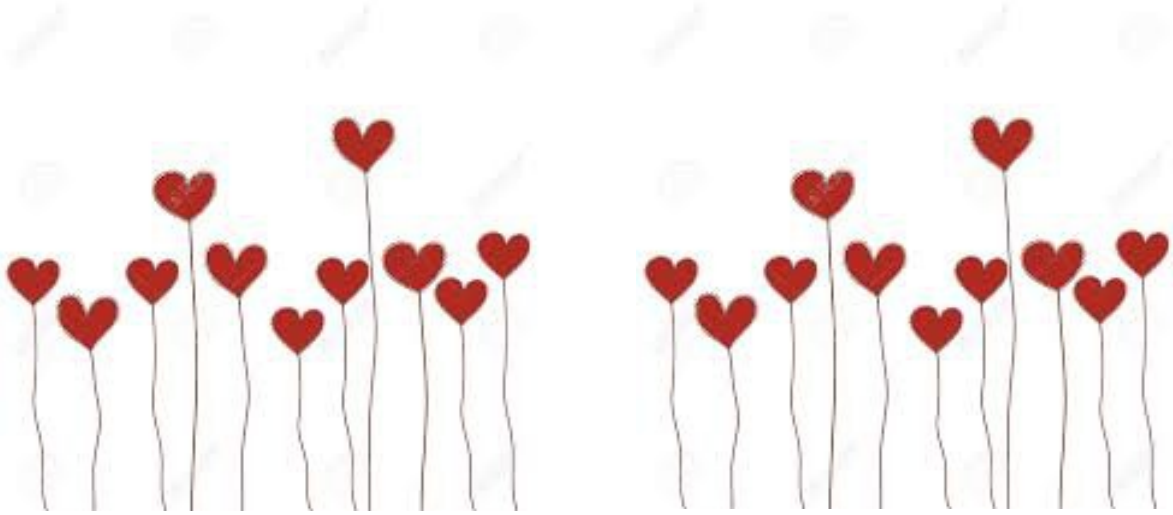
Soulmate Vibes:

Raise Your Vibration Magnetize Your Ideal Partner!

Workbook



Mary Ayers, PhD.

Workshop Intentions

Set clear intentions for what you want to manifest. Envision your ideal relationship - this raises your frequency.

- What do you most want to get out of this workshop?

- What is your biggest challenge/block in love & relationships right now?

- Describe your ideal romantic relationship. What feelings will you have when you have this relationship?

Releasing the Past

Letting go of previous relationship pain and patterns makes space for higher love frequencies.

- What past relationship hurts or patterns are you ready to let go of?

- Why are you will to let them go....what will you get when you do?

- If you're not ready to release those hurts yet, what are your reasons for holding on to them?

  (If you're not ready that's okay....it will be helpful to understand how they are 'helping' you)

Cultivating Self-Love

When you deeply love yourself, you emanate a positive vibration that attracts your soulmate.

- What are some ways you can deepen self-love and acceptance?

- Journal about any struggles you have with self-worth. How can you release these?

Forgiveness

Forgiving others and yourself cleanses negativity so you can vibrate at frequencies of love.

- Who do you need to forgive related to past relationships?

- What do you need to forgive yourself for?

Manifesting Your Soulmate

Feel and envision meeting your ideal partner - this powerful visualization magnetizes what you desire.

- Describe your ideal partner. What are their qualities?

- How will you feel when you meet them?

- When is a time you had that feeling? Call it up now and notice where it is in your body, notice all the 'feels' of it.....and savor it now!

My Relationship Vow

Committing to action steps and expressing gratitude raises your vibration further to manifest love.

- After this workshop, I vow to:

- To continue elevating my love vibration, I will:

Your journey does not stop here!!

To continue strengthening your love frequency after our workshop:

- Revisit the tapping regularly. When possible, tap first thing in the morning and/or at night.
- Spend time envisioning your ideal partner and relationship. The critical aspect of this is for you to really **step into the feelings** of already having that relationship.
- Step into the story...'I am in a relationship now so how do you spend your time, what do you laught about? Reminese about a great trip you took or the last meal you cooked together. Amplify those feelings and savor them!
- Make self-care a priority - take baths, meditate, exercise, eat well.
- Spend time in nature and listen to uplifting music.
- Surround yourself with positive, supportive friends.
- Trust in divine timing and try not to force or rush love.

I hope you feel lighter, more optimistic and confident in your ability to attract wonderful love into your life. Thank you for being here and trusting me to guide you. It has been my honor and joy to share this time with you!

Your Coach Mary :)

Mary Ayers, PhD

Email: Mary@tapintoaction.com

Follow me on Facebook

Tap with me on Youtube

Visit my website TapIntoAction.com

Whether you're new to tapping or you're a seasoned tapper but you're struggling with the words, or maybe you aren't sure how to take your practice to a deeper level – let's talk!

We can set up a 'free' consultation and see how private coaching can be helpful to you! Contact me at Mary@tapintoaction.com

The Basic EFT Recipe

modified version of the basic **EFT** "recipe" consists of the following ingredients:

1. **THE SETUP STATEMENT**: Naming the problem combined with a general affirmation phrase.

2. **The "Letting Go" TAPPING SEQUENCE (Round #1):** This consists of tapping the sequence of **8 EFT** body points while you **focus on the problem** or negative feeling/though while repeating the ***Reminder Phrase*** out loud. (The reminder phase is a word or statement that keeps you ***tuned in*** to the problem.)

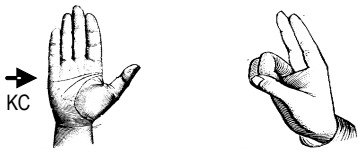
! **Take a deep breath.**

THE SETUP STATEMENT:

THE SETUP Statement sounds like this:

"Even though I feel/have…(problem or thought) , I deeply and completely accept myself anyway."

The **SETUP STATEMENT** is repeated out loud while you tap with two fingers the **karate chop point (KC)** of the opposite hand.

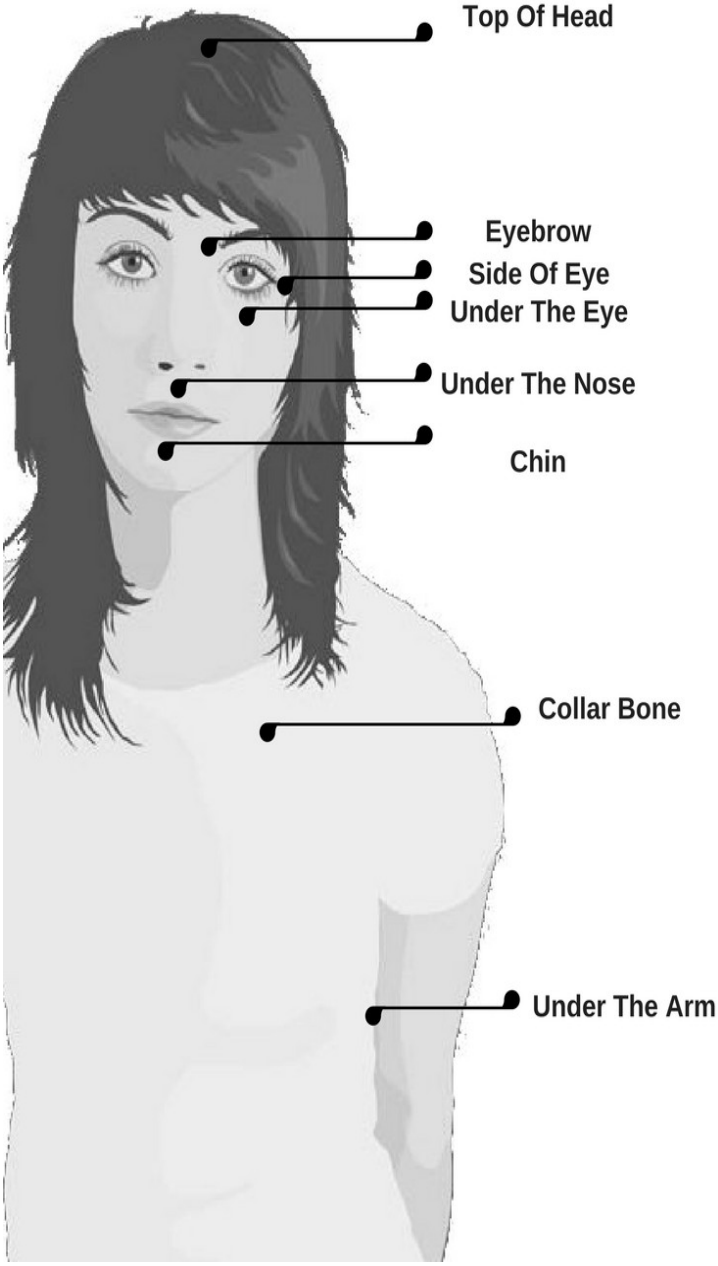


THE REMINDER PHRASE

"*This…(thought or feeling)"*

The REMINDER PHRASE is repeated while tapping the 8 body points.
This directs your mind to focus on the negative thought patterns that block your ability to reach your goals and **allows EFT to neutralize them.**

The 8 Body Points:



<u>Top of head –</u> drum the fingers around the top of the head

<u>Eyebrow</u> – on the bone where the hair from the eyebrow begins

<u>Side eye</u> - on the bone at the orbit on the outside of the eye

<u>Under eye</u> – below the pupil of the eye, on the high cheek bone

<u>Under nose</u> – right below the nose and above the top lip

<u>Chin</u> – it's above the chin, in the crease below the bottom lip

<u>Collarbone</u> – 1 inch from the notch in the throat and 1 inch on either side. You can also make a fist or use an open hand and tap where a man's necktie would be.

<u>Under arm</u> – in-line with the nipple or where a bra strap would be below the arm pit

Disclaimer

The information and coaching I provide is intended to educate, inform, instruct and inspire you and your personal journey toward more harmony, optimal health, more peace and joy in your life. It is clearly not intended to replace any one-on-one relationship with a qualified healthcare professional both medical and/or psychological in nature. This information is not intended to diagnose, or provide medical advice of any nature or form, including treatment to replace an existing condition.

If you are under the care of any healthcare professional(s), or that you should be, I strongly encourage that you discuss any modifications you plan to execute, both, nutritionally, holistically, or physically, by use of whatever means, including the use of Emotional Freedom Technique, or Meridian Tapping with your doctor before participating with these techniques. Never discontinue or reduce prescription medications without consulting your doctor, therapist or pharmacist.