

Featuring The Remarkable Power of Energy Therapy



Flow

On Demand

The Athlete's Edge

Guaranteed Results!



Play in the Zone and
Unleash Your True Potential

Gina Parris

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DEDICATION

I dedicate this book to all of the incredible athletes and individuals who choose to pursue a life that is lived in a state of Flow. It has been my blessing and privilege to be acquainted with so many.

I especially want to acknowledge my husband Paul, and our four kids, for being willing to experiment with the potential power of energy therapy. Without them, I would never have realized that we all hold something of value right in our own hands.

To my readers: This book is designed for all kinds of athletic performance. You will notice that it has a strong emphasis on baseball. That is because it made sense for me to show you how to look at many angles of one sport, and since baseball is very mental, and already a big part of my personal life, I chose it. If baseball is not your game, I hope you will enjoy all of the other examples, and feel free to email me for ways to incorporate your sport’s specific challenges.

INTRODUCTION

Congratulations! You have just embarked on a journey to the next level of your game.

If you are anything like me, you will be tempted to look at the techniques of Flow On Demand and wonder if you were just ripped off. I know. I’ve been there.

I was introduced to these techniques from a workout partner who recommended a set of videos on Emotional Freedom Technique – the foundation of Flow On Demand. Upon watching the first video, I shook my head and thought, “Are they kidding?” And I put the videos up on a shelf for months. Then one day while in the shower, I completed a “full sequence” on an issue that had troubled me for 15 years, and my life was totally changed in that area. I couldn’t believe it, a lifetime of struggle transformed in a moment, by tapping on my face? Was it a fluke? What else was possible?

I became a serious student of the craft, and finally added it to my personal coaching sessions. The results were almost always amazing, and when they weren’t, I went on a quest to find out why not.

Some of my most rewarding times have been spent with athletes as they use these techniques to overcome conflicts, achieve consistent flow, and win big contests.

I am constantly growing in my understanding of why Flow on Demand works. It is with confidence that I now share it with you for your own game-day success stories.

In my lifetime of studying Peak Performers, one quality always stands out: Those who are the most successful are also the most open to new ideas.

You were open-minded enough to invest in this book. Let’s apply what we learn and I’ll see you at the top!

FLOW ON DEMAND:
The Athlete’s Edge
Play in The Zone and Unleash Your True Potential

By Gina Parris

“Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.”

-- Muhammad Ali

"Baseball is ninety percent mental. The other half is physical." – Yogi Berra

Disclaimer: While energy therapies have produced remarkable clinical results, they must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of them. Further, Gina is not a licensed health professional and provides FOD instruction solely as a Peak Performance Coach.

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CHAPTER ONE: UNDERSTANDING FLOW ON DEMAND

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science.”- Albert Einstein

Achieving a State of Flow – an extreme example

In 2006 Jason McElwain, a senior at Greece Athena High School near Rochester New York, was catapulted to fame. Why? Because he unwittingly demonstrated what is possible in 4 minutes of a sport played in an extreme state of flow.

Jason, or J-Mac, as his friends call him, is diagnosed with autism. This disorder had left his motor skills too weak to ever make the basketball team, in spite of his passion for the game. Instead, he had spent the previous three years as the faithful basketball team manager, fetching water, setting the clock, and cheering for his pals. The last home game of the season was senior night, and the team’s coach, Jim Johnson, gave J-Mac the chance to suit up, in hopes that he could even join his team on the floor.

The student body, hearing rumors that Jason might play, had packed the student section, many holding posters of J-Mac’s face, in resounding support.

Finally, with 4 minutes and 19 seconds left in the game, the Athena Trojans were up by 20 points. Jason got his chance to play. The fans went wild. Jason’s first shot missed by over six feet. His coach prayed, “Oh Lord, just let him make a basket.”

The next shot -another miss. But then, he found his Flow. With 3 minutes, 12 seconds to go, Jason entered The Zone. Swish! The crowd went wild again. He scored a three pointer, and then, the shots just kept going in. It was unbelievable. With each shot, the team, and the stands went a little crazier. He threw another three-point shot, and another... Finally, with 3 seconds left to go, Jason shot an NBA caliber 3-pointer. As it swished through the net at the buzzer, the crowd stormed the floor. They swept J-Mac onto their shoulders, waving posters of his face, and glorying in the magic they had just witnessed.

In the end, Jason McElwain, team water boy, was the game’s high scorer. He made 6 three- point baskets, and a total of 20 points. As his story went public, we were all reminded that anything is possible.



You too, can unleash your true athletic potential.

I can’t promise you results as dramatic as Jason’s. But I can promise that if you will practice the techniques in this book, you will eliminate much of the conflict that keeps you from fulfilling your potential.

Will “magic” happen in your game? Yes. Just as preparedness and opportunity often come together in what looks like luck, you will find that hard training, mental mastery, and opportunity come together for you as peak performance. In my experiences working with athletes, and other peak performers, the results have often resembled magic, indeed.

What is Flow?

FLOW def:

- a) to **move or run smoothly** with unbroken continuity, as in the manner characteristic of a fluid.
- b) concerning performance – **to move perfectly, in peak mental and physical state**

Every athlete knows what it is like to enter a state where his game seems **fluid, effortless and magical**. It is the result of hours of training for his craft, combined with an optimum mental focus. Most importantly, it is a place free from internal conflict. Some people call that place “the zone.” I call it “Flow,” and getting there is always a goal. The problem, unfortunately, has been that this Flow seems to be evasive and hard to create at will. Not any more.



Flow On Demand

I have discovered a way to achieve flow within moments. I call it, “**Flow on Demand,**” (FOD) and with it, players can access their peak state any time, and reach their true potential. Flow on Demand is an **energy therapy**, because it deals directly with your subconscious mind, or your energy system.

In the athletic arena, FOD is useful on two fronts:

1. It facilitates freedom from internal conflict, and
2. It provides a means for quick recovery from injuries.

Flow on Demand was created using principles that were first refined by Stanford trained Engineer, Gary Craig, and psychologist, Dr. Roger Callahan. Callahan called his process “Thought Field Therapy” and Craig calls the process, “Emotional Freedom Technique,” or EFT. They are sort of the fathers of energy therapy. Another leader in this field is Doctor Larry Nims, who developed a program called Be Set Free Fast, or BSFF.

Flow On Demand combines the concepts from all of these for a uniquely useful program.

Early in my training, I saw these techniques used successfully on a variety of problems. The most impressive to me was seeing Viet Nam War Veterans receive relief from tormenting memories that had haunted them for decades.

Eventually I realized that if this EFT worked for War veterans, **than it could surely eliminate the problems caused by athletic performance anxiety.** That’s when I created Flow on Demand, my own version of energy therapy.

What is Energy Therapy?

Energy therapy is a solution-oriented process that focuses on **results through our body’s nervous system** or energy system. This is different than just using “positive thinking.” We do use it to instill new ways to think, but we also use it to **eliminate the negative emotional responses** that take place without our thinking!

We recognize that our emotions are a result of biochemical responses that happen according to our own subconscious programming.

With Flow On Demand, we speak directly to our subconscious mind and our body to eliminate the roots of our negative emotions. Since the roots of our negative emotions include all of the things we have heard, seen, spoken, believed and acted upon, related to our issue, we simply create an action in order to clear all the previous programming.

We then instill an empowering response to the previously stressful trigger. For Flow on Demand, the action I choose is a tapping action, as you will see.

There is plenty of science behind the steps I will lay out here, but I will just give that a brief overview. My goal is mainly to put you into Flow, and take your game to the next level. Some of these things may seem unconventional, but you can always study them out further if you desire. I’ll include some resources for you at the end.

PEAK PERFORMANCE *FLOWS* FROM YOUR NERVOUS SYSTEM

There is much talk in the athletic world today about the role of the Nervous System on athletic performance. **This includes your human electrical system with all of its neurotransmitters and cell receptors.** In fact, it goes far beyond being an electrical system, and is actually responsible for a host of chemical transmissions in your body as well. It includes your brain and spinal cord, and even more systems that make the mind/ body connection work. This amazing powerhouse is still considered somewhat mysterious and **yet we know it holds untold power for our game.**

Today, thanks to modern cellular biologists, we are learning more about this mind/body connection. We now have an idea of how your body experiences an emotion, and it happens on a subconscious level. This term: “**emotion**” includes muscle tension and physical responses **as well as feelings** like fear, anger, sadness, etc. Here’s how they are triggered:

- **There is an event** – that event can be a thought we have, or something that happens to us.

- **Chemicals are released by the hypothalamus.** Most of them are what we call peptides or short chain amino acids.
- These chemicals flood the body and **are experienced as an emotion**
- **These chemicals/emotions lock onto the cell receptor sites.** There are millions of these receptors on the surface of each cell. Each receptor is only designed to hold a particular chemical/emotion – fear, for example.
- **We either fully process the chemical/emotion or not,** through things like laughter, exercise, or other stress relievers.
- **If we don’t fully process the chemical/emotion, the cell receptor site remains filled up with that chemical/emotion,** and nutrients and proteins can’t enter that receptor site.
- **Over time, the other cell receptor sites shrink up and die.**
- **When the cell divides, there are more cell receptor sites for that same chemical/emotion** and fewer receptor sites for nutrients and proteins, or other emotions.

This explains why habits seem to get stronger over time: Your cells that carry certain emotional responses multiply, and the response happens subconsciously.

You already know that these emotions have an effect on your body. Example: you think of striking out against an opposing pitcher, and you experience the wrong kind of muscle tension, involuntarily.

The solution needs to go beyond just thinking new thoughts. Something must be done to clear the “neuro-connection” between the troubling thought and the body. If not, the troubling thought still triggers a response that totally bypasses your conscious mind, and creates the unwanted emotion.

This subconscious programming is a result of all of the things you have heard, seen, said, and believed, along with the actions you have taken up till now.

With Flow On Demand, we gently deal with the roots of our emotions by acknowledging the emotion in the first place. Then we choose our own response over the things we have heard, seen, spoken, believed and acted.

We do this by mentally tuning into the negative emotion or pain, and then physically tapping with our fingers on a target near our ears, eyes,

mouth, heart, and hands. We just tap on one target at a time. Then we tap on those targets again while declaring our choice response.

There is no need to try to consciously remember the ways all our distressing patterns were formed. Our subconscious will respond wonderfully if we tell it to.

As we tap on our face and hands during an FOD session, we usually notice a positive shift in our emotional state. That is the goal.

It’s All Energy

Interestingly, these tapping targets happen to correspond with some ancient targets outlined in the Eastern practice of acupuncture. According to acupuncture theory, the areas that we tap on in FOD, are called “energy meridians.” Those are paths along which all the energy flows in our body.

It is understood by many that stimulating these meridians affects our whole nervous system. In that way, FOD is a kind of “emotional acupuncture.” This may explain the reason that Flow On Demand usually works even when people don’t believe it will – because it is working directly with their energy systems.

By the way, when we talk about your nervous system, or your energy system, you may want to remember Einstein’s discovery that **all matter, including your body is made up of tiny atoms of energy.** You are totally composed of energy! Every cell in your body is vibrating at a certain frequency, or on a certain bandwidth.

This is also true of everything around you, including things you can see with your eyes and touch with your hands. They may feel solid, but ultimately, they are simply made up of energy.

Remember how we said that some distressing chemicals or emotions sometimes lodge on our cell receptor sites? We now know that consciously tapping on these meridians appears to clear the cell receptor sites of that chemical/ emotion. Even more exciting, is that it clears the way that the body responds to that stressful stimulus the next time it faces it.

Why or how does it work? That is beyond the scope of this book, but for now, **the important thing is that it does work to shift your emotions.**

For our purposes, I will call these meridians our “tapping targets,” and they are just slightly different than the ones Gary Craig made popular through EFT.

The scientific reasons why Energy Therapy works is still growing, but there is one thing that I know for sure:

It is clear that as human beings, **we have amazing power to choose life** and to choose the way we respond to life’s issues.

The success of Flow On Demand and other energy therapies has been witnessed by thousands of people all over the world, and my goal is to make it easy for you to understand and apply to your own game.

For those who are scientifically inclined, check out the resource section. For the rest of us, I encourage an open mind as we move forward towards Peak Performance in our game.

CHAPTER TWO: ACCENTUATE THE NEGATIVE? YES!

“Life is 10% what happens to you, and 90% how you react to it” – Charles Swindoll

I am a firm believer in positive thinking and positive attitude. I think most people understand that if they can change their most prevailing thoughts, or beliefs, they can change their lives. This is because our beliefs create our reality. Therefore, it is great to have positive beliefs. **The problem however, is that if we don’t first deal with our negative beliefs, than we will not get very far by just trying to “think positive.”** This is where many of us have missed it.

It is difficult to consciously act out a new belief, when the old, unconscious belief is still triggering physical responses through our nervous system. Indeed, the old programming is still there conflicting with the new desire.

We may choose to be confident, but **those old doubts and fears and their triggers are still present**, right in our cells, **waiting to activate when we least expect them.** We often don’t deal with them because either we are not aware of them, or we think we should not have them.

For example, most people don’t want to admit to any fear, but **fear is actually a belief** in something negative. This belief, like all others, has the power to greatly influence your game, and your life! All of our actions are ultimately a result of our beliefs. We formed our beliefs through the meaning that we attached to things we experienced.

You must be able to face the often- subconscious stressors that keep you from achieving Flow on Demand. **This way, when you focus on the fears while tapping on your energy points, you clear the fear from your nervous system.** Then the fear has no more power to disrupt your perfect flow.

This works in every sport, but I will give you an example from baseball.

Jordan was a weak batter in his beloved game of baseball. Very often he made the final out of the inning, and he hated that. He didn’t realize it until our FOD session, but he had a fear of hitting the ball into the dirt, or popping

it up, and getting thrown out at first. **His body simply cooperated to fulfill his anxieties.**

During our session, he also realized that **in his mind**, he had never been a power hitter, and **he believed that no one thought he could hit, including himself.** His at-bats simply fulfilled his beliefs, even though he tried to stay positive.

Remember this: Your consistent thoughts create your reality. Your beliefs are your consistent thoughts; therefore, what you believe is usually what you achieve, even if the belief is negative. Again, this often happens on a subconscious level.

During our session, Jordan also made the connection that the NCAA girls he just watched on TV, could hit a ball out of the park because of their form, not their size, so **he could choose to hit with perfect form** and hit as well as anybody. This was important, because Jordan is a bit more slender than some of his teammates, and he was often aware of this, especially since he plays catcher, a position often reserved for the “beefier” guys.

Jordan’s new thoughts alone though, were not enough. After all, he had made these kinds of observations before. He now had to reinforce them to his nervous system through the FOD techniques, to make a **physiological shift from his fears to his choices.**

Before, when trying to be positive, he would tell himself, “I’m going to get a hit, I’m going to get a hit...” **but his mind would still argue** through images of past pop-ups and weak grounders, and the resulting state was one of conflict, and doubt.

CONFLICT is the opposite of FLOW.

This is so important that I want to repeat it.

CONFLICT is the opposite of FLOW.

In order to play at our peak, we must get to a place where our actions flow from a place of zero conflict, or pure congruency. This means that all of our beliefs are in harmony with each other.

So for Jordan, breakthrough came when we acknowledged his **negative** beliefs first.

We tapped on his self-image of being a weak batter. We tapped on what it takes to be a power hitter. We tapped on how to choose perfect form.

Just an hour after our session, he went back to the park where his coach worked again on his batting form before the game.

In that game, **for the first time ever, “skinny Jordan” confidently stepped up to the plate and sent the outfielders scrambling as he hit the ball to the fence! Then he got another hit and another, before finally drawing a walk.** His at bats brought in five runs, and the team enjoyed a handy victory.

More importantly, his hitting remained strong after that, and he went on to use the technique to improve his defense as well. His whole season was marked by amazing improvement.

It is interesting to note that it often takes hundreds of swings to correct one’s batting form, but we have seen many examples where an athlete was able to **correct his form in one day** with FOD. This also applies to golf swings, pitching form, free throws, and other athletics. Athletic mechanical changes are a favorite angle to address with Flow On Demand.

The important thing to see here is that Jordan needed time to focus on the distressing thoughts – weak grounders and pop-ups - and clear out their ability to mess up his form. He also needed to be prepared to execute the perfect form that his coach showed him.

Today, most of the time, if Jordan is at bat and has an image of hitting a weak grounder, his automatic response is to hit with perfect form. In fact, most everything about the at-bat triggers a response of “perfect form.” Do you see how this would turn any batter into a confident and reliable hitter? Of course you do.

As we progress in Flow On Demand, you will be struck by how negative it seems until you grasp this concept: **We are clearing our negative connections by tapping on our targets while focusing on them.** The end result is a positive connection in its place.

We will come back to the exact process, but first, I want you to have a clear mental picture of what we do when “tapping,” which is the heart of “Flow on Demand.”

CHAPTER THREE: FLOW ON DEMAND FULL ROUTINE

“The power is in your hands” - Gina Parris

You will see on these pages how simple this technique is. An entire sequence can take less than one minute to perform.

THE FOUNDATION: INSTRUCTING YOUR SUBCONSCIOUS

Flow on Demand works from the premise that your subconscious mind is your faithful servant, and it will do whatever you tell it to. With this in mind, we begin by reading out loud the following directions to our subconscious mind. You should only need to read them out loud one time, but I enjoy the instructions, so I sometimes look at them just to remember what they are.

Repeat the following out loud:

“I am now speaking to my subconscious mind and to my body:

Starting **now**, every time I notice a **problem**, a **pain**, a **belief** or a **behavior** that I choose to release, I will immediately begin clearing the roots of it.

I will do this in response to my conscious tapping action, thoughts and words.

I will also respond to my tapping, thoughts and words to **instill any empowering choice** that I make for myself.

This tapping action can either be done on my face, torso and wrists, **or** on my fingertips with equal success.”

Note: “Speaking to my body” includes speaking to your entire nervous system, as well as speaking directly to areas that may be harboring pain and emotions.

“Noticing a ‘problem’” includes situations where your “mood” seems to be bad and you are unclear as to why.

“GO TAP ON IT”

When you get used to Flow on Demand, you will know that the “tapping” part actually involves the next eight steps. They seem like a lot, but they actually happen very quickly. These would be the steps you take **before** your competition, or practice.

1. Relax with a deep breath
2. Identify a troubling issue
3. Rate the intensity of the issue (Subjective Unit of Distress)
4. The Set-Up
5. Sequence with Reminder Phrase
6. Deep breath
7. Rate Intensity level again (Subjective Unit of Distress)
8. Perform additional rounds if needed

Step One: Relax with a deep breath.

For any kind of optimal performance, I recommend plenty of oxygen and relaxation.

Most of us breathe improperly, taking far too shallow a breath.

I want you to get comfortable, and take a long, slow breath, filling up your stomach before filling up your chest. When your lungs are full, hold your breath for a moment before exhaling slowly and completely, emptying your chest and then your stomach.

Just this breathing action alone, will interrupt your stressful state, and prepare you for improvement. Do this 2 more times, making a point to relax. With each breath, you should feel a bit more relaxed. As you relax, think about your goal. Then you will be ready for the Set-up and Sequence of Flow on Demand.

Step Two: Identify a troubling Issue

As you think about your goal, you will probably notice an area of your game that brings you struggle. **This feeling may be something emotional like nervousness, tension, or doubt, or it may be something physical like stomach tightness, shortness of breath, or the jitters.** You can address it either way. The more specific you are, the better. We’ll use “nervous” for our example, but you could address, “tight stomach.” In order to get freedom from the issue, it is helpful to think about it in a way that creates some genuine emotional intensity for you. **You will want to mentally put yourself into the situation that creates the unwanted state.**

Step Three: Rate the Intensity of the Issue

This step is highly subjective, meaning it is based on how you feel. We ask, “On a scale of 1 to 10, how strong is this nervousness?” Ten would be VERY nervous. We call this number a **“Subjective Unit of Distress”** or SUD for short.

Your SUD level is your baseline to measure how FOD is working.

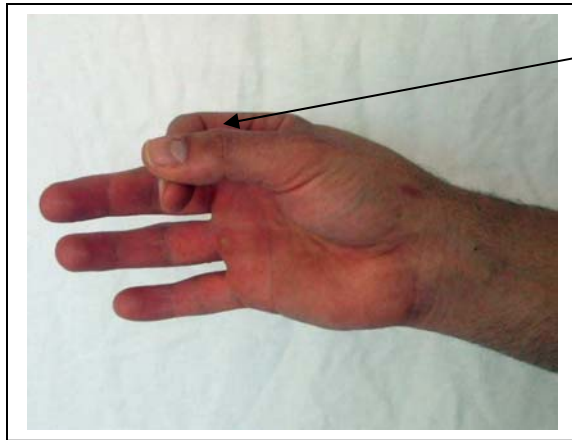
Baseball example: **Your team is only down by 1 run. It is the last inning with two outs, and a runner on second base, and you are up to bat.** Obviously, whether your team wins or loses now is all up to you. If you get out – it’s over! You may rate “nervous” as an 8 on a scale of 1-10. That is your starting SUD number. Ideally, you would like to be at “0” by the time you are on deck.

Step Four: The Set-Up

This part of the tapping sequence is called **the “Set-Up.”** **It prepares us to release any resistance to change,** by acknowledging our problem, and recognizing our own decision to move forward on it.

You don’t always have to do a set-up, but I like the way I feel when I acknowledge my problem and affirm my own empowering choice for it.

During the **Set Up** phase, you repeat an affirmation about 3 times **while tapping your thumb and index finger together**. (See illustration)



Use thumb to tap on finger

We use an affirmation that recognizes the troubling issue first, and then makes a choice to think or act in the desirable way. The choice is always ours.

The result is two fold:

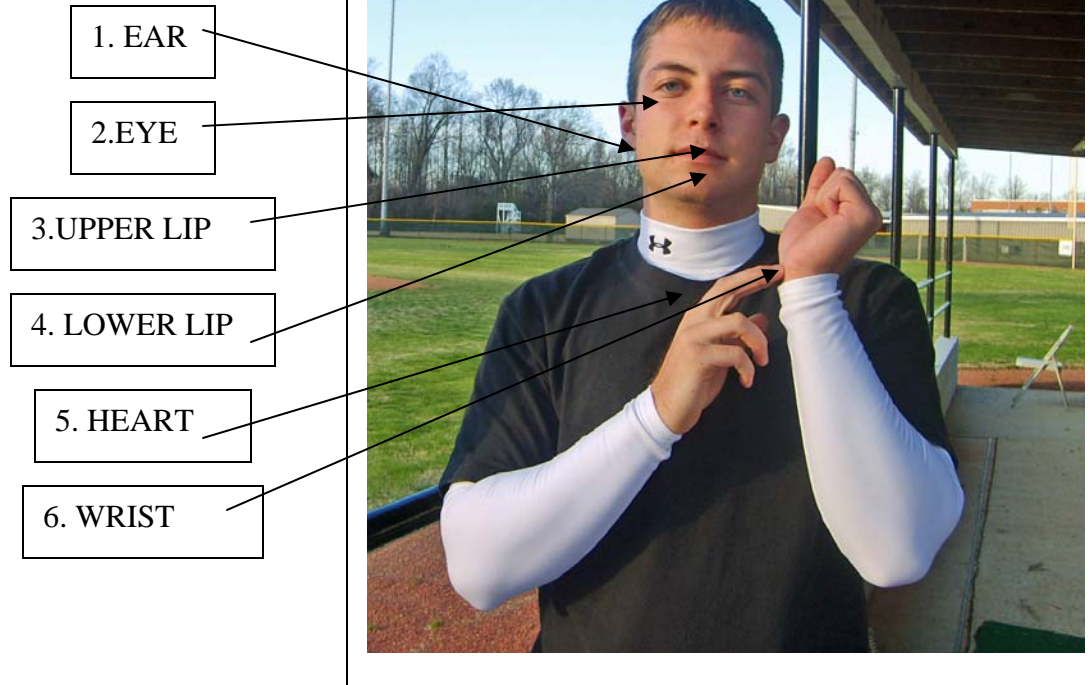
1. The negative thought loses its power to trigger distress.
2. The desired choice becomes the automatic response instead.

Example: “Even though I’m feeling nervous, I choose to hit with perfect form.” Repeat this idea 3 times.

Step Five: Sequence with Reminder and Choice Phrase

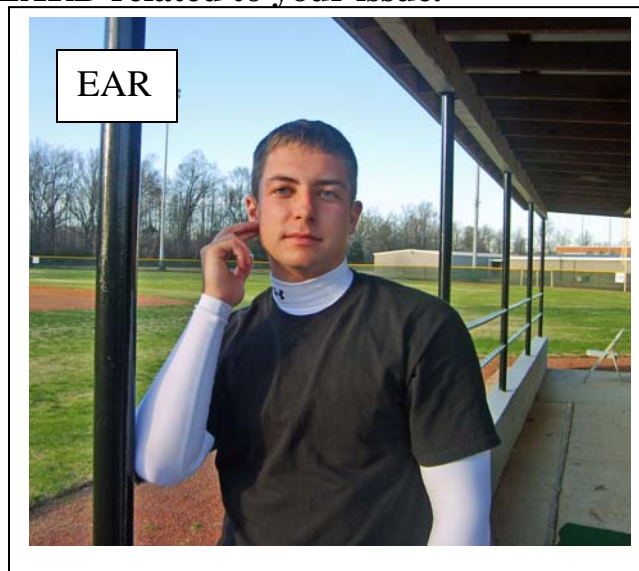
After the Set-Up is the **Sequence**. This involves **tapping about 10 times** on the energy targets, while staying “tuned in” to the problem through a reminder phrase. **Again, the purpose of this step is to clear the connection between the thought and the nervous system, and to create a desired response instead.**

See Illustration.



You will use your fingertips to tap about 10 times on each spot. Since there are energy targets in your fingertips, I recommend using as many fingers as you like.

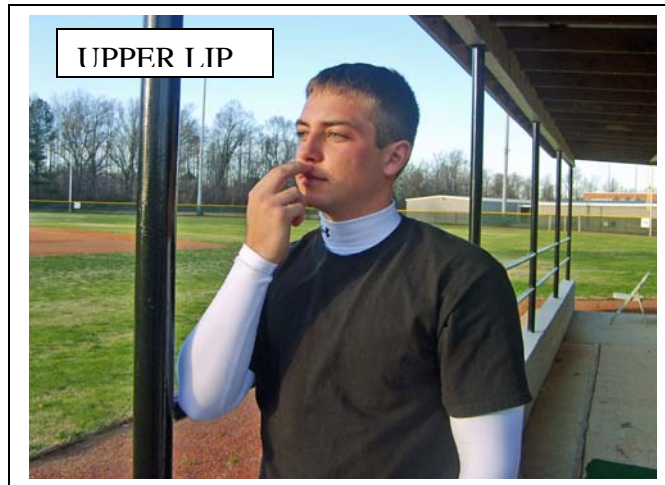
EAR –this is the area right around the front of your ear lobe. When you tap on it, you are **speaking to your subconscious about everything you have ever HEARD related to your issue.**



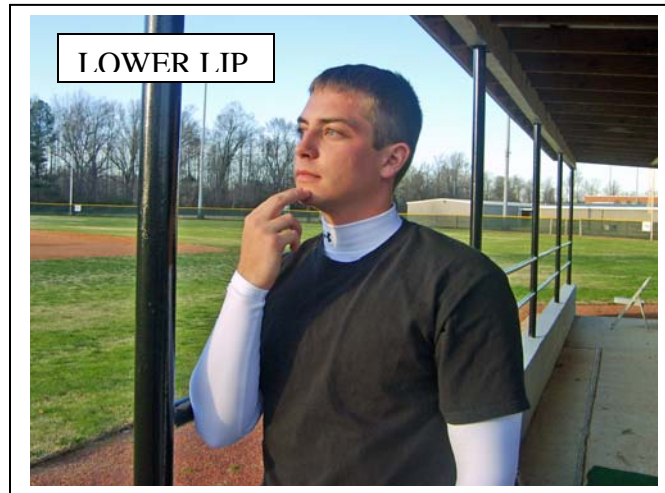
EYE- This is actually the bony area right under the middle of your eye. When you tap on it, you are **speaking to your subconscious about everything you have ever SEEN, or all of the images related to your issue.**



UPPER LIP- Mouth point 1-This is actually the area right above your top lip and under your nose. When you tap on it, you are **speaking to your subconscious about all of THE WORDS YOU HAVE EVER SPOKEN related to your issue.**



LOWER LIP – Mouth point 2– this is the area under the center of your lower lip. When you tap on it you are speaking to your subconscious again about **ALL OF THE WORDS YOU HAVE EVER SPOKEN** about your issue.



Note: I deal with the mouth twice, because **the words that you speak** about your situation are so powerful. I believe the words you speak, are twice as important as words any one else speaks about you.

HEART – This is the area of your upper chest. When you tap on your Heart area, you are speaking to your subconscious **about everything you have ever BELIEVED related to your issue.**



WRIST – Your hands and wrists are full of energy meridians. You can tap on your fingers, your palms or your wrists. I like the wrist area because as an acupressure target, it often gives relief from nausea. When you tap on your wrist target you are again speaking to your subconscious about **all the ACTIONS** you have ever taken in relation to your issue. Some people prefer to take both of their wrists and tap them against each other.



Now, as I said, these targets may be purely symbolic for you and the technique will still work beautifully. For others, you like knowing that these targets actually represent energy meridians in the body.

If you care about energy meridians, you may want to know that the meridians do not really reflect the areas of the body to which I labeled them. For example, the eye target is not really related to your eyes from an energy standpoint. However, **you can rest assured that you will sense a positive outcome when you combine your intentions with the tapping action.** This is because ultimately, your body’s energy meridians are all connected.

While tapping on these targets, I like to repeat a reminder phrase to help my focus.

The Reminder Phrase first reminds you of the negative issue, and then reminds you of your empowering **choice**. For Example, you will:

1. tap down all six targets saying, “feeling nervous” on each spot, and then
2. tap down saying, “choose perfect form” as you tap each spot. Finally, you would
3. Alternate tapping the first spot with, “feeling nervous” and the next spot with, “choose perfect form” until you finished that round. That is a 3- part Sequence.

You want to make sure that your last alternating sequence has you ending on a positive statement.

The result is a new, empowering choice that is automatically triggered by your old stressor.

I will explain the choice part in the next chapter.

Step 6: Deep Breath Again

This time you just breathe again to help you see if you’ve cleared some intensity on the conflict.

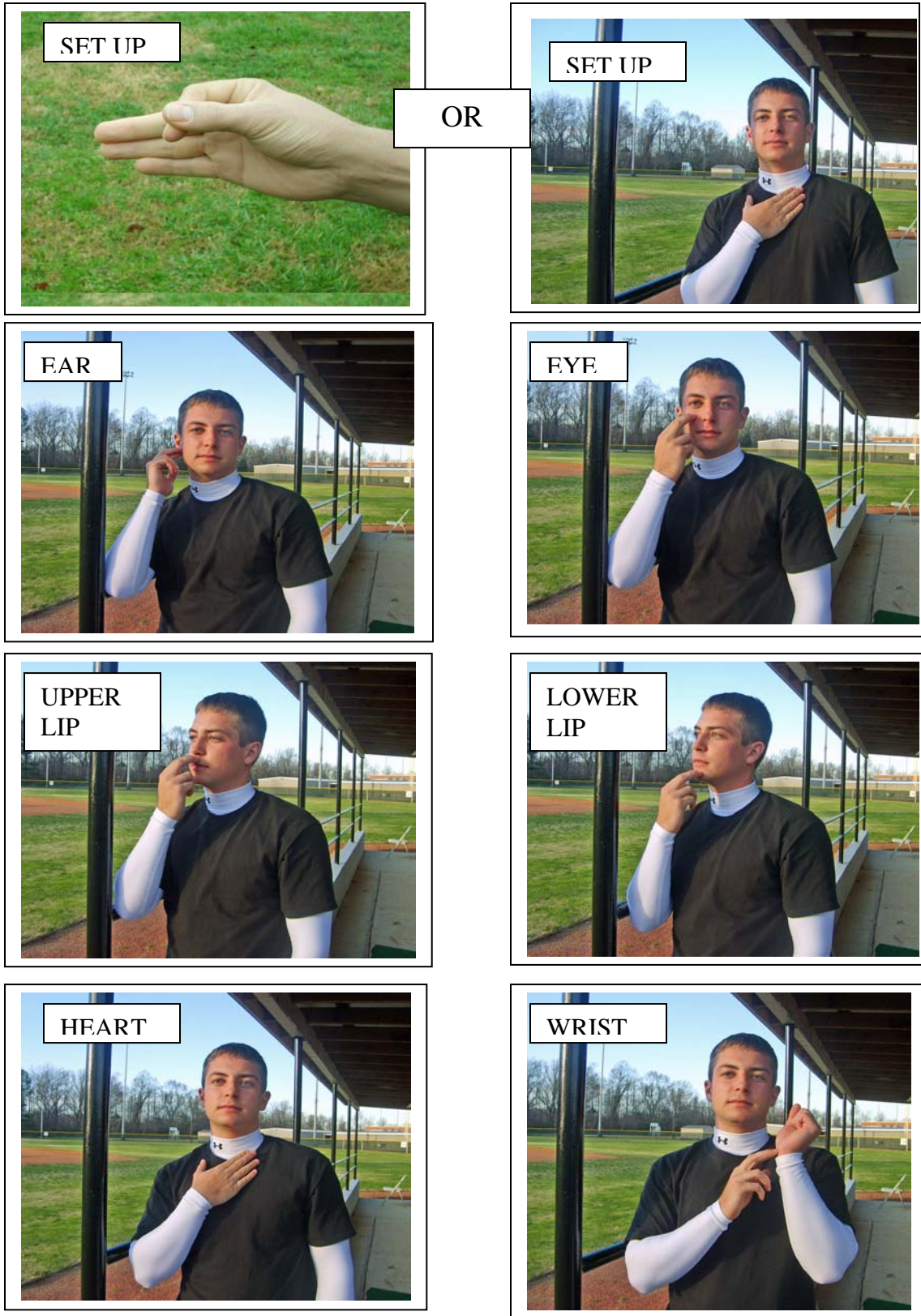
Step 7: Rate the Intensity Level Again

This helps very much to see if you’re energy level has shifted at all. You will usually feel anywhere from a slight drop to a total zero of intensity at this point.

Step 8: Perform additional rounds if necessary

If you do not immediately feel a sense of flow at this point, then simply repeat the whole process until you feel exactly what you are choosing.

Scrapbook View of Tapping Sequence:



CHAPTER FOUR: PUTTING IT TOGETHER

Okay, Lets go back to the example we gave earlier regarding Jordan’s batting struggles.

1. **Deep Breath** -First he took some deep breaths and thought about getting up to bat.
2. **Identify Issue**- His first thoughts were of popping up and hitting in the dirt.
3. **Rate the Intensity** - I asked him how intense he felt on a scale of 1-10 when he thought about hitting in the dirt, or popping up, and he was at an “8 or 9.” So this means the images were pretty upsetting.
4. **The Set-Up**- Then we went through the Set- Up, tapping on his fingers saying this:

“Even though I hate hitting in the dirt, I fully accept myself anyway, and I choose to hit with perfect form.”

“Even though I hate popping up, I fully accept myself and I choose to hit with perfect form.”

“Even though I hate getting out, I fully accept myself anyway, and I choose to hit with perfect form.”

5. **Sequence with Reminder Phrase**- Then he tapped through the following, like this:

EAR: “HATE hitting in the dirt”

EYE: “HATE popping up”

NOSE: “HATE hitting in the dirt”

MOUTH: “HATE popping up”

HEART: “HATE hitting in the dirt”

HANDS: “HATE popping up”

Then, we went back through the Sequence with the Choice phrase:

EAR: “I choose to hit with perfect form.”

EYE: “I choose perfect form.”

UPPER LIP: “choose perfect form.”

LOWER LIP: “choose perfect form.”

HEART: “choose perfect form.”

WRIST: “choose perfect form.”

Finally, it went like this:

EAR: “Even though I hate hitting in the dirt,”

EYE: “I choose to hit with perfect form.”

UPPER LIP: “Even though I hate popping up,”

LOWER LIP: “I choose to hit with perfect form.”

HEART: “Even though I hate hitting in the dirt,”

WRIST: “I choose to hit with perfect form.”

6. Deep Breath
7. Rate Intensity again- Now, his intensity was coming down fast (about a 3) **Sometimes an athlete doesn’t reach “zero” just by tapping down these spots one time.** It may take a few rounds, so it is good to tune in to how relaxed he becomes. It is worth it to go back through, even focusing all the time on one image (like popping up) if necessary.
8. We repeated that segment regarding pop-ups and weak grounders. At the end, he felt quite immune to the image of pop-ups and grounders, or at a “zero” on a scale of 1-10.

I think all of this took about 5 minutes.

That is a Full Routine, and we did it a few times on a few issues. Here are more things that we covered in that FOD session.

Weak Hitter:

We worked on his idea of being a weak hitter in everyone’s eyes.
His energy shifted the most when we hit on the phrase “power hitter.”

Set Up: (tapping on fingertips or chest)

“Even though I have never been a strong hitter, and no one thinks I am a power hitter, I recognize that my power is in my form, and I choose perfect form. **Therefore, I am a power hitter.** ” (3x)

Part 1- Issue:

Then tapping on his energy points he repeated the reminder phrase,

EAR: “No one thinks I’m any good...”

EYE: “No one thinks I’m any good,”

UPPER LIP: “I have always been weak at the plate.”

LOWER LIP: “Even I don’t even think I can hit...”

HEART: “Never been a power hitter”

WRIST: “Never been a power hitter”

Positive choice sequence:

Part 2- Choice:

EAR: “I choose perfect form, so I am a power hitter”

EYE: “Perfect form – I am a power hitter.”

UPPER LIP: “Perfect form – I am a power hitter.”

LOWER LIP: “I choose perfect form and I am a power hitter.”

HEART: “I can hit as well as anybody. I am a power hitter.”

WRIST: “My power is in my form – I am a power hitter.”

New trigger sequence:

Positive Switch:

EAR: “No one thinks I can hit.”

EYE: “I choose perfect form-I’m a power hitter.”

UPPER LIP: “I have always been weak at the plate.”

LOWER LIP: “I choose to be a power hitter.”

HEART: “Even I don’t think I can **always** hit.”

WRIST: “I choose perfect form and I am a power hitter.”

Finally, just because he loved the feeling of it so much we repeated the positive choice sequence:

EAR: “I am a power hitter.”

EYE: “I am a power hitter.”

UPPER LIP: “I am a power hitter.”

LOWER LIP: “I am a power hitter.”

HEART: “I am a power hitter.”

WRIST: “I am a power hitter.”

Remember, the positive affirmation was affective because we first neutralized the image of him self, weak at the plate, and popping up.

Our session went something like that. I spoke the phrases intuitively according to what I was sensing for him, as I always do with my personal clients.

If this seems too complicated for you, you can make it much simpler by choosing one phrase to repeat all the way through. I sometimes find this more boring, but it does work just as well. You may prefer sets that look like this:

Set Up:

“Even though I’m weak at the plate, I choose to be a power hitter through perfect form”

“Even though I’m weak at the plate, I choose to be a power hitter through perfect form”

“Even though I’m weak at the plate, I choose to be a power hitter through perfect form”

Part 1- Issue:

EAR: I’m weak at the plate

EYE: I’m weak at the plate

UPPER LIP: I’m weak at the plate

LOWER LIP: I’m weak at the plate

HEART: I’m weak at the plate

WRIST: I’m weak at the plate

Part 2 – Choice:

EAR: I choose to be a power hitter through perfect form

EYE: I choose to be a power hitter through perfect form

UPPER LIP: I choose to be a power hitter through perfect form

LOWER LIP: I choose to be a power hitter through perfect form

HEART: I choose to be a power hitter through perfect form.

WRITST: I choose to be a power hitter through perfect form

Part 3- Positive Switch:

EAR: I’m weak at the plate

EYE: I’m a power hitter ‘cause I choose perfect form.

UPPER LIP: I’m weak at the plate

LOWER LIP: I’m a power hitter ‘cause I choose perfect form.

HEART: I’m weak at the plate

WRIST: I’m a power hitter ‘cause I choose perfect form.

Perfect! You’ve got the idea.

The benefit of working one on one with an athlete is that I can zero in on his specific goals and motivations, and we can take an intuitive approach towards his issues. This is great, because a whole team is not always specifically triggered by the same words and images. However, with a whole team, we can get usually help most everybody on some level, and any athlete can always substitute his own issue for the one we are saying out loud.

If you are a coach, I encourage you to set aside time for this kind of exercise early in practice, and especially before the games. If your players will make the effort to tune into their emotions, and tap along, you will all see a marked difference in team performance.

If you are an athlete reading this manual for your own performance, then you will have no limit to the success you can achieve.

For your personal approach with this manual, I recommend writing down all your own negative emotions, choosing one, and then just having it in the back of your mind. Then follow the exercises and homework in this book.

You may find that your own issue resolves itself while you are practicing on the examples that are laid out here.

There is a name for the great result you get when tapping along on some one else’s issue with them. We call it “borrowing benefits.” Usually in a group setting, about 80% of the time, when we are all working with one person, the others in the group will benefit on their own issue, even though it seemed unrelated.

That’s why, even if your sport is not specifically addressed in this book, you can write down your own problems and find relief through the homework that we provided.

Ideally, you will see how to apply the Flow On Demand techniques to the specific stressors of your own game. This will give you the greatest success.

TAPPING FOR A POSITIVE IMAGE

Back to the session with Jordan regarding his batting...

Perfect Form:

At this point, we spent time creating a very clear image of what “perfect form” looks like and feels like for a power swing, and also for laying down a perfect bunt. Whatever your sport, I recommend this exercise for your form.

Baseball - Power swing, or base hit, however you decide to approach it:

While tapping:

EAR- “I see the spin on the pitch...”

EYE- “I have perfect timing...”

UPPER LIP- “lead with my hips...”

LOWER LIP- “I keep my hands back...”

HEART- “level swing...”

HANDS- “perfect hit...”

Great! Did you practice putting yourself in a place of executing perfect form in your game? That is an example of tapping for a positive image.

Tapping for a positive image is a bit different than clearing the negative image. For example, with a positive image, when you rate the intensity, you are asking, “On a scale of 1-10, HOW TRUE DOES THIS FEEL?” You want to keep tapping on it until you feel a confident “10” of its reality. This is something you do after clearing the negative trigger.

After clearing all of your negative triggers around hitting, or fielding, you will be ready to instill the positive triggers. **The beauty of the triggers is that you will not have to think of them eventually, because as you just think of the stimulus, your body will choose to act in the way that is most empowering to your game.**

This reminds me of a story I heard about basketball legend – Larry Bird. Larry was so good at making free throws that he was chosen for a Seven-Up commercial. The punch line of the commercial revolved around him missing a free throw. When they were finally filming the ad, **he had to throw that ball nine times before he was able to miss!** That is a great example of empowering choices being conditioned right into the cells of your muscles.

On the contrary, I know of one other basketball legend who says it’s “like he is cursed” when he gets to that free throw line. He is gifted enough to make up for it elsewhere, but I can promise that “cursed free throw belief” is lodged right into his cells. How nice it would be for him to learn the tools you are learning right now. His free throws could become as effortless as the rest of his game.

Would you like to choose a state of Flow in your game? You can find that playing flawlessly will become the norm for you when you learn to clear your issues, and make empowering choices

That’s why in the next chapter I want to make sure you understand six keys to making compelling choices for your own Flow On Demand success.

CHAPTER FIVE: THE CHOICE IS YOURS

“I set before you today life and death, blessing and curses...choose life!” Deuteronomy 30:19

Have you ever experienced something that struck you as so infuriating that you uttered the words, **“That makes me so mad!”**

If you said so in front of a leading psychologist, he might try to correct you by saying something like, **“That is not really true, my friend. Nothing can actually *make* you mad, you just *choose* to get mad.”**

Let me ask you -is Doctor Smarty Pants correct? Well, yes he is, and no he’s not.

No, because as you recall, the flood of peptides from your hypothalamus is an involuntary response. The way certain chemical/emotions of anger dock onto their cell receptor sites is also an involuntary, conditioned response.

So, the fact that the stimulus resulted in your sense of anger is not totally your fault – it is the result of your conditioned perspective. (Don’t you feel better now?)

However, the good news, is that **Yes, it is true that you do have the choice to develop a different response.** You can consciously create a chemical (or energy) response of your choosing.

Imagine that – a stimulus that once “made you so mad” now triggers you to be “calm and confident.” Now that is empowerment!

As far as playing peak sports is concerned, I recommend choosing the most empowering responses possible for every possible stimulus.

How does this work again?

Think about famous Ivan Pavlov and his dogs. In the 1890’s Pavlov discovered that his dogs were salivating at the signals given before their meal. For example, he may ring a bell and then set out the food. Eventually, the dogs would salivate just at the signals, even when no food was put before them. This was the discovery of “conditional reflex,” and it won Ivan a Nobel Prize, and inspired psychology forever.

For Flow On Demand, we will remember that we can choose to create positive bodily responses to any stimulus.

SIX RULES TO CREATING AN EFFECTIVE CHOICE

I want to express my gratitude to psychologist and EFT master, [Pat Carrington](#), PHD. for her work in developing this “choices” idea. Be sure to check out her website right here or in the resources section.

As you customize FOD to your own game, you may want to create your own choices. There are Six rules to creating an effective result. They are as follows:

1. **Be Specific**
2. **Create “compelling” choices**
3. **Go for the best possible outcome**
4. **State your choice in the positive**
5. **Make choices that apply to you**
6. **Make choices that are easy to pronounce**

Rule #1: Be specific: Don’t use phrases like “do better” or “get more hits.” This is too vague for your brain. It doesn’t answer “How much better?” Or “Better than what?”

Instead, state what exactly you want to do. IE: “I choose to hit with perfect form.”

You could try being even more specific, “I choose to hit over the fence in right field,” but it must be believable to you.

Rule #2: Create *compelling* choices: The choice must be truly appealing to you in order to draw yourself to its fulfillment. It should feel so good to you that you want to keep saying it!

IE: “I choose to be a power hitter.”

If you are already a “power hitter,” then you may be inspired by, “I choose to dominate the league in home runs!”

When you are lifting hard in the gym, you may find help by saying, “I choose to find it easy and fun to finish this workout!”

Easy and fun? Sure! That’s how it feels when you achieve flow.

Rule #3: Go for the best possible outcome: This goes along with the last rule of creating a compelling choice. Do not compromise your heart’s desire. State what really excites you.

Rule #4: State your choice in the *positive*: Your goal here is to switch your response to something positive from something negative, so avoid the negative in your re-conditioning.

Ineffective: “I choose to forget about that error.”

Better: “I choose to catch it first and throw it perfectly.”

Rule #5: Make choices that apply to *you*: The beauty of FOD is that you are putting yourself in Peak Performance Mode, not that you are working witchcraft on your opponent! We can’t control others – only ourselves.

So, instead of “I choose to have this other team fall apart,” you would state your own choice: “I choose to fight hard and win.”

Note: This is NOT to say that you can’t tap for your teammates when they need your support. This is actually very powerful and effective. When your teammate is at the plate, you can agree with his intention by tapping on yourself for “perfect vision, perfect timing, perfect form...” or something similar.

I’m not sure of the physics behind this tip, but it has something to do with the dimension that Einstein discovered where there is neither time nor space...and all is energy.

I know it may seem like a stretch but the EFT masters call it “surrogate tapping.” I just call it “helping my team.” Give it a shot.

Choice Rule #6: Make the choice easy to pronounce: This one seems like a no-brainer to me. You might say, “**I choose to be sharp and tough.**” Not “I choose personal power under the pressure of this prevailing opponent!” Duh! Remember, it should be enjoyable to say.

Really though, later when we talk about making great gains in the weight room, we will talk about certain chemicals that your body is holding in response to trauma. You may find it worthwhile to correctly pronounce those few chemicals, but the choices you make will still be easy.

So, these are the keys to building your own choices. You will get plenty of ideas as you go through this manual, but I want to make sure that you know how to continue effectively on your own.

CHAPTER SIX: FOD IN STEALTH AND SHORTCUTS

One of my favorite airplanes is the Stealth Bomber, as it flies undetected by enemy radar. When you do catch a glimpse of one at an air show, you can see that it truly is a work of art.

You can also do FOD pretty much in “Stealth Mode.” And of course, when people see your performance you will also be a piece of art!

Remember our Foundational Instructions to our Subconscious? In those instructions you told yourself that your tapping could either be done on the face, torso and hands, or **ON YOUR FINGERTIPS** with equal success.

So, the first way to tap in stealth, is to tune into your stressor, but tap on your fingers. This looks like a perfectly normal nervous habit! In fact, you will find that taking a deep breath, and tapping on your fingertips anytime you are feeling tense is now a good step towards your own peak performance. (See illustration)



Another way to tap in stealth, is to pick just one target to tap on, while tuning into your distress. For example, many people find themselves nauseated when they are nervous, and find relief by just tapping on the wrist spot. Try it!

Possibly, you like to tap on the ear target, or on the upper lip spot. They look very natural.



Remember, your subconscious is working to clear your conflicting emotions in response to your tapping, thoughts and words. You do not need to speak the words out loud. But in the beginning, I recommend doing all of the steps with as much energy and enthusiasm as possible. There is truly power in your own voice, I just want you to know that there is a “stealth mode” available.

SHORTCUTS

So, your game has started, and something has unexpectedly upset you. You need relief fast. I say the full routine is still fast, but if your need help NOW,

Either:

1. Take a breath and simply “**tune in**” to your issue while **quickly tapping** down your targets **without saying anything**. (This takes about 5 seconds.)

-or-

2. Say your choice phrase like “perfect vision, perfect form” while **mentally** tapping on the energy spots. Again, this could just take 10 seconds, but it works best when you are familiar with how it would feel if you were physically tapping.

These Stealth and short modes are effective after you have programmed yourself with regular rounds of Flow on Demand. Remember, even the regular rounds are pretty quick. With practice you will be able to achieve flow in a matter of minutes.

In fact, the more you practice these techniques on a daily basis, the more you will find yourself living in the zone for long stretches at a time.

Think about it...conflict is what separates you from a state of flow, or from living in the zone. The more you eliminate your internal conflicts, the clearer it becomes to you **that your peak state in the Zone is your natural state!** Yes, you can live there.

CHAPTER SEVEN: HOMEWORK

“My only day off is the day I pitch” – Roger Clemens (in regards to how hard he works out during the off- days)

My goal here is to have you actually tap on your own energy points as you read these following exercises. This is where you will experience the possibilities of Flow On Demand.

“WORST MOMENTS” SERIES

The best thing you can do for yourself is to identify your worst moments and tap on them. Preferably, just write them down on a piece of paper right now, and then tap on the following items. I will put up some general scripts and guidelines.

NOTE: To get the most benefit from this system, I recommend remembering the negative event clearly enough to get an emotional response. If it makes you feel really crummy then you are on your way to a breakthrough! (I promise, in a few moments that memory will be detached from you forever, and you’ll feel great.)

Usually, I have found that the more clearly and emphatically you say the statements, they more effect this process will have.

Set- Up:

“Even though I **hated** it when I *_(made that horrible error,)* because it *(made me feel like a loser)*, I love and forgive myself, and I want the ball now, to do it right!

“Even though I **hated** it when I *_(made that horrible error,)* ‘cause I *(let everybody down)*, I love and forgive myself, and I want the ball now, to prove I can make the play.

“Even though I **hated** it when I *_(made that horrible error,)* ‘cause it *(almost lost us the game)*, I love and forgive myself, and I want the ball now, to play it perfectly.

Sequence:

(tapping on next 6 spots)

EAR: HATED making that error

EYE: Made me feel like a loser.

UPPER LIP: HATED making that error.

LOWER LIP: I let everybody down.

HEART: HATED making that error

WRIST: almost lost us the game

Positive choice sequence:

(back to 6 spots)

EAR: Want the ball now to play it right

EYE: Want the ball now to make the play

UPPER LIP: I want the ball now, so I can make the play

LOWE LIP: Want the ball now, to play it right.

HEART: I’m ready to do it now.

WRIST: I want the ball now, to play it right.

New trigger Sequence:

(back through the 6 spots)

EAR: Hated making that error

EYE: Want the ball now

UPPER LIP: Hated making that error

LOWER LIP: I want the ball now

HEART: Hated making that error

WRIST: I want the ball to play it right.

Very Good! You’ve done a round on one issue. Now, you may notice that some phrases are more motivating to you than others. It is most effective to find words and ideas in your choice **that motivate you**. If there is a single idea that “hits it on the head” for you, then just stick with that phrase and go through it again, until you feel totally harmonized on that idea that you find most empowering.

Remember to check in with yourself to see how intense you feel about certain thoughts. If the idea brought you to a seven or eight, keep going until you think you are at a peaceful zero.

Then ask yourself, “**What do I feel now?**” You may be reminded of another error or incident that is especially troubling. If so, tap through it, underscoring what the error was, and what was so bad about it. Then determine what you would like for an automatic response when that thought comes up again, just like we did for the last error.

We call this a “daisy chain,” when one event gets cleared and reminds us of another. Eventually, just clearing a few of your negative triggers will cause many others to be powerless.

BE AS SPECIFIC AS POSSIBLE

When you are thinking back to your “worst moments” file, go back as far as you can and be as specific as possible. Perhaps instead of just saying, “I let everyone down.” you may remember a time as a kid when your dad or coach, let you know that you “let them down.” That memory will still affect a grown athlete!

Darren was a star college player who made an amazing error in the outfield of a championship game. It was a Little League type error, and it brought back a strong memory of his dad yelling at him after a game when he was about ten years old.

I don’t mean to be too crude here, but this is a good example of facing an issue head on. I will tone down the actual language. You can use your imagination.

Darren’s dad had furiously scolded him saying, among other things, “You better get your head out of your rear Kid, if you want to keep playing this game!” That error and that exchange with his Dad were very upsetting, and never fully dealt with.

Darren was now playing for the highest level of competition in his life, and in order to “keep playing” he needed to deal with the error and that memory.

It went something like this: (If possible, please think of any of your own traumatic memories while tapping along on these ideas.)

Set-Up: (tapping on chest or finger tips)

“Even though Dad said my head was up my rear, I totally accept myself anyway.”

“Even though Dad was furious with me, I totally accept myself anyway, and I forgive myself for having my head up my rear.” (It is useful to exaggerate this to the point of humor.)

“Even though making errors means that my head is up my rear, and I won’t play any further, I forgive myself anyway, and I forgive Dad for saying it with so much anger.”

Part 1- Issue:

EAR: “get your head out of your rear”

EYE: “You better get your head out of your rear”

UPPER LIP: (as angry as possible) “Get your head out of your rear, Kid!”

LOWER LIP : “If you want to keep playing this game”

HEART: “If you want to keep playing this game”

WRIST: “Get your head out if you want to keep playing”

Now check back in with your SUD number. Is it still high? A little lower? If it dropped from a “seven” to a “three,” then you continue like this:

Set-Up:

1. “Even though I **STILL** have **SOME REMAINING** “head up my rear” problem, (or whatever part still bugs you) I totally accept myself, and I choose to play with great form.”
2. “ Even though I **STILL** have **SOME REMAINING** “head up my rear” problem, I totally accept myself, and I choose to play with great form.”
3. “ Even though I **STILL** have **SOME REMAINING** “head up my rear” problem, I totally accept myself, and I choose to play with great form.”

Then focus on the remaining feelings again as you tap the Sequence:

EAR: remaining “get your head out of your rear”

EYE: remaining “You better get your head out of your rear”

UPPER LIP: (as angry as possible) “Get your head out of your rear, Kid!”

LOWER LIP: “If you want to keep playing this game”

HEART: “If you want to keep playing this game”

WRIST: “Get your head out if you want to keep playing”

Keep checking in until you feel that the emotion is gone. Then go back and choose your positive response. Perhaps:

EAR: “I choose to play like a pro.”

EYE: “I choose to play like a pro.”

UPPER LIP: “I choose to play like a pro.”

LOWER LIP: “I choose to play like a pro.”

HEART: “I choose to play like a pro.”

WRIST: “I choose to play like a pro.”

Now, again, it is important to remember that what demoralized one athlete may have totally inspired another. Some kids feel toughened up by gruff talk and this event would not have had any negative effect on them. That’s why **it’s important to learn to tune into your own issues.**

MORE EXERCISES

Now that you know the format of FOD, you can come up with your own exercises. Try it on every thing you think of – from sore muscles to car - sickness, to stress over a game.

Whatever your sport, there are some keys to playing your best game:

I will put all of these together in the end of the book, for your own reference.

When you make the affirmations, picture yourself in your position, playing it perfectly as you desire: faster, stronger, more accurate than your best game... Then keep tapping through, until that image feels totally realistic. The more you engage your imagination, the faster you will get results.

SUCCESS AT BAT WHEN THE PRESSURE IS ON:

"Every great batter works on the theory that the pitcher is more afraid of him than he is of the pitcher."-Ty Cobb

Set-Up:

“Even though I’m restless, ‘cause I **need** this hit, I choose to be relaxed and tough and hit with perfect form.”

“Even though I’m restless, cause I **WANT** this hit, I choose to be relaxed and tough, and hit with perfect form.”

“Even **though I’d hate to miss this pitch**, I choose to be relaxed and strong, and hit with perfect form.”

Sequence:

“Hate to miss this pitch...need this hit...really want this hit...hate to miss this pitch...need this hit...really want this hit...”

“relaxed and strong with perfect form...relaxed and strong with perfect form...relaxed and strong with perfect form...relaxed and strong with perfect form...relaxed and strong with perfect form...”

Perfect vision, perfect timing, perfect form...perfect vision, perfect timing, perfect form...perfect vision, perfect timing, perfect form...perfect vision, perfect timing, perfect form...I choose perfect form.

New Trigger Sequence:

Hate to miss this pitch...perfect form...need to get this hit...perfect form...really want this hit...perfect form

You can see that I don’t always do the sequence in exactly the same way. That is because the process can quickly start to feel too routine or almost tedious, so I like to break it up some.

PLAYING BEYOND YOUR LIMITS:

“Mind is everything: muscle--pieces of rubber. All that I am, I am because of my mind.” -- Paavo Nurmi

I like to share about an experiment that I read involving a Sports Psychologist named Dr. William Morgan from the University of Wisconsin-Madison.

Dr. Morgan had a football player demonstrate his best ability at a seated military press. The athlete was able to complete about 40 –50 reps, using ½ of his body weight.

Then Dr. Morgan hypnotized this athlete and the young man pumped out **several hundred reps with no sign of slowing down.** The Doctor chose to end the experiment before the player wanted to quit. He had proven his point.

This is a good example of how we can play beyond our normal limits.

Although I am not a hypnotist, I do believe that **FOD also has the ability to help an athlete move beyond his normal boundaries of fatigue and caliber.**

I call this playing beyond your limits.

It is important to note also, that we place these limits on ourselves to stay within our perceived “comfort zone.” **This comfort zone is based on how we see ourselves.** Some athletes are naturally gifted enough to only be comfortable as the very best in their league. They will rise to that vision.

Others however, check out their peers and competitors and determine that they are most comfortable “somewhere in the middle” or as “just a utility player.”

When you talk to professional athletes, you realize that most of them got to the world- class level by believing they were world-class athletes, and then acting along those lines. Once they make it to the “big leagues,” however, there is a whole new set of limits to break through.

You may or may not be a professional athlete, but you surely have your own limits and comfort zone that can be broken off and enlarged.

Tap along with me:

Set-Up: (tapping on your chest or fingertips)

“Even though I have put limits on my game, because I think I am only so good, **I choose to take off the limits** and play better than I **ever** have before. The limits are just in my mind, not in my muscles. The limits are just in my mind, not in my size. The limits are just in my mind, not in my ability. **I choose to take off the limits.**

Sequence:

Limits are in my mind...limits are in my mind...limits are in my mind...limits are in my mind...limits are in my mind.

I choose to take off the limits...no more limits in my strength...no more limits in my speed...no more limits in my accuracy...no more limits in my strength...no more limits in my speed...no more limits in my accuracy.

Stronger than I’ve **ever** played...**faster** than I’ve **ever** played...**more accurate** than I’ve **ever** played...**stronger** than I’ve **ever** played...**faster** than I’ve **ever** played...**more accurate** than I’ve **ever** played.”

NOTE: “Playing beyond your limits” is a vast subject. You may want to clarify what kind of limits you’ve put on yourself and write them down. You may come up with things like, “I’m too small to hit it over the fence.” “I’m not accurate all the time.” “There’s no way I could be as good as _____”

“I’m too slow” “I’ve never been the MVP”

Now you know how to do it yourself. So here are some more game issues and possible solutions. Remember to make choices that are compelling **to you. Practice completing an entire sequence on each subject.**

1. “Even though I’m **getting tired**, I choose to be **powerful and accurate.**”
2. “Even though **I hate getting behind**, I choose to **fight back and win.**”
3. “Even though **I’m already ahead**, I choose to **bury this team.**” Or “Even though **we’re already ahead**, I choose to **dominate this series.**”
4. “Even though I messed up, **I want the ball and I’m making the play.**”
5. “Even though **the pressure is on**, I love the pressure ‘cause it **makes me great.**”
6. “Even though this guy looks **bigger than me**, **I am bigger than I look, tougher than I look, and faster than I look.**”
7. “**I love this game. This is what I play for. THIS IS MY GAME.**”

Each of these aspects can be dealt with in a few minutes or less. You will know when you have covered the ground that affects your own game. You will know that you have entered Flow on Demand.

ENDING ON THE POSITIVE

Earlier, I mentioned the importance of dealing with the negative. However, I find it important to always end on a positive note. The last statement can be positive all the way through. If you feel **any** internal conflict with a positive statement, or vision of perfection, keep tapping on it until your **confidence** with the positive is at a 10 on a scale of 1 to 10.

CHAPTER EIGHT: HITTING THE WEIGHTS

“Competing in sports has taught me that if I'm not willing to give 120 percent, somebody else will.” -- Ron Blomberg

A huge part of making great gains in many sports, is making great gains in the weight room. You have to get stronger!

Ask Roger Clemens the secret to his amazing pitching, and he’ll tell you it’s all in his hip and leg strength. Again, those gains happen in the weight room.

If you are over 12 years old, it is time to heat it up in the gym. If you are younger than 12, then we recommend using your own body weight for resistance for a while. You can still apply these FOD drills.

Any time you are pumping iron is a good time to again, “take off the limits.” You can complete more reps than you think you can, with more weight, with perfect form, if you use the techniques you just learned. And, you can recover faster too. I think you will be pleased with the results.

Weight lifters have talked for years about the importance of visualization while training, but now we want to add FOD to the visualization for superior results. Let’s just use the bench press for starters.

Note to my youngest friends: If you cannot complete 3 sets of 10 perfect push-ups, then you are not ready to be pressing the bench. Get on the ground and start with your body weight. Coaches, this is a great chance for you to strengthen the Little Leaguers.

Whatever your level, let’s take off the limits.

Taking off the limits:

I have seen excellent results in the weight room with men and women just working on the phrase “taking off the limits” after hearing about Dr. Morgan’s experiment. Choose a motivating (and smart) amount and try this:

1. Deep breath, really tune in to the image of your successful lift
2. Identify issue – let’s say “doubt & fear”
3. Intensity –
- 4 Set-Up:

“Even though I have never lifted over _____ on this drill, I choose to take off the limits, and release them from my muscles.

“Even though I’ve been comfortable lifting _____, I now take off the limits and release them from my muscles.

“Even though I have doubts about this lift, I choose to take off the limits and release them from all of my muscles.”

4. Sequence:

Part 1- Issue:

EAR: never pressed this much (say the amount)

EYE: doubts

UPPER LIP: doubts

LOWER LIP: don’t want to get hurt

HEART: never done it before

WRISTS: don’t want to get hurt

Part 2- Choice:

EAR: choose to take off the limits

EYE: I release the limits from my muscles

UPPER LIP: I release the doubts from my muscles

LOWER LIP: take off the limits

HEART: I take off the limits

WRISTS: I take off the limits

Part 3-Positive Switch:

EAR: never lifted this much

EYE: I release the doubts from my muscles

UPPER LIP: doubts

LOWER LIP: I take off the doubts

HEART: this fear

WRISTS: I choose to take off the limiting fear

Now...Lift!

With help from your trainer, decide on the weight you want to be lifting in 3 months, and use that as a goal. Stretch yourself on it. This amount should represent a true breakthrough in your strength.

Between sets:

Let’s say you are working on 3 sets of short reps, maybe just 5-6 reps with heavy weight.

- 1. relax with deep breath** and picture the exercise with perfect form.
- 2. identify the issue-** Let’s say “burning and shaking” (Okay, use whatever words you want!)
- 3. SUD-** 6
- 4. Set-Up** “Even though my muscles are burning and shaking, I choose to find this easy and fun and I finish strong.”
- 5. Sequence and Reminder:**

EAR- burn and shake

EYE- burning like fire

UPPER LIP – burning

LOWER LIP- shaking

HEART- burning

HANDS- shaking

EAR- easy and fun

EYE- strong to the finish

UPPER LIP- easy and fun

LOWER LIP- finish strong

HEART- easy and fun

HANDS- finish strong

EAR- burn and shake

EYE- easy and fun

UPPER LIP- burn and shake

LOWER LIP- easy and fun

HEART- burning and shaking

HANDS- easy and fun

All right. You should be able to do all that in less than 45 seconds, so you can definitely do it between sets in the moments before your next lift, just continue fingertip tapping. Also, practice visualizing the excellent form and goal weight.

As you know, effective weight training involves a micro-trauma to the cells of the body and the repair of the trauma results in greater strength. Sometimes that trauma results in so much soreness, that the next workout is compromised. That’s why athletes spend so much money on supplements that are intended to speed recovery, among other things.

Interestingly, we have seen energy therapies give athletes a “recovery edge” by allowing the body to release the trauma that is being held in the muscles and ligaments. Often this can result in a client walking into the training room in pain, and walking out 30 minutes later pain-free, with no drugs.

This does not mean that the pain was “all in his head.” It means that we were **able to eliminate the physiological response towards further pain**, and shorten the natural recovery time.

This is happening on training grounds all over the world. I will give one simple example.

My client, Paul, is a weight lifter. Paul was suffering from very painful Delayed Onset Muscle Soreness (DOMS) from the previous day’s lower body workout. He had just sat down with ice packs on each quad when I suggested we scrap the ice and try the FOD on his DOMS. He was skeptical because the soreness was such a regular part of his routine, and seemed purely physical, not psychosomatic in any way.

Still, I had him stand up and give me a “distress” number.

“Ouch, he grimaced, “that’s a seven or eight.” I know he was actually a bit satisfied with this proof of his hard work.

We tapped on “Even though I have this micro- trauma in my quads, I choose to be pain free.” He got some relief. I asked how it felt now, and he laughed and said, “Well, it’s fine while I just sit here!”

Great.

Immediately I skipped any Set- Up phrase and had him focus on “anxiety about standing pain” while I tapped on his targets.

He looked at me and said, “Wow, I felt a rush of electricity or something go through my legs when I said that. How strange.” He stood up almost pain free, cutting more than a day off of his normal recovery time.

This brought us to the study we are conducting now, regarding DOMS and great gains.

“Even though DOMS is an accepted part of hard training, I am open to the idea that I can get huge without it.”

If this does not seem specific to you, I encourage you to speak right to the chemicals that are bringing the soreness to your muscles and ligaments, before they lodge there.

If you do the following tapping protocols right after your workout, you will very likely avoid soreness altogether.

Speaking Right to the Cells

My colleague [Stacey Vornbrock](#), M.S. is a Sports Performance Pioneer in Arizona, who has developed some very effective tapping protocols regarding post-workout recovery. I will share just a bit of them in this book, with her permission. I encourage you to learn every thing you can from Stacey. She is a performance pioneer where energy therapies are concerned. Of course, her contact info is right here and also in the appendix.

Stacey’s discovery has to do with the fact that we can acknowledge the adrenalin and acids that are lodging in our muscles right after a workout and keep them from staying there. As a result, the usual soreness is greatly diminished. I have developed my own protocol for this, which I have used with my athletes.

Set Up: (tapping on chest or fingertips)

Even though I’m holding all this adrenalin, cortisol and aldosterone, in my body, I choose to release it now, for quick recovery. (3x)

Part 1- Issue:

EAR: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body

EYE: I’m holding this adrenalin, cortisol & aldosterone in the muscles and bones of my body

UPPER LIP: I’m holding this adrenalin, cortisol & aldosterone in the joints and ligaments of my body.

LOWER LIP: I’m holding this adrenalin, cortisol & aldosterone in the tissues and nerves of my body.

HEART: I’m holding this adrenalin, cortisol & aldosterone in the fluids and organs of my body.

WRIST: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body.

Part 2- Choice:

EAR: I choose to release this adrenalin, cortisol & aldosterone from the cells of my body.

EYE: I choose to release this adrenalin, cortisol & aldosterone from the muscles and bones of my body.

UPPER LIP: I choose to release this adrenalin, cortisol & aldosterone from the joints and ligaments of my body.

LOWER LIP: I choose to release this adrenalin, cortisol & aldosterone from the tissues and nerves of my body.

HEART: I choose to release this adrenalin, cortisol & aldosterone from the fluids and organs of my body.

WRIST: I choose to release this adrenalin, cortisol & aldosterone from the cells of my body.

Part 3- Positive Switch:

EAR: I’m holding this adrenalin, cortisol & aldosterone in the cells of my muscles.

EYE: I choose to release these chemicals and recover immediately.

UPPER LIP: I’m holding this adrenalin, cortisol & aldosterone in the cells of my muscles.

LOWER LIP: I choose to release these chemicals and recover immediately.

HEART: I’m holding this adrenalin, cortisol & aldosterone in the cells of my muscles.

WRIST: I choose to release these chemicals and recover immediately.

You can see that you can be very detailed in your tapping vocabulary. This has been very effective, both in muscle recovery and injury recovery.

I will tell you that some athletes love the technical protocols but others find equal results with wording that sounds more like this:

“Even though I’ll probably be really sore, I choose to be limber and strong...”

Ear: I’ll probably be really sore

Eye: I hate being sore

Upper Lip: I’m going to be really sore

Lower Lip: I’ll probably be really sore

Heart: I hate being sore

Wrist: I hate being sore

I choose to recover painlessly...I choose to recover quickly...I choose to recover painlessly...I choose to recover quickly...I choose to recover painlessly...I choose to recover quickly.

Again, what you say is not really as important as what you are tuning in to. Just keep tapping!

CHAPTER NINE: INJURY RECOVERY

In the same way that Paul’s muscle soreness went away, my colleagues and I are seeing dozens of athletes experience amazing recovery from injuries. These range from torn rotator cuffs, to simple sprains.

I would never recommend an athlete trying to play through structural damage, but we can create optimal conditions pre and post surgery if necessary.

Also, there is no telling what advantage we can give an athlete when we eliminate his injury’s painful responses without drugs, and see recovery happen in weeks instead of months.

Some injuries are more superficial and can achieve amazing results in hours. The **beautiful results include superior range of motion as well as a pain-free state.**

It is interesting to note the three angles we address concerning injuries – both new injuries and old ones.

1. First of all, we address **the way that trauma is being held in all of the cells, tissues and ligaments surrounding the pain.**

We give “permission” for healing nutrients to flow, and for relaxation and clearing of the trauma.

2. Second of all, there is an **emotional response** that accompanies injury. It is usually an immediate but lasting response as soon as the athlete is hurt.

It goes something like this:

“Oh crap, I’m hurt!” and the involuntary responses include anger, frustration, anxiety, disappointment, and fear.

It is amazing what kind of physical response we get when we clear the emotions tied to the injury itself.

2. Finally, we deal with the **memory of protection** that your body installs in order to keep itself from getting hurt again. Even after the injury is healed, your body may retain the limited range of motion. We deal with this memory in order to regain full range of motion through Flow On Demand.

Trauma to the Cells

We’ll use a shoulder injury as our example. Just as we went through before, you address this as follows:

Set Up: (3 times)

Even though I am holding this trauma in all the cells of my shoulder, I choose to release the trauma and recover now.

Part 1- Issue:

EAR: holding this trauma in the cells of my shoulder.

EYE: holding this trauma in the muscles and bones of my shoulder.

Complete the round addressing the trauma in the joints and ligaments, tissues and nerves, fluids and again cells.

Then do a round again on your positive choice while picturing your shoulder:

Part 2- Choice

EAR: I choose to release the trauma and recover now

EYE: I choose to release the trauma and recover now

UPPER LIP: I choose to release the trauma and recover now

LOWER LIP: I choose to release the trauma and recover now.

HEART: I choose to release the trauma and recover now.

WRIST: I choose to release the trauma and recover now.

Finally, make the trigger switch.

Part 3- Positive Switch:

EAR: I’m holding this trauma in my shoulder.

EYE: I choose to release the trauma and recover now.

UPPER LIP: I’m holding this trauma in my shoulder.

LOWER LIP: I choose to release the trauma and recover now.

HEART: Holding this trauma in my shoulder.

WRIST: I choose to release the trauma and recover now.

Emotional Response

It is important to remember that your body is holding certain peptides in your cells in response to your injury, and some of them are felt as sheer emotion. Those are the fears and frustrations that you sensed as soon as you realized you were hurt. Those need to be cleared in order for progress to happen quickly. So, tune in to exactly how you felt or are feeling in your injury.

It may look like this:

Set-Up: (3 times)

“Even though I’m totally frustrated about this injury, I choose to be calm and confident.”

EAR: I’m holding this frustration in the cells of my shoulder.

EYE: holding this frustration in the muscles and bones of my shoulder.

UPPER LIP...

Complete the round addressing the frustration in the joints and ligaments, tissues and nerves, fluids and again cells.

Then go back with your choice:

EAR: I choose to be calm and confident.

EYE: I choose to be calm and confident.

UPPER LIP: I choose to be calm and confident....

Complete that round.

Finally, do the positive switch round:

EAR: I’m holding this frustration

EYE: I choose to be calm and confident

UPPER LIP: I’m holding this frustration in my shoulder.

LOWER LIP: I choose to be calm and confident.

HEART: I’m holding this frustration in my shoulder.

WRIST: I choose to be calm and confident.

After each three part round, check in to see how you feel. Tap additional rounds until you feel a change. There may be several emotions, including self-anger which require forgiveness on your part to receive a quick recovery. Perhaps something like:

“Even though I’m mad at myself for throwing so hard, when I was already hurt...I choose to forgive myself and heal now...”

Memory of Protection

Finally, in our session towards injury recovery, it is important to address the “memory of protection” that your body instills to avoid further injury.

We see this memory displayed as a limited range of motion (ROM), and it often stays there even after athletes are healed. That is not a full recovery in my mind, but if you go through the following exercises, you will regain full range of motion, and possibly have a better ROM than before the injury!

We’ll continue with our example of a recovering shoulder. Even more important than your words while you tap are your thoughts. Really tune into your shoulder as you tap.

First of all, Test your shoulder motion and see how far it moves without pain. Then proceed.

Set-Up (3 times)

“Even though I’m holding this memory of protection in the cells of my shoulder, I choose to release the memory and have full ROM.”

Part 1 – Issue:

EAR: I’m holding this memory of protection in the cells of my shoulder.

EYE: I’m holding this memory of protection in the cells of my shoulder.

UPPER LIP: I’m holding this memory of protection in the cells of my shoulder.

LOWER LIP: I’m holding this memory of protection in the cells of my shoulder.

HEART: I’m holding this memory of protection in the cells of my shoulder.

WRIST: I’m holding this memory of protection in the cells of my shoulder.

Okay, now go back and do a round with your choice:

Part 2- Choice:

EAR: I choose to release the memory and enjoy full range of motion.

EYE: I choose to release the memory and enjoy full range of motion.

UPPER LIP: I choose to release the memory and enjoy full range of motion.

LOWER LIP: I choose to release the memory and enjoy full range of motion.

HEART: I choose to release the memory and enjoy full range of motion.

WRIST: I choose to release the memory and enjoy full range of motion.

Positive Switch round:

Part 3- Positive Switch:

EAR: I’m holding this memory of protection in the cells of my shoulder.

EYE: I choose to release the memory and enjoy full range of motion.

UPPER LIP: I’m holding this memory of protection in the cells of my shoulder.

LOWER LIP: I choose to release the memory and enjoy full range of motion.

HEART: I’m holding this memory of protection in all the cells of my shoulder.

WRIST: I choose to release the memory and enjoy full range of motion.

Now move your shoulder again, and notice the difference of range of motion. Repeat the process as necessary.

This may take 40 minutes of tapping like this to regain more range of motion, and it may need to be repeated each day for a while, but that is a short amount of time, compared to never!

As you tap on “memory of protection” you may want to focus on different sensations such as “**stiffness**,” “**pain**” or “**sticking feeling**.” The best success comes with being in tune to what your body is doing.

Tuning In-again

Are you starting to grow weary of all this talk of “tuning in” to your body? I am so sorry. It really is a key to your success, especially where Flow On Demand is concerned.

I once had a friend who was a competitive body builder. He was describing to someone else what he usually ate on any given day. Then he shrugged and said, “Then again, I’m very in tune with my body, so I know when I should eat more or less of anything.”

His physique showed the fruits of such intuition and discipline. You too will find great success with your sport as you learn to listen to what your body is telling you. Then you can decide if you want to empower yourself above your status quo.

CHAPTER TEN: MAKING MECHANICAL CHANGES WITH FOD

Earlier in this book, I gave the example of Jordan changing his batting performance in one day. Jordan made a decision as a little kid to be very coach-able, but it is possible for any athlete to be more coach-able than ever before. In case you are ever having trouble doing exactly what your coach tells you, I recommend you apply Flow On Demand to the desired change.

Let’s say you play baseball and you are being told to adjust your swing. Remember what we said about conflict being the opposite of flow? If you are having trouble with a new swing, it’s because your old habit is conflicting with your new coaching. There may be a few reasons for this.

1. Perhaps you think your coach is an idiot, and you think his advice stinks. In that case you better decide if you’re going to try to be coach-able at all. Just my advice here, but I recommend always being teachable. It has proven for years to separate the winners from the losers.
2. Perhaps (and more likely,) your conflict is just pure habit. In this case, it now feels totally awkward to force yourself to change your grip, your stance, or your swing. This puts you out of harmony with your bat.

Let’s start with conflict number one: Remember to really tune in to your feelings as you imagine swinging “his way.”

Set-Up: (3 times)

“Even though Coach is an idiot and he’s screwing up my form, I choose to flow with his advice.”

Part 1- Issue:

EAR: This is stupid and it’s messing me up.

EYE: This is stupid and it’s messing me up.

UPPER LIP: This is stupid and it’s messing me up

LOWER LIP: This is stupid and it’s messing me up.

HEART: This is stupid and it’s messing me up.

WRISTS: This is stupid and it’s messing me up.

Part 2- Choice:

EAR: I choose to flow with his advice.

EYE: I choose to flow with his advice.

UPPER LIP: I choose to flow with his advice.

LOWER LIP: I choose to flow with his advice.

HEART: I choose to flow with his advice.

WRISTS: I choose to flow with his advice.

Part 3 Positive Switch:

EAR: This is stupid and it’s messing me up.

EYE: I choose to flow with his advice.

UPPER LIP: This is stupid and it’s messing me up.

LOWER LIP: I choose to flow with his advice.

HEART: This is stupid and it’s messing me up.

WRISTS: I choose to flow with his advice.

Okay, now let’s overcome the habitual resistance. Be very specific with what part of the new swing is bothering you, and how it feels to you. Then make a choice you will enjoy. Let’s say you come up with the following:

Set-Up

“Even though this feels totally awkward in my elbows and shoulders, I choose to let it be easy.”

Part 1 – Issue

EAR: This feels awkward in my elbows and shoulders.

EYE: This feels awkward in my elbows and shoulders.

UPPER LIP: This feels awkward in my elbows and shoulders.

LOWR LIP: This feels awkward in my elbows and shoulders.

HEART: This feels awkward in my elbows and shoulders.

WRIST: This feels awkward in my elbows and shoulders.

Part 2- Choice

EAR: I choose to let it be easy.

EYE: I choose to let it be easy.

UPPER LIP: I choose to let it be easy.

LOWER LIP: I choose to let it be easy.

HEART: I choose to let it be easy.

WRISTS: I choose to let it be easy.

Part 3- Positive Switch

EAR: This feels awkward in my elbows and shoulders.

EYE: I choose to let it be easy.

UPPER LIP: This feels awkward in my elbows and shoulders.

LOWER LIP: I choose to let it be easy.

HEART: This feels awkward in my elbows and shoulders.

WRISTS: I choose to let it be easy.

Now after you can get to a “zero” on awkwardness in your elbows and shoulders, go back with a positive image. Imagine yourself swinging exactly as coach tells you, and tap along until you feel confident you can do it “easily!”

Keep these techniques in mind the next time you need to make some mechanical change to your form. You will find yourself able to achieve Flow in the new habit so much more quickly. You may also be surprised to find that small changes can add up to huge differences in your performance.

CHAPTER ELEVEN: HELP...IT QUIT WORKING!

I have seen Flow On Demand work so effectively and consistently, that when it doesn’t work, I am curious to know why not. You should be too!

If it ever seems to quit working for you, take the time to investigate. Chances are, that with a bit of adjustment, you can resume stellar results.

Some people have concluded that the athlete must simply believe that FOD will work, or else it won’t. However, we have repeatedly seen it work when the athlete was convinced that it would not. **So, it is not a matter of believing in the technique.**

A Different Aspect of the Issue

Sometimes you are in a state of flow, and something totally unexpected happens to throw you off. That is called a “new aspect” of a problem, and it can make you feel like the FOD didn’t work.

For example, one time I was working with a baseball team who was fighting for a state championship. This team happened to be hosting the tournament, so we had the luxury of all our pre-game gatherings being in a quiet hitting facility.

Before one particular game, I tried to explain to them that they had never heard fans nearly as loud as these next opponents. I described how they were banging on the bleachers and it sounded like a football game out there.

I was pretty sure that they had better tap on that so they would stay in the Flow.

“No way,” they replied. They assured me, that they loved the noise.

However, when they ran onto that field, with all that noise, they turned pretty jittery. It took some time to get back into Flow. They had never even figured that “noise aspect” into their game at all.

So very often, you indeed feel relief on the exact aspect you were tapping on, but immediately, another aspect arises, and you find yourself distressed again. The solution is to be specific with each emotion as you feel it. You can indeed still find relief, but if there are several layers to your distress, go ahead and take the extra few minutes necessary to deal with them.

By the way, the team I mentioned did win the state title.

Your Comfort Zone

When it comes to Peak Performance, I cannot say enough about this issue right here. It is the way you perceive yourself. I talked about this earlier.

In the words of motivational great, Zig Ziglar, **“It is impossible to consistently act in a way that is inconsistent with the way you see yourself.”**

Perhaps you reach a certain level of play by performing beyond your comfort zone. In fact, you feel in your heart that you are not really “this good,” but you somehow managed to perform momentarily.

In that case, unless you tap to really expand your comfort zone, you will sabotage your success to stay at a place that is true to yourself.

Here’s one classic example: Brad is an amateur golfer who consistently shoots in the high 80’s. One weekend in qualifying for a tournament, he shot a 79. Wow! He was ecstatic. Unfortunately, the next day on the same course, he shot a 94. He was horrified. What he didn’t understand was the way his body was cooperating to fulfill his self-image of being a high 80’s golfer. Subconsciously, he needed to shoot high that day to bring himself back to his comfortable average.

You may think this idea is ludicrous, and it is -from an intellectual standpoint. However, all those peptides that rush to your cell receptors don’t take the time to check in with your intellect. They just respond to conditioned, subconscious conditioning. That’s why we have certain drills to recognize and enlarge your comfort zone.

Here’s another example. Let’s say the *Average Athletics* beat the odds and win a big title- the state championship. They are beside themselves with joy.

Let’s say they got there by pushing themselves to the max, to fight for that title only.

Suddenly they are at the next level – the Regional playoffs. Uh Oh. They never once even thought about being regional champs...in fact, no one thought they could be state champs, because they’re not as good as other teams in their league. They don’t admit it, but they feel they are in over their heads.

Unless they take the time to really identify what it is they’re feeling, and take time to stretch their comfort zones, they will sabotage their own performance.

As a team, it would be helpful for each player to have an index card and every player close his or her eyes. As they picture receiving the tournament trophy, ask, “Is there any doubt that this trophy is yours?”

Each player could write down exactly the conflicting emotion that he is sensing. They may have beliefs like, “I don’t want to work this hard; winning State was good enough; We’re not as good as the other teams here; I just can’t believe that trophy is ours...”

And then as a team, tap through each emotion. This could take time. It may not be a one-minute wonder that we know and love, but compared to years of limiting thinking, this will still happen fairly quickly.

This is an excellent exercise for the *Average A’s*, and I would hope to not see them rush through it half- heartedly.

Other Factors that Affect Your Energy Level

Let’s go back to this example of the *Average Athletics* winning the State title and suddenly having to travel to the next level of play. What if they are struggling there?

Again, my biggest concern for them has to do with the way they see themselves, but there are other issues as well.

Remember, we are dealing with this athletic performance on an energy level. There are all sorts of elements that affect this team’s energy:

- Being in a new time zone
- Being out of sync with each other
- Being out of a regular routine
- Being in an environment with a lot of complaining
- Getting little sleep
- Roommate issues
- Eating strange new foods, or overeating junk foods

When you look at these issues, they don’t seem related to winning or losing ball games, but all performance is affected by energy. These would be issues to address before the tournament as much as possible, or at least during it, when you notice any troubles.

Are You Properly Hydrated?

Continuing on the topic of “other things that affect your energy...” You might think I’m kidding on this one, but I have seen it happen.

Sometimes, a tapping routine that usually gives great success seems hindered and you’re not sure why. You might be surprised that just drinking a full bottle of water before continuing will make all the difference in the world.

As I said earlier, too often we take in too little oxygen. It bears noting that we also tend to drink too little water. Get yourself plenty of “O” and plenty of “H2O!”

Lack of Motivation

Once in awhile, as an athlete, you just find yourself unmotivated to give your mental conditioning your full attention. When that happens, you will often quit tapping before you feel the results you desire.

To get your edge back, and get back into flow, I recommend that you start by tapping on the mood itself: “Even though I’m feeling unmotivated, and I don’t feel like doing this...” “Even though I don’t think this will work...”

And then determine that you will concentrate long enough to get results.

Persistence

Speaking of “long enough to get results...” sometimes you need to exercise more persistence than other times. If you are tapping, but at the same time, you are restless about hurrying up to get somewhere else, your results may be compromised. In that case, you will do better if you have a peaceful time set aside to focus for as long as it takes.

Tapping without “tuning in” to the emotions

I’ve mentioned before that for Flow On Demand to work, your thoughts are more important than your words. So in order to clear a problem, a pain, a belief or a behavior, you need to be fairly tuned into it. It’s easier, but ineffective to say the words while your mind is elsewhere.

This is especially true on the homework, where you are dealing with issues that you are not currently experiencing. The stronger you can engage your imagination, the more success you will have under the true conditions.

Your subconscious can’t really tell the difference between an event that was real and one that was imagined, so use your imagination effectively.

Fear of Success

“I think self-awareness is probably the most important thing towards being a champion.”

-- Billie Jean King

I know this seems unbelievable, but sometimes an athlete has his own reasons for fearing success.

Example: Laurie was a great softball player, a senior in high school, and expected to play college ball like her older sister, Kat.

However, Kat hated playing ball on the college level. She hated the pressure and felt that softball was controlling her whole University life.

Laurie was shocked to watch her sister quit the college team and walk away from that hard-earned scholarship. She was definitely aware of the disappointment this brought to their parents.

The result for Laurie was her own subconscious fear of success. She did not understand why she was suddenly not playing up to her own potential. In truth, she was afraid that she too, would crumble under the pressure of a college scholarship. After all, she had always been considered, “just like her sister.”

Now in her mind “success” equaled “pressure,” and “disappointment,” to those who had sacrificed for her to play at this level.

The good news is that you can tap on your fear of success. In fact, any time you are moving to a new level of performance, I recommend tapping on the issues that go along with success.

Not Being Specific With What is Bothering You

Part of the beauty of Flow on Demand is the instructions to your Subconscious. You are telling yourself to start clearing the roots of your issue as soon as you notice the problem and begin tapping your fingers.

Still, you may get results faster if you are very specific with what the issue is. This seems especially true with physical symptoms.

Example:

Jeff’s arm was starting to hurt the day before he was to pitch. He tried to deal with the “ache in my elbow,” but was not getting much relief. When he really tuned in, he noticed he was sick to his stomach with a fear of being unable to pitch the next day.

He tapped on the issue, “Even though I have this sick stomach when I think of pitching tomorrow, I choose to be calm and confident.” “Even though I’m afraid I could really hurt myself tomorrow...”

As soon as his fear went away, he was able to tap on all the aches and pains in his elbow and he regained perfect strength. He pitched beautifully the next day.

Note: This worked well, because Jeff didn’t really do anything serious to injure his arm. If you actually have structural damage, than you need to be smart. Listen to your body...and your trainer!

CHAPTER TWELVE: FREQUENTLY ASKED QUESTIONS

1. Will Flow On Demand work with very young athletes?

Absolutely! We have seen it work wonderfully from Little League to Major League, and every league in between. Anytime you can get a mental edge, your performance is improved.

One thing to keep in mind, however, is that FOD deals most effectively with internal conflict so that you can perform at your own peak.

In other words, it doesn’t create great skill. Very young players are still learning the rules and developing motor skills. There are many elements coming together for their success.

The higher the skill level, the more an athlete’s edge becomes mental. For that reason, you may see a more dramatic state of Flow in the more advanced players who use FOD.

I absolutely taught my own seven year old to use FOD. This helped immensely, both in his technical success and in dealing with the pressures of his three favorite sports.

2. Flow On Demand seems so negative. Aren’t we supposed to focus on Positive Things?

Right. I was raised on positive conditioning, and I still declare a whole page of positive affirmations on most days. (What? Don’t you?) But let’s return to the problem of internal conflict. Remember, conflict is the opposite of Flow.

When you have a negative emotion going on, it is because something triggered it to be there. If you ignore it and try to just overwhelm it with positive affirmation, it may not go away. Then you are left with a state of conflict.

It would be better to go ahead and acknowledge the negative state, and clear it from its trigger. Then go on with the positive choice. This puts you in a state of Flow. For an example, refer back to the very first case study of Jordan and his images of popping up when he tried to confess that he would get a hit.

2. So you are saying that after we clear our negative trigger, to tap on the positive choice?

That is correct. You have told your subconscious to clear the root of the problem in response to your tapping, and also to use the tapping to instill any positive choice.

Remember, when tapping for a positive image, tap until the TRUTH of it, feels like a “ten” on a scale of one to ten.

3. What exactly are “energy meridians” and what do they have to do with Flow On Demand?

Good question. Energy meridians are pathways in your body along which all the energy in your body flows. They are a discovery of Eastern medicine, made popular through thousands of years of acupuncture. The FOD targets happen to be meridians that are very close to the skin. That makes them accessible to stimulation with your fingertips. Frankly that’s good, because I can’t see sticking a whole basketball team with needles before each game.

These meridians have never been proven or dis-proven by Western medicine, so like I said, the whole nervous system is still somewhat mysterious. Personally, I simply enjoy the results.

From a more Western standpoint, Flow On Demand works, because we use it to control a certain level of peptides and hormones on our cell receptors. We do this by programming our subconscious mind for empowerment.

I am not a scientist, and science is always evolving, so my over riding concern with Flow On Demand is that it works.

3. Are you saying that our subconscious mind and our nervous system are the same thing?

Hmmmm, could be. You’ll have to check the resources section and come up with your own conclusion on that. I am saying that you can choose to program how they react to things you hear, see, say, believe and do.

4. Is tapping on our fingertips supposed to replace tapping on our ear, eye, upper lip, etc targets?

Sure. Sometimes you want to simply acknowledge your problem and tell your subconscious mind to deal with it. From that standpoint, I developed the fingertip tapping to be the action that supports your choice. It is also an easy action to incorporate into all sorts of activities for a steady state of flow.

We have case after case where the “continuous fingertip tapping” produced remarkable results. In those cases, the clients chose that action as a signal to their subconscious to clear the roots of their issues. You can too.

Some times my clients have found more dramatic shifts with the face and torso tapping than from the fingertip tapping. Therefore, I showed you that method first.

Still, let me help you focus on the key elements to success with energy therapy:

- Focus on the negative emotion
- Create an action as a trigger to your subconscious to clear it: tapping, speaking a word, breathing,
- Repeat until clear

5. How do I know exactly what to say for my set up and choice?

Honestly, what you **say** is not quite as important as really tuning in to what you are **feeling**. The more you describe your exact feelings or condition, the better. It is also important to note that some people are motivated primarily through feelings, some through words, and some through visual images. These different areas are controlled by slightly different parts of the brain.

The more you can get your whole brain involved in your success, the greater your results will be.

Returning to the area of what to say,

The default formula for emotional pressure can be, “Even though I’m feeling stressed, I choose to be calm and confident.”

And the default formula for physical ailments could be, “Even though I have this pain, I choose to be relaxed and strong.”

As you practice the protocols in this book, you’ll figure out how to develop your own. Remember...involve as much sensory information you can in each exercise for optimum whole-brain cohesion.

6. What do you mean by “We don’t have to do a set-up?”

The Set up was originally designed as a remedy for something called “psychological reversal.” This is a state where you say you want something, but for certain, more subtle reasons, you really don’t. In other words, it is a resistance to your change. The theory is that by saying the set-up you are clearing that resistance. You are acknowledging the problem and accepting it, and choosing to change it.

Very often you have no resistance to change, so you can just go straight to the problem.

I usually do the set-up because I find power in making a choice, but I wouldn’t do it so much that I start to sound like a broken record. Some people thrive on doing things the same all the time. I’m not one of those people.

Again, that is the beauty of working live with a Flow On Demand coach, as you can get a style that works for you, but as you listen to the downloads, and practice what’s in this book, you will get excellent results.

7. What else is Flow On Demand good for?

Flow On Demand is useful any time you need to eliminate internal conflict.

My personal specialties are actually geared the most towards peak performance as it relates to athletic, business and personal breakthrough.

However, you can find excellent energy therapists who deal with almost any issue including:

Phobias

Allergies

Depression

Attention Deficit

Traumatic Memories

Fear/ Anger

8. How is Flow On Demand different from Emotional Freedom Technique?

Flow on Demand is a variation of EFT, except that I use slightly fewer tapping points, and I relate them to your subconscious programming through your ears, eyes, mouth, heart and hands. EFT focuses more on the energy meridians, and the importance of tapping on them. With Flow On Demand, you can achieve success, just by tapping on your fingertips, by the power of your choice. The difference is basically an interpretation of why it works. I am a big fan of EFT, and I am very grateful to its creator, Gary Craig.

9. Does it matter which side of my face I am tapping on?

No, it doesn’t matter. You can even do both sides at the same time, or you can alternate. Do whatever feels good, and gets you the results you desire.

10. Flow On Demand seems so relaxing. If my game is about explosive power, won’t it put me to sleep?

No, that would be bad! While you are tapping, you want to still feel explosive, but under control. For example, if you are playing football, you need to keep your powerful reflexes under control on the line, so your enthusiasm doesn’t push you off-sides. However, a **fear** of going off-sides

can slow you down. So, you can tap on your jumpiness, and instill a trigger to explode at the right second.

Also, as you are tapping for the positive image, keep the picture very clear in your mind of your powerful tackles and blocks. You want to get where you have no doubt that you will take your opponent down.

Some athletes in the full contact sports also carry around a subconscious fear of getting hurt, due to past experiences, so that is good to tap on as well. You should be able to do so without going to sleep!

We’ll include those in the next chapter.

CHAPTER THIRTEEN: A COLLECTION OF ROUTINES

Okay, now you have a grasp of what Flow On Demand is all about. You have seen examples of how it works, and you have ideas of how you want it to help your own ball game.

This last part of the book is put together to be very easy for you to access.

These are your real homework. Some of them are just like you have seen earlier, but now they are all in one place. Each page is a different protocol.

To get the most benefit from these exercises, I ask you to promise yourself that you will complete 5 full, 3-part rounds on each issue. The idea is to program yourself with these triggers *before* you ever get on the field. To this, you need to feel the emotional pressure in your imagination.

Again, here is an illustration of the targets and what they stand for. Remember the things you have heard, seen, said, believed and done do not mean anything in themselves. It is **the meaning you have attached** to what you’ve heard, seen, said, believed and done that matters.

So you tap on these targets to purposefully empower your self through:

EAR: Everything you have ever heard regarding this issue.

EYE: Everything you have ever seen regarding this issue.

UPPER LIP: Everything you have ever said regarding this issue.

LOWER LIP: Again, everything you have ever said regarding this issue.

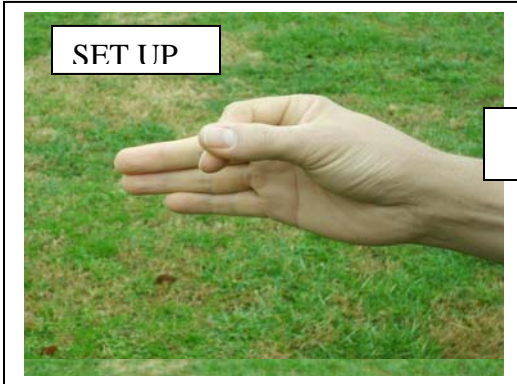
HEART: Everything you have ever believed regarding this issue.

WRIST: All the action you’ve ever taken in regards to this issue.

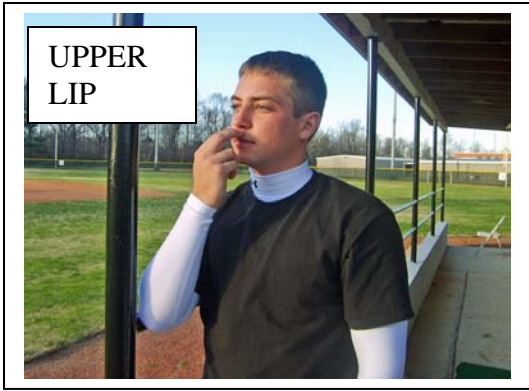
1. Relax with a deep breath
2. Identify a troubling issue
3. Rate the intensity of the issue (Subjective Unit of Distress)
4. The Set-Up
5. Sequence with Reminder Phrase
6. Deep breath
7. Rate Intensity level again (Subjective Unit of Distress)

8. Repeat if necessary

Reminder Page:



OR



Your Pre- Game Routine

"I love to play this game of baseball - I love putting on this uniform." - Stan Musial

No matter what your game, the very act of getting dressed can be a trigger for you to enter the zone. Remember when you were young, and you put on that uniform for the first time and looked in the mirror? Wow! Chances are you felt very special at that moment. There is something magical about that child-like enthusiasm, even when you combine it with the strength of a full-grown athlete.

The higher your level of competition, the more people would love to be in your shoes, putting on that uniform!

For these reasons, I encourage you to let your uniform itself be a powerful trigger for your success.

1. Be sure your uniform is clean and ready to go in plenty of time. This is especially true for my amateur athletes who are responsible for their uniforms at their own homes! Your mom is not your water girl.
2. Take a deep breath and remember how long you have loved your sport, and never take for granted the idea that you are now playing!
3. Baseball/ Softball players: Starting with your sliding shorts, as you put on each piece of uniform declare the following:

Shorts: “I am a world class athlete, and this is MY game!”

Pants: “I am a world class athlete, and this is MY game!”

Socks: “I am a world class athlete, and this is MY game!”

Undershirt: “I am a world class athlete, and this is MY game!”

Jersey: “I am a world class athlete, and this is MY game!”

Hat/Visor: “I am a world class athlete, and this is MY game!”

Belt: “I am a world class athlete, and this is MY game!”

Of course you would use any adjective that is most meaningful to you:

“I am an INCREDIBLE athlete, and this is MY game...” or:

“I am the League MVP, and this is MY game...” or:

“I am a MAJOR LEAGUE STAR, and this is MY game...”

No one else needs to hear you make these declarations, but if you can do them at home, then the louder you make them, the better! Make sure you say them as you look at yourself in the mirror, all dressed.

If your uniform is not yet of the team or league of your dreams, then imagine it is!

For example, if you play football and you play for the *Giants*, but as you look in the mirror, you really wish it were a *Chargers* jersey, you can use your imagination...

(Sorry Eli, I couldn’t resist.)

Mental Focus

First of all, relax and get ready to play baseball, and see if there is anything at all that feels out of whack for you. We’ll keep these simple:

SET-UP (tapping on fingers or chest):

Even though I’m having this focusing problem, I choose to be mentally sharp and tough. (3times)

EAR: Focusing problem

EYE: Focusing problem

UPPER LIP: Focusing problem

LOWER LIP: Focusing problem

HEART: Focusing problem

WRIST: Focusing problem

EAR: I choose to be mentally sharp and tough

EYE: I choose to be mentally sharp and tough

UPPER LIP: I choose to be mentally sharp and tough

LOWER LIP: I choose to be mentally sharp and tough

HEART: I choose to be mentally sharp and tough

WRIST: I choose to be mentally sharp and tough

EAR: Focusing problem

EYE: I choose to be sharp and tough

UPPER LIP: Focusing problem

LOWER LIP: I choose to be sharp and tough

HEART: Focusing problem

WRIST: I choose to be sharp and tough

Feeling Fatigued

SET-UP (tapping on fingers or chest):

Even though I’m holding this fatigue in all the cells of my body, I choose to release it and be strong and quick. (3x)

EAR: Holding this fatigue in all the cells of my body

EYE: Holding this fatigue in all the cells of my body

UPPER LIP: Holding this fatigue in all the cells of my body

LOWER LIP: Holding this fatigue in all the cells of my body

HEART: Holding this fatigue in all the cells of my body

WRIST: Holding this fatigue in all the cells of my body

EAR: I release the fatigue- I’m strong and quick

EYE: I release the fatigue- I’m strong and quick

UPPER LIP: I release the fatigue- I’m strong and quick

LOWER LIP: I release the fatigue- I’m strong and quick

HEART: I release the fatigue- I’m strong and quick

WRIST: I release the fatigue- I’m strong and quick

EAR: Holding this fatigue in all the cells of my body

EYE: I release the fatigue- I’m strong and quick

UPPER LIP: Holding this fatigue in all the cells of my body

LOWER LIP: I release the fatigue- I’m strong and quick

HEART: Holding this fatigue in all the cells of my body

WRIST: I release the fatigue- I’m strong and quick

Note: If you are feeling the most fatigue in your arm or legs, be very specific with that – i.e. “holding this fatigue in all the cells of my arm and shoulder...”

Getting Tired

SET-UP (tapping on fingers or chest):

Even though I’m getting tired, I choose perfect form. (3X)

EAR: I’m getting tired

EYE: Getting tired

UPPER LIP: Getting tired

LOWER LIP: Getting tired

HEART: Getting tired

WRIST: Getting tired

EAR: I choose perfect form

EYE: I choose perfect form

UPPER LIP: I choose perfect form

LOWER LIP: I choose perfect form

HEART: I choose perfect form

WRIST: I choose perfect form

EAR: I’m getting tired

EYE: I choose perfect form

UPPER LIP: I’m getting tired

LOWER LIP: I choose perfect form

HEART: I’m getting tired

WRIST: I choose perfect form

“How you respond to the challenge in the second half will determine what you become after the game, whether you are a winner or a loser.”-- Lou Holtz

Not Expected to Win

SET -UP (tapping on fingertips or chest):

Even though no one thinks we can win this game [or series], I think we’re awesome, and I choose to play to win. (3x)

EAR: No one thinks we can win

EYE: No one thinks we can win

UPPER LIP: Even I’m not sure we can win

LOWER LIP: Even I’m not sure we can win

HEART: No one thinks we can win

WRIST: No one thinks we can win

EAR: I choose to play to win

EYE: I choose to play to win

UPPER LIP: I choose to play to win

LOWER LIP: I choose to play to win

HEART: I choose to play to win

WRIST: I choose to play to win

EAR: No one thinks we can win

EYE: I choose to play to win

UPPER LIP: No one thinks we can win

LOWER LIP: I choose to play to win

HEART: No one thinks we can win

WRIST: I choose to play to win

Doubts in My Ability

SET- UP: (tapping on fingertips or chest):

Even though I’m having doubts in my ability to do this, I accept myself anyway, and I choose to play better than I ever have. (3x)

EAR: I doubt I can do this

EYE: I doubt I can do this

UPPER LIP: I doubt I can do this

LOWER LIP: I doubt I can do this

HEART: I doubt I can do this

WRIST: I doubt I can do this

EAR: I choose to play better than I ever have

EYE: I choose to play better than I ever have

UPPER LIP: I choose to play better than I ever have

LOWER LIP: I choose to play better than I ever have

HEART: I choose to play better than I ever have

WRIST: I choose to play my best and have fun

EAR: I doubt I can do this

EYE: I choose to play better than I ever have

UPPER LIP: I doubt I can do this

LOWRE LIP: I choose to play better than I ever have

HEART: I doubt I can do this

WRIST: I choose to do it better than I ever have

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

-- Michael Jordan

When We’re Ahead

SET-UP (tapping on fingers or chest)

Even though we’re already ahead, I choose to play hard and bury this team!

(3x)

EAR: We’re already ahead

EYE: We’re already ahead

UPPER LIP: We’re already ahead

LOWER LIP: We’re already ahead

HEART: We’re already ahead

WRIST: We’re already ahead

EAR: I choose to play hard and bury this team

EYE: I choose to play hard and bury this team

UPPER LIP: I choose to play hard and bury this team

LOWER LIP: I choose to play hard and bury this team

HEART: I choose to play hard and bury this team

WRIST: I choose to play hard and bury this team

EAR: We’re already ahead

EYE: I choose to play hard and bury this team

UPPER LIP: We’re already ahead

LOWER LIP: I choose to play hard and bury this team

HEART: We’re already ahead

WRIST: I choose to play hard and bury this team

Hate Getting Behind

SET-UP (tapping on either fingertips or chest)

Even though I hate getting behind, I choose to play hard and win. (3x)

EAR: Hate getting behind

EYE: Hate getting behind

UPPER LIP: Hate getting behind

LOWER LIP: Hate getting behind

HEART: Hate getting behind

WRIST: Hate getting behind

EAR: I choose to play hard and win

EYE: I choose to play hard and win

UPPER LIP: I choose to play hard and win

LOWER LIP: I choose to play hard and win

HEART: I choose to play hard and win

WRIST: I choose to play hard and win

EAR: Hate getting behind

EYE: I choose to play hard and win

UPPER LIP: Hate getting behind

LOWER LIP: I choose to play hard and win

HEART: Hate getting behind

WRIST: I choose to play hard and win

Hitting – infield flies

SET-UP (tapping on chest or fingers)

Even though I hate popping that ball up, I accept myself anyway, and I choose to hit with perfect form. (3x)

EAR: Hate popping up

EYE: Hate popping up

UPPER LIP: Hate popping up

LOWER LIP: Hate hitting fly balls

HEART: Hate hitting fly balls

WRIST: Hate hitting fly balls

EAR: I choose to hit with perfect form

EYE: I choose to hit with perfect form

UPPER LIP: I choose to hit with perfect form

LOWER LIP: I choose to hit with perfect form

HEART: I choose to hit with perfect form

WRIST: I choose to hit with perfect form

EAR: Hate popping up

EYE: I choose perfect form

UPPER LIP: Hate those fly balls

LOWR LIP: I choose perfect form

HEART: Hate popping up

WRIST: I choose perfect form

Hitting – Weak Grounders

SET-UP (tapping on fingertips or chest):

Even though I hate hitting weak grounders, I accept myself anyway, and choose to hit with perfect form. (3x)

EAR: I hate hitting those weak grounders

EYE: I hate hitting those weak grounders

UPPER LIP: I hate hitting those weak grounders

LOWER LIP: I hate hitting those weak grounders

HEART: I hate hitting those weak grounders

WRIST: I hate hitting those weak grounders

EAR: I choose to hit with perfect form

EYE: I choose to hit with perfect form

UPPER LIP: I choose to hit with perfect form

LOWER LIP: I choose to hit with perfect form

HEART: I choose to hit with perfect form

WRIST: I choose to hit with perfect form

EAR: Hate weak grounders

EYE: I choose perfect form

UPPER LIP: Hate weak grounders

LOWER LIP: I choose perfect form

HEART: Hate weak grounders

WRIST: I choose perfect form

Hitting – Perfect Form

SET-UP (tapping on fingertips or chest)

I love hitting! I choose to hit with perfect form for each pitch.

EAR: I see the spin on the pitch

EYE: I lead with my hips

UPPER LIP: I keep my wrists back

LOWER LIP: Bat down

HEART: Perfect timing

WRIST: Perfect hit

EAR: I see the spin on the pitch

EYE: I lead with my hips

UPPER LIP: I keep my wrists back

LOWER LIP: My bat is down

HEART: Perfect timing

WRIST: Perfect hit

EAR: I see the spin on the pitch

EYE: I lead with my hips

UPPER LIP: I keep my wrists back

LOWER LIP: My bat is down

HEART: Perfect timing

WRIST: Perfect hit

Hitting is in a Slump*

SET- UP (tapping on fingertips or chest):

Even though I’m embarrassed about my hitting, I accept myself anyway, and I choose to get the hit.

Even though I hate having people talk about my poor hitting, I choose to hit like a champ.

Even though I’m not sure what’s wrong with my lately, I accept myself anyway, and I choose to hit like a champ.

EAR: I hate this feeling

EYE: I hate this feeling

UPPER LIP: This is a crappy slump

LOWER LIP: People are complaining about me

HEART: People are complaining about me

WRIST: I’m not sure what’s wrong with me

EAR: I choose to hit with perfect form

EYE: I choose to hit with perfect form

UPPER LIP: I choose to hit like a champ

LOWER LIP: I choose to hit like a champ

HEART: I choose to make the hit

WRIST: I choose to make the hit

EAR: I hate this feeling

EYE: I choose to hit with perfect form

UPPER LIP: People are complaining about me

LOWER LIP: I choose to hit like a champ

HEART: I’m not sure what’s wrong with me

WRIST: I choose to make the hit

*There may be a lot of personal emotion that goes with finding yourself in a slump. The best thing to do is to be as specific as you can on each emotion and what it reminds you of. Then tap on those emotions. The bad feelings can keep you from playing at you peak, even when you say the right words, so really tap until the emotions are positive.

Hitting – Under Pressure

SET-UP (tapping on fingertips or chest):

Even though I’m feeling this pressure, I choose to be relaxed and strong, and hit with perfect form.

Even though we really NEED this hit, I choose to be relaxed and strong, and hit with perfect form.

Even though I’m restless because I really want this hit, I choose to be relaxed and strong, and hit with perfect form.

EAR: Feeling restless

EYE: Feeling restless

UPPER LIP: Feeling restless

LOWER LIP: Feeling restless

HEART: Feeling restless

WRIST: Feeling restless

EAR: Relaxed and strong, with perfect form

EYE: Relaxed and strong, with perfect form

UPPER LIP: Relaxed and strong, with perfect form

LOWER LIP: Relaxed and strong, with perfect form

HEART: Relaxed and strong, with perfect form

WRIST: Relaxed and strong, with perfect form

EAR: Feeling restless

EYE: Relaxed and strong with perfect form

UPPER LIP: Feeling restless

LOWER LIP: Relaxed and strong with perfect form

HEART: Feeling restless

WRIST: Relaxed and strong with perfect form

Hitting – Perfect Vision, Perfect Timing, Perfect Form

SET-UP (tapping on fingertips or chest):

Even though I’m not sure what he’ll throw, I trust my vision, timing and form (3x)

EAR: Perfect vision, perfect timing, perfect form

EYE: Perfect vision, perfect timing, perfect form

UPPER LIP: Perfect vision, perfect timing, perfect form

LOWER LIP: Perfect vision, perfect timing, perfect form

HEART: Perfect vision, perfect timing, perfect form

WRIST: Perfect vision, perfect timing, perfect form

EAR: Perfect vision, perfect timing, perfect form

EYE: Perfect vision, perfect timing, perfect form

UPPER LIP: Perfect vision, perfect timing, perfect form

LOWER LIP: Perfect vision, perfect timing, perfect form

HEART: Perfect vision, perfect timing, perfect form

WRIST: Perfect vision, perfect timing, perfect form

EAR: Perfect vision, perfect timing, perfect form

EYE: Perfect vision, perfect timing, perfect form

UPPER LIP: Perfect vision, perfect timing, perfect form

LOWER LIP: Perfect vision, perfect timing, perfect form

HEART: Perfect vision, perfect timing, perfect form

WRIST: Perfect vision, perfect timing, perfect form

Hitting- Against a Tough Pitcher

SET-UP (tapping on fingertips or chest):

Even though I’m not sure I can hit this guy, I choose to trust my form and make the play.

Even though no one can hit him today, I choose to trust my form and make the play.

Even though I doubt I can hit him, I choose to trust my form and make the play.

Sequence:

EAR: Not sure I can hit this guy

EYE: Not sure I can hit this guy

UPPER LIP: No one is hitting him

LOWER LIP: No one is hitting him

HEART: I doubt I can hit him

WRIST: I doubt I can hit him

EAR: I choose to trust my form and make the play

EYE: I choose to trust my form and make the play

UPPER LIP: I choose to trust my form and make the play

LOWER LIP: I choose to trust my form and make the play

HEART: I choose to trust my form and make the play

WRIST: I choose to trust my form and make the play

EAR: Not sure I can hit him

EYE: I trust my form and make the play

UPPER LIP: No one is hitting him

LOWER LIP: I trust my form and make the play

HEART: I doubt I can hit him

WRIST: I trust my form and make the play

Feeling Small

SET-UP (tapping on fingertips or chest):

Even though these guys look bigger than me, I am bigger than I look, tougher than I look, and faster than I look. (3x)

EAR: They’re bigger than me

EYE: They’re bigger than me

UPPER LIP: They’re bigger than me

LOWER LIP: They’re faster than me

HEART: They’re faster than me

WRIST: They’re faster than me

EAR: I’m bigger than I look, tougher than I look, and faster than I look.

EYE: I’m bigger than I look, tougher than I look, and faster than I look.

UPPER LIP: I’m bigger than I look, tougher than I look, and faster than I look.

LOWER LIP: I’m bigger than I look, tougher than I look, and faster than I look.

HEART: I’m bigger than I look, tougher than I look, and faster than I look.

WRIST: I’m bigger than I look, tougher than I look, and faster than I look.

EAR: They’re big

EYE: I’m bigger, tougher, faster than I look

UPPER LIP: They’re big

LOWER LIP: I’m bigger, tougher, faster than I look

HEART: They’re fast

WRIST: I’m bigger, tougher, faster than I look

Fielding –Recovering From an Error*

SET-UP (tapping on fingertips or chest)

Even though I hated making that error, I choose to catch it now, and make the play. (3x)

EAR: Hated making that error

EYE: Hated making that error

UPPER LIP: Hated making that error

LOWER LIP: Hated making that error

HEART: Hated making that error

WRIST: Hated making that error

EAR: I choose to catch it now and make the play

EYE: I choose to catch it now and make the play

UPPER LIP: I choose to catch it now and make the play

LOWER LIP: I choose to catch it now and make the play

HEART: I choose to catch it now and make the play

WRIST: I choose to catch it now and make the play

EAR: Hated making that error

EYE: I choose to catch it now and make the play

UPPER LIP: Hated making that error

LOWER LIP: I choose to catch it now and make the play

HEART: Hated making that error

WRIST: I choose to catch it now and make the play

- 11.Recovering from disappointment is a huge part of baseball success. Take the time to really tune into all the layers of emotion that surround any errors that you can remember making. (I’m sure you remember the worst of them!) Tap on each emotion until you are at a peaceful zero.

Defense – Fast and Accurate

SET - UP (tapping on fingertips or chest)

Even though I was a little sloppy, I choose to be fast and accurate. (3x)

EAR: Sloppy defense

EYE: Sloppy defense

UPPER LIP: Sloppy defense

LOWER LIP: What a bad throw

HEART: What a bad throw

WRIST: What a bad throw

EAR: I choose to be fast and accurate

EYE: I choose to be fast and accurate

UPPER LIP: I choose to be fast and accurate

LOWER LIP: I choose to be fast and accurate

HEART: I choose to be fast and accurate

WRIST: I choose to be fast and accurate

EAR: Sloppy defense

EYE: I choose to be fast and accurate

UPPER LIP: Sloppy defense

LOWER LIP: I choose to be fast and accurate

HEART: What a bad throw

WRIST: I choose to be fast and accurate

Base Running

SET-UP (tapping on fingertips or chest):

Even though he might be wrong, I choose to trust my coach and run like the wind (3x)

EAR: Coach might be wrong

EYE: Coach might be wrong

UPPER LIP: I forget to look

LOWER LIP: I forget to look

HEART: I want to see the ball

WRIST: I want to see the ball

EAR: I choose to trust my coach and run like the wind

EYE: I choose to trust my coach and run like the wind

UPPER LIP: I choose to trust my coach and run like the wind

LOWER LIP: I choose to trust my coach and run like the wind

HEART: I choose to trust my coach and run like the wind

WRIST: I choose to trust my coach and run like the wind

EAR: Coach might be wrong

EYE: I choose to trust my coach and run like the win

UPPER LIP: I forget to look

LOWER LIP: I choose to trust my coach and run like the wind

HEART: I want to see the ball

WRIST: I choose to trust my coach and run like the wind

Pitching – When They’re Hitting You

SET - UP (tapping on fingertips or chest):

Even though I hate that they’re hitting me, I choose to trust my form and throw the pitches

Even though coach might take me out, I choose to find it easy and fun to hit my target

Even though I’m feeling tense, I choose to find it easy and fun to hit my target

EAR: I hate that they’re hitting me

EYE: I hate that they’re hitting me

UPPER LIP: Coach might take me out

LOWER LIP: Coach might take me out

HEART: I’m feeling tense

WRIST: I’m feeling tense

EAR: I choose to trust my form and throw the pitches

EYE: I choose to trust my form and throw the pitches

UPPER LIP: I choose to find it easy and fun to hit my target

LOWR LIP: I choose to find it easy and fun to hit my target

HEART: I choose to find it easy and fun to hit my target

WRIST: I choose to find it easy and fun to hit my target

EAR: I hate that they got those hits

EYE: I choose to trust my form and throw the pitches

UPPER LIP: Coach might take me out

LOWER LIP: I choose to find it easy and fun to hit my target

HEART: I’m feeling tense

WRIST: I choose to find it easy and fun to hit my target

Pitching- When You’re Getting Tired

SET-UP (tapping on fingertips or chest)

Even though I’m getting tired, I choose to throw strong and accurate, right to my target. (3x)

EAR: I’m getting tired

EYE: I’m getting tired

UPPER LIP: My arm is tired

LOWER LIP: My arm is tired

HEART: I’m losing my edge

WRIST: I’m losing my edge

EAR: Strong and accurate- to my catcher

EYE: Strong and accurate – to my catcher

UPPER LIP: Strong and accurate – to my catcher

LOWER LIP: Strong and accurate – to my catcher

HEART: Strong and accurate – to my catcher

WRIST: Strong and accurate – to my catcher

EAR: I’m getting tired

EYE: Strong and accurate – to my catcher

UPPER LIP: My arm is tired

LOWER LIP: Strong and accurate – to my catcher

HEART: I’m losing my edge

WRIST: Strong and accurate – to my catcher

In The Weight Room-Taking Off the Limits*

SET-UP (tapping on fingertips or chest)

Even though I have never lifted over _____ on this drill, I choose to take off the limits and release them from my muscles.

Even though I have only been comfortable lifting _____ on this lift, I choose to take off the limits and release them from my muscles and cells.

Even though I have doubts about this lift, I choose to take off the limits and release them from all of my cells.

EAR: Never lifted this amount [say the amount]

EYE: Doubts about this lift

UPPER LIP: Don’t want to get hurt

LOWER LIP: Never lifted this amount

HEART: Doubts about this lift

WRIST: Don’t want to get hurt

EAR: I choose to take off the limits

EYE: I release the limits from my muscles

UPPER LIP: I take off the limits

LOWER LIP: I release the limits from my muscles

HEART: I take off the limits

WRIST: I release the limits from my muscles

EAR: I’ve never lifted this much

EYE: I choose to take off the limits

UPPER LIP: I have doubts about this lift

LOWER LIP: I release the limits and doubts from my muscles

HEART: I don’t want to get hurt

WRIST: I release the fear from my muscles

12.I combine a lot of issues into this one sequence. You may need to spend more time on your doubts and fears, or just on not feeling like lifting hard!

Lifting- Between Sets

Remember, you don’t always have to do the set-up. Try going straight to the sequence and see if you get results.

SET-UP (tapping on fingertips or chest)

Even though my muscles are burning and shaking, I choose to find it easy and fun to finish strong. (3x)

EAR: Burning and shaking

EYE: Burning and shaking

UPPER LIP: Burning and shaking

LOWER LIP: Burning and shaking

HEART: Burning and shaking

WRIST: Burning and shaking

EAR: Easy and fun to finish strong

EYE: Easy and fun to finish strong

UPPER LIP: Easy and fun to finish strong

LOWER LIP: Easy and fun to finish strong

HEART: Easy and fun to finish strong

WRIST: Easy and fun to finish strong

EAR: Burning and shaking

EYE: Easy and fun to finish strong

UPPER LIP: Burning and shaking

LOWER LIP: Easy and fun to finish strong

HEART: Burning and shaking

WRIST: Easy and fun to finish strong

Lifting – Post Workout Routine

SET-UP (tapping on fingertips or chest)

Even though I’m holding all this adrenalin, cortisol and aldosterone in the cells of my body, I choose to release them now for quick recovery. (3x)

EAR: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body

EYE: I’m holding this adrenalin, cortisol & aldosterone in the muscles & bones of my body

UPPER LIP: I’m holding this adrenalin, cortisol & aldosterone in the joints & ligaments of my body

LOWER LIP: I’m holding this adrenalin, cortisol & aldosterone in the tissues and nerves of my body

HEART: I’m holding this adrenalin, cortisol & aldosterone in the fluids and organs of my body

WRIST: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body.

EAR: I choose to release these chemicals from the cells of my body

EYE: I choose to release these chemicals from the muscles and bones of my body.

UPPER LIP: I choose to release these chemicals from the joints and ligaments of my body

LOWER LIP: I choose to release these chemicals from the tissues and nerves of my body

HEART: I choose to release these chemicals from the fluids and organs of my body

WRIST: I choose to release these chemicals from the cells of my body

EAR: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body

EYE: I release these chemicals now

UPPER LIP: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body

LOWER LIP: I release these chemicals now

HEART: I’m holding this adrenalin, cortisol & aldosterone in the cells of my body

WRIST: I release these chemicals now

Injury Recovery- trauma to the cells

SET-UP (tapping on fingertips or chest):

Even though I am holding this trauma in all the cells of my _____,
I choose to release the trauma and recover now. (3x)

EAR: Holding this trauma in the cells of my _____

EYE: Holding this trauma in the muscles and bones of my

UPPER LIP: Holding this trauma in the joints and ligaments of my

LOWER LIP: Holding this trauma in the tissues and nerves of my

HEART: Holding this trauma in the fluids around my _____

WRIST: Holding this trauma in the cells of my _____

EAR: I choose to release the trauma and recover now

EYE: I choose to release the trauma and recover now

UPPER LIP: I choose to release the trauma and recover now

LOWER LIP: I choose to release the trauma and recover now

HEART: I choose to release the trauma and recover now

WRIST: I choose to release the trauma and recover now

EAR: I’m holding this trauma in my _____

EYE: I choose to release the trauma and recover now

UPPER LIP: I’m holding this trauma in my _____

LOWER LIP: I choose to release the trauma and recover now

HEART: I’m holding this trauma in my _____

WRIST: I choose to release the trauma and recover now

Injury Recovery – Emotional Response

Remember that your body is holding certain peptides in your cells in response to your injury, and some of them are felt as sheer emotion. Those are the fears and frustrations that you sensed as soon as you realized you were hurt. Those need to be cleared in order for progress to happen quickly. So, tune in to exactly how you felt or are feeling about the injury. Perhaps it’s something like this:

SET - UP (tapping on fingertips or chest):

Even though I’m totally frustrated about this injury, I choose to be calm and confident.

Even though I’m mad about this injury, I forgive myself, and anyone else who helped cause it.

Even though I’m disappointed about this injury, I choose to be calm and confident.

EAR: I’m holding this frustration in the cells of my _____ (name it)_____

EYE: I’m holding this frustration in all the cells of my _____

UPPER LIP: I’m holding this anger in the cells of my _____

LOWER LIP: I’m holding this anger in the cells of my _____

HEART: I’m holding this disappointment in the cells of my _____

WRIST: I’m holding this disappointment in the cells of my _____

EAR: I choose to be calm and confident about recovering

EYE: I choose to forgive myself, and anyone else involved in this injury

UPPER LIP: I choose to be calm and confident about recovering

LOWER LIP: I forgive myself, and anyone else involved in this injury

HEART: I choose to be calm and confident about recovering

WRIST: I choose to forgive myself, and any one else involved in this injury

EAR: I’m holding this frustration in the cells of my _____

EYE: I choose to forgive myself, and anyone else involved in it

UPPER LIP: I’m holding this anger in the cells of my _____

LOWER LIP: I choose to be calm and confident

HEART: I’m holding this disappointment in the cells of my

WRIST: I choose to be calm and confident about recovering

Injury Recovery – Memory of Protection

First of all, as you exhale and relax, check your range of motion. See how far you can move without discomfort, and create a clear image of how far you would like to move. For this drill, you will fill in the blank with the area of your injury.

SET –UP (tapping on fingertips or chest):

Even though I’m holding this memory of protection in the cells of my _____, I choose to release the memory and enjoy full ROM. (3x)

EAR: I’m holding this memory of protection in the cells of my _____.

EYE: I’m holding the memory of protection in the cells of my _____.

UPPER LIP: I’m holding this memory of protection in the cells of my _____.

LOWER LIP: I’m holding this memory of protection in the cells of my _____.

HEART: I’m holding this memory of protection in the cells of my _____.

HANDS: I’m holding this memory of protection in the cells of my _____.

EAR: I choose to release the memory and enjoy full range of motion.

EYE: I choose to release the memory and enjoy full range of motion

UPPER LIP: I choose to release the memory and enjoy full range of motion

LOWER LIP: I choose to release the memory and enjoy full range of motion

HEART: I choose to release the memory and enjoy full range of motion

WRIST: I choose to release the memory and enjoy full range of motion

EAR: I’m holding this memory of protection in the cells of my _____.

EYE: I choose to release the memory and enjoy full range of motion

UPPER LIP: I’m holding this memory of protection in the cells of my _____.

LOWER LIP: I choose to release the memory and enjoy full range of motion

HEART: I’m holding this memory of protection in the cells of my

_____.

WRIST: I choose to release the memory and enjoy full range of motion.

Now check your range of motion again and notice the difference.

This may take over a half hour of tapping like this to regain more range of motion, and it may need to be repeated each day for a while, but that is a short amount of time, compared to never! Also, as you are tapping on the “memory of protection,” you may notice that it specifically “stiffness,” or “pain.” The best success comes with being very “tuned in” to what exactly you are feeling.

Mechanical Changes – frustration with your coach

SET-UP (tapping on fingertips or chest):

Even though Coach is wrong, and he’s messing up my form, I choose to flow with his advice.

Even though I hate the way this feels, and it’s messing me up, I choose to flow with his advice.

Even though Coach is an idiot, and I don’t think this will work, I choose to flow with his advice.

EAR: Coach is wrong, and he’s messing me up

EYE: Coach is wrong, and he’s messing me up

UPPER LIP: I hate the way this feels, and it’s messing me up

LOWER LIP: I hate the way this feels, and it’s messing me up

HEART: Coach is an idiot, and I don’t think this will work

WRIST: Coach is an idiot, and I don’t think this will work

EAR: I choose to flow with his advice

EYE: I choose to flow with his advice

UPPER LIP: I choose to flow with his advice

LOWER LIP: I choose to flow with his advice

HEART: I choose to flow with his advice

WRIST: I choose to flow with his advice

EAR: Coach is wrong and he’s messing me up

EYE: I choose to flow with his advice

UPPER LIP: I hate the way this feels, and it’s messing me up

LOWER LIP: I choose to flow with his advice

HEART: Coach is an idiot, and I don’t think this will work

WRIST: I choose to flow with his advice

Mechanical Changes – Feeling Awkward

As with all tapping, you will see the best results when you are the most specific with your description. If the change bothers you in your wrists, say “wrists.” If it bothers you in your elbows and shoulders, then say that. Here is one example:

SET- UP (tapping on fingertips or chest)

Even though this feels awkward in my elbows and shoulders, I choose to let it be easy.

Even though this feels wrong to my elbows and shoulders, I choose to let it be easy.

Even though this feels like a struggle in my elbows and shoulders, I choose to let it be easy.

EAR: This feels awkward in my elbows and shoulders

EYE: This feels awkward in my elbows and shoulders

UPPER LIP: This feels wrong to my elbows and shoulders

LOWER LIP: This feels wrong to my elbows and shoulders

HEART: This feels like a struggle in my elbows and shoulders

WRIST: This feels like a struggle in my elbows and shoulders

EAR: I choose to let it be easy

EYE: I choose to let it be easy

UPPER LIP: I choose to let it be easy

LOWER LIP: I choose to let it be easy

HEART: I choose to let it be easy

WRIST: I choose to let it be easy

EAR: This feels awkward in my elbows and shoulders

EYE: I choose to let it be easy

UPPER LIP: This feels wrong in my elbows and shoulders

LOWER LIP: I choose to let it be easy

HEART: This feels like a struggle in my elbows and shoulders

WRIST: I choose to let it be easy

Note: After you get down to a zero in awkwardness and struggle, then go back and tap for the correct new form. Tap until you can positively imagine yourself doing it easily! Go for the ten.

Fear Of Getting Hurt

SET UP (Tapping on chest or fingertips)

Even though I hate the idea of getting hurt, I choose to be calm and confident. (3x)

EAR: I hate the idea of getting hurt

EYE: I got hurt before and hated it

UPPER LIP: I hate the idea of getting hurt

LOWER LIP: I got hurt before and hated it

HEART: I hate the idea of getting hurt again

WRIST: I got hurt before and hated it

EAR: I choose to be calm and confident

EYE: I choose to be calm and confident

UPPER LIP: I choose to be calm and confident

LOWER LIP: I choose to be calm and confident

HEART: I choose to be calm and confident

WRIST: I choose to be calm and confident

EAR: I hate the idea of getting hurt

EYE: I choose to be calm and confident

UPPER LIP: I got hurt before and hated it

LOWER LIP: I choose to be calm and confident

HEART: I hate the idea of getting hurt

WRIST: I choose to be calm and confident

Missing the Shot

If your sport involves making a shot – golf, basket, goal, you have experienced the frustration of missing. Picture your most nerve wracking shot, or your most frustrating miss as you complete this sequence.

SET UP (Tapping on chest or fingertips):

Even though I hate missing the shot, I accept myself anyway, and I choose to nail it. (3x)

EAR: I hate missing

EYE: I hate missing

UPPER LIP: I hate missing

LOWER LIP: I hate missing

HEART: I hate missing

WRIST: I hate missing

EAR: I choose to nail it

EYE: I choose to nail it

UPPER LIP: I choose to nail it

LOWER LIP: I choose to nail it

HEART: I choose to nail it

WRIST: I choose to nail it

EAR: I hate missing

EYE: I choose to nail it

UPPER LIP: I hate missing

LOWER LIP: I choose to nail it

HEART: I hate missing

WRIST: I choose to nail it

Love This Game

“To play the game is great. To win the game is greater. To love the game is the greatest of all.”

-inscribed on a plaque inside the Palestra, Philadelphia, PA

SET-UP (tapping on fingers or chest):

Even though this isn’t as fun as it used to be, I choose to remember why I love this game. (3x)

EAR: This isn’t fun any more

EYE: This isn’t fun any more

UPPER LIP: This isn’t fun anymore

LOWER LIP: This isn’t fun anymore

HEART: Not as fun as it used to be

WRIST: Not as fun as it used to be

EAR: I choose to remember why I love this game

EYE: I choose to remember why I love this game

UPPER LIP: I choose to remember why I love this game

LOWER LIP: I choose to remember why I love this game

HEART: I choose to remember why I love this game

WRIST: I choose to remember why I love this game

EAR: This isn’t fun anymore

EYE: I love this game

UPPER LIP: This isn’t fun anymore

LOWER LIP: I love this game

HEART: This isn’t fun anymore

WRIST: I love this game

EAR: I love this game

EYE: I love this game

UPPER LIP: I love this game

LOWER LIP: I love this game

HEART: I love this game

WRIST: I love this game

CHAPTER FOURTEEN: GETTING YOURSELF OUT OF THE WAY

“Inside each and every one of us is our one true, authentic swing. Something we was born with. Something that is ours and ours alone. Something that can't be learned ... something that got to be remembered.”
-Bagger Vance

In the movie, *The Legend of Bagger Vance*, Will Smith’s character, Bagger Vance is bringing athletic redemption to Matt Damon’s character, Rannulph Junah.

Through the game of golf, Bagger, in his heavenly wisdom, tells Junah again and again, that success lies in his ability to “get himself out of the way.”

Flow on Demand is designed to do help you do that – to get your (conflicting) self out of your own way. When you get rid of your inner conflicts, you are capable of more than you would have imagined. **When you refuse to hold yourself back, and instead, you push yourself to greatness, all things are possible.**

Push yourself to greatness. Practice with intuition. Some have said that practice makes perfect. But practice without focused purpose does not make perfect; it only makes permanent. You don’t want to permanently be where you are. You want to be better every day. If you don’t have room to improve today, what is the point of sticking with the game?

If you focus during your practice performances, and constantly adjust your actions to improve, you will not disappoint your fans.

Of course I cannot make you sweat. I cannot make you concentrate. Only you can do that. I can’t even make you succeed. Inside of your self however, there may be a champion who is willing to do whatever it takes to be the best.

If that is you, then Flow on Demand will help you with the mental aspect, for sure. It will take your countless hours of practice, and all of the elements that have qualified you for your sport, and bring them together. You will unleash your true athletic potential.

Closing

So, my athletic friend, this, for now, is where I leave you to check out the “recommended reading” section, and continue tapping on your own.

If you sincerely give yourself to the techniques here, you will quickly notice a marked improvement in your game. The question is “Will you do it?”

I know, it looks weird, and is way outside of our normal field of athletic training. Heck! I didn’t share this stuff with any body for a long time, for those same reasons. I had my dignity, for Heaven’s sakes!

The funny thing is that when I did share them, it was always successful people who were open-minded and teachable. Those people always got results.

The “strugglers” who already knew everything, just rolled their eyes, and kept on struggling. I hate to think that I was almost in that “struggle forever” camp of know-it-alls.

In order to assure your success, I want to review some of the basics:

1. **Success comes faster as you really mentally “tune in”** to your issue enough to create an emotional response.
2. **Our goal is to program you for success** when you are not in the pressure situation. (That’s why I have all that homework for you.) This way, when the pressure comes, you’ll be empowered to automatically perform successfully, instead of having your emotions rule.
3. **Remember to: relax, identify the issue, and rate the intensity**, (as often as possible,) before starting the set-up and sequence. Then take another deep breath and check the intensity again.
4. **Try to commit to five full sets on one issue** if you don’t feel total relief right away. Otherwise, you may be tempted to quit too soon.

5. **What you *feel* is more important than what you *say*** as you are tapping, but try to use words that mean something to you.

Remember, you **do not** have to believe in this technique in order to see great results. We have seen great results again and again with athletes who did not “believe,” but who put in the effort.

In fact, when you do see increased performance in your game, I’d love to hear about it. Please reach me at gina@flowondemand.com. You can also reach me there if you have any questions. I try to personally answer all my emails, and I’d be happy to hear from you.

Until then, get in the flow, enjoy the game, and keep tapping! You can perform at your peak whenever you wish, with Flow on Demand.

“Now play the game. Your game. The one that only you was meant to play. The one given to you when you was born. You ready?” - Bagger Vance

RECOMMENDED READING

www.emofree.com

This is the website of Gary Craig, the founder of the Emotional Freedom Technique. Here you can find more educational materials, and lists of practitioners. You can also read about hundreds of case studies involving everything from athletic performance, to phobias, to serious diseases.

www.breakthroughperformance.net

This is the website of Stacey Vornbrock, who is a true sports performance pioneer. She was one of the first to inspire me through her work with elite and amateur athletes.

www.TapInGolf.com

For the hundreds of you who have asked if this Flow On Demand will help your golf game, this site is a no-brainer. Coach Stephen at Tap In Golf, is also a friend of mine, who will knock a few to several strokes off your game, guaranteed.

www.eftdownunder.com

The official website of Steven Wells and Dr. David Lake, two energy therapists from Australia who will put even more humor and interest into your quest for excellence.

www.EFTupdate.com

This is Dr. Pat Carrington’s site. She is the creator of the “choices” method that I use in Flow On Demand.

www.BeSetFreeFast.com

This is a website of another energy therapist named Dr. Larry Nims. His approach is a bit different yet, but you may find it very interesting.

Molecules Of Emotion by Candace Be Pert, Ph.D.

In this book, Dr. Candace reveals the biomolecular basis for our mind and body connection in a scientific and understandable way.

The Biology of Belief by Bruce Lipton, Ph.D.

This book offers yet another interesting look at our emotions from the angle of cellular biology.

ABOUT THE AUTHOR

Gina Parris is an internationally sought-after peak performance coach, author, speaker and trainer. She works with athletes and business professionals who want to maximize their potential by performing in the zone.

Gina has been a motivator in the field of personal development for over twenty years. She began studying, applying and teaching on peak performance issues as a teenager while she was named to “Who’s Who Among American High School Students.” (1984,1985)

After finishing high school and college, she became a licensed minister, and continued her quest to empower people around the globe. She has delivered hundreds of messages to enthusiastic audiences in the USA and abroad.

As a speaker and as a coach, Gina’s trademarks are her sense of humor, her high energy level, and her passion for results. These are all are fueled by her unwavering belief in her clients and their Creator.

Gina is a practitioner of the energy therapy known as Emotional Freedom Technique, and has developed her own effective variation of it called “Flow On Demand.” She teaches and coaches regularly on practical ways to perform from a state of Flow, not only in athletic affairs, but also in business and personal life.

She is available for group workshops, keynote addresses, and one- on- one coaching commitments.



OTHER PRODUCTS FROM GINA PARRIS

Workshops:

Flow On Demand for Traders – Quickly Enter the Zone and Unleash Your Inner Market Genius

Every trader in the financial markets knows that it is one thing to have a set of trading rules. It is another all together to follow them with emotional peace to make consistent profits.

Flow on Demand for traders takes a trader through the process of identifying some core beliefs of successful “Market Wizards,” and recognizing a trading style that works for the individual. Finally, *FOD for traders* helps the trader recognize and eliminate the emotional conflicts that are causing stress and frustration, so the positive beliefs can be instilled instead. In this way, the trader consistently operates from a state of Flow, and finds it easy to follow a system that brings success.

It is a revolutionary approach that Gina continues to use in order to consistently outperform the markets in her own trading accounts. It is also a subject that is very near to her heart.

Repack Your Backpack- How to Lose the Baggage and Live Your Dreams Tailored for: Creating Wealth, Becoming Naturally Slim, or Becoming a “Leader Worth Following”

These are Gina’s most requested college circuit programs. Repack your Backpack is also a peak performance system for all individuals who are seeking personal breakthrough.

In it, we recognize that the secret to understanding our current reality is to become aware of our own invisible “back pack” and the Thoughts, Beliefs and Emotions that we carry around in it. We call these TBE’s for short, and they either act like dark heavy rocks, weighing us down, or apples of gold, which empower us forward.

In *Repack*, we learn how we were conditioned to attach meaning to certain stimuli, and we learn how to eliminate our disempowering rocks. In their place, we instill fruitful beliefs and emotions, in order to create value every

place we go. The goal of *Repack Your Backpack* is to come to a place where we believe, “I’ve got something. I’m going somewhere, and things change when I get there!”

Keynote Addresses

In addition to providing workshops and break out sessions on the above topics, Gina enjoys giving keynote addresses along the same themes. Gina began public speaking as a child, and by the time she was a teenager, she was in demand for her life-giving presentations. She has delivered hundreds of messages to students, business professionals and leaders in the USA and abroad. Her sense of humor and compassion endear her to her audiences. In 45-60 minute presentations, Gina will have your audience entertained and equipped for success. She also provides ongoing support to her listeners through her free “All Star Success Pack.”

Coaching:

Personal Peak Performance Coaching

Gina still makes time for a very limited number of private coaching clients as well as offering group coaching opportunities. She is passionate about seeing her clients get the results they desire, whether their goals are athletic, financial, or personal.

Her signature coaching program creates winners through a process called S.C.O.R.E. In this program she helps her clients: S – Spell out their vision, C-Clarify their action steps, O-Optimize their environment, R-Raise their skill set, and E – Eliminate the internal conflicts that act as barriers to success. Through these steps, she walks with her clients all the way to the realization of their dreams.

Gina’s coaching opportunities come in a variety of time schedules, depending on the goal of the client, with most lasting from six months to 2 years.

Faith-based programs

Gina’s worldview is decidedly Christian and Biblically based. All of her programs can be adapted to include the Scriptural references for her teachings, making them suitable for Church groups, and environments where the planner wants an opportunity to share the Christian faith in a way that brings life and joy.