VISIONING FOR SUCCESS

Now with EFT!



4th Edition, 2019

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The Ariela Group of Wholistic Services
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COVER PHOTO:
***"Journeying the Path"* by Anne I. Merkel, 2000**
Painting in acrylic on canvas.

This mandala depicts the call to the path of growth, the Sacred Quest, moving forward in life toward one's dream. The Kokopelli heralds with his flute the ending of the old life and beginning of the adventure to the new. There is another mandala painted underneath this one… the old replaced by the new.

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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.

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

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INTRODUCTION

I welcome you on this journey of vision, exploration, and transformation. It has taken courage and perseverance for you to meet me at this junction in the road. Let's walk together for awhile so that I can share what I have learned, with the intention of making it a smooth path forward.

According to Universal Laws, visioning has several key components that naturally help in the manifestation process. In this short guidebook I will introduce you to the core principles of visioning and guide you through the process so that you can practice the technique, use it for self-coaching later, and share it with others.

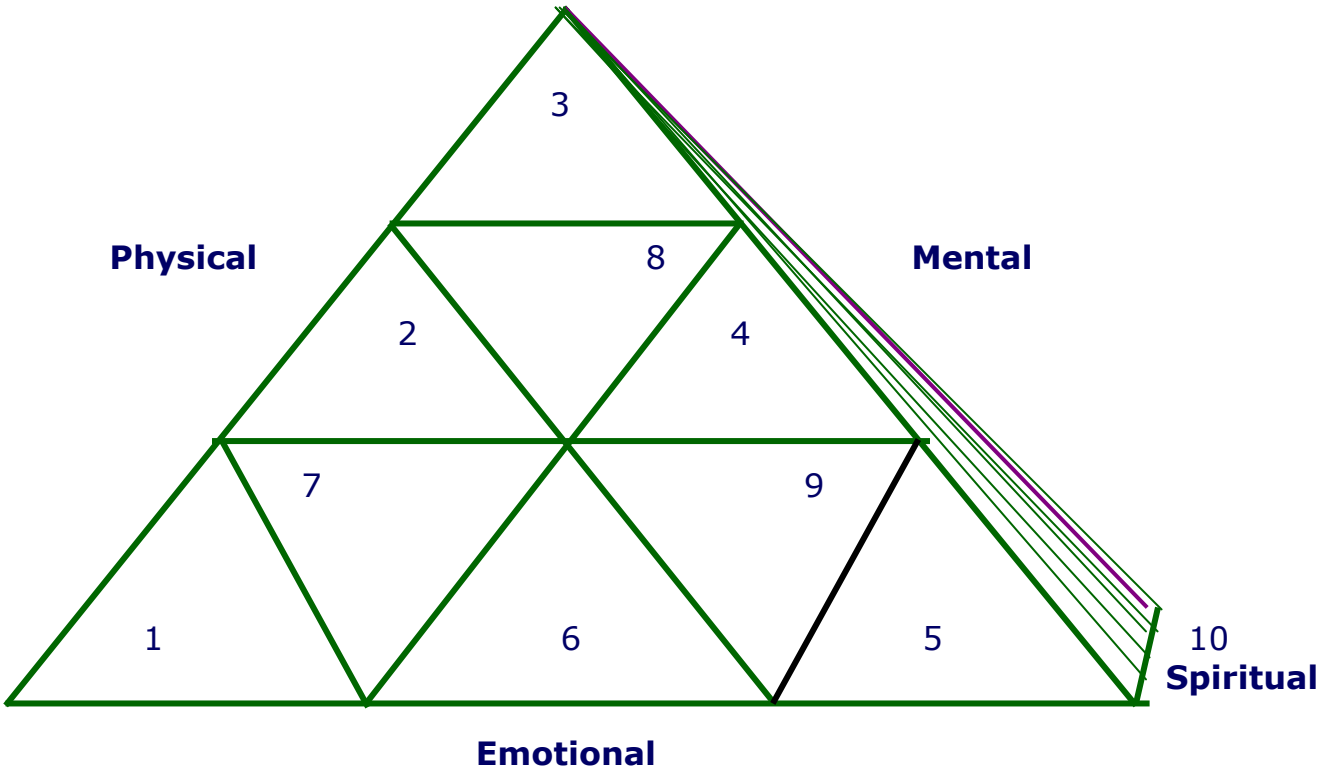
In this edition I will also share the technique of Emotional Freedom Technique (EFT) that you may utilize to clear any emotional resistance or inner charge that comes up to block your freedom to vision. As you clear all resistance you will truly be able to vision the best future for yourself in all aspects of your life!

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PERSONAL VISIONING

In order for you to get the most out of your life you must break it into smaller categories, or "bite-sized pieces". As I look at my life and that of my coaching clients I like to focus on at least ten different aspects of life, and activate visions around each.

You can use the graph below to guide your personal visioning process:



This graph represents ten dominant categories of life that are shared by most people. Each of us prioritizes these categories differently, holds different visions for each, and will approach this visioning process around the life categories in a variety of ways. I urge you to be creative as you move through this e-guide, and open yourself to new experiences.

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In the pyramid graphic depicted on the previous page the ten divisions represent the following life categories:

1- Health, Physical Well-being, Stamina, Energy, Vitality

2- Home, Abode, Oasis, Where you sleep & nurture yourself

3- Wealth, Fiscal Prowess, Financial Situation, Accounting, $$ Situation

4- Education, Learning, Skills, Mental Agility, Knowledge, Training

5- Family, Dear Ones, Blood Relatives, Those with whom you live

6- Love, Romantic Relationship, Partnership, Mate

7- Recreation, Play, Social Activities, Diversion, FUN!!

8- Career, Occupation, "Work", Job, Livelihood

9- Values, Attitudes, Morals, Integrity, Perceptions, Beliefs

10- Spiritual Domain, Relation with the Universe/God/Higher Power

You will be able to utilize this graph as you carry out the exercises that are described in the next pages, and as you fill in the worksheets provided.

If there are additional areas of your life for which you would like to create a separate category, please do so. And, you may also change the location of each category on the graph provided if that increases your comfort zone.

Remember – this guidebook and all of the processes are about YOU. So, I want you to feel perfectly comfortable as we co-create the exercises and processes for your success.

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GETTING CONGRUENT

I invite you to pause as you look over the pyramid and the list on the previous pages.

1- Scan the four main quadrants of the pyramid:

Physical – Mental – Emotional – Spiritual

Do you feel congruent and at peace with each of these categories? Or, do you feel a sense of constriction as you consider one or more of these aspects of you and your life?

If you feel a charge, identify the word or concept that feels blocked or has some resistance or charge around it. Gauge it on a scale:

0 = No charge/Neutral……5 = Uneasy……10 = High charge

Note that here or on separate note paper:

2- Next, look at the ten categories of life.

Carefully read each word listed on the previous page. Do you feel any resistance or constriction when you focus on any of these categories? If so, gauge each one on the following scale as you did above:

0 = No charge……5 = Midway……10 = High charge

Note each word and its resistance here:

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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 emotional 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 introductory 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* .

If you have specific questions about ***EFT*** or meridian tapping in general, please feel free to contact me at this link: *https://arielagroup.com/contact-the-ariela-group/*.

Now that you have reviewed a bit about the modality, I invite you to use it to clear all resistance to the life categories listed previously. Since you will be working with these categories as you follow this visioning process, it is best that you clear any charge you have up front with the categories themselves.

1- Identify the word or life area around which you feel some constriction or resistance or charge.

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 points/side of hand
- eyebrow points
- side of eyes
- under eyes
- under nose
- chin
- collarbone points
- under arm points
- top of head

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4- Start tapping at the karate chop point, think of a specific life category word that contains charge for you, and state a phrase similar to the following at least three times:

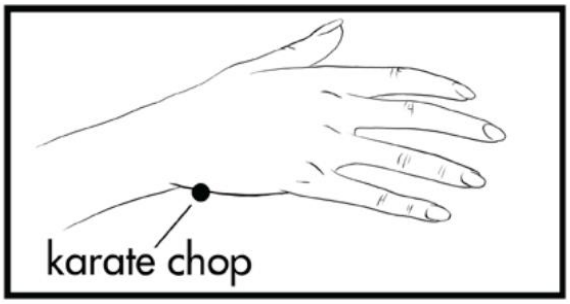
> *"Even though I feel some resistance or charge or constriction when I think of _____, I deeply and completely accept myself."*

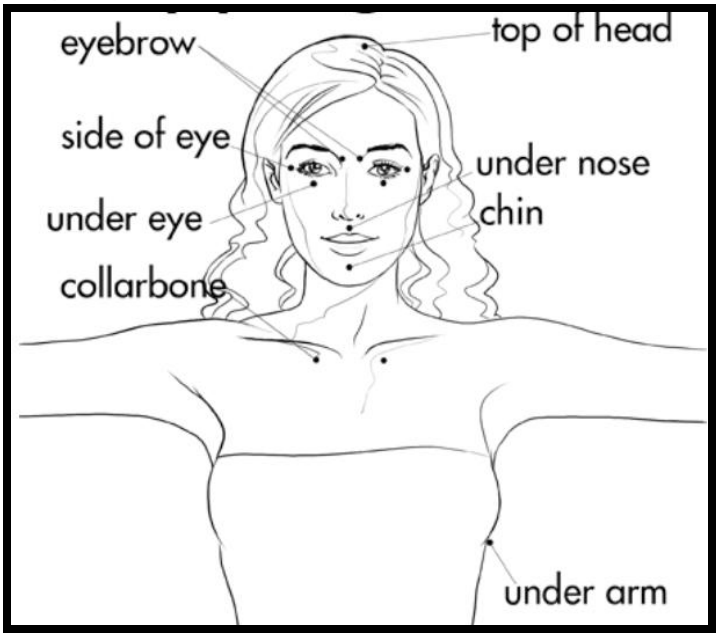
5- Tap on all of the subsequent points while concentrating on the word and its feeling. You may state something like the following as you tap each point:

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

> *"I choose to free this area of my life."*

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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VISIONING EXERCISE

It is best to begin with the end in mind. When you know where you are going you can gain clarity that will help you to identify the steps that will get you to that end result.

I am providing here a visualization process that I use with my personal clients. I usually lead them through it orally so they can listen quietly from a centered place and let the process guide them. You may want to read the visualization below aloud and record your own voice so that you can then listen to it for each aspect of your life (as depicted on the diagram in the last section.) The purpose of the visualization is to identify your goals, dreams, and aspirations for each area of your life.

At this point please put your pen down, leave your keyboard, and get very comfortable. If you are listening to a recording of this process you may wish to close your eyes and listen from a centered and relaxed place. Take a moment, close your eyes, and take in some breaths so that you can feel your core. Do some slow breathing and begin to relax. Notice any parts of your body where there is tension. What is going on in your toes, legs, buttocks, back, stomach, shoulders, arms, neck, face, arms, head? Notice if you are holding any tension and breathe it out. You may also use an EFT tapping sequence to clear tension before getting into the specific visioning journey. Also, consider tapping on the "*heart center*" tapping point while you are going through this imaging experience to enable your subconscious to automatically open up to your aspirations and to clear some of the basic restrictions as you go.

> *Now begin to create a vision. Think ahead to one year from today. You have had the most magical, unbelievable year of your life. Everything that you have ever desired, wanted, or dreamed of having, including all hopes and secret aspirations, have come to be.*
>
> *Begin to think about your family and the positive connections you developed this year with family members. Think about how you have grown as a person and how your personality, emotions, and spirit have grown. Think about your environment, where you live, where you work, where you play. How have these changed and evolved? Think about your relationships with friends, with community members, with church members, with people from any organizations with which you are associated. Think about how outstanding and extraordinary your health has become and how well you feel and how energized you are. Notice how physically fit you are, how beautiful or handsome you look, how much younger you seem. Begin to see the money that is in your bank account: the money that you are giving away to charities, the money you have to improve your home, to buy what you want, to fund other things.*

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Notice now the wonderful career that you've created. You have learned and easily apply effortless tools and processes in your work. You have excellent, comfortable, fun relationships with clients and colleagues. You have great experiences in your occupation of choice and see many opportunities opening for you therein. You have created the "work" of your dreams. And, you have wonderful balance in your life. You are working the days and times that you choose. You may be doing other things now in addition to your regular "job". You are easily and effortlessly doing the things that you love.

Now focus on a specific area of your life. (Do one aspect at a time, then pause, take notes, and go to the next.)

1- Health, Physical Well-being, Stamina, Energy
2- Home, Abode, Oasis, Where you sleep & nurture yourself
3- Wealth, Fiscal Prowess, Financial Situation, Accounting, $$$
4- Education, Learning, Skills, Mental Agility
5- Family, Dear Ones, Blood Relatives, Those with whom you live
6- Romantic Relationship, Love, Partnership
7- Recreation, Play, Social Activities, FUN!!
8- Career, Occupation, "Work", Job, Livelihood
9- Attitudes, Values, Morals, Integrity
10- Spiritual Domain, Relation with the Universe/God/Higher Power

FEEL this specific scenario of a year into the future. SEE the details happening in this aspect of your life. TASTE the successes. TOUCH and SMELL the real-ness of what you have created. SEE yourself in this vision; BE there. What are you wearing? Where are you? Who is with you? Have you hired other people? Are you in personal relationship with other people? What are they doing with you? Just feel what it is like to wake up in the morning doing what you love, serving others in various ways, and feeling highly confident about your abilities - knowing that you are making a great impact on the lives of others. Hold this vision; really FEEL it. Focus on your breathing: breathe this in, and FEEL the vision. Feel highly confident, highly excited. Get into the DETAILS of your life in this area one year from now. Let this sink into your DNA.

You have what it takes to create exactly what you desire. SEE it and FEEL it now, and know that it is yours. As you come back to the present hold the feeling of what you have visioned, and very slowly, open your eyes.

At this point you may wish to pause and think about any emotions you feel, any ideas that came to mind, your key memories of this vision of yourself one year from now, and any degree of resistance you feel about getting from NOW to THEN.

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Also, in doing ALL energy work it is important for you to keep your body hydrated. Take a big drink of water now, and savor it as it nurtures you.

So, how did that feel?

This is a good time to jot down notes about the details of your vision so that you can later remember every sight, sound, smell, FEELING of your experience. You can imagine how this exercise can help you create the situation as you FEEL the results of where you want to go. This process will also help you get to know what it is that you really want on a core, subconscious level.

Doing visualizations will help you to activate the energy to pursue your desires and the feelings that fuel the process. No matter what you want, the real desire is for the FEELING that you will have when you accomplish your goal and manifest what you desired. Focus on the FEELING so that you can activate the energy and start it flowing toward the end result. Send LOVE to your vision and set the intention of returning to this on a regular basis so that you can start to hold this vibration all around you… and then end up, via Law of Attraction, attracting your vision into your life… as your life!

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Becoming Congruent With Your Vision

During your visioning exercise if you felt any resistance or self-doubt about any area of your life, then create a tapping sequence and clear the energetic blockage with EFT. You might wish to use the following tapping set-up statements:

"Even though I feel some doubt about _____, I deeply & completely accept myself." [Use 3 times while tapping the karate chop point.]

"I choose to clear this doubt about _____." [Use this on other points until the doubt dissipates.]

"Even though I feel some resistance about _____, I deeply & completely accept myself." [Use 3 times while tapping the karate chop point.]

"I choose to clear this resistance/ this blockage in my subconscious." [Use this on other points until the doubt dissipates.]

List on the following pages the details of each of your visions, and make sure to identify what you FEEL as you are IN each vision for that aspect of your life. Also list any degree of resistance or doubt you feel, and note the amount of charge between Low=0---to---10=High Emotional Charge.

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1- Health, Physical Well-being, Stamina, Energy

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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2- Home, Abode, Oasis, Where you sleep & nurture yourself

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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3- Wealth, Fiscal Prowess, Financial Situation, Accounting, $$ Security

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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4- Education, Learning, Skills, Mental Agility, Training, Knowledge

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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5- Family, Dear Ones, Blood Relatives, Those with whom you live

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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6- Romantic Relationship, Love, Partnership, Mate

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision

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7- Recreation, Play, Social Activities, FUN!!

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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8- Career, Occupation, "Work", Job, Livelihood

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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9- Attitudes, Values, Morals, Integrity, Perceptions, Beliefs

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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10- Spiritual Domain, Relation with the Universe/God/Higher Power

Notes from Visioning Exercise:

I see:

I hear:

I smell:

I taste:

I feel:

More specific details:

Feeling resistance about: *Charge: Low=0……10=High*

Use EFT to tap away your resistance and then place this aspect back into your vision.

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GENERAL VISION

Often as you experience a process of visioning such as this one you end up surprising yourself in some way or another.

List below any "revelations" or flash-back memories that you had during this exercise.

Identify what you can do right away to activate your overall Vision in the present.

- What can you do to start to create that vision TODAY??
- Are there certain aspects of your vision that you can implement NOW??
- Are there specific steps that will take you a step closer to other aspects of your vision so that you can begin to FEEL the way you WANT to FEEL??

Do you have any resistance to moving forward now? If so, identify it:

Clear these blocks w/ EFT. *(You may wish to create an EFT notebook.)*

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CREATING ACTION STEPS

Jot down specific actions you will take NOW!

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CLEARING RESISTANCE TO ACTION

When you think about the vision that you experienced, and the action steps you have identified, do you feel any resistance or doubts about your ability to really achieve those results that you visualized?

1. ***List below any specific blocks to taking action that came up for you.***

2. ***Gauge your level of resistance on each: Low=0……10=High***

3. ***Then create a tapping protocol and tap away the blocks.*** *(Bring the resistance charge down to a "0 or 1".)*

You might wish to use the following EFT tapping set-up statements:

"Even though I feel blocked about _____, I deeply & completely accept myself." [Use 3 times while tapping the karate chop point.]

- or -

"Even though I feel resistance to following through with this action_____, I deeply & completely accept myself." [Use 3 times while tapping karate chop.]

"I choose to clear this blockage or resistance: _____." [Use this on other points until the feeling of resistance or blockage dissipates

If you feel some emotional charge of fear, doubt, confusion, frustration, etc. related to achieving your vision, then there are various tools that you can utilize to clear the emotional charge from the issue so that you can then go forward more easily to achieve your goal. EFT is easy and quick and pain-free, so I highly recommend that you learn to use it proficiently so that you may create and live the life of your dreams!

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The ENERGETIC COMPONENTS of Visioning

There is great importance in FEELING the aspects of your vision. In order to bring your vision to life for your over-all experience it is beneficial to identify the *ENERGETIC FEELINGS* that you wish to hold and feel, or what we also refer to here as "***VIBRATORY ESSENCES***".

In each person's life there are underlying feelings, states of being, *ESSENCES* that fuel our desires. This is how we label the vibrational frequency of our own electro-magnetic field. Below are examples of some *VIBRATORY ESSENCES* that you may wish to consider as words or states of being that sum up how you want to *FEEL* in all aspects of the life that you envision. These words are merely labels for the vibration that you wish to hold in your field. You can add your own too:

- Abundant!
- Active!
- Alive sexually!
- At Peace!
- Aware!
- Balanced!
- Beautiful!
- Bright!
- Calm!
- Clear!
- Comfortable!
- Compassionate!
- Confident!
- Connected!
- Conscious!
- Creative!
- Ecstatic!
- Empowered!
- Energetically Expanded!
- Energized!
- Excited!
- Exhilarated!
- Expanded!
- Free!
- Full of Energy!
- Full of Vitality!
- Growing!
- Having Fun!
- Healthy!
- In the Flow!
- In tune!
- Inspired!
- Intuitive!
- Joyful!
- Light!
- Loving/ Loved!
- Needed!
- Open to opportunity!
- Pain free!
- Peaceful!
- Plentiful!
- Present!
- Quiet!
- Receptive!
- Rejuvenated!
- Resonant!
- Resonating!
- Safe!
- Satiated!
- Satisfied!
- Secure!
- Still!
- Stimulated!
- Useful!
- Vital!
- Etc.…

The benefit of this exercise is that you begin to create the TEMPLATE of the basic vibrational tone that you want in your life. For example, my *VIBRATORY 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 and your vibrational frequency gets higher, so this is a good exercise to revisit periodically.

After you have identified your own life *VIBRATORY ESSENCES*, then you can look for those feelings in every aspect of your life.

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List here those VIBRATORY ESSENCES that sum up how you choose to feel in all aspects of life. *(Choosing 3-5 is usually best.)*

Now go through each aspect of your life and identify to what extent in that life area you feel or do not feel each ESSENCE.

Score each ESSENCE on a scale of 1 (low) to 10 (high).

1- _____Health, Physical Well-being, Stamina, Energy

2- _____Home, Abode, Oasis, Where you sleep & nurture yourself

3- _____Fiscal Prowess, Financial Situation, Accounting, $$$

4- _____Education, Learning, Skills, Mental Agility

5- _____Family, Dear Ones, Blood Relatives, Those with whom you live

6- _____Romantic Relationship, Love, Partnership

7- _____Recreation, Play, Social Activities, FUN!!

8- _____Career, Occupation, "Work", Job, Livelihood

9- _____Attitudes, Values, Morals, Integrity, Perceptions, Beliefs

10- _____Spiritual Life, Relation w/ the Universe/God/Higher Power

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As you go through your day-to-day life, remind yourself regularly of your ESSENCES, and rate your feelings as you carry out various tasks. If you find that you are rating less than or equal to a 5 out of 10 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.

2- If the task IS necessary, is there a way that I can perform this task so that it energizes me and helps me to better feel my ESSENCES??

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

With the exercises that we have introduced in this guidebook, and with your new realization of how you want to FEEL and the life Frequency ESSENCES that will help you feel that way, you have valuable tools that you can use regularly and share with others so that before long you will awaken one day to the life that you envisioned and might have thought would only be experienced as your dream.

Yes, you CAN create the life that you desire, so begin TODAY!!

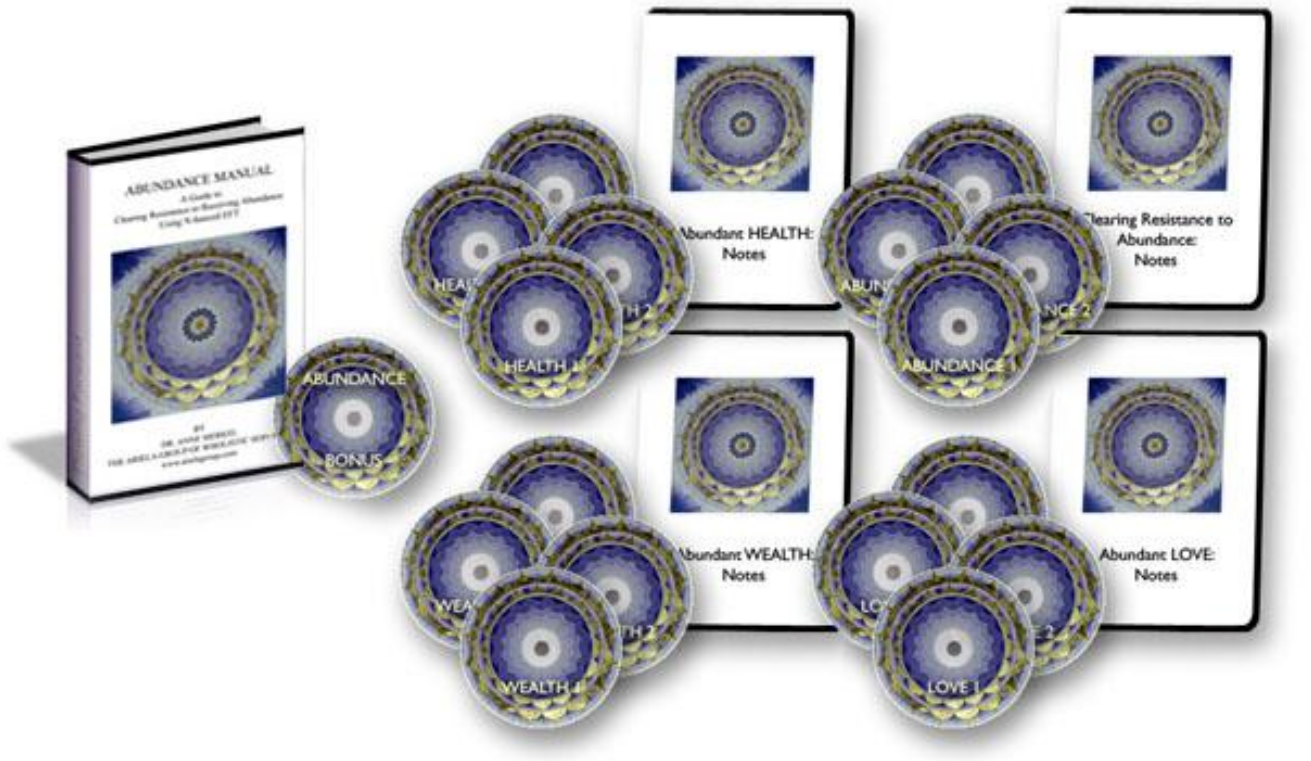
I hope that you enjoy the process and that it empowers you to meet your full potential in all aspects of your life!! Now you may move on to the Planning Segment and exercises found in the next e-guide of this series.

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*. And,... remember my *books on Amazon*!

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If you enjoyed my style and the content included in this e-guidebook and its series you may wish to check out my comprehensive Self-Study Program: ***Advanced Living & Loving.*** *This extensive package includes 26 audio recordings with four e-guidebooks plus one private phone session (worth the cost of the entire package!)* ***Check it out below:***

Advanced Living and Loving Program with N-hanced EFT



26 Abundance mp3 recordings come in this program to enjoy in the privacy of your own home or office. These life-changing recordings take you through multiple sessions with tapping sequences and training - all focused on Clearing your Blocks to Abundance related to Love & Relationship, Health, and Wealth. This program also includes a ***Private one-on-one personalized phone Coaching Session with Dr. Anne Merkel*** (worth the cost of the entire package!) to help you to clear emotion and stress from your life so that you can enjoy the most Abundant Life without blockages or inner sabotage! (This coaching session is pre-scheduled and includes an extensive history and on-line Wellness Check.)

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