

**Day 3:**  
**Bob Doyle**

# Tapping World Summit 2009

## Daily Utilization of The Law Of Attraction: Step By Step

By Bob Doyle

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There is no need to overcomplicate the process of getting into vibrational resonance with your desires. You are really simply focusing your attention on a vision for yourself and working to experience the feelings associated with that vision fulfillment, releasing resistance along the way. That's ALL you have to do.

1. Begin each day with a specific intention. As soon as you wake up in the morning, and before you start thinking about your day, set an intention for that day. Try to visualize and *FEEL* precisely what you want to have happen today.
2. When resistance comes up, release it. During this "intention setting phase," and throughout your day, when you begin to experience resistance (doubts, fears, worries, overwhelm, etc.) you must get into the practice of releasing these emotions as soon as they come up. Your practice of releasing should be ongoing - to the extent that it becomes nearly automatic. This is where Tapping comes into play.
3. Spend time in meditation, focusing your thoughts and feelings on what you desire. Much like that time when you first wake up, before the "to-dos" of the day start to pop up in your head, meditation is a time where you can "clear the clutter" and evolve your personal vision.

As always, it's important to not get in a feeling place of "someday I'll have these things I'm visualizing", but instead, "I HAVE these things! I deserve these things! I am these things!"

It will take time, practice, and persistence, to minimize the resistance that may come up for you when you have these feelings, but you absolutely must commit to doing whatever it takes to fully *BE* your desire fulfilled because right now, you are *BEING* whatever your reality seems to be. And unless you change who you are *BEING- on every level-* your reality will not change.

4. Do things that bring you joy! You absolutely must allow yourself to have fun, doing the things you love to do. Whatever stories you have about not having time or resources to do those things must fade away from your daily experience. Again, this can take time, and it can take a change in routine. You can't keep doing the same things, expecting different results. You must make a conscious effort to begin living the life you want to live, experiencing joy whenever possible.

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5. Do not get attached to a “timeframe”. The more attention you put on trying to “hurry things up,” the more you are in vibrational resonance with “not having them.” Trust that when your vision is clear, and you are free from resistance, you will attract the appropriate things at the appropriate time. If you find this difficult, use Tapping to clear your beliefs about a timeframe.
6. Honor your intuition. If you follow the simple steps above on a daily basis, you will attract appropriately. This means you are likely to have inspired thoughts and intuitive nudging that require inspired action! This action will lead you another step closer to your ultimate desire, even if it seems to make no logical sense.
7. Take time daily to generate exuberant feelings of Gratitude. Skipping this step slows things down tremendously. The feeling of gratitude - in all things, big and small - attract more situations and circumstances that will allow you to experience more gratitude. If you are thankful for all that you have that you enjoy, you will attract more of it. Gratitude for money brings more money. Gratitude for your relationships makes them better.

Again, there is no need to make the manifestation process harder than it needs to be. Ideally, it should be effortless. That is our natural state.

You simply *CANNOT* underestimate the power that resistance is having in your life, and you must devote yourself to eliminating it whenever it appears. You will know resistance by the way that you feel. Anything that doesn't feel good, is evidence of some level of resistance. Use the tools we have provided on an ongoing basis. Be persistent and patient, and your reality *WILL* shift!



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## Resistance: What You Need To Know

By Bob Doyle

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If you want to harness the law of attraction you must look into the resistance you have to attracting what you want!

Resistance is at the heart of why we're not living the lives of our dreams. Resistance is why there is stress...disease...war. Basically resistance is the cause for our "disconnect" with a life of joy in many areas.

Here I want to dig into resistance in a deeper way than I've done before. I wish to not only clearly explain what resistance is, but how to recognize it or uncover it. Then we'll talk about what you need to do to minimize or eliminate it... because only then will you have full access to the joy that awaits you.

First, let's be clear on what resistance is. From a scientific standpoint with regards to the Law of Attraction, resistance is simply "energy that is not in resonance with what you're wanting to attract."

Because the Law of Attraction states that you will attract those things that you are in vibrational resonance with, if there is a part of you that is vibrating something that is *NOT* in resonance with something you want, it will actually work to REPEL that thing... like an energetic force field.

For example, if you are wishing to attract money, and you get into the "feeling place" of having that money *NOW*, through visualization, meditation, or some kind of exercise, then you have started the attraction process which will continue as long as you're fully in that state.

But what happens is that we don't stay in that state very long because resistance shows up in the form of negative or limiting thoughts and beliefs about attracting money. It could be that at some level you think you don't deserve it, or that money is "bad", or that you're being greedy... the list can go on and on.

When that resistance shows up, it's indicative of a change in your overall energetic vibration...and you are no longer in resonance with attracting the money...or whatever it is you're trying to attract.

Obviously then, learning to eliminate that resistance is a key component in your ability to attract what you want- to fully live your life by design.

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## ***Clearing Resistance***

Let's look at a few ways resistance frequently shows up, and see if you recognize any of these patterns in your own life. If any of these examples resonate with you then you have a Tapping target. Remember the key to making Tapping work for you is to be very specific. Use the questions below to help you be more specific. Your answer will be exactly what you need to tap on. It's not about your answers but about how your answers make you FEEL.

*Where did I learn this?*

*When did I start believing this?*

*What is the upside of feeling this way?*

1. ***It's Too Big!*** Many of us get stopped in pursuing the life of our dreams because of a false belief that what we want is just "too big" or unattainable. This is not true, but our belief system doesn't fully "get" the infinite nature of the Universe, and our ability to tap into that.
2. ***I don't deserve it.*** I don't deserve to... "be happy"... "make that much money"... "live in that kind of house."

Our feelings of deservedness play a huge role in getting into a vibrational match with what we're attracting. It's a very strong energy pattern in our lives and has a significant impact on our vibration when we don't feel deserving of what we want. It literally turns the magnet (at least the magnet we're working with at the moment) OFF, or at least, to "repel" mode.

3. ***I Can't Figure Out How To...*** The desire that many of us have to have it "all figured out" is a very common and natural one. We are intellectual beings and doing something without knowing all the "reasons" for it can significantly slow a person down or stop them completely from taking action toward something.
4. ***I'm bored.*** This is one that's shown up for me in my life numerous times. I'm working on a project that once brought up highly passionate emotions, and suddenly out of nowhere, I feel bored with it- or distracted- or thinking of another idea completely. Often ideas WILL evolve from one thing to another, but it's also common for resistance to show up as boredom. It's a form of self-sabotage.
5. ***This Always Happens To Me!*** If this is your thought process, you share it with a lot of people. This generally shows up when you feel you're "doing the right thing" and suddenly – almost predictably – something happens to stop the progress. The key is, you're pointing "out there" as to why this has occurred. The truth is, it's your own resistance that attracts these events. See if you see a

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pattern. It's actually quite obvious. YOU are the common denominator. This isn't to "blame" you, but to empower you. You're a powerful creator. Let's deal with your resistance and use your power for good!

6. ***I'm Depressed (sad, apathetic, angry...)*** These emotional states can be debilitating. A person who is consumed with and focused on the perpetuation of some kind of emotional state all too often defines themselves as those states, i.e. : "I'm depressed." Every time you do that, you solidify that vibration a little more. You're feeding that emotion with Energy and "I am" statements. There is little chance that those emotions will change for the better until you change that pattern of "energy management."
7. ***I'm not Healthy/Energetic Enough*** This is very much like number 6 above in that people tend to perpetuate these states by their self talk, and the talk they do with others. If you're constantly focused on your lack of fitness, or health-related issues, this is the vibration you're going to match. How you attracted those states in the first place can often become clear as you begin to work at eliminating that form of resistance.
8. ***They won't let me...*** Again, this is about giving control of your vibration to others. In reality, they have no real control over your vibration- but you allow their words or actions to affect you emotionally in a negative way. This again, is resistance in action. You don't have to live in a world where the possibilities in your life hinge on the opinions or attitudes of other people who don't share your vision.

Those are just a few of the very common ways that resistance can show up...and there are "versions" of all of them. I'm fairly certain, though, that you probably saw yourself in at least one of those categories. What you need to know about this is that these thought processes *ARE* affecting your ability to attract what you want. That's not to say that you'll *NEVER* get what you want if you don't immediately go to work on the resistance. It does mean, however, that you can greatly accelerate your success by the purposeful and persistent elimination of energetic resistance in your life.

This is not an insignificant thing we're talking about here, in case I haven't driven that point home.

Resistance is the *ONLY* force that is stopping you from having the life of your dreams.

Realize also that resistance is very often hidden. It *WON'T* always be obvious what the nature of your resistance is. The good news is that you don't have to have all the answers. You simply have to know when you're having a feeling that isn't "good". That is the only indication you need that you are in a state of resistance at some level,

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and THAT is the time to tap and deal with that resistance, as opposed to later in the day when you're not fully immersed in it.

### **AVOID THIS COMMON MISTAKE**

The mistake people make when they utilize Tapping books or recordings is that they tend to skip over the issues they don't believe are theirs. Big mistake. As I mentioned earlier, a lot of our resistance areas are hidden- or for some other reason we don't want to look at them, so we deny that they are ours. Doing the Tapping process on issues that you don't think are yours, is very often the most powerful work you'll do.

You're always attracting something. Learning to release resistance in the **MOMENT** that it occurs is your key to attracting mostly enjoyable things.



