will take charge of each step of the plan?

Using this model for planning helps you to think in a Whole Brain way, as you consider various aspects of the plan and how it will actually function as a guiding organism. This can be used as the primary strategic planning tool or in conjunction with other planning templates for business or project planning.

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CLEARING RESISTANCE

Before we go any farther in this guide it is time for me to share a potent energy clearing tool that you will be able to utilize now and for the rest of your life.

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.

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* .

Now that you have reviewed a bit about the modality, I invite you to use it to clear all resistance to the using this Whole Brain visual process for planning. It is best that you clear any charge you have up front with the process, and then try it on for fit.

1- Identify the charge or constriction or resistance that you may feel.

2- Gauge your level of emotional charge on the scale of Low=0---10=High.

3- Using the tapping protocol that was described in the recording, you will tap the following points in this order:

- karate chop/side of hand
- eyebrow point
- side of eye
- under eye
- under nose
- chin
- collarbone point
- under arm
- top of head

4- Start tapping at the karate chop point as you feel any blockage, and state a phrase similar to the following at least three times:

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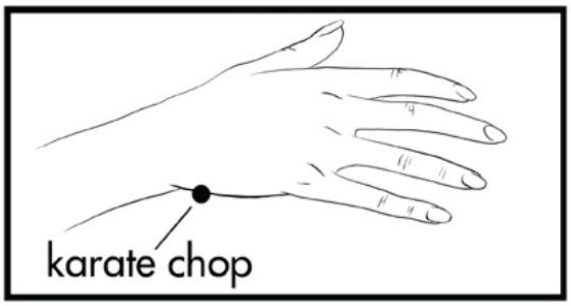
"Even though I feel some resistance or charge or constriction around this process, I deeply and completely accept myself."

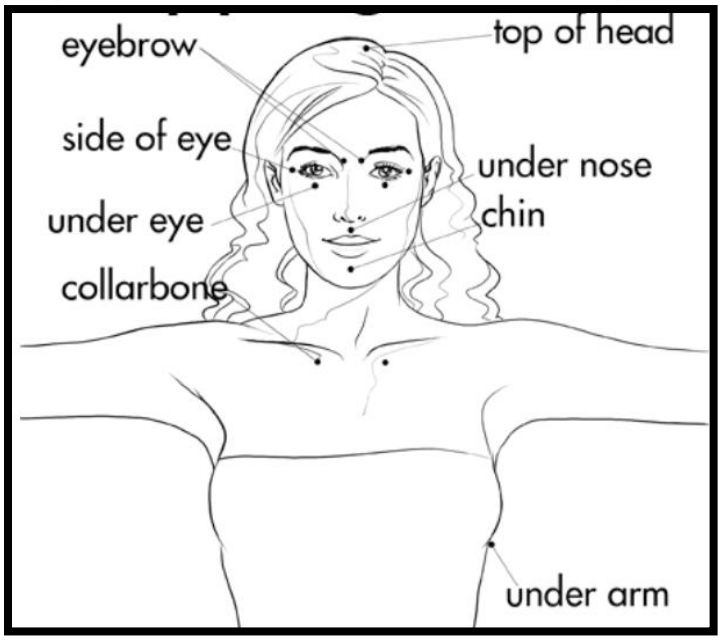
5- Tap on all of the subsequent points while concentrating your feelings. You may state something like the following as you tap each point:

"I choose to clear this charge/ resistance/ constriction."

"I choose to be open to this new approach."

6- Continue to tap each point until the charge lessens, then move to the next point in the EFT sequence. Continue doing this until you can gauge the charge on that word to be lowered to no more than a 0-1 or 2 on the scale.





[We thank the *Tapping Solution* for the above graphics.]

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TAKING INSPIRED ACTIONS

In creating a NEW LIFE it is good to focus on the sequence of BE – HAVE – DO. When you are **BE-**ing yourself, feeling that you **HAVE** that to which you aspire, then you will be inspired to **DO** the tasks that reap the highest and best rewards.

In order to place this process into action and "amp up" the speed and new habit-building properties that will aid in your successful DELIBERATE CREATION of your NEW LIFE, I would like to share some tips that can accelerate and support you to Flow Forward in your Conscious Transformation.

1. *Create and Maintain an Abundant Mindset*

You will create more of whatever you focus on consistently. Make it your deliberate intention to take inspired action to focus on the positive aspects and feelings of what you are DELIBERATELY CREATING, several times a day.

If you desire to experience Wealth and Abundance you must THINK like the wealthy, dream abundant thoughts, and align yourself with people who share these attitudes!! Instead of focusing on the gap between where you are NOW and where you WANT TO BE, consciously focus your thoughts and feelings – numerous times each day – on how it is to HAVE that NEW LIFE NOW!

If you want to participate in a wonderful relationship, then you can start by being in a wonderful relationship with YOURSELF – NOW! Learn how a wonderful relationship feels, and languish in these feelings, daily!

If you desire happiness, then you must look for the good in your present life and focus on what makes you happy NOW! Be in the moment and state your gratitude for the things that make you happy.

When you have conditioned your mind to focus on happiness, prosperity, abundance, all of the aspects of your NEW REALITY, then MORE of that will be automatically attracted to you.

2. Be Conscious of your Energy at ALL TIMES

Our minds naturally wander, and when we dwell on thoughts of lack, loss, negativity, then we are contradicting all of the positive thoughts we are learning to focus on. We are blocking our own flow when we unconsciously drop back into old habits of low vibrational thoughts.

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Consciously managing your energies - physical, mental, emotional, spiritual, money, time - is the foundation upon which your NEW LIFE is laid. If you recklessly expend any of these energies, then you are sabotaging yourself.

In the case of money, if you do not pay bills on time, have no idea of what money comes in and what goes out, then on a subconscious level you could actually be repelling wealth. You may be pushing it out of your experience because deep inside, you realize you would not know how to handle more money even if you had it.

In the case of emotions, if you are wasting your emotional energy on nostalgic thoughts of the past or longings for the future, then you are wasting the present. NOW is when you can be manifesting into your life the dreams to create that future and let go of the past.

In the case of mental energy, learn to control your thoughts. Where your attention goes, energy flows. Make sure you focus on the positive things that you WANT to manifest into your life.

You will be amazed at how you 'magically' tap into MORE prosperity and abundance when you become a master at managing your energies! This is definitely an inspired action step to put into your daily life.

3. Constantly SEE and FEEL your NEW LIFE

Visualizing and feeling whatever you desire in your life, as though it were already there, will accelerate attracting that into your experience at lightening speed. SEE and FEEL yourself already being in the relationship of your dreams, using the things you bought with your mountains of money wealth, living in the house you built with your abundant income, driving the car you purchased with your own cash. KNOW what it feels like to BE in the state of already HAVE-ing that which you most desire.

Enjoy visualizing and FEELING the joy and peace of mind that comes from living in your NEW REALITY. For faster results, add delicious feelings of love, satisfaction, and gratitude at the same time that you project yourself living your NEW LIFE.

4. Clear your RESISTANCE if any comes up

It is at this point that often we pause, feel a tightness in our throat, a weight in our solar plexus, the sense of dread settles around us, the little voice starts spouting negative comments about how it will never happen. This is when many people simply end the process and walk away saying that it won't work.

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There are easy-to-use energy therapy tools available that you can learn yourself so that in any case where doubts or fear of failure raise their nasty heads you can clear them and their emotional root cause away.

My tool of choice is Emotional Freedom Technique (EFT). With my clients I facilitate Neuro Emotional Technique (NET) with some EFT thrown in along with Reiki and a few other energy tools. If you are interested in knowing more you might consider one of the following:

1. **Learn EFT** yourself by practicing and utilizing the tools found at: *https://arielagroup.com/free-eft-stuff* .
2. Go to my website Home Page *https://arielagroup.com*:
    a. To connect to the ***Blog Posts*** about EFT and other tools, including case studies and coaching tips, linked from there,
    b. To sign up for my free ***CUZTIC Clearing Process e-guidebook***,
    c. And to register for an easy-to-complete ***On-line Wellness Assessment*** that is based on energy stuck in your meridians.
3. Consider becoming certified in my ***Energy Therapy Practitioner Certification Program*** so that you can help yourself and others: *https://arielagroup.com/energy-therapy-certification/*
4. Read my **four books on Amazon**: *https://arielagroup.com/publications-amazon* .

5. Be constantly GRATEFUL for what you HAVE NOW

Gratitude is one of the most powerful, yet underestimated manifestation tools that you can apply. The more grateful you feel, the more you will receive to be grateful for.

In applying the inspired actions associated with gratitude you can begin to feel the difference in your attitude, which can shift your energetics and help you to attract more positive results into your life.

Even though this can be a challenging concept if you are currently experiencing financial or personal hardship, pay attention to the concept of the "Attitude of Gratitude", because this is what can change your life around quickly.

At the end of each day, take inspired action to write down at least 5-10 things you are grateful for. This can include anything you think of: thoughts, feelings, sunshine on the water, birds singing in the trees, accomplishments and successes from that day, the fact that the day is over and it's time for bed. Do this consistently for the next 60 days and you will be amazed at the abundance that begins to flow into your life.

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6. Take Inspired Actions that make you FEEL the Abundance

You can feel the abundance in all areas of your life if you make a concerted and conscious effort to do so.

You can feel abundance in the caliber of relationships in your life, the amount of money you circulate through your system, the number of "things" that surround you in your lifestyle, the blessings that you receive each day in big and small ways. When you consciously practice FEELING the abundance in one or more areas of your life, then it starts to become a habit that attracts all of the "right" components to create an abundant NEW REALITY.

Take inspired actions that you KNOW will help you to FEEL the abundance all around you! Have a massage, surround yourself with fresh flowers, go to a day spa, hire a luxury car, go to a fancy restaurant, have someone come in to clean your house, take your best friends out to lunch. Whatever can help you FEEL the abundance will work here. The more you practice taking the inspired actions to FEEL the abundance, the faster you attract MORE!!

7. Create a space for the Abundance to FLOW IN!!

The Universe abhors a vacuum. Take inspired actions to create open spaces for more abundance, and it will soon flood in to fill the openings. Clear out unnecessary clutter in your life – the books that you don't read, the paperwork in your drawers, the old clothes that no longer fit, the boxes of junk in the garage, the habits that no longer serve your lifestyle. When you clean out the old, you make room for the new. Start creating that space for abundance today.

8. Have FUN!! – Laugh!! – Play!!

One of the most important things that you can do on a daily basis to move easily and effortlessly into the flow of abundance is to place FUN into your life. Your experience of life is the result of your attitude!!

Having fun moves your energy into a place of attraction, so practice the following inspired action:

Before undertaking any task, be it business or personal, take a moment to FEEL. Do you feel light inside? Does the thought of the task seem easy? Are you looking forward to doing whatever it is? Will it be FUN to perform the task?? - If not, then how can you adjust the task so that it FEELS better to you?? With the intention of getting to the end result, how can you perform the task differently and have more FUN while getting the same results?? Some tasks may take more soul-searching than others, but in the long run, by taking a pause to align yourself

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with each task, you are then able to create a win-win-win situation for all concerned.

When you find yourself in a FUN situation, use that time wisely to attract to you the prosperity that you desire. When you are having a good time watching a funny movie, playing with your children, spending time with your friends, dancing, genuinely enjoying yourself, then relish it! While you are in that wonderfully light, funny space, FEEL yourself "abundant" in all ways, and ENJOY it.

9. Celebrate your Abundance!

Celebration is an integral part of the manifestation process. When we experience our own abundance we can flow into the "attitude of gratitude" and then CELEBRATE!! This just sets the stage to attract more!!

Some people have special celebrations and some just shout "Thank you!!" to the Universe every time more prosperity flows their way. When you have the "right" attitude, every small blessing is something to celebrate. The subconscious mind doesn't know the difference between receiving one cent and $1,000,000, as long as you are happy and grateful!!

10. Share your good fortune

Tithing is an age-old secret that millionaires practice. Most did not wait until they were rich to begin tithing, they took inspired actions and did it before, during, and after they accumulated their wealth.

Universal Law states that the more you give of something, the more you receive. If you want more smiles, give more smiles, if you want more love, give more love, if you want more money, give more money.

Generally, tithing means to contribute 10% of all you earn to the person, place, or institution that feeds you spiritually. Give to organizations or individuals with whom you are aligned!

Whenever you give money or any other energy to others, bless it and trust it will return back to you – multiplied!! When you do this you will be amazed at the abundance that pours into your life.

11. Prosperity is part of every aspect of your NEW REALITY

Prosperity and abundance lose their glow if you don't have your health, passion, loved ones in your life, and a special something to do each day that makes your heart sing. A life of prosperity and abundance really IS possible.

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How would you feel if you could spend each day with friends that inspire and uplift you, only work because you love what you do, be able to spend your time doing what you choose – when you choose, and continue to experience greater and greater levels of abundance, wealth, prosperity, and JOY year after year??

When you continually and persistently focus your attitude and passion to create your NEW LIFE, daily declare your gratitude, manage your energies wisely, visualize and feel abundant, clean up your clutter, laugh, celebrate, and share your wealth, you will unleash a flow of prosperity that will change your life. That is when you will INTENTIONALLY CREATE your NEW REALITY.

So, are these inspired actions worth your effort??

You can BET they are!! Try them and see for yourself!!

It shouldn't take you very long to become proficient at the global planning process. (Remember the ***Medicine Wheel*** diagram, and you will remember all of the aspects of each project, plan, decision that you need to consider.)

Then, this last step-by-step procedure for setting the details of the right actions in motion is one that can be done around all aspects of your life, your planning, your business. It won't take long before it becomes second nature to you as you stay in the flow with any planning and implementation process.

The next and final exercise in this e-guidebook will support you as you get into the action of performing the tasks. You may have envisioned your new life, planned it, been inspired to action, but this last step will help you to balance and align every task you perform in your life – with your authentic self. It is definitely life-changing if you apply it regularly. It will help you to weed out the non-priority or unnecessary steps, delegate those that you can, and change your attitude about those that must be done by you. All of these will make your life easier, more efficient, and full of much more joy.

And, remember to use the EFT process whenever you feel the least amount of inner resistance, emotional charge, or hesitation. You have the power and the tool to clear all blocks to reaching your dreams, so remember to use these tools when you need them!

I wish you the best in your planning, prioritizing, and follow-through actions!!

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SENSING THE RIGHT ACTIONS

Part One

In each person's life there are underlying feelings, states of being, passions, **ESSENCES** that fuel our desires. Below are examples of some ESSENCES that are often chosen as goals of how my clients wish to feel when they have created the lives of their dreams. These words or states of being sum up how individuals want to FEEL in all aspects of the life that they envision and would like to live:

AT PEACE	LOVED/LOVING	JOYOUS	ACCEPTED
ABUNDANT	SATISFIED	NURTURED	EXCITED
SECURE	SAFE	NOURISHED	CREATIVE
HAPPY	PROSPEROUS	NEEDED	_____
SUCCESSFUL	ENTHUSIASTIC	PASSIONATE	_____
IN ALIGNMENT	SATISFIED	TRUSTED/TRUSTING	

The benefit of this exercise is that you begin to create the TEMPLATE of the basic tone that you want in your life. For example, my ESSENCES are: Peace, Love, Joy, Abundance. One of my clients included wanting to feel NEEDED as a core ESSENCE. You may have just a few or a full list… and, your ESSENCES may change as you evolve, so this is a good exercise to revisit periodically.

After you have identified your own life ESSENCES - and feel free to add to the list above – then you can look for those feelings in the various aspects of your life. For this exercise focus on both your personal and professional life arenas.

List below those ESSENCES that sum up how you want to feel in life:

Note which ESSENCES you feel are supported more in your personal life and which are more supported in your professional life.

The object of this exercise is to identify how you want to FEEL ALL OF THE TIME… at home, at work, everywhere!! Your ESSENCES fuel your PASSION!!

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Part Two

You have identified your true "essences" for your life. Now, as you go through your day-to-day life, remind yourself regularly of your ESSENCES, and rate (Low/1 - 10/High) your feelings of how much each of your daily tasks reflect those essences. If you find that you are rating less than or equal to a 5 on any of your ESSENCES for a specific task, ask yourself two things.

1- Is this task absolutely necessary??

If it is NOT, then drop it and go to a task that energizes you and helps you to feel the ESSENCES you desire. You may be doing old conditioned "busy work" that you were instructed to do by another, used to do in the past, think you "should". Remember that only 20% of usual tasks get the job done, so let go of the other 80% of "busy-work" actions/processes by using this exercise!!

2- If the task IS necessary, ask yourself

a-"Is there a way that I can perform this task so that it energizes me and helps me to better feel my ESSENCES??" or

b-"Is there someone to whom I can delegate this task who will feel more passion for performing it than I feel now?"

As you answer this question you can create new ways to perform or delegate old tasks so that they are more fulfilling in your life and so that you keep your frequency up closer to the vibration that you desire.

By identifying and staying in touch with your ESSENCES you can learn more about how to practice the following productivity skills and processes.

EASY PRIORITIZATION	SUCCESSFUL DELEGATION
BALANCED PLANNING	TIME & ENERGY EFFICIENCY
STRESS PREVENTION	PASSION & CREATIVITY

List some ACTIONS you will take NOW based on this exercise: Enjoy!!

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*.

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