

Claire P Hayes

Everyday Happiness

EFT Tapping for
Self Transformation
that Really Works

What people are saying about

Everyday Happiness

EFT Tapping for Self Transformation that Really Works

“Claire is a genius when it comes to helping people clear their blocks. She’s my go-to EFT coach who I direct all of my clients to. Claire clearly lays out the path to feeling good no matter where you’re at in your practice. When it comes to transforming negative thought patterns into positive ones, her gentle approach and done-for-you scripts are great for beginners to the seasoned practitioner.

‘Everyday Happiness’ is a gem. It’s an amazing resource with easy ways to incorporate EFT into your daily routine – like tapping while walking and tapping on gratitude. Claire helps you jump over hurdles like self-doubt and procrastination, and has a knack for helping you hone in on the blocks that you never even knew were there. A must-read for anyone looking to achieve their biggest dreams.”

Jen Mazer www.queenofmanifestation.com

“Claire’s Everyday Happiness EFT Practice has genuinely changed my life. I’m so excited this book is available for all to use, because anyone can do EFT, and everyone should have the tools make themselves happy. In this book, Claire shares her exceptional insight and her years of experience working compassionately with people shines through.

You will learn how to identify what you’re really feeling, where it’s come from and how to clear it so you can move forward and

improve your life through a really easy and “safe” technique. You’re not alone in this journey as Claire’s support leaps off the pages at you, guiding you along your own path to emotional freedom and inner happiness. Enjoy, I am sure this book will change your life too.”

Janine Forder www.ringhello.co.uk

“Claire Hayes has a very lovely and straightforward style which makes it very easy to read, which is great! This book is so clear and encouraging and practical. I particularly like the Stages and how she describes them. Anyone looking for a way to feel better in their everyday life will benefit from this book.”

Jane Duncan Rogers www.richthinkers.co.uk

“Had the MOST amazzzzzzzzzzing EFT session with Claire! Seriously took me to the CORE of what is happening for me right now! Potent experience/release/AHA!! Wowzieeeeeeee! I can feel it moving through me in waves!

Sometimes our blocks/resistance/unclarity is coming from the deep... which has its well-intended reasons! I’ll be watching for what springs forth! Thank YOU Claire for liberating my own Wild Creative Genius. YOU have amazzzzzzzzzzing super powers, Claire ... as a midwife of the psyche!

I’m thrilled with your book as it gives people the opportunity for their own healing, to be their own midwife. Hurrah!”

Kathleen Prophet www.kathleenprophet.com

Everyday Happiness

EFT Tapping for
Self Transformation that Really Works

Claire P Hayes

Foreword by Jade Barbee

Illustrations by Beverley A'Court

FIND YOUR FEET



PRESS

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“I wanted to be close
to the fire.

Then I discovered
I am the fire.”

K. Bradford Brown

This book is dedicated to
K. Bradford Brown and Roy Whitten
who first taught me about the power of the mind

Contents

Foreword by Jade Barbee	xii
A Note to the Reader	xii
Introduction	xiv
How Best to Use This Book	xviii
What is Everyday Happiness?	1
How will you get there?	5
With the Five Stage Everyday Happiness Practice	5
Why use the Everyday Happiness Practice?	6
What are Your Stepping Stones?	9
Why choose these Stepping Stones?	11
Your Path to Everyday Happiness	12
EFT Tapping	15
What is EFT Tapping?	15
How to do EFT Tapping	19
How to do EFT Tapping Quick Guide	25
EFT Tapping Points	26
How to use the Tapping Scripts	28
Your Everyday Happiness Practice	29
Stage 1: Find your feet	33
<i>Dealing with your resistance to the journey</i>	
Stepping Stone 1: “I’m not worth it”	42
Stepping Stone 2: “I never succeed in sticking to anything”	44

Stepping Stone 3: “guilt at being ‘selfish’ ”	46
Stepping Stone 4: “I’m too small”	48
Stepping Stone 5: “I am not supported”	50
Stepping Stone 6: “I’m not good/clever/pretty enough”	52
Stepping Stone 7: “They won’t approve”	54
Stepping Stone 8: “it’s not worth it”	56
Stepping Stone 9: “I can’t”	58

Success Exercises

The Presence Exercise	60
The Clear Path Exercise	61

Stage 2: Find your Stepping Stones 63

Discover your Clues in everyday life

Stepping Stone 10: “this feeling in my body”	94
Stepping Stone 11: “this emotion”	96
Stepping Stone 12: “this thought”	98
Stepping Stone 13: “this judgement”	100
Stepping Stone 14: “fear of Pandora’s box”	102
Stepping Stone 15: “fear of losing what I gain”	104
Stepping Stone 16: “this big pattern”	106

Success Exercises

The Quiet Mind exercise	108
The Scanning Exercise	110

Stage 3: Walk your Path 115

Practical “how-to’s” & dealing with sidetracks & potholes

Stepping Stone 17: “I forgot to tap yesterday, so there’s no point”	134
Stepping Stone 18: “I don’t know what to say”	136
Stepping Stone 19: “I’ll do it later”	138

Stepping Stone 20: “I’m overwhelmed”	140
Stepping Stone 21: “I don’t know what to tap on”	142
Stepping Stone 22: “Procrastination”	144
Stepping Stone 23: “I’m so stressed”	146
Stepping Stone 24: “There’s no time!”	148
Success Exercises	
The Gratitude Exercise	150
The 1000 Steps Walking Exercise	151
Stage 4: Enjoy your Path	155
<i>Making success more and more likely</i>	
Stepping Stone 25: “It’s got to be difficult”	186
Stepping Stone 26: “Fear of lack of discipline”	188
Stepping Stone 27: “Who are you to put yourself forward?”	190
Stepping Stone 28: “Fear of success”	192
Stepping Stone 29: “Fear of failure”	194
Stepping Stone 30: “I won’t”	196
Stepping Stone 31: “I’ve lost my way”	198
Success Exercises	
The Moving your Body Exercise	200
The Protecting Veil Exercise	201
Stage 5: Living Everyday Happiness	203
<i>Making it a practice</i>	
Stepping Stone 32: “There is Space and Time for me”	236
Stepping Stone 33: “I am Supported”	238
Stepping Stone 34: “Seeing My Way Clearly”	240
Stepping Stone 35: “Trusting the Big Picture”	242
Stepping Stone 36: “Choosing to relax”	244
Stepping Stone 37: “Love not Fear”	246

Stepping Stone 38: “Forgiveness”	248
Stepping Stone 39: “Thankfulness”	250
Stepping Stone 40: “Hope”	252
Success Exercises	
The Saving Grace exercise	254
Conclusion	259
Saving Graces	260
Next steps	262
Resources	263
Acknowledgements	264

Foreword

Being in a happy place takes practice. In other words, feeling our way into a more alive, vibrant and joyful state of being doesn't always come so easily. Of course, when we are relatively happy – it seems like the most natural state of being on earth. The trouble is, how can we maintain a solid sense of well-being in a world where there is so much to look at or experience that doesn't necessarily encourage it?

Claire Hayes has written a roadmap to happiness – one that she herself travels time and again. The tapping steps she offers help help you, the reader and traveller, connect with and ultimately value your own thoughts, beliefs and emotions in ways you may not have done in the past. In other words, her teaching helps you feel your way along a path to fulfilment so that you can never go wrong! And if you do tumble off into the weeds, the exercises are there to help you pick up the path again.

The strategies inside come from Claire's own well-worn experience of what works for shedding unnecessary struggle and stress – and her ongoing sense of personal triumph communicates. In other words, the steps she shares – when done whole-heartedly – have a cumulative effect. When you do these exercises, you'll begin the most awesome kind of training program – one that will consistently help you feel your way towards greater happiness in the world. Like Claire, I bet you'll find that happiness comes more easily each time.

Jade Barbee www.EmotionalEngine.com

A Note to the Reader

Let's start with some mistakes.

I turned down some real opportunities as a professional dancer because I was too scared to make phone calls.

I got discouraged when I thought I "should" be doing better, because I had been to all these seminars and then I made myself wrong.

I have been mega angry, on occasions, with both my children. My youngest has special needs. One isn't meant to be angry with people for things they can't take responsibility for ... oh my ...

Enough. You get the idea. I am not perfect.

In my twenties, I thought life was a journey on a straight road – it just got better and better. And then, as for so many others, the challenges of life questioned all that teaching ... I was being required to dig deep and I didn't always manage it.

As a dancer and choreographer, I created Dance of the Heart, and saw how the inner story affects body and mind. As a Shiatsu therapist, I learnt how energy acts and reacts. As a student of Qi Gong and Ki Aikido, I learnt about the rewards of constant practice. But I still struggled with how to manage the ups and downs of everyday life.

I learnt solid, embodied everyday transformation – the practice that I now teach – over time. But there was a reason that I found EFT (Emotional Freedom Techniques) at a particular time. I was at breaking point of knowing how to deal with my sweet-as-pie special needs daughter morphing into a violent and unpredictable teenager. So many issues triggered!

And I listened again and I heard the voice of EFT Tapping.

It took me not only to a place of healing of so many of those triggers (thank you Sondra), but also to a place of power. With EFT Tapping, I not only healed my own wounds, but more importantly, was able to act for my daughter. She is now happy and healthy in the perfect situation. I know without a shadow of a doubt that *my* daily practice of EFT Tapping was part of *her* transformation.

So that is why I took EFT Tapping into my work as my main modality. It took me through the deepest of transformations but is also a part of my daily fabric. When I face a problem I can clear it. I tap to amplify the positive. I use EFT Tapping to be my best self. I strive to “be here now” *and* open to the wisdom of my future. I use my years of knowledge of the moving body and of energy work and of personal development and weave them with EFT Tapping into a transforming whole.

So for me, daily transformation isn't theoretical. It is about real answers to the real problems of everyday life. It is possible to face the grimmest of scenarios and emerge with grace and lightness. It is possible to move clearly into the future with the lightest of baggage and create the life of your dreams.

I invite you to walk your path with me.

Claire Hayes
Scotland, March 2013

Introduction

“I can do it!” “I can’t do it!” Isn’t that familiar? You have your dreams, you have your hopes, you have your goals and then real life intervenes and somehow you never get there. You are not living the life of your full potential, your Best Self. And that is really painful. You start again. You fail again. Sigh.

Perhaps you have invested in self help and self transformation courses but even though the material is good you haven’t been able to see it through. I have been there! It is dispiriting and it is easy to blame yourself. Then you add self blame to the original disappointment...

You have great dreams. I know you do. You want to live your potential. Perhaps your dream has shape like, *“I want to have a successful business”* or *“I want to be thinner”*. When you look closer, all your dreams have a “reason why”.

For example:

*“I want to have a successful business **so that** I live without worry and provide well for my family.”*

Or,

*“I want to be thinner **so that** I radiate health and attraction and find a partner.”*

Underneath all the “reasons why” is one word – Happiness. Happiness is the ability not to give up, to see hope and live every moment to your best, without blame.

What if:

- there was a method to actually turn those moments of doubt and giving up and feeling bad to your advantage?

- you were on the road to living your dream, but you just didn't recognize it?
- there was a simple (though subtle) practice to start exactly where you are and make progress? One that uses the reality of how you are experiencing life right now, warts and all!

This book introduces the Everyday Happiness Practice, which is exactly that. This is a practical approach to happiness. It is a practice that becomes your Everyday Happiness lifestyle. With this practice you give yourself the best possible chance of achieving your dreams.

This practice isn't about pretending to be happy when you are not. It defines "happiness" as being able to be present with the reality of what is, so that you can deal with negatives and celebrate positives. It is a thoroughly user friendly approach and can be used throughout the day.

As with all practices, the Everyday Happiness Practice reaps its abundant harvest over time. But it also gives you instant change so that you experience its benefits in real life and real time.

The Everyday Happiness Practice is based on using EFT (Emotional Freedom Techniques) Tapping. EFT Tapping is a modality at the forefront of modern developments in energy work and psychology and a tried and tested methodology. I have also added Success Exercises based on my lifetime of body, mind and spirit work. These Success Exercises will help you deepen your practice so that you have every chance of living Everyday Happiness.

There is a simple building block to the Everyday Happiness Practice – EFT Tapping – and you learn this building block right at the beginning.

The five stages of the Everyday Happiness Practice are the

exploration. Each stage deepens and enriches your practice until you end up with your Practice. You use the ups and downs of everyday life as your Clues to build your EFT Tapping Stepping Stones. Your Clues are in your own life – that’s why they are personal to you and that’s why this is a personalized practice.

You know what the Clues are because you learn the skills of how to pay attention to what your body, mind and heart are telling you. You become a master of noticing and finding “tappable issues”. Then you create Stepping Stones with EFT Tapping. The EFT Tapping clears negative emotion and limiting beliefs and then amplifies the positive. You then have the energy and capacity to move towards your dreams with real actions. You learn to do this as a habit. This is why this process works.

When you put it all together – noticing your Clues > clearing the negative > creating the positive – you have your Everyday Happiness Practice.

When this practice becomes second nature to you (and this isn’t so difficult), you are living the Everyday Happiness Lifestyle.

Little by little your vision of your Best Self and the reality of your everyday life get closer and closer, which is magical.

This book doesn’t pretend to be a comprehensive manual to EFT Tapping. Its focus is to support you to integrate it into your everyday life, so that EFT Tapping can work its magic. Please use the ***Section: Resources*** for further training.

However, if you use EFT Tapping for yourself in the way I teach in the Everyday Happiness Practice, I can guarantee huge, beneficial changes.

Here are stages that will give you rich rewards over time, your Stepping Stones to lasting transformation, for choosing your

path and finding your way. It's mapped out to be not just an initial learning tool but also an ongoing resource.

The first section is all about the Everyday Happiness Practice; the second section is the Practice itself including “done for you” Stepping Stone Scripts to support you on your way.

You've been waiting so long to transform your life. Read on and apply the simple steps I give to make everyday a day of transformation.

How Best to Use This Book

You have choices. Of course you can read the whole book through from beginning to end, including the Stepping Stones (the EFT Tapping scripts) and the Success Exercises.

But I would recommend one of two approaches. With both you read the whole of the book apart from the Stepping Stones and the Success Exercises. Practice the EFT Tapping and become familiar with the mechanics, (*see Section: How to do EFT Tapping*).

With the first approach tap the Stepping Stone Scripts one at a time, and see which resonates for you and mark which ones you want to come back to. This in itself would be a major step forward as you would work on so many juicy issues.

With the second approach you use your intuition to decide what Stepping Stone to tap on in whatever order. Scan the Contents and decide which jumps out at you to start with and tap on that. Trust your intuition. You may not know why you chose a particular script, but learning to trust your intuition is part of Everyday Happiness, so know that whatever you choose is the right one.

Or if you have a particular issue you know you are feeling or grappling with, you can scan the Contents and find which Stepping Stone most matches your current feeling.

I am a strong believer that if you trust what feels right, or your “first thought”, you will come to the Stepping Stone you most need at any time. The more you tap with these scripts, the more comfortable and confident you will get with using your own words, so I encourage you to tap, and tap some more! When possible, say the words out loud. This makes the tapping and clearing very powerful. In my experience, it lays down a kind of

template in your brain which helps you when you come to use your own words.

I suggest the same with the Success Exercises. They are for doing, not reading. I suggest you scan them all but practice your intuition when it comes to setting aside the time to focus on doing one at a time.

Each of the five Stages of the Everyday Happiness Practice builds on the previous stage, but they are also for exploring as and when you need them.

This book is about the practicalities of creating Everyday Happiness for you. There are a multitude of tips and suggestions. I know that you will find the right Stepping Stone or Success Exercise just when you need it.

I recommend you download the free audio of **The Presence Exercise** and the free Worksheets available to help you track your progress. Tracking is a real support. www.clairephayes.com/everyday-happiness-worksheets

You also have the option of purchasing the **Everyday Happiness Practice video series**. The videos address the same issues in the same sequence but with much expanded tapping sequences. It can be really helpful to have someone to “tapalong” with. www.clairephayes.com/everyday-happiness-videos

If you have any questions or problems to do with your EFT Tapping practice, please feel free to contact me at www.clairephayes.com/contact

What is Everyday Happiness?

Everyday Happiness isn't about being happy all the time. It isn't about having constant peak experiences or always being calm or upbeat. It isn't about being sentimental or frivolous.

Everyday Happiness is when you deal with the ups and downs of daily life with grace and ease. If you ever feel down or discouraged or angry or overwhelmed or anxious, you are being human. It is natural.

What is so painful is when you are stuck and don't know how to move through; when you don't know how to deal with the problems in your life; when you feel powerless. You know things can be better, but you are not sure how.

Whether your issues are health, money, work or relationship related – everything in your life has power. When you can find your relationship to your issues and do something about it – that is power and that is freedom.

Everyday Happiness is when you live and breathe power and freedom and focus. It is when you are living your Best Self. Your Best Self is the person you know you can be.

Your Best Self is the person who fulfils your big dream. And then the next big dream. And be happy with all the little dreams on the way.

In the end, your Best Self isn't about worldly achievements; it's about your relationship to yourself and to other people. It's about the way you live your everyday life and the way you impact the world.

Your Best Self isn't so much about outer manifestation, but about your inner world.

The beauty is that when you are living your Best Self, what you want to achieve on the outer becomes so much more possible!

Your Best Self and Everyday Happiness go hand in hand. Everyday Happiness is accepting where you are *and* holding the vision for what you yearn to be.

It is consistently being present with what is *and* moving forward to your goal *and* trusting you will get there.

Little by little your vision of Your Best Self and the reality of your everyday get closer and closer.

Everyday Happiness closes the gap.

Your Best Self:

- reaches your goals
- has clarity and focus and gets things done
- sees the way forward
- deals with obstacles as stones to be examined not brick walls to block your way

Everyday Happiness is:

- living *"I can, I will, I am..."*
- fulfilling your dreams; the ones you thought were too far away; the ones you thought were too small to call dreams
- trusting that the world is basically good and that you are part of it. Not just occasionally, but day after everyday...

Imagine:

- **the sheer joy of dancing** between being fully present *and* holding your vision for the future
- **trusting that you can cope** with the challenges of life
- **enjoying your life** more and more every day

You will never be at a loss, but always empowered, because you have a tool at your fingertips.

You will be able to face life's challenges.

You will become your full self, your juicy you, the self you always dreamt of, but for real, not cellulose.

Everyday Happiness is not false hope or airy fairy dreams. It's not living in "la la" land. It is flesh and blood reality.

Everyday Happiness is living your Best Self with hope and ease and joy.

You want to live your Best Self and have Everyday Happiness.

But there are reasons why you are not already doing it, why you have not already achieved those goals. Those are the "reasons why not" – all the doubts and fears and limiting beliefs; all the ways you sabotage yourself; think you are not good enough or clever enough or sexy enough. All the ways the external circumstances of your life seem to keep you small.

The Everyday Happiness Practice is a way of becoming your Best Self, everyday. You will use your "reasons why not" as your way of moving forward.

The Everyday Happiness Practice isn't an extra – it is a way of fully integrating transformational processes into the very fabric of your life.

In the next section, I introduce the basics of the Everyday Happiness Practice, and its centrepiece – the Stepping Stones. With the Everyday Happiness Practice, you will have the path to create your Best Self and the life of your dreams.

How will you get there?

With the Five stage Everyday Happiness Practice

At its heart, the Everyday Happiness Practice is simple. You notice your issues; these are your Clues. You apply EFT Tapping; these are your Stepping Stones. Then you move on. Like learning to ride a bicycle or drive a car, you need to have the basics in place before you set off, but then once you get going, you learn the subtleties and can go to new and exciting places.

You have the essential pieces right from Stage 1, and then each of the other Stages deepens and elaborates. With EFT Tapping, as long as you have an issue (your Clues) and your words (your Stepping Stones), you are doing it “right” and you will be doing that from Stage 1.

The reason there is a Practice is that the whole is so much bigger than the sum of its parts. Doing EFT Tapping once or twice can be useful. Integrating it into your life is invaluable. You learn the mechanics and then you get deeper and more subtle. The Stages teach you to really integrate EFT Tapping into your everyday life. They also include the Success Exercises which will deepen your experience.

The Everyday Happiness Practice is like a hologram. Each time you do your EFT Tapping or a Success Exercise you are working on your whole self. The more you work through the Stages, the richer your picture becomes. I have created the Stages to mirror your journey as you learn to integrate this way of being into your everyday life.

Stage 1: Find your feet *Dealing with your resistance to the journey.* You learn how to use your past experiences of failure or disappointment as fuel for your transformation. You have a clear starting place – who you are.

Stage 2: Find your Stepping Stones *Discover your Clues in everyday life.* You learn exactly how to find the material to work with and create your own Stepping Stones. This is the ground of the Practice.

Stage 3: Walk your Path *Practical “how-to’s” and dealing with sidetracks and potholes.* You learn how many possibilities there are for integrating this Practice into your life.

Stage 4: Enjoy your Path *Making success more and more likely.* You learn many additional skills and opportunities for this Practice to be incredibly successful.

Stage 5: Living Everyday Happiness *Making it a Practice.* You learn to deepen and enrich your Practice with attention on the positive. You learn how to find and use your Saving Graces. This is the Heart of the Practice.

Why use the Everyday Happiness Practice?

It works. The number one reason to use the Everyday Happiness Practice is that it works. It is based on EFT Tapping which marries two great traditions – meridian theory from Chinese medicine and modern Western psychology (*see Section: EFT Tapping*). It is part of the energy psychology and energy medicine movements which are making huge strides in health and happiness. There is a large body of both research and case study evidence in support of the efficacy of EFT Tapping. (For more information on the science and

application of EFT Tapping and energy medicine *see Section: Resources*).

You always start exactly where you are. You start with the nitty-gritty of what is actually happening to you. It is simple and effective. And because you are constantly honing your skills of knowing and using that nitty-gritty, success is likely.

Anything you want or are dreaming into, or doing for your big dream in the future, can only happen in the present. So how you are living in your present gives you all the clues you need for all the change you want.

This Practice is about “being here now” and doing something about it. Many traditions and teachings teach awareness practices but then leave you there as if awareness on its own will bring about change. It may, it may not.

This Practice marries awareness work with action steps. You clear the negative and move forward with the positive. As you practice over time, you will see the results you want come more and more easily. You will find your everyday self and your Best Self is one and the same person, creating the life you dream of.

The basic “how-to’s” you learn in this Practice can be applied to any situation. Whatever your vision of who you want to be and do in the world, this Practice works. Whether it is completing a longed for project like writing a book or a business project or something like finding happiness in your relationships, this Practice can get you there.

Learning basic EFT Tapping is easy. Nothing about EFT Tapping is difficult, but learning to use it skilfully does require practice. That is what this Practice is about; learning to make a habit of using a self help tool that works in your everyday life.

It is an “everyday” activity which reaps great benefits. The Everyday Happiness Practice uses your everyday experiences as your Stepping Stones to your goal. This daily practice is at the heart of why it works. You don’t have to keep it for special occasions. All spiritual traditions teach a daily practice and this is spiritual work. Your Best Self is going to contribute most to the world. Your Best Self is when you are at your most loving and compassionate. So using the Practice not only benefits you, but the world.

It becomes easy to create the habit of doing the Everyday Happiness Practice because *any resistances you have to creating a habit* are part of the Practice. As long as you do even a tiny bit of EFT Tapping, you are moving forward. It really is a win/win situation!

It is empowering. When you have the experience of tapping on your own, it is incredibly empowering. You don’t have to “save up” your traumas until you see a practitioner. Although you may choose to work alongside a practitioner or coach, you can do so much on your own. And when you need extra help, there will be a practitioner for you, (see *Section: Next Steps*).

It acknowledges the power of both the negative and positive in your life. It doesn’t pretend you just have to think positively and everything will magically happen. It doesn’t shy away from the dark and ugly. But having cleared the negative (and it does), this Practice can be applied to building the positive in an absolutely powerful way.

Each time you tap you are making progress. Like a hologram, whatever you tap on is part of the whole. EFT Tapping sometimes dissolves an issue slowly over time. Other times transformation is immediate. There is a wonderful web of learning that you will learn so you will always trust the process. Tapping on one issue or feeling might affect another issue that you are not even aware

of. Then one day you wake up and realise you don't even have that problem any more! The whole is so much bigger than the sum of the parts.

The Everyday Happiness Practice acknowledges and uses the natural rhythm of your day. From dawn to dusk, from action to resting, you can use EFT Tapping to ease your way. And just as in nature there is expansion and contraction, night and day, dark and light, so there is in your emotional life. Accepting that you are a part of the rhythms of nature allows for great flexibility and change.

It is flexible. Having a self help tool to hand at any time and for any circumstance is really useful. The Practice is so flexible in how and when it can be used – at home, at work, in public... You can do it in bed or on a plane, out loud or in your head – it is the ultimate user friendly tool, (*see Stage 3: Walk your Path*).

The Everyday Happiness Practice is utterly practical, user friendly and it works.

It works because you have your Stepping Stones.

What are your Stepping Stones?

Your Stepping Stones are when you put your Clues and the EFT Tapping together, so that you clear what is holding you back and create more possibility in your life. Stepping Stones are the way you are going to move forward.

Clues are the daily issues/events/feelings/physical clues/reactions – namely virtually everything that happens to you during your day! Your Clues are your clues to your issues that need working on.

Your Clues can be “negative” or “positive”. In this Practice, you will begin by looking at the negative Clues, as they are the ones that hold you back. They are what get in the way of your movement forward.

Sometimes you notice your negative Clues when you feel a strong feeling or upset – they are “in your face”. Other times they are much more subtle. You learn how to be aware and notice these Clues in *Stage 2: Find Your Stepping Stones*.

But it is equally possible to use the positive Clues in your life for major momentum. Like the negative Clues, the positive can sometimes be hidden. Learn more about how to discover and use positive Clues in *Stage 5: Living Everyday Happiness*.

The interesting and important thing is that Clues feel just like “you”. *You are your Clues.* They are how you have created your sense of self. Unless you take some time and focus to ask yourself, “*What is going on?*” your Clues can be invisible and unheard.

The good news is that with a little practice, your Clues present themselves all the time. You will have ample opportunity to turn those Clues into Stepping Stones, clear the part of yourself which is stuck and move forward.

When you apply EFT Tapping to your Clues, you create your Stepping Stones. They become your way forward.

For example:

You need to get some information from the tax office before you can finish filing your tax return. But each time you come to make the call you find yourself doing something else. The first couple of times you don’t even notice. You are oblivious.

But then when you sit down the third time you realise your

palms are tingling and a bit sweaty and you feel quite anxious. You know that actually the people at the tax office are usually friendly and helpful. So why the anxiety? The procrastination, the sweaty palms, the anxiety- all these are your Clues.

You decide to do some EFT Tapping. You apply EFT Tapping on the Clues of procrastination, sweaty palms and anxiety to create your Stepping Stones. As you tap you not only clear the anxiety, you uncover some root causes as to why you fear making calls to people in authority based on family experience. You go ahead and make the call feeling fully confident. You are able to fill in your tax return and so move your life forward. You have also uncovered some deeper Clues which you can tap on later.

So your Clues and Stepping Stones are really the way forward. Clues may look negative (sweaty palms/anxiety) but they are not. You turn them into Stepping Stones and they take you forward on your path. Facing the negative is essential, but doesn't have to be scary. In fact, it is when you sweep the negative under the carpet that you have problems.

Creating Stepping Stones with EFT Tapping is a safe, controlled way of dealing with your negatives and moving forward with your positives

Why choose these Stepping Stones?

These Stepping Stones are the best way I know to create your Everyday Happiness. They are the link between the problems you face and the place you want to be.

These Stepping Stones of noticing your Clues and clearing

them with EFT Tapping are incredibly powerful. You shift the energy patterns in your body and you have cognitive and emotional shifts as well.

You not only feel better, you get a new outlook as well. Huge reserves of energy which you normally use to keep yourself constricted, get unlocked. What was hard before becomes easy and so your world really opens up.

You can apply these Stepping Stones to any problem and you will find a solution. Your life will respond so you want to keep going.

They answer the question, “I want to get there but I don’t know how”

A client put it like this:

“OK so what you are doing is taking down the bricks that are blocking you one by one, turning them into paving stones so that each day you take a small step further towards your end path and then one day you’ve suddenly arrived and conquered something massive and been transported to where you want to be.”

These Stepping Stones get you there.

Your Path to Everyday Happiness

Your Path means your relationship with your Practice. When you build up a graceful, friendly relationship with this practice of creating Stepping Stones with your Clues and clearing with EFT Tapping, life becomes so much easier.

You will feel less stress, more ease and more joy. Action steps to your goals become so much easier. Options present themselves.

The world frees up. You will be living your Best Self. You can apply it to anything – a career move, weight loss, de-cluttering, relationships...

The Five Stages of the Everyday Happiness Practice help you with this Path. As you explore each Stage of the Practice, you will get more and more confident and clear. The Stages are there to help you deepen your understanding and practice.

Although there is a clear path through the Stages, each one building on the previous Stage, feel free to wander freely through them too. They are a way of explaining a rich and complex relationship – you and your Path – so feel free to meander! You will find yourself wanting to dip into the various Stages as you learn and grow.

Your everyday will be walking easily on the Path created by your Stepping Stones – noticing and clearing, noticing and clearing. Some issues will need more work and some issues will need help from a professional, but I can promise you that daily EFT Tapping on your presenting issues, be they physical, mental or emotional, will move you forward in an unstoppable flow.

You will have more energy, more clarity and more joy.

You will be living Everyday Happiness.

EFT Tapping

What is EFT Tapping?

EFT stands for Emotional Freedom Techniques, and is commonly referred to as 'Tapping'. Why? Because EFT Tapping is a form of emotional and psychological acupuncture, which uses light tapping instead of needles to stimulate traditional Chinese acupuncture points. Tapping on the points on the face and body is accompanied by verbalizing the presenting issue. The tapping, together with the cognitive awareness of the issue, combines to balance the energy system. There can be significant relief from emotional, psychological and physical stress. It is a healing technique that can be done by oneself or with a practitioner.

EFT Tapping has its roots in Chinese acupuncture and 20th century Western psychology. Its Western predecessors include Applied Kinesiology, Neuro-Linguistic Programming and Behavioural Kinesiology, and Thought Field Therapy.

EFT was created in the early 1990s by Gary Craig. Craig is a Stanford trained engineer and ordained minister, who studied with Dr Callaghan in TFT (Thought Field Therapy). Dr Callaghan, a cognitive psychologist and hypnotherapist who specialised in phobias, discovered TFT when a patient of his made an unexpected and immediate recovery from her phobia of water after he had tapped several times on the stomach meridian under her eye.

Gary Craig simplified the process so that the same sequence of tapping was used for every presenting problem. He also created

a comprehensive toolbox for how to use EFT for everything from phobias to traumas to physical pain and beyond. Please find the link to Gary Craig's website in the *Section: Resources* so you can study his invaluable tutorials. Due to Gary Craig's unceasing work, the popularity of EFT flourished all around the world, and continues to do so.

EFT Tapping been applied to a great range of problems, from PTSD to bee stings and everything in between. Some issues should only be approached in the hands of an experienced practitioner. However many millions of people have made huge steps by tapping for themselves for a range of issues, including anxiety, weight issues, stress, fears and phobias, anger, grief, poor self esteem, lack of self confidence, relationship problems, limiting, beliefs, insomnia, procrastination, physical pain, dyslexia, addictions and many other issues.

Every single thing that you experience is stored in the bodymind – in your mind and your cells and in the subtle energies of the body. You store memories and the emotions that went with it. You also store what decisions you made about the world. For example, if you fell over as a child you learnt that it can hurt to fall over. You tried to manage your body better so as not to fall over. That is helpful.

But you also had an emotional reaction. It may have been fun and it may have been scary. And those feelings may have been affected by the reactions of the people around you. So if, for example, you were scolded, you may have told yourself that it isn't safe to experiment and you may have learnt caution – both physical and emotional. Why experiment when you will get into trouble? But maybe you were applauded for your experimentation. Maybe you learnt to embrace discovering new things and to know you may be praised for that. So one person may have a belief that the world is scary and the next that the world is exciting.

This is very simplistic of course, and we are told that our behaviours are caused by many inputs including our innate personality. But when we are triggered, we naturally look in the filing cabinets of our experience to make sense of it.

We attach meaning to our new experiences based on the past, whether there are conscious memories or not. The emotional memory is the most powerful and when that memory is negative, such as anger or fear or sadness, it will resurface.

So, paradoxically, the easiest way to clear what is blocking you in the everyday is not to run away from it as you naturally want to do. You cannot run away from it. If you do not deal with it, the negative emotion will continue to be stored (along with the original memory and the beliefs you created at the time). That is why some beliefs seem so *true*. They are deeply wired into you. And yet when you clear the negative energy you can change your mind and your beliefs and, most incredible of all, your future.

This is why EFT Tapping works so well when you use the material offered to you by your everyday life as your Stepping Stones. They give you access to your most powerful triggers and beliefs.

The good news is that although I believe it is helpful to get the help of an experienced practitioner to clear deep patterns and certainly to heal some traumas, you can do a huge amount with the everyday tapping that I am teaching in this book.

When you tap on your everyday triggers – your uncomfortable thoughts, your current emotions and your physical symptoms, which I am naming your Clues – you are also clearing the ancient backlog. You are sending a message down the meridians to clear the energy disruption and in doing so, new ways of thinking and feeling present themselves.

You know your EFT Tapping is working because you think, feel and act differently. You are “free” from unnecessary excessive and damaging negative emotion (*Emotional Freedom Techniques*). You are able to respond to what the world offers you in a way that is healthy. You can create your own reality.

For example:

1. *You want to lose weight. You are meant to be on a diet but you find yourself popping a chocolate bar in your mouth. Normally, you would feel so remorseful and guilty you might decide it's not worth sticking with the diet anyway because you are “hopeless” and carry on eating. The guilt sticks around and it gets harder and harder to believe you can lose weight. With EFT Tapping, you clear the immediate guilt and remorse and come to a place of understanding why you ate the chocolate bar in the first place. You free yourself from needing to eat the chocolate as an emotional response.*

You can also tap on the deeper issues that cause the emotional eating. Perhaps you come to realise that your need to lose weight is based on your fear of other peoples' perceptions. You clear the fear and come to a place of acceptance with your body and your eating. You find a relationship with food that is entirely healthy.

2. *You notice that you habitually blame your partner for all sorts of minor misdemeanours. You want to stop because you know you are crushing the relationship but you feel in thrall to your annoyance. Over time, this annoyance is turning into resentment. With EFT Tapping, if an issue comes up, and you notice that familiar annoyance you can clear it straightaway. Because you are no longer resentful, you can talk to your partner about the issues and your partner is much more likely to “hear” you. You have a good discussion and a way forward is found.*

3. *You want to apply for a promotion at work but feel too scared. You identify the negative emotions and limiting beliefs. Perhaps you have this sort of fear for a long time. This lack of confidence may have started in childhood when you learnt to make yourself small to keep out of the way of your father's anger. Making yourself small and invisible worked when you were little but is no longer appropriate. By clearing the presenting fear and limiting beliefs with EFT Tapping you become "free" of damaging negative emotion and move forward. You apply for the promotion.*

These examples can only be snapshots of how EFT Tapping and the Everyday Happiness Practice works.

You are able to act from a place of openness and love not constriction and fear. Put simply, you feel better.

For a more detailed explanation of EFT Tapping and how it works, I recommend *Emotional Freedom Techniques for Dummies* by Helena Fone (see **Section: Resources**)

How to do EFT Tapping

1. Define the Problem

First, you need to know what your problem or “tappable issue” is. I go into considerable detail about how to find your “tappable issues” in **Stage 2: Find your Stepping Stones**. Your “tappable issue” is your Stepping Stone in the Everyday Happiness Practice. It is when you are aware of being less than completely happy with something you are feeling, thinking or a physical symptom.

You estimate the level of discomfort using a scale of zero to 10. We call this scale SUDS – the Subjective Unit of Distress Scale. 10 is when the level of discomfort is most intense, and zero is

when you wouldn't be thinking of tapping. The discomfort being measured can be emotional such as fear, anxiety or anger; physical, such as headache pain or a craving; mental, such as a negative belief.

This measuring is subjective and I encourage you to trust your first thought. No one else can measure your level of intensity. Sometimes the levels will present as fractions. *Always trust your answers* and be wary if you hear an internal voice saying something like, "*it must be zero by now*".

Those levels reveal what still needs to be tapped on. When you find yourself stuck or moving down the scale very slowly, ask the question, "*What else is going on?*" or "*What else might be getting in the way?*" The answer is always there. It bubbles up from the subconscious.

NB Assess how you are rating the problem or issue *now* not when it first occurred (if you are tapping on a past event).

When you are tapping for a Choice or Affirmation or positive statement, you will be tapping the other way – UP the scale. This is when zero would be the very worst scenario and 10 is your goal and when you can say the statement is true with no hesitation whatever.

Again, the same attention to detail applies. Trust your instinct. If you long for a 9.5 to be a 10, but it isn't, trust that and ask yourself why not? The answer is always there.

2. The Set-Up

The Set-Up has three parts: the first, the words "*Even though*"; the second, the statement of the issue; the third, a form of affirmation, such as "*I love and accept myself*".

First decide how you are going to word your issue. You want to be as specific as possible.

For example:

“Even though I have this headache above my right eye and it is throbbing, I love and accept myself.”

“Even though I feel so anxious, I love and accept myself.”

“Even though I am telling myself it shouldn’t be like this, I love and accept myself.”

To do the Set-Up, you say the Set-Up phrase while tapping the Karate Chop point, which is the side of the hand between the base of the little finger and the wrist. You want to be “tuned in” to the issue. Tap with focus and intent.

“Even though” This sets up the relativity of the issue. Whatever the negative statement, it is redeemable. Already present in the first two words, there is an element of compassion and heart.

“The statement of the issue” This is where you want to state the issue as clearly and specifically as possible. It is where the skill of doing EFT Tapping comes in. It is part of what Gary Craig calls the “art of delivery”. So check your words.

“The affirmation” You choose some form of affirmative statement, *whether you believe it or not*. If *“I love and accept myself”* is difficult to say, find another version that feels OK. Use your own dialect or slang. Here are some alternatives:

“I’m OK anyway.”

“I love and respect myself.”

“I accept myself as I am.”

“I accept my feelings and thoughts.”

“I’m a cool kid.” (for children)

This affirmation allows your system to say the previous words, as it gives a “container” for accepting you exactly as you are, warts and all. For me, it creates the magic of EFT Tapping, as it is deeply spiritual.

“Even though ... (this negative issue)... I love myself”

My experience is that, even though it feels *so far* from the truth at the beginning, this starts the process of love and forgiveness, so that eventually you truly experiences love and acceptance. So even though the Set-Up starts with *your own love and acceptance*, what happens is that, over time, it opens the door to a more universal source of love and acceptance.

3. The Reminder Phrase

After tapping on the Karate Chop point with the Set-Up phrase, move on to tapping the other points with the Reminder Phrase while staying “tuned in” to the issue.

The reminder phrase is a short aspect of the presenting issue.

For example:

“this headache”

“this anxiety”

“this ‘it shouldn’t be like this’”

Tap on the points starting with the Top of the Head Point and including the thumb and finger points. You can also do a “short round” and just tap the body points. In fact, there are many variations on how you can use the points, but start with the full round and then as you get confident with the results you get, experiment with some of the variations.

The tapping is done with your index and middle fingers. You can use one or both hands. You can stay with one side of the body or cross over. EFT Tapping is a very “forgiving” technique. You want to tap as if you were lightly but firmly beating a drum and wanting a nice reverberation so you would not dull the sound. Tap for seven or eight times.

4. Check your SUDS level

After tapping the first round, check your SUDS level and see whether it has come down. If your score is a zero, you are finished. If it has come down but is not yet at a zero, do another round or rounds. First, do a round of *“Even though I still have some of this (issue), I love and accept myself”* with the reminder phrase, *“this remaining issue”*.

You can also check in to see if you need to change the words to take into account different aspects of the issue, especially if you become stuck at a certain number. Then you can be sure another aspect is presenting itself. Ask yourself, *“What do I still have to look at to clear this issue?”*

Start with a very specific issue, try and tap it down completely and then move on to the next aspect.

The most common problem of doing EFT Tapping on your own is not being specific enough. Practice makes perfect. You will know if you are doing it right as you will get results.

I find a combination of tapping my own words, tapping others’ words or tapping along to videos, and going to my practitioner is an ideal combination. See what works best for you.

5. Keep going until your SUDS level is at a zero

Tips

Language

Be very aware of the language you use. Find the words that really resonate with you. Language is very powerful. (see much more about language in *Stage 2: Find Your Stepping Stones*)

For example:

“anxious” might be a common word to describe how you are feeling but you may check in and realise the words

“jittery and scared” might resonate better

Be specific

Doing EFT Tapping is like unpeeling the layers of an onion. Each layer will lead to the next. It is worth it. So don't be global, be specific.

For example:

Instead of “I’m angry with my wife”, tap on an aspect e.g.

“this annoyance when she leaves the wet towels on the floor” which could lead to “I wish I could talk to her”, which could lead to “this sadness at lack of communication”, which, when tapped down, leads to the potential for real communication.

Be persistent

Although remarkably efficient and effective, EFT Tapping is not a quick fix. Keep being a gentle detective, keep asking questions and keep tapping. Some issues take many rounds of tapping over time.

Other aspects

You will know when you are “clear”. There may be many aspects

of a problem. There is a lot more about this in ***Stage 2: Find Your Stepping Stones.***

For example:

You are tapping on fear of flying. You may need to address every aspect of that fear as a separate issue:

“I can’t look at the Departures board.”

“The floor will disappear.”

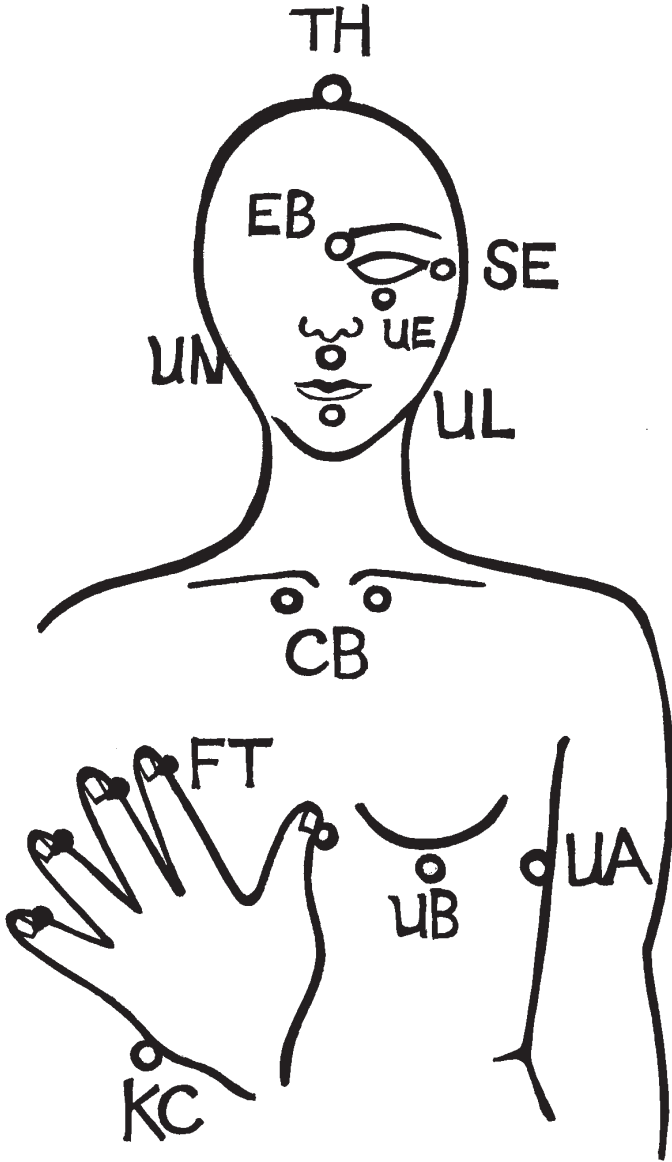
“The pilot will forget how to do it.”

“I can’t bear the sound of the engines.”

“I can’t run away.”

How to do EFT Tapping Quick Guide

1. **Define the Problem** Become aware of what you are thinking or feeling and rate its intensity on a SUDS scale of 0-10.
2. **The Set-Up** Tap on the Karate Chop Point while verbalizing your issue in the Set-Up Phrase, *“Even though I have (name your issue here), I love and accept myself,”* and repeat twice more.
3. **The Reminder Phrase** Do a round of tapping on the body and finger points while saying the Reminder Phrase e.g. *“this issue” (name your issue here).*
4. **Check your SUDS level** After the first round, check your SUDS level. If you are down to zero, your issue is resolved. If not, repeat a tapping round. Tap on different aspects.
5. **Keep going until your SUDS level is at a zero.**



EFT Tapping Points

Karate Chop (KC)

The Karate Chop is on the side of the hand halfway between the base of the little finger and the wrist. This is where you tap when saying the ‘Set-Up’ phrase.

Top of the Head/Head Point (TH)

This is on the crown on the head, to be tapped with all the fingertips of one hand.

Eyebrow (EB)

At the inner end of the eyebrow, above the bridge of the nose.

Side of Eye (SE)

On the bone next to the outside corner of the eye, “round the corner” of the bone to the side of the face.

Under Eye (UE)

On the bone under the eye socket, below the centre of the eye.

Under Nose (UN)

Just beneath the nose.

Chin/Upper Lip (UL)

In the hollow beneath the bottom lip, on top of the chin bone.

Collarbone (CB)

Feel inwards along your collarbone to where it attaches to the sternum. Just beneath the protrusion of the bone is a hollow. This is the collarbone point. However, it is hard to tap precisely on this point and in practice, tap with all your fingers back and forth across the top of your sternum.

Under Arm (UA)

Take a line down from the armpit to a point level with a man’s nipples or halfway down a woman’s bra strap. This point is at the halfway point of the rib cage right at the side of the body. Either

reach across to the opposite side and tap with several fingers or tap with your thumb on the same side.

Under Breast/Liver Point (UB)

At the base of the ribcage below the breast tissue on the nipple line.

Finger Tips (FT)

Holding your hand palm towards you and thumb on top, note which edges of your fingers and thumb are uppermost. These are the edges you will tap on. The point to tap is where the line down the side of the nail (uppermost) meets the line across the bottom of the nail. In practice, tap on the upper diagonal of your finger at the corner of the nail bed.

How to use the Tapping Scripts

When you notice you need or want to tap, look and see if one of the Stepping Stone Scripts matches your need. Tap with the script and if that has done the trick – good.

If you still have some of your issue, or you notice other aspects, do some tapping using your own words. Ultimately, using your own words is the optimum way of doing EFT Tapping but scripts can be very helpful, which is why I have included them. So play with them. Experiment.

For free Worksheets and **The Presence Exercise** audio go to www.clairephayes.com/everyday-happiness-worksheets

If you would like videos to tap along with go to: www.clairephayes.com/everyday-happiness-videos