

CALL WITH ANDREA AMADOR ON NLP/EFT  
04-05-2010

Draw a circle. Inside circle, write things in life you have control over.  
Outside are things we [think we] have no control over

Things we have control over:

1. thoughts
2. feelings
3. actions

Which lead to our reactions and *choices*

We can change our:

- thoughts
- internal picture
- actions

The stories we tell self are based on beliefs

Jack Canfield's equation:

$E+R=O$

Event + Response = Outcome

NLP:

Created in 70's by computer programmer and a linguist who used to be in CIA. Can re-program our belief systems. Anything we learn, we can unlearn. Did experiments that created models.

4 key areas:

1. Creating and maintaining relationships through rapport and understanding what they need
2. Getting clear about what you want, you goals and outcomes.
3. Sensory acuity: knowing what's going on and knowing what you need to change to get what you want. Painful memories get anchored in brain different things trigger it.
4. Being flexible and changing how we behave.

Beliefs are thoughts that are conditioned/programmed in and determine our thoughts, perceptions of reality, and decisions. Whatever we believe is what we attract. They may not be true, but they are true *to us*, based on our experiences.

Listen to self-talk. It reveals what's happening on a subconscious level.

Positive intention:

When trauma occurs, the brain freezes and creates a neural pathway to create that memory and programs in into each cell of our body. This is how the body protects you.

Pre-suppositions of NLP:

- Nobody's broken. Everyone is whole and capable of achieving what they want.
- Everyone's doing best they can.
- If not getting response you want, try something different. You are always getting results; and those results are giving you feedback about what you are thinking.
- The meaning of your communication is reflected in the results you get.

By seeing how you think, you get the opportunity to change results.

Exercise: think of a time you goofed

- What were you saying to self? What was inner critic saying?
- Imagine instead that your inner voice loves you and support you. How does that sound? How does that feel?
- Whenever you hear inner critic, change the tone?

EFT

- Is working with the part of you that keeps you in your comfort zone. The "psychological reversal" point, or the karate chop point. When you tap on that point, it raises your vibration and puts you into an alpha state of receptiveness. You are accessing your higher self and removing resistance.
- Andrea "taps and gripes" instead of the robotic mechanistic way Gary Craig teaches it.
- Give yourself a "cursing coupon" and say without bounds how you feel. It helps you connect deeply with body feelings. Allow yourself to scream. Helps you get to observer perspective.

Z-POINT PROCESS

- Anchors are stimulus that trigger memories
- You use a key word.
- Instead of tapping and going through what you are thinking, you can visualize tapping instead.
- Installs an auditory anchor in mind that points out to subconscious and aims a light at what programming you want to change.
- You also want to talk it out same as EFT.
- You will be releasing.
- Read to self once, then use key word
- I hereby set powerful intentions within you my sub con mind to get best possible outcomes. When I repeat my key word \_\_\_ you will access deeper and deeper layers in my subconscious.
- Take whatever event/feeling you are having and say, "I clear all the ways that I feel \_\_\_\_"
- After each stmt, repeat your key word
  - I clear all the ways I \_\_\_\_\_ (say key word)
  - I clear all the ways I feel \_\_\_ whenever \_\_\_ (let mind fill in blank)
- I clear all the ways I \_\_\_ because \_\_\_ (let mind fill in the blank)
- Keep repeating with different related feelings, thoughts, events
  - I claim my power to \_\_\_\_
  - I claim my right to \_\_\_\_