



## **Advanced Energy Therapies**

[www.AdvancedEnergyTherapies.com](http://www.AdvancedEnergyTherapies.com)

### **Advanced Energy Therapies Series 3: Using Energy Psychology with The Law of Attraction**

Hi, it's Dawson Church, here. I'd love to share with you today some of the techniques I use for EFT and manifestation. We are all manifestors. We're creating things all the time, and we're creating things by our thoughts. Everything around you began as a thought. Take a look right now at the carpet around you or the view out the window or the chair you're sitting on or the vehicle you're driving. Every one of those things began as a thought in somebodies mind, and it eventually made it from the realm of thought into the realm of manifestation. The friends you have in your life, the people you associate with, the job you have. All of those things began as a thought. You have that job because you decided at some point I would love to work in, fill-in-the-blank, profession.

You then trained yourself. You then did what it took to meet people in that profession and bit by bit you brought that idea from the realm of thought into the realm of physical form. Now sometimes people look around at what's in their physical world and say, "I didn't want that. I didn't want that. I didn't choose that." And yet if you look way back along the road, you'll find that in some mysterious way you made some choices along the way that at least gave that manifestation a nudge. There are random events, I don't believe that absolutely everything is predestined. There are other people, they're making choices too. We live in this noisy messy world. But, I can tell you from my own personal experience that when you're calm and centered and you have a vision. That, that vision tends to manifest.

In fact, my wife Christine and I are very careful about what we want. Because we know that those things are highly likely to manifest. I looked around me a few years ago at my car collection, because I have quite a few cars, and I noticed I had a car, that actually was a car I didn't really feel good about. But, I had a 1981 Mercedes 380SEC, and so, I also had a 1981 Rolls Royce Silver Spirit, and a 1981 Fiat Spider and a 1982 Cadillac Eldorado, and a late 1970s Jensen Healey, actually two of those, as well as a 1981 Trans Spitfire. I thought to myself, what was it back in 1981 that resulted in me having a whole bunch of cars all made in that year. I also realized that those were the very nicest cars available in 1981. The pinnacle of everyone's aspiration was a Rolls Royce Silver Spirit, and the most amazing car was the new Mercedes-Benz 380SEC.



The sportiest car was the Fiat Spider and the Jensen Healey, and the Cadillac Eldorado was amazing. Cadillac had just reentered the convertible market. After having dropped the convertible Eldorado's in the mid-'70s. So that was like the top convertible you could possibly buy back then, was the Cadillac Eldorado. Where was I in 1981? Well, in 1981 I was living in New York City. I had just graduated a little while earlier. Two years earlier, from Baylor University. I'd moved to New York, and I was having a really rough time. We were in the middle of a recession. Inflation was sky high. Interest rates were sky high, and I tried for years, a couple of years, to find a job in my field. I graduated Cum Laude from Baylor University. I had excellent references, I had a lot of work experience in my career, and I could not find a job.

I went there with connections, and a person meet me and said, "Dawson, you're superbly qualified. You're great at what you do, and there are no job openings." So, after a couple of years, I was starving. I was driving a really crummy car. A Datsun B210 with a huge dent in the side, and rust all over it. Just this miserable car, didn't work half the time. Some day's I had to push it from side to side, because New York City has all the side of the streets, street sweeping. So, Tuesday's, Thursday's and Saturday's, was one side of the street, and Monday's, Wednesday's, and Friday's, the other, and my Datsun wasn't ready half the time. So I was pushing this car from side to side of the street every second day to try and get out of the way of the street sweeper.

So, miserable, unhappy, living on a diet of noodles, because I couldn't afford anything else, and I could only dream of a 1981 Rolls Royce Silver Spirit or Mercedes Benz 380SEC or Cadillac Eldorado convertible or Fiat Spider. So, I had this powerful desire for these wonderful cars while I had nothing. While I was having trouble paying the rent, while I was living on noodles and beans, while I was pushing my wretched old Datsun B210 from side to side of the street, and I obviously still have this powerful, powerful urge to buy, to want those cars. Things that were completely out of my range back then. Now, years later, once I had my own business, once I was doing well financially I could afford those cars, and I bought them, and they turned out to be not really what I wanted.

They were yesterday's dream. That Mercedes I mentioned broke down an average of every 200 miles, with some kind of fatal breakdown, and I just grew to hate that car. Because it had all kinds of weird 1980s engineering in it which didn't really work very well, and was really difficult to maintain many years later. So, when I finally bought one around 1995 it became a nightmare. I've actually parked it behind my house. Didn't even drive it because I didn't like the car, because it was yesterday's dream. But, it was a dream which moved into manifestation. So, we are very, very careful about what goes on our vision board because we know if we desire that, if we dream of that, we're highly likely to manifest it at some point in our lives.

So, it's really worth looking at this manifestational cycle and saying, "You know I have this thing showing up in my life right now." In my case a breakdown-prone Mercedes. And, "What's the origin of that thing that's in my life right now?" Maybe an unwanted thing. You think, "Well why would I ever have brought this unwanted thing



into my life?" And usually, if I trace it back there's some reason. I know recently I had a lot of problem with osteoporosis, osteoarthritis rather. Arthritis in my knees, and I looked back at what I'd done to contribute to that. I discovered several things. I began to look at those things. I took action to correct them, and in about a year the osteoarthritis was completely gone. I've used that for various other kinds of physical symptoms as well.

So, look back in your life at what you may have done to cause that manifestation, and then, start to manifest deliberately. Now, that means having a vision board. Making goals, writing things in your diary, and really consciously deciding what you'd like to manifest in your life. But the magic of energy psychology is when you add energy psychology to your vision board, to your goals, to your visions, to your journaling. That all kinds of magic happens. So, here's what I do to focus on my visions, and use and combine energy psychology with attraction and manifestation. First of all, I get super clear on what it is that I want, and what I don't want. I'm crystal clear on those things. Now, I'm not always clear, and sometimes I'll ask for guidance, I'll ask my invisible counselors for my highest good.

What I usually do too is I enter that state of what I call high-mind. In meditation, I don't want to be manifesting from my limited local human consciousness. I want to be manifesting from my higher self. From my unlimited, non-local consciousness. So, I meditate, and then only after I've got a real sense of being in that place of high-mind, in touch with my invisible counselors I manifest from that place, and those manifestations are not old broken down cars. They're wonderful, magnificent, fresh, new things. So, you'll find that when you hook-up to non-local mind, when you're there, one with the universe, one with your invisible counselors. You are manifesting from a very different space than the one you manifest from when you're in your small, limited, conditioned, local mind.

That term invisible counselors comes from the great writer Napoleon Hill. He has a whole chapter in his book "Think and Grow Rich" on his invisible counselors. Chapter 14, I really recommend you read chapter 14 on faith and grow rich. And Napoleon Hill said he was very reluctant to even write that chapter and tell people about his invisible counsel. Because he wasn't sure how they would take the idea that you tune into non-local mind. The great universal field of intelligence, and the source of infinite potential, and manifest from there. But he says how often problems that were insoluble at the level of his local-mind were soluble once he brought in his invisible counselors. So, again, I recommend you manifest, not from your limited local consciousness. I'm a poor student. I look at the Rolls Royce and manifest from there. Manifest from your highest possible level of awareness. Move to that unlimited state.

That non-local mind state, and make that the place from which your dreams, your visions, your manifestation comes. Now, once I've done that, I then use energy psychology techniques to assist me and to charge the process. I first of all do some EFT tapping for releasing resistance. Let's do that right now. So, we'll tap first on the karate chop point, and I'll just say, "I now release everything other than my highest good. I release any old



manifestations, I release any old visions, I release everything other than my highest good. I release everything other than my highest good. I release any and all resistance to my highest good, any resistance to my body, my mind, my energy field, my history, my future, my ancestors, I release anything and everything other than my highest good."

eyebrow point, "I release and let go of anything and everything other than my highest good." Side of the eye, "I release and let go of anything and everything other than my highest good." Under your eye, "I release, I let go. I release, I let go of everything other than my highest good." Collarbone point, "I release and let go of everything other than my highest good." Under your arm, "I release and let go." Back to the karate chop point, "Of anything other than my highest good." So let us begin a meditation with a round of releasing and letting go. Now, I might not even know what I'm letting go of consciously. But, I used to feel myself shift. You'll notice I took a deep spontaneous breath in the middle of that round of tapping. What was I releasing? I have no idea.

But somewhere, buried in some cell, some muscle, some memory, there was something, and even though I've done this exercise literally a thousand times. Okay, probably several thousand times. I still find there are little pockets of resistance, little pockets of uncertainty, little pockets of doubt, and you release those and let those go. Then, you start to move into the cycle of creation, and manifestation. Now, here's where I use tapping on your brain. Tapping on your brain. Now you might say, "How do you tap on your brain with a skull in the way?" You've got a quarter inch of bone there. You can't actually tap on your brain, and the surprising answer is you can. You can tap on your brain by tapping on your eyes. On your eyelids.

What happens when you tap on your eyes is that you're literally tapping on your brain. Look at an anatomy textbook and you'll see how your visual region of your brain, your visual cortex, is right back here above your neck, and two nerves right out from the visual cortex. The optic nerves, they cross in the middle, and then they end in your eyes. Those stalks, those optic nerves, and your eyes are literally extensions of your brain, and your eyes are the one place you can literally touch your brain. When you put in a contact lens and touch your eye directly without even an eyelid in the way. That's directly touching that sensory organ of your eye that connects right into the rest of your brain. Your eyes are extensions of your brain. When you tap here you are literally tapping on your brain.

It's also what makes the nine gamut eye movement so powerful. When we tap the gamut point like this and move our eyes in a big circle, we are literally shifting our brain's ability to process information. So, what I do in my manifestational cycle is I tap over here, and I do the eye movements. Now I do the eye movements in a particular way while I'm visualizing what I want. I'm visualizing what I want in a particular way. I'll share that with you right now. What I do is I don't tap for what I want, I tap for already having what I want, and I don't even tap for having what I want in the present. I tap and do the eye movements for having had what I want in the past. Okay.



So, I'm not tapping as they teach you to do in those law of attraction classes, and saying, "I had this thing." I'm tapping or doing the eye movements and saying, "I have had this thing or that event has already come to pass. That event has already happened." Just like, for example, whenever I'm doing a live workshop I spend some time in advance visualizing the workshop. Visualizing it going wonderfully well. Loving all the people in the workshop. Even though I haven't even met them. And then, before the workshop has even begun, for the previous few days, I'm tapping imagining flying away from that location on the plane, remembering what a fantastic workshop it was. I'm implanting the memory of it having been a fantastic workshop, even though the workshop hasn't happened yet.

So, I'm not in present tense, I'm not in present time as most law of attraction teachers tell you to do. I am in the past. I am imagining the future as though it had already happened, and when I do this along with the eye movements it sets up an incredibly powerful field in your memory around that being a fact. It's a fact. This has already happened. It's not a fact you'd like to manifest, it's not a fact you'd like to see, it's not a fact you aspire to, it's a fact that's in the past, has already happened. I do that while doing those nine gamut eye movements. Now, when you do the eye movements, make sure you use big huge circles. Just watch me do a couple of circles, not doing them yourself, and then, try it yourself.

So, watch how I make these huge big circles. In fact, I'm making my circles so big I'm even getting a little bit of eye strain because I am really stretching those eye muscles as much as possible. Again I'm keeping my head totally straight while I'm doing this. Now, I'm reversing, going the opposite direction, smooth eye movements, feeling any physical sensations of release while I do those. Now, give it a try yourself. Make sure you move your eyes in a big, big, big circle all the way around. Every point of the compass while tapping the gamut point. Do it a couple of times yourself right now, and see how it feels. Big circles all the way at the very edge of your peripheral vision. Now reverse, and do that same circle in the opposite direction.

All the way around the very edge of your peripheral vision, almost feel like you're straining your eyes. You're trying so hard to look to the outer edges of your vision while keeping your head absolutely steady. Good. Now, I do this while I imagine that thing already being there. I also often will close my eyes. Not always, sometimes. I want to really evoke that visual image powerfully. So, what I'll do is I'll close my eyes, I'll do the big circles, and I'll imagine myself on the plane flying back from the workshop, and imagining just how fantastic the workshop was. How people had breakthroughs. How they made new friendships, how they up-leveled their commitment to their own self-care and self-healing, how they let go of all kinds of patterns that had dogged them their entire life. I imagine vividly how all of that happened in the past.

So, that's how I use that particular technique, along with visualization. So what I would encourage you to do is, every morning and every evening, visualize the things that you'd like to manifest as something happened in the past, and do the nine gamut eye movements along with them. Visualize them powerfully as facts that have already happened.



Before you do that, do a round of tapping. Release all your resistance. get super clear on what you want. Make sure that clarity and those desires come not from your limited local consciousness, but from high mind. From the non-local field, from the highest possible version of you. What is the universe's dream of who you are, who you might be, who you might become in your life? What is the universes dream of you?

Dream that dream of the universe while tapping, while doing the eye movements, while imagining that dream having manifested, and being a fact, and being part of your past, and just see how powerfully the manifestation happens. What I find is that I get little intuitive nudges to do this thing or do that thing, and those nudges often make no sense whatsoever. Why should I do that? Why should I do this? But, I do that or do this thing, and then there is some powerful shift that happens as a result. I remember one time when I was taking a little vacation on the beach. I was in Southern California, and I just suddenly got this urge to go to this place called Imperial Beach which is south of San Diego right near the border of Mexico.

Now, I had no plans to go to Imperial Beach. But I just felt a strong intuitive urge to go to Imperial Beach. So, I drove to Imperial Beach that morning, and I put on my sandals to go for a walk on the beach, and I walked from the car park to the beach, and as I stepped onto the boardwalk that led to the beach I stubbed my toe on a jagged piece of concrete, and it began to bleed profusely. My big toe began to bleed a lot. So, I obviously wasn't going to go for a walk on the beach, and yet my gash full of sand. So the next task was to walk back to the car, and then go find a drugstore and buy some band aids, and when I was driving to the drugstore, I pulled the car out of the parking lot and drove to the drugstore.



At the next block, because I mapped the drugstore on my cell phone, and the map took me along a road I'd never been to, and I had no intention of going to, that said nature preserve. So I made a mental note, there's a nature preserve down there. I then drove to the drugstore, got the band aids, put them on my foot, and then thought, "Let's go check out the nature preserve." So, I follow that path back to that nature preserve, went all the way there, and it's called the Tijuana River Nature Preserve, and it is an amazing place. It's a collection of scrub and succulence, a remarkable system. It's the estuary of the Tijuana River. Now, Tijuana is just across the border in Mexico. But, the Tijuana River actually snakes north of the border, and the estuary is in the United States.

And it's this huge, big, wildlife, wildfowl system of little rivers and streams. It is so beautiful, and I got to walk around this place and since then the Tijuana River Estuary has become a don't miss walk whenever I go to San Diego. I love that particular place, and I found it because I stubbed my toe. Now, when I stubbed my toe another person walking by the beach looked at my toe and said, "Wow. That's a big cut. What a drag." But, you know, I just saw it as being a little nudge from the universe. Stubbed my toe, and it led me to this wonderful discovery. I've also asked friends of mine who live in San Diego, "Have you ever been to the Tijuana Estuary Park?" And they have never even heard of it. So, people who live right there, haven't been there, haven't heard of it. It's usually deserted.

But, it came about through this series of little, tiny, intuitive nudges. Intuitive promptings. I followed them, and I had a wonderful experience, wonderful discovery. So, follow those little nudges. They may make no sense at the time, and yet they may lead to something huge, glorious, wonderful, pleasurable, and joyful. You'd like to start to tune into those intuitive nudges. Do this, go here, talk to this person, phone this person, email this person, and before you know it your whole life is living in tune with that non-local field because you're attune to yourself, to non-local mind, because your



deliberately making room for synchronicity, and magic in your life. Magic has no trouble finding you because you're wide open to it.

So, tapping for your visions. Tapping for manifestation. Doing the eye movements, imagining these things being a fact that's already happened is a powerful way of combining energy psychology with the law of attraction, the law of manifestation, and deliberately manifesting your highest good throughout every single part of your whole life.

Thank you.