

## I-1 – Anything Is Possible

*“The thing about growing up with Fred and George,’ said Ginny thoughtfully, ‘is that you sort of start thinking anything’s possible if you’ve got enough nerve.’”*

– J.K. Rowling, *Harry Potter and the Order of the Phoenix*

What I now know, with one hundred percent certainty, is that *anything* is possible. Do you believe this as well? Do you believe that within the realm of the humanly and physically possible, you can achieve your heart’s desire in this lifetime? Do you believe that extraordinary success, health, and happiness are possible for you, personally, regardless of your current state or your past condition?

Imagine that the power to remake the world is at your fingertips. Imagine that anything you want to accomplish – from the healing of emotional difficulties or physical pain, to the achievement of tremendous success in work, sports, relationships, or creative endeavors – could be made possible by a relatively simple set of techniques that have been refined for over thirty years and now known as PowerTapping. Would it surprise you to learn that *you are already equipped to perform these techniques, and that beyond the price of this book (unless you are the rare person who needs professional assistance) the technique will cost you nothing but some focused time and effort?*

Finally, I would ask you to discard all your preconceptions about what is and what is not possible. With your disbelief suspended and your mind and heart open, consider the possibility that you are about to learn of a magical key – a golden elixir, a philosopher’s stone – one that can quickly, easily, and relatively painlessly, make anything possible. Unlikely as it may seem at first, the simple act of using your fingers to tap and rub certain locations on your body (acupressure meridian points) while making specific types of statements, will enable you to achieve your heart’s desire.

How is this possible? The rest of this book focuses on what is known about how and why PowerTapping works, how to perform the various techniques that are involved, plus a

variety of other topics including advanced tapping, how to tap in real-time, what to do about tapping in public, and how to develop PowerTapping into a fine art that will reliably deliver remarkable results.

Before reading any further, please make a short list (preferably on paper, even if that means writing in the back of this book) of what it is that you hope to achieve. Do you want to lessen or eliminate some new or ongoing emotional pain or trauma? Are you looking for healing of a physical pain or symptom? Do you want to bring something into your life that is not there now, such as a satisfying relationship or success in business or the arts? Perhaps you just want to be calm, happy, and relaxed. Be as honest as possible. Admit to what you do and do not want in your life, and please write down at least three items. (And if you haven't actually written anything down *yet*, please do so now...you'll be using them in chapter I-3, entitled "A Personal Challenge.")

### **Is Anything Really Possible?**

With PowerTapping, anything that is possible can be accomplished. The laws of form, physics, and society can not be bent or changed (at least not overnight): you can not suddenly gain ten inches in height, or have twenty million dollars in ancient gold coins appear in your safe deposit box, or expect the laws to change so that all damage to the environment is halted. But your basketball skills could improve to the point where you make it to the pros; your business might rapidly transform to the point where you have all the money you ever hoped for; and a focused lobbying effort that you participate in might result in curtailing the spread of an environmental toxin. You should absolutely shoot for the moon with respect to all your dreams and goals, but don't sabotage yourself by aiming at that which is structurally or inherently unachievable. Assuming you have focused on some goals that are indeed possible, please note that when I say that any such thing is possible, I do not mean that you can just wish for whatever it is and that it will magically or automatically happen. *If you want something, you first have to believe that you can achieve it. Without that belief, nothing is possible.* But once you establish the belief that you can obtain your desire, you will set out to gain the skills and tools, and do

whatever else it is that is necessary to achieve that goal. What once was a hope or a wish will now become a possibility. With your strengthened desire, motivation, and drive you can and will succeed.

It is not enough for you to simply want something, to “try” to make it happen, or to be partially convinced that you can achieve it. You have to be fully confident that you can make it happen, and you have to be totally committed to making it happen. Those who have maximum confidence and commitment are much more likely to achieve their goal, and much more likely to do it in far less time. To reach this optimum level of dedication, you might have to tap *out* and eliminate such feelings as:

- “I’m afraid of achieving my goal.”
- “I don’t really want to put out the effort to achieve my goal.”
- “I’m embarrassed by having this type of goal.”
- “If I achieve my goal, I’ll be ridiculed or disliked.”
- “I don’t really want to make the commitment required to achieve my goal.”
- “I don’t want to face the risk of failure.”

... and so on.

Or you might have to tap *in* and amplify:

- “I am capable of reaching this goal.”
- “I am achieving my goal with ease.”
- “I am worthy of achieving this goal.”
- “I know I can do it.”
- “I **am** doing it.”

As these are just some of the types of positive and negative beliefs that you may find yourself working with when PowerTapping on a specific issue or goal, it should be clear that a great deal of fearless self-examination, and a good deal of focused work are often part of the PowerTapping process. I want you to be prepared for anything.