



*Darius Barazandeh presents,*

## **You Wealth Revolution Shift 2012**



**Interview with Carol Look**

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**Topic: The Simple Success Recipe to Attract  
Abundance Now!**

Darius: Hello and welcome, everyone. This is Darius Barazandeh. You're tuning into the *You Wealth Revolution Shift 2012*. I am astounded today because I know what many of you probably are feeling is that there is a moment when you put so much love and energy into the world like we've been doing everyday here.

All of you that have been day in and day out in this intention circle and so many people are reporting back like miracles and huge transformations taking place because of what they are doing here on the *You Wealth Revolution*. Combine that with the love that we bring in to this event, the energy space that I work so hard to hold and that all of you work so hard and, really, I should say effortlessly begin to hold when we all vibrate here, you are changing the lives of people on this series.

Your energy is making a difference. That is the power of the intention circle. It's what's different about this event. It's what's different about what came to us when we decided we were going to create this movement and it's what's different about all of you because as you share every single day, you're not the same and what we do here, I think, is quite unique is we really pull out of our speakers exercises and practices to shift your life every day.

It's just in this hour that we spend or hour and 25 minutes, we will shift your life and cumulatively the results have been astounding. We've heard back people who have gotten jobs or received opportunities for jobs, found love, found long lost relatives, healed scars, released pain, healed disease.

Now all of these things – I'm going to be honest with you – we can't guarantee and you know these are not typical things that happen, but it is incredible what is opening up for some people and for those of you who maybe aren't experiencing that, we continue to bring in the best teachers and healers to open you up to the next level of you.

My guest today is no exception. Before we begin I would love for you to go to [www.youwealthrevolution.com/now](http://www.youwealthrevolution.com/now) and share this with your friends and family on the Facebook sharing blog, email your friends, let people know what we're doing, what's going to happen and how incredible today is going to be.

Now our next guest is Carol Look and, Carol, you've probably heard on many different events. She is going to be giving us the simple success recipe to attract abundance, not ten years in the future or a year in the future, but right now. That's right now. She is an abundance and success coach that is focused on the energy psychology field.

Her specialty is inspiring clients just like you and me to attract abundance into their lives by using EFT, meridian tapping and the law of attraction to flow limiting beliefs, release resistance and build and tap into their prosperity consciousness. She has a distinguished background in traditional psychotherapy. She also discovered that combining energy healing methods with her classical training brought incredible amazing results to her clients and unlimited success to her practice.

Before beginning as an EFT master, Carol was trained as a clinical social worker. She earned her doctoral degree in hypnotherapy. I love that. Since discovering EFT she's been a pioneer bringing unprecedented levels of innovation to meridian tapping techniques and releasing the challenges that hold people back. She's helped people improve their eyesight. She has written books on attracting abundance with EFT, improving eyesight with EFT. She also has programs on tapping into the vibration of abundance.

This is abundance now – pain relief with EFT, clearing clutter with EFT, getting rid of overwhelm, getting into clarity, eliminating your fear and so many other things, how to lose weight and much, much more, quit smoking. She is incredible and she is here today. Carol, welcome back to the *You Wealth Revolution Shift 2012*.

Carol: Hi, Darius. It is a pleasure to hear your voice and be back with you and your audience.

Darius: I am so glad to have you back and we always do the most incredible sessions and there's so much information, but also transformation that happens. Everybody, I would suggest to you clear out everything on your desk, get a pen out or just open your heart and mind to get started.

Now, Carol, one of the first things that you said to our team as we began to prepare and research for having you on was that we need to get really clear on the definition of abundance. We need to change or transform this viewpoint of what abundance is. Why is it that the wrong definition holds people back and what is your definition of abundance?

Carol: Well, let's start with a definition. Abundance is a vibration not a dollar amount. What you see people doing over and over and over again no matter how many programs they purchase or workshops they go to is they keep trying to chase abundance or success as a dollar amount or the number of clients or the number of customers and when you get off that track, which is the wrong track and I've done it the wrong way, you understand that abundance is energy.

It's a vibration and when you're into that, when you get that abundance is actually a vibration – it's a feeling, it's an emotion – then it changes the entire dynamics of your professional and personal in attracting what you want. If you still think abundance is a dollar amount in your bank account or getting the big prize at work or getting the promotion or any of that, you're on the wrong track.

Again, I can say that because I was on the wrong track. I've done this the hard way and the easy way. I don't want to go back, Darius. I'm not going back to the hard way. When you know and

feel it in your heart that abundance is a vibration, then you get that you can tune into the vibration. It's an emotional energetic process, rather than just a do, do, do and get your resume better and get your website better and be in the right place at the right time.

All those things don't work when you're not in the energy or the vibration of abundance. It's absolutely critical and it's where I start with everybody, with my workshops or with anybody. That's where I start.

Darius: So this vibration, this energy of abundance, it's something that we emanate at every level of our being. If we're not at that abundance state, people probably recognize it. People feel it and they know it and it keeps us from getting what we want and what really serves us. You said there's like an energetic principle that we need to live by. What is this energetic principle and how does it affect our abundance?

Carol: Well, this will sound funny in the beginning to some people, but then I know it's going to start to click. This is what's so exciting about the work I do is when this stuff clicked for me everything changed. I was the first case study for my own work. Then all I had to do was help people step-by-step, take them through this process about energy. Then they started to change, too because that's what it's about. Here's the principle about energy.

Darius: Okay.

Carol: You can't be successful or you can't get wealthy when you feel poor. Feeling poor, thinking there's scarcity, that's a vibration, too. So if you want to get wealthy or you want to be successful, you want to attract what you want, where you come from energetically or emotionally can't be – yes, but there's not enough for me. Yes, but I don't have what it takes. Yes, but I am poor; look at my bank account. Okay. You can stay there if you want, but

you've got to find a way energetically and emotionally to feel wealthy.

People say, "Well, but I am physically poor. How am I going to feel wealthy? You find other ways to feel wealthy that's not about money. You start doing a gratitude list about your friendships and about what happened to you this week and about what you have in your life that is beautiful and wonderful.

You get off the topic of money because when you feel rich about your life, about your health, about your friendships about anything that's going on, then you can attract the vibration of success and wealth. So I hope that's really clear because the whole law of attraction spiel is about matching vibrations.

If you come from a place of scarcity, there's not enough for me and there never was and there won't be and I can't get ahead, that's an energetic vibration and universally you will get back more of that because that's what happens. That's what happens in your vibrational stance, so to speak, in what you're putting out, what you're emitting. It's like, Darius, if you and I met and I was in a really bad mood, you would feel it and you'd say, "Hey, what's up?"

Darius: Right.

Carol: Because you would feel it coming out of me and coming off of me. The same way if you ran into me and I was in a fabulous mood and just tickled pink and everything felt great. You'd say, "Wow, I want some of that," right? So those feelings, those vibrations, that's where we need to come from in order to then attract all the abundance.

Whatever success means to you – happiness, love, financial abundance, whatever it is – when you feel in that place of strength and vitality and love and let's go do some service and let's think

about the intention circle you just did, that place will get you to attracting abundance.

People, I know it's very different because it was certainly different for me, but it's also so simple. People – and myself included – we keep trying to find a complicated way to do this. It's just not complicated. It's not complicated and I evidently overcomplicated it for a long time, but it's not.

Darius: Well, I appreciate that because there are a lot of people here that experiencing that lack and they feel like it is too complicated for me. I've tried everything. A lot of people feel like there's this resistance. We hear the word 'block' and a lot of this there is this resistance people have.

I know that that is a big ingredient to success is getting rid of that resistance. Maybe we can talk about why some people may still be in a place where they're not receiving that and what are the components that they need to finally begin to ignite in their life and what are the things that they need to let go of in their life.

Carol: Sure. Resistance comes in many forms and most people understand resistance as a belief system. There's not going to be enough. It's not going to happen for me. Why did everyone else get ahead? Resistance can be beliefs. Resistance can come in the form of emotions. Dark feelings, fearful, against that sense of coming from scarcity and we all have certain levels of resistance.

Basically, we learn a whole lot from our families. When I grew up, my family, there was a lot of mixed messages about financial anything. There was a lot of 'there's nothing, there's nothing, there's nothing' and then there would be something that would be produced that would prove there was a lot of money, but not a lot of money, but a little bit more than nothing.

It was very confusing and my parents each had different approaches to it. I learned a whole lot about the stress about

money, that there was never enough. Oh, my gosh, when the tuition bills had to be paid, it was always very uptight and stressful. That taught me something about money. We're all taught things from our family, from our society, from school. We're all taught things about money and beliefs about money, feelings about money, all of those can be resistant. All resistance means is it slows you down, right?

It's like trying to drive down a highway and there's a car that's pulled over and stopped and there's a boulder in the middle, half a mile down and then there's something else and then there's a cut off and then there's pylons, things that are there that are in the way. Resistance slows us down. Our beliefs and our feelings and our expectations slow us down.

We've got to find a way to move through that instead of just assuming that they're true. The problem with beliefs, Darius, is we think they're fact. I know they're beliefs. If I was working with you about limiting beliefs, you would probably say to me, *yes, but, Carol, these are factual. I don't have enough. There isn't enough. I can't get ahead*, but it's actually just a belief and an energy pattern.

That's a fun way to think about it, too. Energy moves. So there's energy patterns. Your voice has an energy pattern. My voice has an energy pattern. The color blue has an energetic pattern and vibration – so do beliefs. The belief that I can be successful and I deserve it as much as anybody else, that carries an energy pattern as much as the belief there will never be enough for me.

It's all about scarcity. It's the same thing. They're all patterns. That's what's so cool about the ability to change them is once we get that they're all coming from the same place, they're all energy patterns that move, we can change that. We can mix it up. That's where I find it, again, so much fun.

Darius: Then when you talk about do we also at some point want to raise our vibrations, isn't that a part of this as well? Raising that vibration level?

Carol: Yes. So here is what I would say is the success recipe that's super, super simple. You have to lower your resistance. You have to do two things.

Darius: Okay.

Carol: Lower your resistance – the fears, the experiences that scarred you, your negative expectations, your envy of somebody else maybe that has something you want. That's number one. You've got to lower your resistance. You have to find effective tools to do that and raise your vibration.

Now the truth is when you lower your resistance, you automatically raise your vibration, but it's much easier to focus on each one separately and sort of turbocharge the entire vibrational conversation within you. When you're focused on these two behaviors, when that's what you want and you know that when you lower your resistance and raise your vibration everything, all the success is going to come from that because it's a vibrational universe, it's very equational.

It's why I talk about it in terms of a recipe because I think everybody can understand that. A pinch of salt here. You add too much butter. You take away the flour. Add the chocolate. It is ingredients. Everything is made out of ingredients – the way we are, too.

I've got my father's brown eyes. We all are made up all this stuff. If you lower your resistance and raise your vibrations, you will be shocked at what changes. Sometimes the changes happen so quickly it kind of scares people. It freaks them out a little bit. They have to go backwards. They have to sabotage a little bit.

Sometimes it takes a little bit of time to keep tweaking and tweaking, but it has been miraculous in my life, as I said. I was the first case study because I was hitting my head against the wall. How many more law of attraction books did I have to read or CDs did I have to listen to because it wasn't getting in. I wasn't getting the piece about raising my vibration.

I was trying so hard and trying to do something and trying to do more and running around in circles. I, for one, know it works and so do all my workshop participants and my clients. It's a lot of fun, but if you keep it simple, lower your resistance, raise your vibration and your vibration, if you raise it, you tend to be more joyful. You're more open. You're more easygoing.

You're kind of optimistic instead of always being pessimistic and things aren't going to work out, having negative expectations. To some people right now it's going to be so simplistic and they're going to say, "Yeah and...?"

Well, try it. You've got to try it to really feel the difference that will happen in your mood and your vibration and from that comes serendipitous interactions with people, coincidences where you say, "Now, that's weird."

Darius: Oh, wow.

Carol: That's the stuff. I mean it happened to me so many times I couldn't deny it anymore. I wanted to deny it. I wanted to say, *oh, this is a fluke*. It was so strange, but then it just happened so many times, what could I do? Couldn't argue with it anymore even if I wanted to.

Darius: I agree. So many people right now are feeling that they do not know how to lower this resistance. We've interviewed a lot of people and they'll say we're going to do a clearing and now you're cleared. So the person says, *oh, I feel better*. So many people may go back to their life and things are going really good and then

something happens like a bad event or they get a bill in the mail that says you haven't paid this or you found out that there's more interest owed on something because you were late and then they go right back to that resistance pattern.

How do we begin to not just clear temporarily, but really lower this resistance and open us up to everything that we really deserve because I believe that people here deserve the most amazing life that they feel in their heart? I don't think that's there by accident.

Carol: Right. So actually that's a good point. I want to talk about deserving for one second. If you don't feel deserving of abundance, it's another form of resistance. When you just said that, it sounds good to you and me, but some people just went, *yeah, not me*. That's another form.

There are many, many forms where we resist or sabotage. Let me start with *how do we find out what our resistance is* because I don't like doing processes with people where, okay, close your eyes and you're going to be different. It doesn't work and it didn't work. None of that stuff really works for me. I've got to be involved in it.

The first thing for everyone to do and they can even take out a pen and paper now and take a look at your results in your life. Are you happy with them? If not, it means you're blocking success, blocking abundance, blocking a very joyful daily life, right? People say how do I know? You're saying I have resistance. Do you really think I do? Well, they've come to me because of their sabotage behavior or they've come to me because they can't pay their bills or they've come to me because something's not going well.

That's where we start is just to take a really honest look at your results in your life, your relationships, your financial abundance, your happiness factor. How are you doing? One of the first things that I cleared in myself with energy techniques 15 years ago, I had

massive insomnia. My resistance came in the form of high, high anxiety which kept me up at night. There are many, many ways. I don't want people to think it's only about one particular belief or something about money.

Resistance comes in many forms, but we need to look at our life honestly and say what is it? Is it my attitude about rich people? Is it my attitude about me that's blocking me? So just ask some good questions. Look at your sabotage behavior, everybody.

Now, of course, procrastination is the biggie that everybody's so obsessed with. They know what they need to do and they don't do it. Being late. Not delivering. You say to your boss, you say to a colleague or you say to yourself *I am going to do this by this date* and you don't do it. Then you kind of feel icky about that. Look at your excuses. I couldn't get to it today because that means you've got resistance.

Now I know, Darius, you and I have talked about his before because it's so effective. My favorite questions to find out whether you have it – you probably do – but what your resistance is, the first question and I want everyone to write this down so they can ask themselves right now or even later – what's the downside to getting the success you want? People say, *oh, don't be silly. There's no downside. I want that.* Well, then why are you blocking it? There must be a version in your mind of danger, it doesn't feel safe, my identity's going to change, someone's going to be mad at me.

There's some reason that when you think of your success, whatever it is, think of everyone else, think of the best success you could possibly imagine in your life – professional, personal, relationship, financial, whatever it is – think of that exciting, big, huge thing for you. What's the downside to getting it or to being there?

You're going to come up with at least one if not two, three or four. When I say downside, what I mean is you've got some reasons in your mind that says *that's nice talk and everything, but actually I don't really want it*. After all this work I'm doing, it's a little scary or it's a little nerve-wracking. It's amazing what happens with this one question.

People come into me and they say I want this success and look at this. This is going to be so wonderful and I'm profoundly interested in this success. I say, "Have you gotten it yet?" "No, no, no." I say, "What's the downside?" They often say no at first and then they're stopped in their tracks and they say wow. It did not occur to me to go that direction.

Sure enough, they'll come up and say, *well, I'm worried that my colleague will be jealous or I'm worried that I can't maintain it*. I know all of these examples are hitting lots of your people listening. Someone might say *I don't want to rock the boat. I don't want to be suddenly very, very successful when I've been the mediocre kid in the family for 20 years*.

Now, if people cannot answer that question, I just turn it around and say, "Okay, now tell me upside to staying where you are." Oh, people say, "If I stay where I am, for example, financially or with my level of success, I don't have to do anything different, right? I'm just staying right where I am. I just am where I am. I don't have to do anything more. I don't have to run into other people's feelings about my success." A lot of people have very strong feelings about other people's success. They either have prejudices against successful people or they have jealousy or they're frustrated.

You worked it out, Darius, and they didn't. It's a really important second question. What's the downside to you getting your success or what's the upside to staying right where you are. So many people don't want to take the risk, so the upside to staying where

you are – and I hope some people listening were able to answer this – the upside to staying where you are is that it's safe. It's pretty safe to stay exactly where you are even if where you are is unpleasant on many levels to you.

You don't have to do anything different. That's really how we always need to start is finding out your resistance. That's why I say ask those questions and look at your sabotage, look at your results and look at what do you tend to do over time.

Do you never get anything done by a deadline? Do you have great ideas, but do they never cover from the idea stage into writing your eBook or writing your proposal? What really goes on in your world around not being where you want to be? In other words, that's the presenting problem. When people come to me they say, "Okay, I'm not where I want to be, what's up?" That's what I tweak and help people with.

Darius: Exactly. Okay. So let's do this because I want everyone to take just a moment, if you didn't finish that exercise, find where your resistance is, where is it you're not getting the results you want, where is it you're not completing the things you'd like to have happen, where is that you're seeing the same patterns or lack or scarcity come up and then, Carol, for those people who say, "Listen, I don't want to live this way anymore. I don't want to be this way anymore," how do we change this? How do we release this resistance? How do we change the energetic foundation that underlies all of this in our lives and really turn it into what we want.

Carol: Right. When people are saying earnestly and honestly *I don't want to live this way anymore*, then they're going to have to do something different. Now a lot of people, they'll buy the \$3,000 program for internet marketing and they don't do it. They don't even open it because they have resistance.

So the truth is you're going to have to do something a little different or else you're going to get the same results. This is not magic. You need to do something different and my favorite way to do it is through energy techniques and EFT or tapping is my absolute favorite and most successful and most effective energy technique I've ever used.

When you use energy techniques, what you're doing is you're getting into not just the mind and your thoughts, which are profoundly important, you've got to get your electricity and your energy in your system because that's where everything's anchored.

You can't just talk about it. You can't just go to a therapist and talk about stuff and have it change that way because many of these things are in our cells, our memories, what your mother said to you when you were 12 and you got a B+ instead of an A. All that stuff is in our holistic body, mind and spirit. It's not just in our thought patterns.

That's why many times the affirmations and changing thought patterns and vision boards and all of that, it's not enough because it's not getting to the energetic. It's a nice habit. It can get you some results, but if you really want to change the foundation, you've got to go to the foundation which is our energy. Our energy informs and is the fuel for everything.

So if your energy is about failure and your energy is about no one from my family has ever been successful and your energy is the economy stinks and I'll never get anywhere because of the economy, if that's your energy, that's where the intervention has to happen. It can't happen in a thought process, in an affirmation. It's not going to work. It won't last.

Darius: We've got Donna writing in. She says she has the feeling, "If I am successful, I will be used. I won't be able to say no to people. I will

have to be mean to people essentially to say no if I am successful.” I want to hear from people like what are the blocks that are coming up? What are the limiting beliefs? Why don’t we share those and if you get them out to the world. That’s a good thing because we can begin now to start asking Carol some sample techniques that we can do to release this and open up who we really are.

Another person – Mary – says, “I’m afraid if I am totally myself that I will get hurt.” Another person – Frank – said, “I’m afraid that for me to be successful, I have to work really hard. My father worked hard and I never saw him growing up.” All of these things are haunting people in this call and keeping them from what they really want.

Carol, I know that you’re a master of EFT practice here and you’ve become world renowned. Can we maybe at least just start walking through something that could help people? Some exercises, some of your best of your best stuff to help people start releasing some of these things that are holding them back?

Carol: That’s perfect. Those three examples are perfect. So, Frank, you have an expectation and assumption that to be successful means they have to work too hard like your father and the result was that you didn’t see him. So there’s your downside. What’s the downside of your success? I will have to work too hard.

He needs to challenge that. It’s a belief. Just because his father worked too hard to be successful doesn’t mean he has to and working hard doesn’t mean a 60-hour or 80-hour work week. People associate that on a very one to one level and it’s not true. Mary and Donna, same stuff. Perfect answers.

Donna’s saying if I’m successful, then people are going to want something from me and I’m going to have to say no and I’m going to have to be mean. Those are all assumptions and beliefs rather

than when Donna's successful, she's going to be confident and loving and grounded and she's either not going to attract those kinds of people or when she says no, she'll say it in a very loving appropriate respectful way.

We all get into our heads with what we're going to be when, but this is perfect. Everybody, I hope other people keep doing this and those were perfect examples for the three of them of what gets in their way.

In other words, they're answering the question why haven't you been...why aren't you doing it? Because I don't want to do it, Carol. It doesn't feel good. I'm afraid it's not going to be safe or not going to be good for me or my family. Right? It's that fear of success. That's perfect, but if we want, I'd love to start with doing a tapping exercise, an EFT exercise for people.

Darius: Okay. Yes.

Carol: Okay. I don't know how many people on the call know what tapping is. I know it's a very popular technique, but maybe I'd better say a little bit about it. What we're doing everyone is we tap on meridian points. We tap on stress release points on the face and the body.

If you went to a traditional Chinese medicine doctor, they would use acupuncture and use needles to access your energy system. We don't use needles. We tap on these end points on the face and the body and that relieves the tension, relieves the negative energy pattern in the same, in a similar way.

That's how people get such dramatic results. We can target feelings. We can target limiting beliefs. We can target assumptions and that's why people have had such smashing success with it. We're not pushing at anything. We're saying here's the problem, great. Let's go for it. Let's do it.

So very simply we're tapping on energy stress relief points on the face and the body that access our electricity. We're all electrical, right, Darius? If we went and got an EKG or an ECG they would see the energetic electrical output from our heart and our body and if we don't have electricity in our body we have crossed over, right?

So we want that electricity. We want to acknowledge that we are energetic beings and we are vibrational beings right to our core as long as our heart is beating. We've got to get to the heart of the matter. Here's what we do with tapping and, Darius, you're going to be my demo subject here, okay, but we'll try to tune into as many people as possible.

The first thing we need to do and I'm going to lead you through all the points is we need to choose a target. Well, why? I have a lot of things to work on. Well, I know you have a lot of things to work on. Let's be clear. What are you working on right now? The clearer you are and the more specific you are, you're going to have more success with the tapping technique.

So let's say our target...I think is we can cover so many people listening, Darius. I would like the target to be *I am afraid of success* or *I am afraid of succeeding*. So for instance, Frank, Mary and Donna had three totally different reasons for being afraid, so everyone, I want you to tune into your fear.

Maybe you're afraid someone's going to criticize you. Maybe you're afraid someone will hurt you because they're jealous that you got your book promoted or your book accepted by a publisher and theirs wasn't. Maybe they're work is doing beautifully well or your work is doing beautifully well and theirs isn't and they just have uncomfortable feelings and they may say something.

Others of us, we just don't want to rock the boat. We just want to keep things in order. A lot of people don't like change, Darius. It's easier to just stay the same, right? So I want everyone to tune in to

our target, what the problem that we're targeting is *I'm afraid of success* and a lot of people, Darius, are focused on fear of failure and they miss this huge topic for us, fear of success, yeah, nobody likes to fail. That's obvious. We all know that, but what about the fear of success like Frank saying success means I'm going to have to work too hard.

So that's our target – *I'm afraid of success*. So everyone kind of tune in to your specific fear. What does that mean for you? It may be a surprise. Some people listening, Darius, it's kind of a surprise to them. They're saying afraid of success, yikes. That didn't even occur to me, but it rings true. I've always thought I was afraid of failure, but newsflash – guess what? I'm actually afraid of not feeling safe or afraid people will hurt me or just afraid my life's going to be turned upside down if I'm really successful.

You find this with athletes. You find this with people in every field, with people in relationships, they sabotage, with people with financial gain. They sabotage in order to bring them back to the level they were at before because it's a little scary to be at a different level, basically. Darius, I want you to say it out loud for everybody, "I'm afraid of success."

Darius: Now is this for people that are afraid. If I'm feeling a blocking.

Carol: You, too. If you're not feeling any, that's fine. You're still going to be my demo, so say out loud, "I'm afraid of success," or "I'm afraid of succeeding."

Darius: Okay. I am afraid of succeeding.

Carol: Okay. Now what everybody needs to do is say that out loud as well and see if you get a charge. Basically, are you getting a yes and we measure on the scale from zero to ten. So, Darius, you have no fears of succeeding?

Darius: Let me say it again. I am afraid of success.

Carol: Do you have any blip on that. Ten is off the charts. Oh, my gosh, I will do anything to sabotage it. Zero is, no, I'm good. I can't wait for it.

Darius: Well, I'd say maybe I might be getting like a three or a four.

Carol: Okay.

Darius: So I'll just say, yeah, maybe a three or four on that.

Carol: Now to get a three or a four and everybody listening, whatever your number is, however high you were on the scale, you have to be picturing something to get that. So, Darius, you don't need to tell us what it is, but you had to go someplace to feel the three or the four.

So let's say someone's afraid of public speaking, but public speaking would be dramatically important for their success in their business. They probably saw themselves on a stage and got freaked out and they're saying to themselves right now *I'm a six or a seven*. I don't want that, right? I hope that's clear.

When people think of I'm afraid of succeeding, I'm afraid of success, it's not just sort of this concept. We've got to make it really real for people, bring it down into your gut and your heart. I'm afraid of success because – what? They're going to hurt me. Does that make sense? They're going to criticize me.

Darius: Exactly.

Carol: I'm going to have to be mean to someone. I'm going to have to be harsh. So all those reasons start to surface. Everybody, you just say the statement out loud that we're working on, the target we chose – *I'm afraid of success* – and see if you can get a number. Zero to ten, ten is the highest for this purpose and ten is the worst fear possible. You can't believe how afraid you are of it. Then what we do is now we're focused, we've got the energy file up front and present in our lives, in our mind, in our energy system.

Now we start tapping while we're focused on the problem. In other words, the tapping on the energy point, that releases and eliminates the problem, but that's why you've got to be in the problem. A lot of people are like *I don't want to think about it*. You're vibrating there 24 hours a day, so pretending you're not thinking about it actually doesn't do us any good. Make sense?

Darius: Yes, absolutely. Yes.

Carol: Okay. So, Darius, you're going to be my demo. Tap along with me and what I'm going to do is explain the points to people. The first place that we tap and we tap with our fingertips, the first place is called the karate chop point and if you've ever see a karate master on television chop a block in half, it's that place on the outside of his hand, either the right hand or the left hand, the heel of the hand up to the bottom of your pinkie, that outside of your hand where the guy would go – woof – and try to chop a board or a block in half.

That's called your karate chop point and that's where we start. This is sort of setting up the energy system to accept all the treatment. What we do here, when we're tapping there, can you just tap really lightly. I'm going tap, tap, tap, tap, tap. What we do is we say the truth.

Darius: Everyone follow along. Everyone do this, too.

Carol: Yes. Please follow along. We say the truth. We say even though I have this problem – and we fill in the blank; it's that simple – I deeply and completely accept myself. Saying I accept myself even though I have this problem reduces resistance energetically right then and there. So for the first time we stop fighting this, we stop saying, "Yes, but..." we're just saying it is what it is. Here I am. Even if I don't like it, I accept myself. It's a very profound part of this whole technique. Okay?

Darius: Okay. Well, I'll say it. Everyone repeats.

Carol: Say it after me.

Darius: Oh, okay. You go first.

Carol: Darius, just repeat after me. Even though I'm afraid of my success...

Darius: Even though I'm afraid of my success...

Carol: I deeply and profoundly accept myself anyway.

Darius: I deeply and profoundly accept myself anyway. Everyone repeat that.

Carol: Okay, everyone. We're still tapping on the karate chop point. Let's do it three times. Even though I'm afraid of success...

Darius: Even though I'm afraid of success...

Carol: I deeply and profoundly accept myself anyway.

Darius: I deeply and profoundly accept myself anyway.

Carol: Even though I have all these fears about success...

Darius: Even though I have all these fears about success...

Carol: I deeply and profoundly accept myself.

Darius: I deeply and profoundly accept myself.

Carol: Good and then we take two fingers of our dominant hand – I'm right handed so it's just easier to do it that way – and we tap on a series of points. I'm going to explain them to everybody. The first point is above your nose at the beginning of the hair of either one of your eyebrows. I'm right handed so I always do it on the right side of my face. I tap at the beginning of my eyebrow. That's a very important acupuncture point and I say the truth. We need to bring up the file in order to edit it, so I just say the truth. I say *I'm afraid of success*. So, Darius, say that.

- Darius: Okay. I'm afraid of success.
- Carol: Good. So that's the first point. The second point is on the outside of your eye. There's a little bone out there. Don't go all the way back into your hairline or your temple, just right on the corner of your eye and say it again. The truth is I'm afraid of success.
- Darius: Okay. The truth is I'm afraid of success. Everybody repeat whatever your fear is.
- Carol: You can just say those words. We've already brought up the files for everybody. Then under the eye, there's a bone there right under your eye, center of your face, under your left or your right eye. Just tap there and say the truth is I'm afraid of success.
- Darius: The truth is I'm afraid of success. I feel kind of like a shock. It feels like an electrical thing. It's kind of cool.
- Carol: Interesting. Everybody will have a different reaction to different points. It's not right or wrong. It means that your energy system needs this kind of tune up. The next point is really easy. It's under your nose on your upper lip.
- Darius: Okay.
- Carol: So it's right there and we just say it again. We're tuning into the file. The truth is I'm afraid of success.
- Darius: The truth is I'm afraid of success.
- Carol: Good. Yawning. Good release.
- Darius: I cannot talk, but it's okay.
- Carol: The next point is called the chin point and it's actually above your chin and below your lower lip. It's right in the crease there. So you can hear me doing this. Just tap lightly there and say no wonder I've been sabotaging myself.
- Darius: No wonder I've been sabotaging myself.

Carol: Because I still am afraid of success.

Darius: Because I still am afraid of success.

Carol: Good. The next point is called the collarbone point and it's kind of funny. If you trace your collarbone down to those funny little knobs, right where the knot of a man's tie would be, right on your chest. Find the two knobs and below them and out to the side just a little bit, either side, you can hear that I'm tapping and my voice is a little bit wobbly. I'm tapping on my left one right now.

You could tap right below the little knob on the right side or the left side. If not just put your whole hand and put it out in an outstretched palm and tap right over that whole area below your neck, that whole area where the knot of a man's tie would be, okay. That's the collarbone point.

Darius: Okay. Right there. Okay.

Carol: Okay. Say the truth is I'm afraid of success.

Darius: The truth is I'm afraid of success. All of you should be doing this. I don't want to see any questions coming in because then you're not doing the exercise. Just follow the exercise.

Carol: The next point, it's about four inches below either armpit. It's in your ribs right across from your chest, your breast, right across there. Pretend you have a seam going up and down your sides. It's right on that seam. So I reach over and I tap under my left arm about four inches below, just because it's easy. So you're in your ribs there. Just tap there and say it again. The truth is I'm afraid of success.

Darius: The truth is I'm afraid of success.

Carol: The final point is on top of the head and it feels really good up there. It's a very famous important acupuncture place. You just tap around in a little circle on the top of your head, enjoy what

that feels like and just say no wonder I've been sabotaging myself, I'm afraid of success.

Darius: No wonder I've been sabotaging myself, I'm afraid of success.

Carol: Good. Then you take a deep breath and that continues to move the energy through. Okay. Then we check it. How would we check it? You say the statement out loud and you say the target. Our target is I'm afraid of success and you go to the picture that you originally went to get your number.

So the people saying I'm afraid of success now, some of them thought of jealous peers or family members, some of them thought of rocking the boat, some of them had a picture of what it would be like to do speaking engagements, some of the thought about being successful at weight loss and what it would be like and maybe they felt exposed.

Darius: Exactly.

Carol: Go to your picture of – whoa – success and say I'm afraid of success and measure your fear again. Hopefully, for most of them, it's gone down either a little bit or dramatically. Depends how right on target we were. Everyone, right now, tune in, say the phrase again – I'm afraid of success. How does it feel to you? Don't go up into your head. Don't be intellectual about it. Stay in your gut. I'm afraid of success. Is that as true? Is your fear as high as it was when we started?

Darius: Okay. Everyone, do that and let us know. I want to know where you're at. We had a bunch of people writing in with their challenges. Cheryl was concerned about moving out on her own. Patricia Ann was scared of something. Peggy was afraid of going bigger in her life. Donna had her certain fears and Diana had her fears over money.

I want to hear where each of those people are at right now. Randy, you had a situation happen today with a recruiter. I want to hear where you are with those things as we've now tapped and begun to release that energetic resistance to all of those things.

Now, Carol, as people collect their thoughts, what is happening that tapping these points for people that aren't aware, what is happening electronically... energetically in our body to that pent up energy or electrical current that is that fear? Is it somehow going away? Is it dissipating? What's happening?

Carol: We're basically breaking up the blockage. So if go to an acupuncturist, they'll talk about congested energy, almost like a sink pipe that is clogged or blocked. What we're doing with the little tapping is it sends these little messages, these little shock waves through the system and cleans it out.

In other words, your body will naturally heal itself if you can give it the space and time to and fears and beliefs are just that. They're fears and beliefs. If people writing in were focused on the problem and tapping, nine times out of ten they would have gone down immediately. Their fear and they start to look at it differently.

They start to feel differently. Do you feel any difference, Darius, when you think? You were only a three or a four, so not terrible, but still enough to put some kind of ceiling on you. Do you feel any differently when you think of the issue that you brought up?

Darius: Yeah. In mine, I'll be quite honest and transparent as I love to do on this show, mine is not about being successful in the sense of can I make enough money or get out there and share what I do. It's really the dance between doing the things I want to do in the world and then being a good father and a good husband because of the time and the balance. There's a lot of things that I want to do, but then there's, well, I don't want to miss out on those important things.

I feel like it's down to like a one or a zero because as I think about that, I feel like I don't have the same worry, that it's absolute, that me being able to do things in the way that I want in the world is going to be negative on my family. I feel that I will grow now into a person who uses the right systems and people and tools to do more and have more quality time and yet have a bigger impact. I don't have the same belief blocking me anymore. Those of you who have been writing in, they're feeling the same thing

Carol: Let me just say something. It's very, very typical what you're saying. Nothing changed here. Nothing changed in your life. You didn't have a brilliant new idea about how to run your business and your family. This is what happens. People go, well, I can handle that. My talent is being a good father and a good husband and that's what I want to do. I'm not changing that no matter how successful.

That's the kind of thought process that happens. When you're down to a zero or a one, it's going to change your vibration. A zero or a one and even if someone started really high and then they come down to even a three or a four, if they were at an eight or a nine and they come down to a three or a four on fear, they will be different at dinner tonight.

Darius: Yes.

Carol: Do you understand? Get that. They will be totally different physiologically, emotionally and energetically. That's what's so cool about this process. So you said people were writing in and saying similar stuff to you?

Darius: Oh, yeah. We have Aisha from Scotland. She says, "I was at a nine to begin with and now I am at a two." So a nine all the way to a two in like – what – five minutes and we were going slow because I was like so clunky, not knowing what to do, but nine to a two for Aisha in Scotland.

Carol: Wonderful.

Darius: Robin said, "I sure hope I'm not in denial, but I have no fear of success at all. It's gone." So she was at some level, I'd like to know where she was at, but whatever she was at, it's now completely gone. Here we have Peggy who had a decent drop and for Peggy I would just do the process again. She went from an eight to a six.

Another person, Angela from Bissell, I don't know where that is. Somewhere in the world, how interesting. She said, "My fear of success went from a ten down to a two. Thank you so very much." A ten down to a two.

Pamela, she was uptight. I love this, Pamela. This is so awesome. She was uptight about a concert that she's going to be playing. I guess she's going to be playing a musical instrument or singing and she says, "Now I'm feeling like totally relaxed and at peace about playing."

I love this. I love this. Keep sending in kind of what happened with you. What else would people do? Would they just simply do the process again? Is there more to do or advanced techniques? What would be the next step for someone...?

Carol: Well, they can do the process again, right, but remember are you clear about your target. So some people doing that it felt right to them to say I'm afraid of success, but now they're even more specific and they're actually afraid of their sister or they're afraid of their best friend or they're afraid of not being safe or standing out or shining.

So refine the words a little bit for you and see how that feels. That's what you can do. Keep tapping on that. It's all about refinement. When I do it with other people, it's about my listening so deeply that I'm really paying attention to the person so I know their story.

When you work on yourself, you've just go to listen. You've just got to pay attention. Darius, what really is the truth here? What really is the truth and then do it again. Then another issue might come up that could be totally different and then you move to that one. You have to move to the issues that have your attention.

Well, some people say I'm down to a two and I want to keep tapping. If you're down to a two on problem number one and you have another problem that feels like a seven or an eight to you, it's not going to be able to hold your attention to work on the two. So I say go to the bigger problem. Go to that bigger problem.

The advancement, being advanced is really about focusing so deeply and really understanding the truth about the problems. Some people can go back and say what's my downside about being successful again? What's my upside about staying where I am? Oh, I don't want the attention. That's a little different than saying simply I'm afraid of success.

Now it's like I don't want to be successful because I don't people to notice me. Oh. I'm trying to give as many examples because each of us has several examples from our own life, but just as many as possible to give people that sort of kick start so they go wait a minute, what's going on? That's how you keep doing it.

You would do it again and again. Then move to something else and do it again. Keep until when you measure it, you say the woman who said about the concert, like this is good, I'm excited, this is fun. That's what we want to get to is approaching our life in this way joyfully and optimistically and with wonder and awe and this could be fun rather than dragging your rear end to work saying I hate and I hate my boss. That's not doing anybody any good, right?

Darius: It's amazing. So this process that we would go through is, first of all, the tapping that we did was very quick. You could keep this on

your desk. Pretty much as things come up in the day, you could have the training on asking the right questions and then tap and release that. Robin just wrote in and she said, "It's me again. I should have given you the number. I was a three or four and now I feel no fear at all. I am so ready to receive the abundance and it feel just like it's a moment away."

I mean it's incredible what the energy you free up. I feel kind of the same way. I have a big partner wants to do some huge promotion with me and I'm thinking I need to do that now. It's almost like it was weighing me down and now I just feel complete energy. It may be that I do it or it may be that I choose not to do it, but I choose to do it because of my own desire to do or not do it, but not out of fear or avoidance or something else. It's very freeing and liberating is what I love.

Carol: Perfect. Perfect. That's what happens. We change the energy around a topic. We change the energy around an event. We change the energy around something that we have to do that feels like a have to. We start to then respect ourselves so deeply that we say, "Hey, is this a yes or a no for us? What is it? What's really going on?"

Darius: I remember we did some work together on an interview. You did some incredible things on discernment and I remember you teaching us how we would know if something felt right for us and it was a way to get back that intuitive discernment. Do you remember the most amazing technique you taught of how to reactivate that in our body?

Carol: Sure. Here's an easy way to do it. Let's say you can't decide yes or no about two things. Here's one easy way to do it. Put your hand on the center of your chest, what they call the heart area. Not on your actual physical heart, but in the heart area and you tune in and you get a yes or a no about something else.

Think of someone that you absolutely adore that makes you absolutely giggle. I'm thinking of one of my nieces right now that I could spend all day, every day with her my whole life. I love her so much. That feeling in my body is, *whoa, that's a yes. That feels great.*

Now think of someone you don't like or someone who is you perceive has done something nasty. That feeling right now, I'm thinking of this other person, yuck. Oh, well, that's a no. Oh. I didn't know the difference. A lot of people don't know the difference.

Now you use that way to get a yes or a no. You use that so when someone says, "Hey, Darius, I've got a great deal for you," and you go, "I don't know yet," get your yes and your no. Another way to do it, a lot of my new work is focused on getting clear. Clarity, clarity, clarity.

What you do is, you remember, in tapping you choose the problem I'm not clear about this decision, I'm unclear or I'm afraid to be clear. You get your number. Let's say it's fear again. I'm afraid to be clear about this business decision. Some people have this with relationships. I'm afraid to be clear about making the decision about a relationship. Get your number zero to ten. Wow. My fear is a seven. I didn't know it was that high, but no wonder I haven't made the decision. No wonder I haven't called the guy back. Then you tap on that.

Even though I'm afraid to be clear, what if they're mad at me. I deeply and profoundly accept myself. Then you go through that same process on whatever thing you need to work on. Remember that choosing the target is a very important part. The target needs to be an emotion, happy, sad, glad, afraid, worried, anxious, mad, hurt, a limiting belief, there's not enough for me, it's not spiritual to be wealthy, whatever your beliefs are or an event. You could even work on a past event that's upsetting you.

Let's say the last time you were successful someone made a snarky comment to you. Oh, yeah. Well, Darius, that's because you...even that you could tap on and release that energy so that then you feel clean and clear to move forward. I don't care. That was his problem. I'm sorry he made that comment, but I'm not letting it ruin me. Then you tap on that as your target. The possibilities are endless, but remember to target a feeling, a belief or an event.

Now when I do the pain control stuff, you can also target a physical problem in your body. You can actually target the anxiety in your chest. You can target your arthritic knees. You can target lupus. You can target headaches. You can target migraines. You can target any of that other stuff, but just be very, very clear. This is the step, Darius, that a lot of people skip.

I'm just going to work on something vague. Don't work on something vague. Work on something that gives you a charge if you want wildly successful results. Darius, when I was doing my insomnia, right, and my procrastination, I worked on my insomnia. I worked on my anxiety, high anxiety.

Darius: I love this. I love this. I love this because you give us the tools to work through all of these things. Now you have one thing that you take your deeper clients through. That fear of shining, really being able to shine and stand out in your life and be who you're meant to be.

I love this because of a lot your work, you walk people through these processes and they just have to follow along and apply what you're teaching and do it and energetically we know that breaks up those energy patterns almost instantly.

Now you have an interesting story, Carol. You talked a little bit in the beginning about kind of having this challenge with abundance and attraction. What happened in your life? Where were you at?

Because I think a lot of people think, Carol, I've seen on the internet – you've been successful all the time. She's been amazing. I could never be like her. I'm just destined not to be successful, but Carol, what was your story before you tapped into these tools. No pun intended. What is it like now?

Carol: With my success, I was blocked at a certain dollar amount of an income and I found that out because I was adding up my income from my accountant and it was the exact same amount as last year and I said, "How can you do that?" I have a private practice. It wasn't salaried.

How do you possibly end up at the exact same place unless you had a comfort zone and a ceiling? That was one of the ahas and I went, *oh, okay*. I don't want to be stuck here. Because of the stress around financial freedom and wealth in my family, I was determined I'm not living that way. I am not living a restricted life.

That was sort of the fuel for me like I'm not doing it. I am not going to be miserable that way and have the freedom. I started tapping on my comfort zones. I never understood why that number was meaningful, like why I was blocked at a number. When we were kids we never knew what my father's salary was or numbers so I don't know why and that was okay.

I just tapped on it even though I evidently have a comfort zone and I'm afraid to go higher, I accept myself anyway. Even though I'm evidently blocked about earning more money, etc. So I worked on my comfort zones around the number. I had to work on shining too.

I really had to work on what's it going to be like for me and my friends and my siblings and my colleagues if I blast forward and blast ahead and become a leading success and abundance coach in the field, it's going to be awkward and uncomfortable for some of them and for me and it was.

Darius: That's right.

Carol: But I had to say not my problem. If someone else is uncomfortable with my success, I'm going to mind my own business. I had to work on that. I had to work on the anxiety. I was also worried about what's going to happen to my time. What's going to happen to my family and my time? I had to work on that fear.

The fears just fell away. Now not in a day. I worked on it for some time, but the income kept going up. The ideas kept coming. When you stop all that monkey mind anxiety and static, you start getting ideas for workshops, for books, for what to do, for what would be helpful and you're very, very clear and present.

I became even more clear and more present with my clients and with my workshops. Then I became a better practitioner and people were really drawn to what I had which was confidence, financial abundance and an ability to hold the space. I loved when you were talking about holding the space.

An ability to hold the space for people when they were distressed upset or conflicted. Now, I had to do a lot of work on myself to be able to hold space and that's one of the things. I have all these mentoring groups and I tell people I'm glad you have clients, but are you working on yourselves, people? Are you working on your ability to clear out the conflicts?

Basically, I tapped on all my conflicts about being outrageously successful in my field and financially and being asked to do conferences and what have you. I tapped on all of that so that none of it bothered me anymore. I was like, *sure that would be fun. Great. Good. More money for me.*

It took some work because I wasn't even aware, Darius, that I had so many blocks until I started running into blocks like that's weird. Look at my income. Why would it be the same number? It doesn't make any sense. Clients go on vacation. I go on vacation.

You have new clients. It didn't make any sense to me unless I was putting a lid on it for whatever fears were going on.

So I did a lot of work on myself and one by one, dropped it, dropped it, dropped it down. Each income level – I doubled, tripled, quadrupled. I got up to seven times. Each income level, I actually got a little scared and when I doubled it, I needed to do a little more tapping because I thought *tripled, really? Seriously? Is this stuff really working?* I kept bumping into more doubts. That's just my psychological makeup of really being skeptical. I just kept tapping on it even though I doubt this is really going to last.

Again target, target, target. What are you targeting? Even though I'm worried that I'm going to lose it once I get it, whatever the 'it' is, relationship, piece of mind, confidence, money, whatever it is. So it was actually a fun process. I actually really enjoyed it because it was sort of an experiment like, *huh, maybe this is why reading 20 law of attraction books isn't working because I'm not working on my energy* and that's why I started combining the two. The law of attraction is brilliant and it works, but not when you have so much resistance you can't move through it. You can't pretend to have happy thoughts. It doesn't work.

The vibration is talking to you saying, *yeah, this is just happy thoughts. This doesn't really work. This will never happen for me.* Your own limiting beliefs, your energy patterns are always cycling in the background.

Darius, when your computer says there's a program running in the background, we have a lot of programs running in the background. So I had to work on those and we live in the world. We have friends and life and family. We're going to keep tapping. I'm going to keep tapping for the rest of my life.

Darius: So I assume that you did get past that number in a way.

Carol: Oh, yeah.

Darius: Did it really get past? Like how many times past it would you say that this helped you?

Carol: 700%.

Darius: 700%.

Carol: Where I started, by the way, was earning enough to live in New York City which for anybody who knows anything about New York City is not like I was starting at a terribly low below the poverty line number. I was already doing okay and able to eat out and paying for my rent and all that stuff. Yeah.

It was pretty dramatic and in the process of that dramatic shifting was also piece of mind and understanding clearly what do I really want to do in the world? What do I really want to offer people and it really is breaking through the blocks and the barriers and the conflicts because it's no fun to live with the conflicts. It's no fun. I know. I live with them a long, long time.

Darius: Wow, 700%. Okay. That is pretty astounding.

Carol: I haven't added it up recently.

Darius: Oh, boy. Oh, my gosh. What I love about this is as these things come up in our day we can use this. We can use the tapping to release and really plug back into who we are. You do something pretty cool with your deeper clients. You have a lot of nuances to this work and I love that you are so willing to say, *hey, here's the first step.*

You do some very amazing, deep work with clients to get them to really release the energy of money, to really clear your subconscious beliefs, to be the abundance of the world, to get more creativity, to get clarity, to shine in their field, find what they're here to do and you've put this together in a very cool way that your deep clients really love.

Tell us about the program that you have for everybody because a lot of people are emailing us interested and then in just a sec I'll tell people about where it is, but tell me about what you put together for us because I know it's pretty special and I'm excited about it myself.

Carol: Well, I have a combination of electronic downloads so people get them in two seconds and then physical products because I love physical products, too, so I always add those. Things that will come to you in the mail. The first program in the package is called Clearing Subconscious Beliefs About Success.

This is when people say, "You know what? I'm sure there are beliefs there because I know I'm blocking myself, but I don't know where they came from and I'm not sure what they are," and they've tried to questioning process and then still not sure what it is.

This is a way to just acknowledge and validate even though I have subconscious beliefs that are blocking my success, I deeply and completely accept myself. I love that program. That's like five hours, I think. That's a wonderful downloadable. I do it the way I did it with you. I leave you space and I say here's the thing and let's start tapping. Okay, everybody. Start on your karate chop point.

You're actually tapping along with me as if you're sitting in my office. It's almost like individual instruction and coaching because I'm leading you through and I'm talking to you very personally and *did you get your number* as if you're right there. People love that kind of stuff.

The second program is called The Energy of Money. Darius, if we have negative energy about money, if we're scared of it, if we resent it, if we have prejudices against wealthy people, we're going to block the ability to flow money in and flow money out. It

needs to be free flowing. It's not supposed to be just holed up in a bank account.

This program I love is all about clearing your energy and anxiety and worry and tightness you have about the topic of money. Once you free that up, guess what? Money is simply energy. It starts flowing into your life more and more and easier. That people love that one.

Darius: Carol, let me tell people where it is real quick because we're getting a bunch who ask and I'm sorry I didn't do that at first. It's at [www.youwealthrevolution.com/eft](http://www.youwealthrevolution.com/eft), that's e as in Edward, f as in Frank, t as in Tom, E-F-T; [www.youwealthrevolution.com/eft](http://www.youwealthrevolution.com/eft).

Carol: Excellent. The next program that's also downloadable, The Vibration of Abundance. That's where I teach people how to really tap into the vibration of abundance and clear your guilt, clear your shame, clear your resentment, clear all these things that are in your way of being able to easily tune into the vibration and ease and warmth and optimism of abundance.

That's really cool. That's really fun because that has some live sessions in it that I did with other people so you hear a real session as I go through that so a bunch of it is lecture and tapping. That's 13 hours long.

Then I have an hour CD and this one's a download called More Creativity, Please. It's about clearing what blocks your creativity. We are all unbelievably brilliant creatively, but we block it. We fear it. We're working too hard. We're stressed out. We're letting the news get to us. We're overreacting to our kids and our dogs and our what have you, right? When you can calm down, you start accessing creativity. That one I love, love, love. Those are the downloadable programs.

Then if you order what you're going to get hard copy in the mail is my favorite book, *Attracting Abundance with EFT*, my paperback

second edition which has all the abundance games from law of attraction and really simple clear tapping exercises. You could turn to page 45 and get a tapping exercise on procrastination. You could turn to page 100 and get a law of attraction exercise about money. You could turn to another page and get another...

It's all written out for you. The scripts are all written out for you and people love that because one of the things people get afraid of is what do I say, what's the right thing to say? I've said it all for you. I've written it out, every single point what to say. You can also switch it and add your own words if they're more accurate. So you'll get the paperback book *Attracting Abundance with EFT*.

You're also going to get a CD, a hard copy CD of the law of attraction and action. Here is where I recorded ten of my favorite games that will boost and raise your vibrations. It's the gratitude list and the gratitude walk and the 'guess what' letter and all these things that I have that are really, really effective for raising your vibration and you need to do them, but I explain the specifically. They all take just a couple minutes. You can choose a couple every day and choose another one for the next day. That's really fun.

Then an another CD, a hard copy CD, I Love Clarity. It's an hour long so it's, again, about how do you remove the fears you have to being clear. How do you then take the next right steps in your life because you just know it's a yes? Then the last one is Afraid to Shine and how to clear that. We all have some fears, zero to ten, of shining and being out there and being our best and we want to clear that out.

You understand that shining is good for the world. It's good for you. We need you to shine. You need me to shine. I need you to shine. I need everybody listening to be at their best. It's all part of the energetic soup here. Once we clear that out...it's a lot of fun. You get a hard copy as well as downloadable. That's a lot of fun.

Darius: I love this. I remember your law of attraction in action. Some of the techniques are incredible and that was one of the things that I love about your work is you not only help us release the blocks by using the EFT, but then you have such a depth of understanding of how law of attraction works and then when we have any blocks that show up in one of those areas, you help us release that really quick with EFT and then have that next process, that next phase open up in our lives. I love it because it's pretty complete stuff, very complete.

Let me let everybody know where it is. It's at [www.youwealthrevolution.com/eft](http://www.youwealthrevolution.com/eft). So [www.youwealthrevolution.com/eft](http://www.youwealthrevolution.com/eft). This is a \$75 discount, so it's a \$97 program.

Carol: 75% discount.

Darius: Oh, 75% off and it is a \$400 package at \$97. Carol, where would you start? Where would you start with this if you were one of the people listening here because you started 700% below where you were right now at some point? Where would you recommend people begin?

Carol: You know what? Since they get the downloadables in about two minutes after they order, I would listen to The Energy of Money. I would start listening to that program and tap along with me for your anxiety.

I do games like put the mortgage bill on the table in front of you. Measure your stress. Get it out of your body. Release it, release it, release it. It's just a great place to start and then do the subconscious blocks. They're all great places to start, but I think that would be a fun place.

Then the fulfillment house is quick, quick, quick so you'll get everything within a week. If you're in the country, you'll get everything within three days. So then you'll get the book which

will be fun and you don't have to read it linearly. Open the book to a page.

Everybody now knows EFT. They know what we're talking about. EFT is the formal name for tapping, tapping on these meridians. There are a lot of names that it goes by. So you can just open the book and listen to the CDs and do the gratitude walk. Lots of fun stuff to do.

Darius: Really quick question, if people use this program and they don't feel the shift or release that they were expecting, are they stuck with it? I know we're pretty adamant on having a risk-free policy, is that extended to this as well?

Carol: Yes, absolutely, but first things first. If you're not feeling anything, the chance is you're not tuning in or you're afraid to tune in because it's all laid out for you. Tapping works. That's not what's in question. It's whether you're tuning into the right target, but absolutely 30-day money back guarantee. Send it back to the address on the envelope that you get and I absolutely will give you a refund immediately.

Some people say why do you give such a big package? Because that's what abundance is. I want people to get better. I want people to have success in their life. I want to give packages like this. I want to help people. Also, if you don't like it and it's not your thing, send it back, but you will like it. People are going to love it.

Darius: Yeah, I would say. I would say I remember we didn't have... I don't remember anybody at least off the top of my head and if they use it and their family and friends are just not surprised and really happy then we don't want them to keep it. We want it to go to somebody who really is going to use this and create a miracle in their life because it's true – emotional freedom technique tapping works. Bottom line. It's been proven, shown, studied. So it works.

Now, the question is, is it time for you? I'll let you guys decide. It's your own feeling. We have a lot of people writing in. Very cool. A lot of people have been writing in. One person said there are so many good things going on. Another person said...they gave me some advice. Mary from San Jose said, "Darius, do it. The time is now." She's telling me get out there and do what you were planning on doing and I love that. Thank you, Mary. I agree.

The time is now for all of us to really do what we want to do and make that commitment to ourselves and enjoy life because life goes quick. Carol, any final words to the group or anything that you are sort of intuiting from this group, any words that might help them? If not to just take a step forward in their lives to just understand how precious and valuable they are and how amazing their life is and can be.

Carol: Absolutely. I would go back to the first thing you asked me about abundance being a vibration. Meditate on that for one minute. Abundance is a vibration and I can tune into with my mood, my feeling and by lowering my resistance. Things are going to change very, very quickly for people. Remember that. Don't chase anything.

Tune into abundance and you will love it and you will be wonderful, happier to be around and you will just look at life differently. It's really quite joyful. It is quite joyful to do this work. I encourage people to remember that. They are valuable and they have a lot to offer and part of that is just relaxing and going into the vibration of love and abundance.

Darius: I love it. Now I know you've got to run. I just have a really quick question you can answer yes or no, but when you talked about putting the mortgage bill on the table and tapping that, I love that idea. I was thinking okay we need to put pictures of old girlfriends/ boyfriends, bad situations...

Carol: Absolutely.

Darius: Old report cards, bills, fears and whatever it is. Maybe there's somebody that they're watching on the *You Wealth Revolution* and they're like I would love to do what they do, but I'm terrified. Put their picture on there. Think of being terrified if you had to get out and give a speech like I do or like you do, Carol, and tap that away. Whatever it is, let's tap it away. Just tap it away so we can be who you are meant to be. I love it. I love that. That is possible, right? We can do that.

Carol: Oh, absolutely. I have people do that with photographs all the time. Take the photograph of your high school graduation, take the photograph of anything, take a photograph of your boss from the company manual, if that's what you need to tap on to reduce your negative feelings, that's what you need to tap on.

Darius: I love it.

Carol: You want to neutralize the negativity and boost up the positive, joyful...I mean really, truly positive, just happy, grateful feelings.

Darius: Amazing. Amazing. Carol, I know you've got to run. Thank you so much for being here from the depths of my heart. I want to have you back and I want do some Q&As.

Carol: Thank you.

Darius: But much love and what an amazing call and I love it. I love it. I love it and I have so much appreciation. Thank you, Carol.

Carol: Thanks, Darius. It was a pleasure talking with you and talking with your audience.

End of Transcript