

Positive Energy Psychology™ -PEP- Manual

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Before We Get Started...

Let me first just say thank you so much for reading this PEP Manual. I am so excited to share this wonderful technique with you as well as the story of how I came to create it. I'll also give you some ideas for getting the most out of PEP and then I'll share a wonderful PEP list for experiencing more peace, love, and abundance in your life. But before we do that, let me just get a few things out of the way...

First, the Basic Legal Stuff

Copyright and Disclaimer: Positive Energy Psychology™ and all the written materials, videos, and images of this PEP Manual are copyrighted and may not be shared or reproduced in any way without the express written permission of the author. The information in this manual is provided as educational information only and in no way should be construed as medical advice. As you read this manual, it is expected that you will take full responsibility for applying the information in whatever way feels appropriate for you and that you will take full responsibility for the results.

So there you go. Seems fair and reasonable, right?

Need more?

Positive Energy Psychology™ is a very effective method to feel your natural state of unconditional well-being and joy, effortlessly release underlying resistance, and align your consciousness with what you want to experience in your life. However, it is not a substitute for professional counseling when you need it. If you find that you are having emotional difficulties that run deeper than you can address with PEP or any other self-help technique, I really encourage you to get additional help and support from a qualified mental health professional. When you're really suffering,

having a compassionate person to talk to who knows how to help can make all the difference.

Do you know someone who might like PEP?

If you'd like to share this PEP Manual with someone who you think might benefit from it, that would be wonderful. Please send them to the following link where they can download a copy for themselves:

<http://lauralawsonboatman.com/pepmanual>

That way, they can receive my free eNewsletter as well that will let them know about new videos, blog posts, and resources related to PEP as well as other techniques and ideas that help us experience our natural state of unconditional well-being. Thanks for helping me spread the word about PEP in this way, too!

I hope you enjoy this PEP Manual and all the ideas I've included here. It is my intention that it will help you to experience more of your natural state of unconditional joy, well-being, and self-love in every moment of your life.

Blessings,

Laura

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A Note About Navigating Through this PEP Manual

To move to one of the chapters above from this Table of Contents, simply click on the chapter title above and you will be taken there. You can also click on the pages icon on the left of your screen which will allow you to navigate to the different pages from anywhere in the book. You can get back to this Table of Contents whenever you wish by clicking on page 4.

Chapter 1:

Introducing Positive Energy Psychology™:

What It Is and How to Use It Most Effectively

Positive Energy Psychology™ is a wonderful new technique that I have developed that helps us to feel our natural state of well-being, joy, and wisdom and align our consciousness with what we want to experience in our lives. It helps us to change our negative feelings, limiting beliefs, and old conditioned patterns in a very gentle, uplifting way without having to focus on these issues directly.

With PEP (pronounced “pep”), we focus on a list of various positive beliefs, feelings, and states of being that we want to experience as we touch a series of twelve specific acupressure points on the face and body. As these points are gently activated, the channels of energy within us open up and restore us to our natural state of unconditional well-being and wisdom. In the process, any underlying resistance or negative patterns of thinking, feeling, and behaving are effortlessly released. After a session of PEP, we experience heightened states of joy and well-being and we feel our consciousness come into harmony with what we want to experience. It is truly a wonderful process that feels very uplifting, inspiring, and joyful.

In this PEP Manual, I will:

- Introduce you to the key elements and essential principles of PEP
- Share my ideas about how to apply PEP most effectively
- Compare PEP and EFT and give guidelines for using each

- Share the story of how I received the inspiration for PEP and the wonderful, positive changes it has brought to my own life as I have used it as a daily practice
- Teach you step-by-step how to do PEP

A Little About Me

In case you're not familiar with my work, I thought you might like to know a little about me before I tell you more about PEP. I'm Laura Lawson Boatman and I'm a licensed therapist, writer, and author of a number of self-help programs and personal growth resources. I did my graduate work at UC Berkeley and I have worked as a therapist in the San Francisco Bay area and here in northern Arizona as well.



I've always been interested in ways we can move past our self-imposed limiting beliefs and patterns and experience the unconditional joy, love, and well-being that comes from the deepest part of who we are. I discovered EFT (I'll tell you more about EFT soon) back in 2002 and it quickly became one of my favorite techniques for releasing those old patterns; I have used it as the primary modality of my private practice and it is one of the key components of the self-help programs I've created.

And now, out of my experience with EFT, I have developed a wonderful new technique which I call Positive Energy Psychology™. I truly feel that PEP builds on the strength of EFT and really takes EFT to the next level. PEP is a wonderful tool to help us feel that place of unconditional well-being and joy within us and I am just so excited and happy to be able to share it with you now in this PEP Manual.

So, let's get started! In this chapter, I will be giving you an overview of Positive Energy Psychology™ and my ideas about how to use it most effectively.

The Foundation for PEP: Energy Psychology and EFT

Because Positive Energy Psychology™ is a new branch of the field of Energy Psychology and shares a foundational understanding with a specific technique of that field called EFT, I want to introduce you to these two concepts before I go more into PEP so you will have an understanding of what I'm talking about as I refer to these later in this manual.

Energy Psychology is an emerging discipline in the field of psychology that includes a variety of different techniques that all use the activation of specific acupuncture and/or energy points in the body to help us release old conditioned patterns of thinking, feeling, and behaving that no longer serve us. A growing body of evidence, both research-based and anecdotal, suggests that Energy Psychology techniques such as EFT rapidly and effectively relieve a great variety of symptoms both mental, emotional, and physical.

EFT is probably the most well-known of these Energy Psychology techniques. EFT is a powerful technique that was developed by Gary Craig and I've used it very effectively with myself and with clients for many years. In the original form of EFT, you simply tap or rub on a series of acupuncture points on the face and body as you focus on a specific negative issue that you want to release. As an impressive body of anecdotal evidence illustrates, EFT effectively relieves a variety of mental, emotional, and physical issues. Although there are some key differences in the two techniques, PEP is essentially a positive form of EFT.

Roots in Chinese Medicine

Both EFT and PEP draw heavily on the collective knowledge of Chinese Medicine and acupuncture in particular. Over the period of its five thousand year history, Chinese Medicine mapped out specific pathways of energy flow, or Chi, within the body which have come to be called meridians. They then discovered various key points which help to open these channels of energy and restore them to their natural state of flow when they are activated.

With EFT, we activate a specific sequence of these acupuncture points to help us to open that natural flow within our bodies as we focus on whatever negative feelings, beliefs, memories, or physical symptoms we want to let go of. Whenever we are feeling anything less than our natural state of well-being and peace of mind, it is an indication that these channels of energy are constricted. As we activate and open these channels by tapping or rubbing these energy points as we do with EFT, we reset these channels within our nervous system to remain open while we think about that issue that formerly caused contraction and distress. As the flow is restored, negative feelings, limiting beliefs, and physical symptoms ease and disappear and are replaced by a feeling of well-being and wisdom.

A Note on Resistance to Using EFT Regularly

EFT is an extremely powerful Energy Psychology technique and it has worked very well for me, my clients, and the many people I've shared it with. The down side of EFT is that it is designed to focus on the negative: the problem and the negative thoughts, feelings, and experiences related to it. In the traditional way of using EFT, you are encouraged to think about the problem and even say it aloud repeatedly as you are tapping on the acupuncture points.

Despite its effectiveness, I have found that the negative focus of EFT can make it hard to follow through with it and use it every day, particularly when we're feeling good and don't want to focus on our negative feelings and thoughts. For me, I know I would much rather focus on the positive aspects of who I am, what I am experiencing, and what I want to happen in my life. I know many people feel the same way. The good news is that I have found that Positive Energy Psychology™ works as well if not better than EFT as a regular daily practice.

In Harmony with the Field of Positive Psychology

The philosophy of Positive Energy Psychology fits well with the intention of another emerging branch of psychology called Positive Psychology. Positive Psychology was developed by Martin Seligman and its intention is essentially to go beyond the current tendency in the field of psychology to focus almost exclusively on treating mental illness and relieving suffering and symptoms.

Of course, these are important components of psychology, but there is so much more potential within humanity and Positive Psychology seeks to show us how to reach that potential. In harmony with the ideas of Positive Energy Psychology, Positive Psychology focuses on helping us experience increased states of happiness, well-being, and fulfillment in our lives. The techniques of Positive Psychology tend to be cognitive in nature, helping us deliberately identify and change our habits of thinking to experience more joy and help us fulfill our potential.

As the name reflects, Positive Energy Psychology holds similar intentions to Positive Psychology as it draws on the powerful techniques of Energy Psychology. Combining these two concepts into the philosophy and focus of PEP enhances the power and effectiveness of both.

The Key Elements of Positive Energy Psychology™

As I said, Positive Energy Psychology is a simple, powerful technique I discovered which helps you anchor inspiring and uplifting positive phrases and ideas in your consciousness. Several key distinctions make Positive Energy Psychology unique from EFT and other Energy Psychology techniques.

Focus on the Positive

With PEP, we focus on the positive thoughts, feelings, and states of being that we want to experience as we activate twelve key acupuncture points on the face and body. As I'll describe in more detail in the next chapter, the breakthrough idea for me was this: I realized that we don't need to focus on the negative symptoms, beliefs, or feelings directly to release them from our energy system. This reflects a fundamental shift in philosophy from EFT to Positive Energy Psychology™.

Focusing on the Positive Releases Underlying Issues Effortlessly

As you do PEP and focus on the positive phrases you want to anchor in your consciousness, the underlying negative beliefs and feelings that conflict with these positive ideas will naturally be activated in your energy system. As I discussed when I was talking about EFT, the discomfort we feel is an indication that those channels of energy are constricted. However, because we're focusing on positive phrases, the discomfort is typically much less than it would be if we were to address the negative issue directly as we do with EFT.

This underlying resistance to the positive often arises when we work with affirmations. For example, if we affirm, "I am happy and prosperous," there is another part of us, the old conditioned patterns of thinking and feeling

that Eckhart Tolle calls the ego, that may resist this idea and cause emotional discomfort and limiting thoughts to arise in the background as a result.

With affirmations alone, you generally just plow through this resistance through repetition. As you saturate your consciousness with positive affirmations over and over, this underlying resistance will eventually fade and the positive idea will be accepted into your consciousness. Usually.

PEP Clears the Resistance to Affirmations

With PEP, the activation of the underlying resistance to whatever positive affirmations we are focusing on is an important part of the process. These thoughts and feelings that are in conflict with our affirmations are one of the targets of the PEP activation of the energy points. They are the background noise that we automatically feel as we focus on the positive affirmations we want to anchor in our consciousness.

As we activate the points and focus on what we want to experience, the channels of energy open and we are restored to our natural state of well-being and wisdom. In a relatively short time, we find that the expanded, positive, uplifting affirmations we've been focusing on ring true to the deepest part of our being and we feel our consciousness align with them and we feel wonderful.

To sum up, the gift of PEP is that those underlying resistances and limiting beliefs and negative emotional patterns are released without having to focus on them directly. Focusing on the positive states of being that we want to experience activates these underlying issues and touching the PEP points helps to clear them from our consciousness effortlessly.

Why You Don't Have to Focus on the Negative Issues

Let me just repeat this because it is an important point. You don't have to focus on the negatives with PEP because as you say these positive phrases, the opposing negative beliefs, thoughts, and feelings will automatically be activated in you. Activating the energy points will help you to release the part of you that resists accepting these positive phrases without even having to focus on the negative beliefs and feelings directly at all. These negative beliefs naturally get activated when you begin focusing on what you want. As you touch the points, you release these underlying negative beliefs with PEP. You simply focus on what you want and activate the points; that's all you need to do.

A Positive Version of EFT

As I mentioned before, with EFT, one of the key tenets of the system is that we need to focus on the negative issues we want to release in order to activate them in our energy and then release them through the activation of the points. I have discovered that this is not really necessary, particularly as a daily practice. As I describe above, as we focus on what we want to experience, the underlying issues will already get activated and they will automatically be cleared as we activate the PEP points.

Affirmations on Turbo

PEP gives us a great tool to enhance the power of affirmations dramatically as well. Instead of having to use repetition to overcome our inner resistance to affirmations, we can simply activate the PEP points as we focus on the affirmations we want to anchor in our consciousness. As we release the conflicting mental and emotional patterns within us, we receive the affirmations deeply into our consciousness. They feel true, they feel self-evident, and they feel wonderful.

The Value of Focusing on the Positive

By focusing on positive ideas of what you want to feel, think, and experience in your life, you bring yourself into vibrational harmony with what you want. If you are familiar with cognitive psychology or the ideas of the Law of Attraction, you know that it is much more powerful and effective to focus on what you want rather than what you don't want. From a purely psychological perspective, it makes you feel much better, it helps you shift yourself out of limiting conditioned habits of thinking and feeling, and it helps you take action to make your heartfelt dreams a reality.

Affirmations are powerful tools to get you aligned with what you want. By adding the activation of these powerful acupuncture points as you do, it enhances the effectiveness of affirmations dramatically. And that's what the PEP technique is all about.

PEP is a Wonderful Tool for Manifesting What You Want

When it comes to the Law of Attraction, I have found that PEP is the perfect tool to help us really align our consciousness with what we want to manifest in our lives. It is such a wonderful tool to help us focus on what we want and effortlessly clear any underlying negative patterns or conflicting limiting beliefs so we can truly be in vibrational harmony with what we want to manifest. And that's the key to creating what we want in our lives.

In my own life, I've had great success with using PEP to help me manifest what I've been focusing on. I've manifested more prosperity, creative ideas, solutions to problems, ease of taking action on inspirations, and just generally being in the joyful flow of what I want. One of the amazing things about my experience as I describe in Chapter Two is that many of

these things came to me effortlessly, without very much external action on my part. It has been truly amazing.

Touching the Points

With Positive Energy Psychology™, we *touch* the acupuncture points to activate them and open the natural channels of energy within us. In contrast, with EFT we tap the points to activate them. That works well for EFT because it feels like tapping the points helps us shake loose the negative patterns we're focusing on from our psychological energy system.

In developing PEP however, tapping just didn't feel right. It seemed a bit too jarring and disruptive for the positive focus of PEP. Instead, I discovered that it seemed natural and right to *touch* the points instead of tapping them because we're not wanting to shake a negative feeling or pattern from our system as we are with EFT.

Instead, we want to go beyond the surface turbulence of our minds and emotions and anchor uplifting, positive, expansive ideas in our consciousness. Touching the points feels very centering and calming and feels like it helps us to reach deeper into ourselves to that place of peace and wisdom within us. It feels like touching the points helps us feel that calm at the center of our being so we can more easily harmonize with the positive ideas and states of being we want to experience in our consciousness.

The possibility of touching the points instead of tapping them came from a training I did with Steve Wells, an EFT psychologist from Australia. In the context of discussing his wonderful simple EFT tapping technique (SET), he mentioned that he and his colleague had found that they were able to get positive results with either tapping, touching, or rubbing the points. This

opened the door for me to apply the idea of exclusively touching the points instead of tapping them to the Positive Energy Psychology process.

Why Touching Instead of Tapping Again?

Let me sum up this important distinction in Positive Energy Psychology. Touching these points is a much gentler experience than tapping on the points. I still like to use tapping when I want to loosen issues from my psychological energy system. However, with PEP we want to remind ourselves of the positive thoughts and states of being we want to experience and anchor them in our energy and belief patterns. To do this, I have found that it's much more effective to simply touch the points. Touching these points instead of tapping them feels much more calming and centering in my experience as well.

In the next section, I'll tell you about a powerful new way to phrase affirmations that works extremely well, particularly when used in the context of Positive Energy Psychology™.

Phrase Affirmations as States of Being

Another key distinction that makes Positive Energy Psychology™ unique is the way we phrase the affirmations we use in this system. I'll go into more detail about how to do this in Chapter Three, but the essential difference is that we will not be phrasing affirmations in the standard way. If you've done any work with affirmations, you know that phrasing them in a way that feels right can be a little tricky. Generally affirmations are phrased in one of two ways:

- Affirming that you already *have* the feeling, belief, or experience that you want to experience, as in "I *am* happy and prosperous."
- Affirming that you *want, choose, intend*, etc. to have what you are focusing on, i.e. "I *intend* to be happy and prosperous."

The problem with these methods of phrasing affirmations is that they can create an additional level of unnecessary resistance within us. When we say *I have* a specific goal, our ego can rebel because it often doesn't feel true to us. If we say we *want* or *choose* or *intend* to have something, it points out that we don't have it right now and this can create a feeling of lack within us.

With PEP, I discovered a new way to phrase affirmations that bypasses these issues and helps us resonate with what we want in a natural, effortless way. To do this, we simply leave the "I" out of the affirmations and describe the *state of being* we want to feel. Using the example above, we would simply say, "*Being* happy and prosperous."

I have not heard of this method of phrasing affirmations before, but once the idea came to me, it felt so much better than any other technique. It really helps us to resonate with what we want without the ego resistance that can arise with the other methods of phrasing affirmations.

PEP Works Well for Mild Emotional Distress and Anxiety

When you're feeling out of balance or are experiencing mild to moderate levels of anxiety or other negative emotions, I have found that it works very well to do PEP as you focus on the states of being you want to experience in that moment. The phrase, "feeling peaceful well-being" is a good overall affirmation to use when you're feeling off and you're not sure what to focus on. I have found PEP to be a rapid and effective technique for releasing mild to moderate levels of anxiety and other kinds of emotional distress within a few rounds.

Using Positive Energy Psychology™ and EFT Together

As I discuss below, for more intense emotional reactions in the moment, it can be very effective to first do a simplified version of EFT (SET as

described by Steve Wells) where you simply tap on the points while you are thinking about or feeling whatever issue you want to release.

As you do, pay attention to how you're feeling. Generally, within five minutes or so, you should feel an internal shift within you and you will know you are ready to focus on the positive states of being that you want to feel. At that point, shift back to using PEP to anchor your list of positive ideas and affirmations in your consciousness.

EFT and SET are Great Tools for Emotional Intensity

Again, I want to be clear that EFT works very well when you are feeling the intensity of an issue in the moment. When you are feeling an intense negative emotion or you are steeped deeply in a negative belief or thought, it can sometimes feel like too much of a leap to go from there to a positive thought of what you do want. For some people, it can feel like you're not being honest with yourself or not acknowledging the feelings that you're having. And sometimes, you just want to let yourself feel the anger or sadness or whatever it is that you are experiencing.

In situations like these where you're feeling a lot of emotional intensity, I recommend you let yourself feel whatever you're feeling and just use traditional EFT or the simple version of EFT (SET) to clear the negative emotions and underlying issues as you do. To do SET, just tap on the sequence of acupressure points as you are feeling, expressing, or experiencing the negative state that you are in. As you tap on the points, you will be loosening up these patterns in your consciousness so that you can release them. As I've mentioned before, it's like you are shaking them free. Then, when you feel ready, you can use PEP to finish your session in a positive, uplifting way.

To sum up, EFT is still a very powerful tool to have in your toolbox. It is a wonderful technique to use when you are feeling a high level of emotional,

mental, or physical distress and you don't yet feel ready to use Positive Energy Psychology™ to let it go. Now that I know PEP, I think of EFT like Echinacea or a first aid kit for my energy system; even though I don't use it every day, I always have it available for those times when I'm feeling more intense mental, emotional, or physical distress and I need help coming back to center.

Although it's beyond the scope of this manual to cover the original form of EFT, you can learn more about it on my blog and in my online guide which includes links to a number of my EFT educational videos as well.

Here's the link to that: [Quick Start Guide to the Power of EFT](#)

PEP Bring EFT to the Next Level

The more I use Positive Energy Psychology™, the more I can see that PEP picks up where EFT leaves off by helping us move to a whole new level of happiness, well-being, and fulfillment in our lives. EFT helps to bring us from the level of suffering to relief and peace and well-being, particularly when we completely release whatever issue has been troubling us. It's a very powerful tool and a wonderful gift to all of us.

However, PEP has the potential to take us from our everyday habitual level of being, whether that tends to be mild anxiety, sadness, irritation, discontent, or whatever we're used to feeling, to beautiful, expanded states of well-being and joy and happiness. I have experienced it personally and it really works. It just fills me with joy to think about all the possibilities that PEP opens up for us all.

Positive Energy Psychology is the Ideal Daily Practice

For me, I have found that PEP is the perfect technique to use every day, every morning and evening ideally. It feels very positive and uplifting, it

only takes a few minutes, and you feel really good at the end of each session. It's the ideal daily practice. PEP is a great technique to use when you are not feeling a high level of emotional intensity and you want to focus on the positive. And as I said before, I have also found it to be a rapid and effective technique for releasing mild to moderate levels of anxiety and other negative emotions within a few rounds.

By focusing on your PEP list as I describe in Chapter Three, you can gently clear and reprogram your mind to allow yourself to experience your natural state of peace, well-being, and joy or any other state of being you want to experience. You will also be aligning yourself with what you want to experience which is key to creating the life you want.

Video: What Is PEP and How to Use It Most Effectively

I have created several videos that cover the essence of what I discuss in this manual with a few variations here and there. I will be uploading these videos and other PEP videos to YouTube and my blog very soon, so please watch for those here:

LauraLawsonBoatman.com or [My YouTube Channel](#)

In the next chapter, I will share the story of how I developed the idea for Positive Energy Psychology™ and the wonderful changes it brought to my life when I began using it every day.

Chapter 2:

The Beginning of Something New: The Story of Discovering Positive Energy Psychology™

In the spring of 2011, I had a wonderful inspiration come to me about a unique new way to help myself and others to feel the unconditional joy and well-being of our true essence and focus our energies on creating what we really want in our lives. As I shared in the last chapter, I discovered a whole new way to do EFT that feels wonderful and seems to work even better than EFT as a daily practice. I call it Positive Energy Psychology™ (or PEP for short) and it truly has been a breakthrough for me and for the people who I have shared it with. And I'm so excited to be able to share it with you now in this PEP Manual.

Where PEP Came From...

In Chapter Three, I'll tell you step-by-step how to do Positive Energy Psychology™ but before I do that, I'd like to tell you the story of where this all started. As I mentioned in the first chapter, I'm a licensed therapist, writer, and creator of a variety of self-help resources. I have been using and teaching Energy Psychology techniques such as EFT for many years with great success.

However, last spring, I had been going through one of those phases where I was feeling uncertain about the next step to take in my work. After a period of expansion, I was at a one of those plateaus where you settle back and look at where you want to go next. Unfortunately, I had been

wrestling with the problem for weeks and it didn't seem like I was getting any clearer. If anything, I was feeling more confused.

Facing my Resistance to Using EFT Every Day

Although I love EFT and I have used it very effectively for years, I have found that I can't get myself to do it consistently as a regular daily practice. It is so powerful and effective when I am feeling worried or down or out of balance and that's when I really rely on it. But I have heard stories of people who have used EFT on a daily basis to continuously clear issues as they arise and bring themselves to a new level of emotional freedom as they do. I have used EFT periodically in my life as well to release many old patterns and painful memories and it has truly helped me. However, something within me deeply resists focusing on the negative patterns and stories of my life as a daily practice.

Well, as I said, I was at a crossroads in my life and work and I was feeling uncertain and worried about what I should do next. I decided that it was really time to clear away whatever barriers had been holding me back from experiencing the next level of professional expansion and increased abundance in my life. I was feeling very confused and down about what to do next and so I decided that I was going to use EFT to tap on issues related to this until I had a breakthrough.

Jumping Into Turbo EFT Mode

So, I decided to get back to basics and I committed to doing EFT for an hour every day for a month to clear the key issues that seemed to be surfacing and see what happened. So, I did that... for about a week and a half. That's as far as I got. I tapped on the uncertainty and the self-doubts that were coming up and all the other shadow issues that I could think of. I made a list of negative, limiting beliefs and emotional patterns that seemed to be arising and I tapped on them every day. And even after all

that, I just wasn't feeling much better. I figured I just hadn't gotten to the core issue, because EFT usually really helps when these shadow issues arise. So, I kept tapping. Then, one night, I had a setback that seemed to be the exact opposite of what I was wanting and it just wore me down. I had been doing all this tapping and things seemed to be getting worse.

The Moment of Surrender

At that point, I just surrendered. I couldn't think of anything else to do, so I just prayed for my inner guidance and divine essence to help me. I asked for the wisdom to know what I needed to do to shift these issues and have the breakthrough that I wanted. I put my whole heart and intention in it.

As I surrendered the problem to my own inner wisdom and asked for divine guidance, I felt a gentle feeling of peace and well-being wash over me. Somehow, I knew that my ego could let go of this now and that a solution was on the way. I didn't know when or how, but I knew it was coming. And then I went to bed, and slept better than I had in weeks.

The Answer

The next morning, even before I opened my eyes, I had a thought come to mind about a new way to do EFT that would really reflect the way that I prefer to live my life and would help me manifest what I really want. I would simply activate the points while I focused on positive phrases related to what I wanted to experience.

As I lay there in bed with the morning sun streaming through the curtains, more and more ideas were coming to me so I slipped downstairs and started writing before I was even really fully awake. And it all just tumbled out. As I typed, the ideas all just flowed and expanded and I knew that this was the answer to my prayer of the night before. I felt it from the deepest part of who I am.

My whole being felt so joyful and uplifted and energized as I wrote. I felt myself coming into alignment with who I really am and in some way, I felt I was connecting with the flow of what I am here to share with the world. PEP comes out of my own unique vision and understanding, including my relentlessly positive, uplifting perspective on our great potential for joy, well-being, self-love, and fulfillment. This is my way. As I wrote, the perfect name for this new approach just came to me as well and I decided to call it Positive Energy Psychology.

So, that's how it began.

Feeling Wonderful with Daily PEP

As I said, I'll tell you the details of how to do PEP in the next chapter, but I just have to tell you that this technique has created a deep, fundamental shift for me.

That morning that I received the inspiration for Positive Energy Psychology™, I also created an initial list of PEP-style positive affirmations by simply changing the list of negative issues I'd been focusing on with EFT into positive phrases for PEP. I let that be my starting place and I added to the list as I was inspired. Then, I used PEP to anchor them in my consciousness and it felt *so good!* The negative mood that I had been in lifted immediately and I felt so much more positive, energized, and expanded in my energy and consciousness. After fifteen minutes of PEP, I felt like I had experienced a really wonderful meditation. My energy was open and full of a quiet sense of well-being and joy. And I knew this was really something wonderful. And I knew I wanted to share this with the world.

Effortlessly Releasing Resistance with PEP

When I felt some resistance to a positive phrase, I just focused on that phrase for a couple of rounds and the resistance was gone and I felt completely aligned with and accepting of the positive phrase. I was amazed. It seemed to work so much more quickly than EFT for shifting negative beliefs.

And Then, Some Amazing Manifestations Began...

I started using PEP every morning and evening to anchor my list of positive ideas in my consciousness. As I said, I was feeling so much better. And then, something else amazing started happening. The flow of abundance that had been a bit pinched for a while suddenly started up again. In fact, my income for the month that I had been using PEP regularly more than doubled from what I had made in the previous month. It was truly amazing. And I hadn't really done anything differently on the outside. It was like the prosperity was waiting for me in the pipeline and I just needed to align my energies with it so I could let it flow to me.

Inspiration Flowing

As I did PEP every day, I found myself getting new ideas as well and taking action on them immediately. I created a whole new self-help program and put it out into the world within three weeks.

Interestingly, I stopped doing PEP for a while and things slowed down. Then I started doing PEP again and my prosperity and inspirations began increasing again. It was really amazing. And that did it. That confirmed for me that this process really works and is really worth doing every day.

I like to spend about ten minutes every morning and evening doing PEP, focusing on the specific phrases that I want to anchor in my consciousness,

what I call my foundational PEP list. And in contrast to EFT, it's easy to keep this up as a daily practice because it feels so wonderful.

Sharing PEP

I have shared PEP with a number of people and I have also shared it in a workshop I did recently and the reaction has been very positive: the people who have tried it really love it. For people who have resisted using EFT in the past on a regular basis because of its focus on negative symptoms and issues, they find that the positive focus and the touching of the points instead of tapping feels so much better to them as well.

So, needless to say, I am hooked. PEP feels great and it helps me manifest what I want in my life. It's just wonderful. I hope you will make it a part of your own daily practice as well.

EFT Is Still a Wonderful Tool for Your Toolbox

I don't experience any resistance to doing PEP every day like I did with EFT. As I said before, EFT is a wonderful technique but I find that it's hard for me to use it regularly because I don't like to focus on negative issues day after day. And PEP has shown me that we don't actually need to do that as a daily practice.

Don't get me wrong though, I love EFT and I think it's an amazing tool for healing and releasing old patterns. As I mentioned in the last chapter, I find that it's most helpful when I am in the middle of some intense feeling or reaction or memory. It's usually the first tool I turn to when I'm feeling bad and I want to feel better. It works so quickly and effectively... it's wonderful. However, I don't think it's the only tool in the tool box. For a daily practice of effortlessly clearing and harmonizing my energy with what I want to experience in my life, I have found that PEP is a much more uplifting and empowering method.

In the next chapter, I'll tell you how to do PEP so you can start using it yourself. Please let me know what you think and what your experiences are... this is all still fairly new and I would love to know if it works as well for you as it does for me and the people I've shared it with.

Chapter 3:

How to Do

Positive Energy Psychology™

As you know from the previous chapters, I recently had an epiphany about how to do EFT in a whole new way that feels much more uplifting and empowering. I realized that we don't need to focus on negative phrases, ideas, and memories in the way that EFT traditionally does. Although I love EFT and find it a very effective tool, I've never really liked its negative focus and I finally realized that this inner resistance was telling me something. There is another way.

In this chapter, I'm going to tell you how to do this new technique which I call Positive Energy Psychology™, or PEP (pronounced "pep") for short. PEP is my own self-help technique that involves simply touching twelve key acupressure points on your face and body as you focus on various positive words and phrases related to what you want to experience.

How to Do PEP

To do Positive Energy Psychology™, you simply focus on one or more positive affirmations which are phrased in a PEP-specific format. As you focus on these affirmations, you simply touch (not tap) twelve key energy points with a comfortable, medium amount of pressure. I'll go over how to do each of these steps in detail with you now.

Step One: Create Your List of Positive Ideas

Begin by deciding on one or more positive ideas or phrases that you would like to anchor in your consciousness. There are several ways you can do this:

1. If you already have a list of positive affirmations or goals that you are working with, you can simply start with these for your initial list.
2. You can also just think about what you want to experience in your life and make a list from these ideas. I find it most beneficial to make a list of how I want to feel within myself as well as what I want to manifest externally in my life. To help you get started, think about how you want to feel, what beliefs you want to hold about yourself and your life, and what you would like to experience externally in your life as well (abundance, health, success, loving relationships, etc.). These are the initial form of the positive phrases or affirmations that you will be anchoring in your mind with PEP.
3. An easy way to get started with PEP is to follow along with the PEP lists and/or recordings that I have already created. In Chapter 4, you will find 36 positive PEP-style phrases from my Peace, Love, and Abundance Collection which is a wonderful place to start if these phrases resonate with you. At this point, I will generally be publishing new PEP lists on my blog at LauraLawsonBoatman.com so that's another resource for you as well. I'll be posting more PEP videos, blog posts, and recordings there regularly. Here's a link to the [PEP for self-love foundational PEP list](#) to get you started as well. As you'll learn in that blog post, I truly feel that self-love is the key to experiencing our unconditional well-being and joyfully sharing our gifts with the world. You can learn more about the recordings I have available in the resources section at the end of this manual and/or on my blog.

What Do You Want to Let Go of?

If you are having difficulty coming up with positive phrases you want to anchor in your consciousness, this step will give you clarity about what you want to focus on with PEP. If you already have your list, just move on to the next step of phrasing your affirmations PEP-style.

To figure out what you want to focus on with PEP, first think about the problem(s) that you want to let go of. Once you have a list of things that you don't want, take the time to turn these phrases around into their opposite which will show you what you do want. What would be the ideal resolution to each of these problems? How would you feel? What beliefs would you hold? What would you be experiencing in your life? The answer to these questions will be your positive affirmations. It is not really necessary to formally focus on what you don't want once you get the hang of this process, but it can be helpful to do this initially if you're having any difficulty with step one.

Make Sure the List is Positive

As you are developing this list of positive phrases to anchor, you will want to make sure that each item on your list is essentially positive. For example, you don't want to phrase affirmations in a negative form like this: *Not being poor and worried about money*. If you phrase affirmations negatively like this, it will just draw your attention back to what you don't want. In terms of feeling good and creating what you want in your life, it is infinitely more powerful to focus on the positive with PEP. If you find yourself writing phrases like this initially, that's fine, but just take the time to turn them around into positive phrases, i.e. *being prosperous and happy*.

One Exception... Sort of

There's one exception to this focus on the positive. I have had good success in releasing negative mental, emotional, or physical symptoms with PEP by *initially* focusing on the symptom in this specific format: *Releasing this sensation/feeling/thought*. You can also use the phrase: *Letting go of this sensation/feeling/thought*. You generally don't need to name the symptom directly, just refer to it as a *sensation, feeling, or thought*. Once you focus on the symptom in this format for a few points, I suggest that you quickly move into the positive with PEP. For example, if you were experiencing a headache, you could simply use a list of phrases like this:

- *Releasing this sensation in my temple (repeat a few times)*
- *Letting myself relax*
- *Returning to a comfortable feeling*
- *Feeling better now*
- *Feeling relaxation and well-being in my head and neck*

You may not need to focus on the negative at all with PEP, but feel free to experiment and see if this approach works for you when you have a specific issue active in your system that you want to release. I have personally found this technique to relieve symptoms much more quickly and efficiently than traditional EFT.

How Many Phrases Should You Have In Your List?

To begin using PEP, you need to have at least one positive phrase that you want to focus on. I prefer to have 36 phrases because then I can go through the twelve points three times through which generally takes about four or five minutes to do. It is nice to develop your PEP list in multiples of twelve so you can go through the whole sequence and naturally end at your heart center. However, that's not absolutely

necessary as you will always go to your heart center for the last phrase and for the closing phrases as I'll describe below.

A New Way to Phrase Affirmations

As I mentioned in the first chapter, one of the wonderful ideas that came to me the morning of my PEP inspiration was a totally unique way to phrase affirmations that helps bypass the resistance that can come from the way we normally phrase affirmations.

The Standard Methods of Phrasing Affirmations

Normally when we are phrasing affirmations, we have two choices. We can either phrase the affirmation as if we have already achieved it or we can affirm that we intend/choose/want to have whatever we're focusing on. For example, if we want to experience more happiness and prosperity in our lives, we might phrase the affirmations like this: "I *am* happy and prosperous" or "I *want/intend/choose* to be happy and prosperous."

Both of these forms of affirmation can bring up additional resistance for the following reasons. When we affirm that we have something that we don't, our minds can rebel and say, "Um, that's not true... I don't have that." This is additional level of resistance that we just don't need to deal with. Of course, if you are persistent and you use this type of affirmation regularly, it's likely that you will eventually move past that resistance and align your beliefs with the affirmation. However, it turns out that's not necessary. I'll show you why in a minute.

The other form of affirmation: "I *intend/choose/want* to be happy and prosperous" also creates resistance because this style of phrasing carries within it the awareness that we are not there yet. Although it helps us focus on what we want, it can also make us feel a sense of lack because we are essentially affirming that we don't yet have what we want.

PEP-Style Affirmations: A State of Being

There is a better way. As I was clarifying the ideas for PEP, I realized that the best way to phrase an affirmation is to simply describe the state of being that you want to experience rather than using a sentence or phrase using an "I statement" that labels you in a particular way.

To clarify, let me give you an example of what I mean. Instead of saying "I *am* prosperous and happy" when this may not feel true to you or "I *want* to be prosperous and happy" which includes an acknowledgement that you're not, I find it more effective to simply say "*feeling* prosperous and happy." Can you feel the difference between how these three phrases feel to you?

For most people, there seems to be much less resistance to this form of affirmation from our minds. I think the reason is that our ego has a harder time arguing with a simple phrase like this. You are able to get around the resistance of your mind because you are not directly saying you are or are not what you're wanting to experience. By focusing on a phrase that simply describes a positive state of being, you harmonize your thoughts with what you want to experience. It's a subtle distinction, but it makes a significant difference.

Step Two: Turn Your List into PEP-Style Positive Affirmations

To turn your list of positive ideas, affirmations, or phrases into PEP-style affirmations, just leave the "I" out of the phrase and generally begin with a verb ending with "ing." Here are some good ones to get you started: "being, feeling, knowing, welcoming, enjoying, allowing, appreciating, trusting..."

To illustrate what I'm talking about a bit more, here are some examples related to the happy and prosperous affirmation:

- *Being happy and prosperous*
- *Knowing I deserve to be happy and prosperous*
- *Allowing myself to be happy and prosperous*
- *Enjoying being happy and prosperous*
- *Appreciating happiness and prosperity*
- *Feeling happy and prosperous*

When you read these PEP-style phrases over to yourself, don't they feel good? So, take the time to phrase your positive ideas in this format now.

Phrases for Cultivating New Beliefs with PEP

As you may have noticed from the list of PEP phrase examples above, there is one that does include an "I statement" which is this: *Knowing I deserve to be happy and prosperous*. I have found that it is useful to phrase positive beliefs that I want to anchor in my consciousness by beginning the phrase with words like *knowing*, *believing*, or *trusting*. This helps to bring new beliefs into the realm of states of being and thus makes them easier to accept by our conscious minds.

With a little practice, you'll be creating PEP lists in this format automatically without needing to go through the initial step first.

Step Three: Touch the Points As You Say the Positives

Next, simply *touch* each of the acupressure points as you read either to yourself or aloud each of these positive PEP phases that you've created. Say one phrase for each point. Touch each point on either side of the body with a medium amount of pressure; you want to activate the point but it should be a comfortable feeling. It doesn't matter which side you touch. You can alternate if you like or you can use the two-handed

technique that I will describe below. You can also use two fingers on each point to make sure you are activating each point. Make sure you take a couple of seconds to touch each point, pausing for a moment or two after each phrase before you move on.

The PEP acupressure points are essentially the same points as we use with EFT with the addition of the thymus/heart point from the Balance Procedure by Jenny Cox as well as the touching of the heart and solar plexus energy points in the two-handed version.

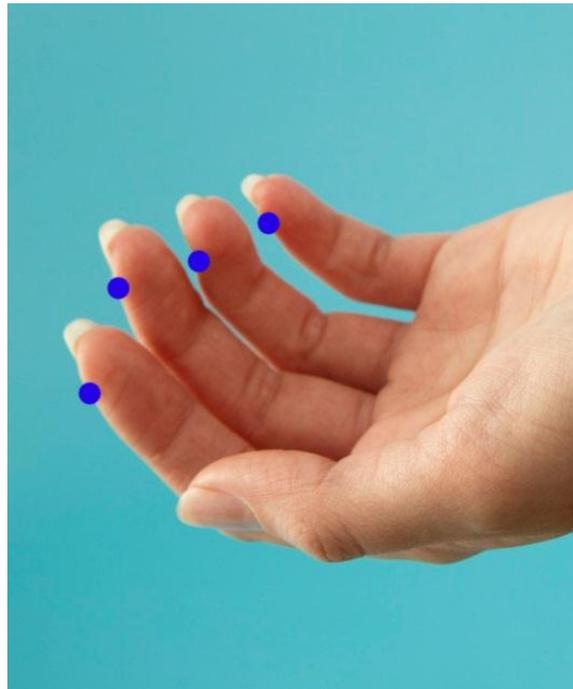
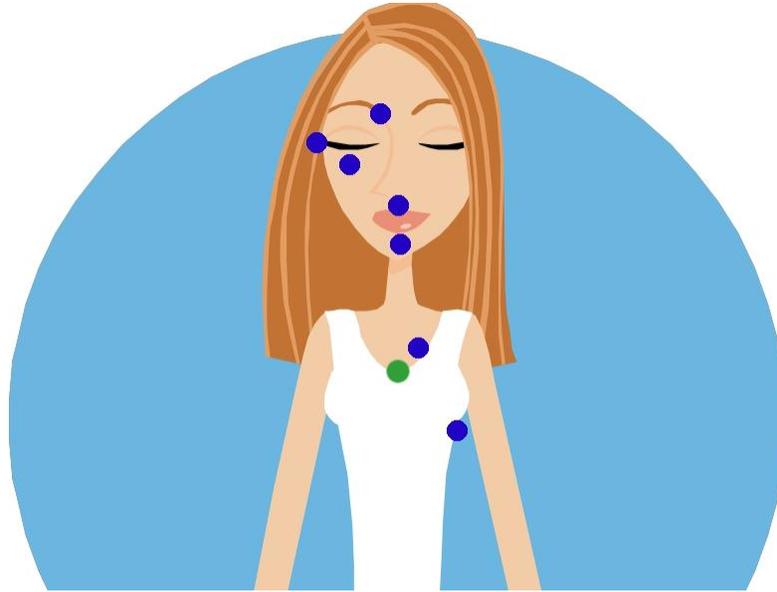
You will find the list of PEP acupressure points on the next page and an illustration of the points on the page after that.

The PEP Acupressure Points

Please refer to the illustrations on the next page to help you find the following PEP acupressure points:

1. Beginning of the inside edge of the eyebrow on top of the eyebrow hairs
2. Side of the eye at the edge of the eye socket bone
3. Under the eye at the edge of the eye socket bone straight down from the pupil
4. Upper lip in the ridge there, half way between the base of the nose and the upper lip
5. Chin at the ridge half way between edge of the lower lip and the tip of the chin
6. Collarbone: One inch down and one inch over from the U-shaped indentation at the base of your throat
7. Under the arm: About four inches down from the armpit on the side of the body, generally in the middle of the bra strap for women
8. Index finger at the base of the nail bed on the thumb side of the finger (with the thumb of the same hand)
9. Middle finger at the base of the nail bed on the side of the finger (with the thumb of the same hand)
10. Ring finger at the base of the nail bed on the side of the finger (with the thumb of the same hand)
11. Pinkie finger at the base of the nail bed on the side of the finger (with the thumb of the same hand)
12. Thymus gland/Heart: Cross both hands over this point in the center of the chest (green dot on illustration)

Here is an illustration of the twelve key Positive Energy Psychology™ (PEP) acupressure points for your reference:



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Step Four: Finish with Your Hands over Your Thymus

When you finish with your PEP list, if you are not there already, place both hands over your thymus gland in the upper part of your chest. Although this is one of the twelve acupressure points in the PEP sequence, we also finish with our hands over this point at the end of a PEP session. See the green dot in the illustration above to see where this point is. Close your eyes and say your last positive affirmation PEP phrase and then say, "And so it is. Thank you."

This point comes from the Balance Procedure developed by Jenny Cox. Placing your hands over your thymus gland is a natural thing that we all do to balance our emotional energy. By the way, simply placing your hands over your thymus works extremely well for releasing anxiety of any kind, particularly when paired with a positive phrase as we do with PEP. (Thanks to David Childerley for introducing me to this point in the Balance Procedure.) One of my favorite PEP phrases for relieving anxiety is this: "*feeling peaceful well-being.*" It will make you feel better in most situations you find yourself in.

Step Five: Check-In

Check in and see how you feel. If you are feeling good and you feel like that's enough for now, then you're done. If you feel any underlying anxiety, resistance, or other negative emotion as you focus on one or more of your PEP phrases, I recommend that you continue working with these phrases until you feel the resistance dissipate and you feel a calm centeredness return.

Focus on Phrases that Bring Up Resistance

If you find that one phrase in particular is triggering you, focus on that phrase by itself for two or three rounds of PEP. Generally, this will clear

the resistance and you'll feel relaxed and aligned with the phrase. If you still feel some underlying resistance or negative emotion when you focus on that phrase, take some time to do EFT on it, either the simple form or the formal version of EFT. When you can, it's a good idea to continue to clear whatever issue you are focusing on until you feel better. With these Energy Psychology techniques, it generally won't take you very long to get there.

Two-Handed PEP for Powerful Centering

One-handed PEP as I described above is very effective and easy to do while you're driving or only have one hand free. However, if you have both hands available while you are doing PEP, I recommend that you use both hands to activate the points on both sides of the body at the same time. In my experience, this feels like an even more powerful practice and results in a deeper feeling of centeredness and peace.

To do the two-handed version of PEP, you will simply use both hands for both eyebrow points, both side of the eye points, and both points under the eyes. Then, for the upper lip and chin points, use one hand for these and place your other hand over your heart center (green dot on illustration.) Then, for the collarbone point, use the thumb and middle finger of one hand to activate both sides at the same time. For this point and the under the arm point, place the other hand on your solar plexus which is located at the base of your rib cage. For the hand points, just use two hands to activate the finger points with the thumbs of both hands at the same time.

How to Do PEP Video Coming Soon

It often really helps to watch someone walk you through the steps when you wanting to learn a new skill. To help you learn PEP more easily, I will be uploading a video to YouTube and my blog very soon that will show

you how to do PEP step-by-step. To find this video, simply visit my blog at LauraLawsonBoatman.com or my [YouTube Channel](#).

Golden Fingertips

In Chinese Medicine, there is a saying that goes like this: *Chi flows where the attention goes*. I believe that part of the power of touching the points is that we are simply sending our attention to that area of our body and our attention itself helps to activate and open the point. This step is optional, but if you want to, you can experiment with this and see how it works for you.

In order to enhance the activation of the points, you can imagine that you have little golden balls of energy at the tips of your fingers and that as you are touching the PEP points, you are activating these points with the golden energy. I find that this can enhance the experience and accelerate the process of clearing and aligning with PEP. It's also helpful when you want to activate the points with a lighter amount of pressure, i.e. when you are doing the secret PEP technique that I describe below.

PEP Tip: Don't Hurry Through

As you go through each item on your PEP list, I find it enhances the process to leave your fingers on each point for a second or two even after you finish saying each phrase. For maximum effect, you don't want to rush through this process because that can cause you to feel an additional layer of anxiety just from rushing. The process works most effectively if you take the time to let these positive ideas into your consciousness as you activate the points. So, touch the point while you say the phrase and also while you pause for a second or two after each phrase.

Secret PEP Technique

There are times when you would like to use PEP but you don't feel comfortable doing the whole sequence in front of others. If you are in public or in a meeting and you would like to do PEP in a more discrete way, you can simply touch the four PEP finger points back and forth with the thumb of one or both hands while you focus on positive phrases in your mind. (Thanks to Steve Wells and David Lake for introducing me to their simple EFT version of this technique that's part of the method they call SET.) If you are doing this technique for an extended period of time, I find it's best to use a lighter pressure on these points so you don't feel you are putting a strain on your fingers. Combining this technique with the golden fingertips technique I describe above allows you to use a lighter pressure and still feel the positive effect of activating the points.

Signs that PEP Is Working

You'll find that you begin to breathe more deeply and calmly as you go through the PEP process. You may occasionally yawn or sigh as well. These are all signs that your energy is releasing and coming into balance with these new positive thoughts. Of course, the key sign that your energy is shifting is that you will feel better. If you are experiencing any level of anxiety when you begin this process, I've found that it generally takes a couple of rounds of PEP to feel your energy shift and come back to peaceful well-being.

PEP is the Ideal Daily Practice

As I am sure you can tell by now, I love PEP. As I've talked about before, I have found it to be a wonderful daily practice that leaves me feeling centered in unconditional well-being and in harmony with the states of being that I want to experience in my life.

It feels very positive and uplifting to go through your PEP list each morning and evening. It's as if it is resetting your consciousness to harmonize with what you know to be true at a deeper level of your being. Because PEP feels so good to do and you feel so wonderful when you're done, it's an easy habit to establish and follow each day.

PEP Releases Resistance Effortlessly

As I've said before, as you focus on the positive states of being you want to experience in your life, PEP will help you let go of any underlying resistance to these ideas including any negative, limiting patterns of thinking, feeling, and reacting without having to focus on these directly.

If you find that you are having any difficulty accepting the positive statements in your PEP list, know that this resistance will naturally diminish as you do several rounds of PEP. If you find yourself experiencing a higher than average level of resistance or negative emotion when you're focused on a particular phrase in your PEP list, just focus on that phrase by itself for a couple of rounds of PEP. When you do this, it's likely that the resistance you're experiencing will lessen significantly or even disappear within that time period.

The resistance you're feeling is showing you that this is an important phrase for you to work with. I encourage you to take the time to release this resistance and align yourself with this positive phrase because doing so could lead to a significant breakthrough for you. It's such a relief to know that we can shift these negative beliefs and emotional patterns in such a positive, uplifting way with PEP.

Why We Think, Act, and Feel the Way We Do and How to Change It

The key to changing our internal state of being as well as what we manifest in our lives externally is to change the habitual patterns of thinking and feeling that are not in harmony with what we want. From a very young age, we've all been conditioned to accept certain beliefs about ourselves, our world, and our potential. We've unconsciously absorbed these from our family, society, and from our own experiences. These patterns become established in our consciousness and we act from these patterns without conscious awareness of them most of the time. We think we're just reacting to the events of our lives and there's no other way to think, feel, or act.

However, that's not true. We do have a choice.

The first step in changing these old conditioned patterns is to realize this. The next step is to become aware of what we would rather think, feel, and experience in our lives. This is step one of the PEP process. Then, we use PEP on a daily basis to focus on these things that we want to experience. As we do, we gently release the underlying patterns that are not in harmony with the new, wonderful, expanded vision we have for ourselves and our lives.

Record Your PEP Phrases for PEP in the Car and Elsewhere

Once you have clarity about what you want to think, feel, and experience in your life, you can accelerate the change within you by saturating your consciousness with the positive PEP phrases that you have created. To do this, I have found it very beneficial to record my PEP list and listen to it as I do PEP in the car and other places where I can't sit and read my list. Even in my morning and evening PEP sessions, sometimes I want to listen to the processes instead of reading them and so I'll use the recording of my PEP

phrases then as well. An added benefit of alternating between reading your PEP phrases and listening to them in your sessions is that you are bringing these positive ideas into your consciousness through both visual and auditory channels which is likely to just add to the positive effect.

To make this easier for you, I've created a number of PEP recordings which are available in [my web store](#) that cover a whole range of positive states of being that we want to experience in our lives. The Peace, Love, and Abundance Collection is the first of these and many more are on the way.

More Ways to Use Your PEP Recording to Multiply the Positive Effect

Once you have your PEP recording, you can use it in a number of additional ways that will multiply the positive effect and reinforce the changes that are happening in your consciousness. A while ago, I had the realization that if we want to change our habits of thinking and feeling, it would be most beneficial to totally saturate our minds with these ideas that we want to anchor in our consciousness. Otherwise, it can be too easy to fall back into our old patterns of thinking and feeling and reacting. And that's where the PEP recordings come in.

As I'll tell you about next, I use my PEP recordings in multiple ways throughout my day to saturate my consciousness with what I want to experience and enhance the process of changing my patterns of thinking, feeling, and behaving.

Background Affirmations with Your PEP Recording

The simplest way to saturate your consciousness with these positive phrases is to simply listen to them quietly as you go about your day. You can listen to them in the car, at home, while you exercise, and at work in the background to continuously infuse these positive ideas into your mind

and reinforce the changes you are experiencing within your PEP sessions. Once you've been working with these positive phrases in daily PEP sessions for a while, you'll find that it is much easier to accept these ideas and feel aligned with them even when you're not doing PEP as you listen to them.

Sleep Programming with the PEP Recording

As you sleep, you cycle through different phases of consciousness: the alpha, theta, and delta. Your regular everyday waking state of consciousness operates at the beta level of consciousness. As you cycle through the alpha state of consciousness, you are more receptive to suggestions. So, a simple way to instill new positive beliefs in your consciousness is to listen to positive suggestions as you sleep.

You can use your PEP positive phrases recording to do this. Simply turn the volume down so you can barely hear it and then listen to the recording continuously as you sleep. If you find that this disrupts your sleep, you can simply listen to one round of your recording as you're falling asleep at night. You drift into the alpha state just as you are falling asleep and waking up which makes these wonderful times to give yourself positive suggestions. If you have time as you are lying in bed in the morning, you can also listen to these positive phrases as you are just waking up. Using your PEP recording in an alarm clock audio player is an uplifting, gentle way to start your day as well.

Use Your PEP Recordings for Subliminal Suggestions

Another way that I like to use my PEP recordings is to play them at a very low volume as I listen to music while I work on my computer. Listening to background affirmations in this way would be considered a subliminal method to change your feelings and beliefs.

Does subliminal programming really work? Well, the research on it is mixed; some studies indicate that it does and some indicate it doesn't and they generally attribute any positive effects they find to the placebo effect, that is, to the *belief* that subliminals will work. Even if that's all it is, I wouldn't dismiss the power of the placebo effect... it has consistently been shown to create significant changes in people on an emotional, mental, and physical level.

In addition, many experts do agree that the subconscious mind has vast potential to perceive and absorb information from our environment that we don't notice on a conscious level. When it comes down to it though, the only way you will know if subliminal suggestion works for you is for you to try it out yourself and see how you feel afterwards.

So, to listen to your PEP recording subliminally, just play it on your computer at a volume that you can barely hear. Then, turn on Pandora or some other music you like to listen to as you work. Most of the time, you won't even notice the suggestions, but they are there and I believe that this does help them to be absorbed by your consciousness. In my experience, I find that listening to my PEP recordings in this way does help to shift my mood and perspective in subtle, uplifting ways as I work and I really think that it does help me harmonize my thoughts and feelings with the positive states of being that I want to experience.

And That's All You Need to Know to Get Started with PEP

I've covered everything you need to know to begin using PEP to align your consciousness with what you truly want to experience in your life, inside and out. You now have:

1. Your PEP list for you to do daily Positive Energy Psychology sessions to anchor these positive ideas in your consciousness as you touch the PEP acupressure points.

2. The PEP instructions and diagrams which tell you all about how to do PEP and show you the PEP points that you will be activating in your daily sessions.

Use Positive Energy Psychology™ every day and I feel sure that you will see rapid, positive changes in yourself and your life.

Summary of How to Do Positive Energy Psychology

1. Follow along with your written or recorded PEP list or the Peace, Love, and Abundance list in Chapter 4. You also have the option of following my PEP lists and/or recordings as well which are available on [my website](#). Go through your PEP lists one or more times as you activate the PEP twelve points, ideally every morning and evening.
2. End each PEP session by placing your hands over your thymus and saying, "And so it is. Thank you."
3. Use the secret finger PEP technique during the day to center in well-being and shift out of any negative emotions or limiting beliefs as needed. The phrase "feeling peaceful well-being" is a good general phrase to use when you're not sure what to focus on.
4. If you record your PEP list or use one of my PEP recordings, you can also play your PEP positive affirmation recordings quietly at home or in the car as background affirmations, you can play them softly as you sleep, or very softly as you work on the computer. All of these techniques help to saturate your consciousness with these positive affirmations which is a wonderful way to build on the power of PEP and further align your consciousness with what you want.

Questions, Thoughts, Reactions, Stories About Using PEP?

If you have any questions about PEP that you'd like me to answer, please contact me via the link below and I'll be happy to respond. Also, I would really love to hear your thoughts, stories, and reactions to using PEP yourself as well. Here's the link to get in touch with me:

<http://lauralawsonboatman.com/contact/>

I'll be in touch through my eNewsletter soon as well. I've got lots of ideas and new PEP processes I want to share with you.

More PEP to Come

I'll be writing a lot of new blog posts, and creating new PEP recordings and videos for you soon as well. I'll tell you more about the resources I have available for you in the Resources section at the end of this manual, but I just want to mention a few things here.

If you signed up for this PEP Manual on [my website](#), you were automatically signed up for my eNewsletter as well so I'll be able to keep in touch and give you updates on my work that way. You can also sign up for [my RSS feed](#) to be notified of my new blog posts on your homepage or you can subscribe to [my YouTube channel](#) so you'll know when I have new videos available. By the way, my [test anxiety program](#), the first in a series of topic-specific programs I'll be creating, incorporates a PEP process and recording.

As I hope you've experienced for yourself at this point, Positive Energy Psychology is a very effective and rapid technique for creating positive changes in yourself and your life. If you follow the procedures I outline in this manual, it really will help you feel your natural state of unconditional well-being, effortlessly let go of old negative emotional or mental patterns,

and truly align your consciousness with what you want to experience in your life.

A Wonderful PEP List for You

In the next chapter, I'll give you a PEP list that comes from my Peace, Love, and Abundance PEP Collection. I love these PEP phrases and I hope you do as well.

Chapter 4:

A Peace, Love, and Abundance PEP List for You

Since the time that I initially developed Positive Energy Psychology™ and those first PEP lists, more and more ideas have come to me about how we can use PEP to feel our unconditional well-being, experience all the blessings we want in our lives, and share our beautiful, unique gifts with the world. In considering what I wanted to share first, I decided that the essential processes that would help the most people at a deep level would be these: feeling our natural state of unconditional well-being, experiencing unconditional self-love, and welcoming the blessings of abundance into our lives. I refined these three PEP lists into 36 phrases each and created recordings for each of them. I call these my Peace, Love, and Abundance Collection.

I'd like to share the following PEP list with you which includes twelve selected phrases from each of these processes. (In the complete Collection, there are 36 phrases for each recording for a total of 108 positive PEP phrases.) It's a wonderful experience to do PEP as you read through the following 36 phrases. If you have the time, I encourage you to read through these several times in a session, every morning and evening if you can. A few rounds of these will take about 10-15 minutes to complete.

In just a short time of using this list for PEP, you will feel a sweet feeling of well-being, love, and expansion beginning to grow within you. As I said earlier, if you feel increased resistance or negative emotion arise in response to a particular phrase in this list, take that phrase and do a few

rounds of PEP on it by itself. This will usually help it to shift and allow you to accept these positive, uplifting phrases and ideas into your consciousness.

PEP for Peace, Love, and Abundance

By Laura Lawson Boatman

1. *Feeling peaceful well-being*
2. *Feeling relaxed and safe*
3. *Knowing all is well*
4. *Feeling calm and peaceful*
5. *Breathing deeply*
6. *Feeling safe in my unconditional self-acceptance*
7. *Knowing everything is unfolding perfectly*
8. *Knowing my well-being comes from within*
9. *Feeling calm and comforted*
10. *Feeling gratitude for all the blessings of my life*
11. *Trusting myself and my journey*
12. *Bringing my awareness to the peace in my heart*
13. *Loving myself as I am*
14. *Loving myself unconditionally*
15. *Loving and accepting myself totally and completely*
16. *Loving myself as I am in every moment*
17. *Feeling safe in my unconditional self-acceptance*
18. *Embracing myself in all my beauty and perfection*
19. *Deeply and completely loving and accepting myself*
20. *Loving and cherishing every aspect of who I am*
21. *Feeling the deep sense of love and well-being within me*
22. *Feeling the love and joy of my True Being welling up within me*
23. *Relaxing into total self-love and self-acceptance*
24. *Cherishing myself as the beautiful Being that I am*

25. *Joyfully welcoming great abundance in my life*
26. *Allowing money to flow easily and abundantly into my life now*
27. *Allowing prosperity to flow continuously into my life*
28. *Knowing abundance and freedom are my natural state*
29. *Loving and trusting money as a wonderful blessing in my life*
30. *Being joyfully rich and blissfully happy and fulfilled*
31. *Being financially free and joyfully abundant*
32. *Living in beauty and abundance*
33. *Money flowing to me abundantly and joyfully*
34. *Feeling joy and gratitude as I receive the gift of abundance*
35. *Welcoming the blessing of great abundance in my life*
36. *Living a joyfully abundant life*

And so it is. Thank you.

Recordings Available

In case you're interested in the recordings of these processes, I do have them available at [my website store here](#). Enjoy the process of allowing yourself to harmonize with peace, love, and abundance with these wonderful, uplifting PEP phrases.

Chapter 5:

Additional Supportive Resources for You

Here are some links to my different websites and resources that you might find helpful:

- My blog: LauraLawsonBoatman.com Videos and ideas to help you feel inspired in your life and experience your unconditional well-being in every moment. This is my primary website where I share ideas on all kinds of things that inspire me including articles and videos about PEP, EFT, fulfilling your dreams, feeling your unconditional well-being, meditation, visualization, inner wisdom, abundance, the law of attraction, feeling the Presence beyond your thoughts, and more. I'll be doing a lot of new posts and videos and recordings for PEP, so you may want to subscribe to my free eNewsletter (see below), sign up for [my RSS feed](#), or subscribe to my YouTube channel (see below) to get regular updates.
- PEP Recordings: I have created a number of high quality mp3 PEP recordings to make the process of using PEP as simple and effortless for you as possible. These recordings are generally lists of 36 topic-specific positive, uplifting PEP-style phrases. The phrases in Chapter 4 come from my Peace, Love, and Abundance collection. Because you will generally learn the PEP sequence of points quickly, these recordings don't refer to the acupressure points. This makes them wonderful to use for PEP, for background affirmations, for sleep programming, and for subliminal suggestions. You can learn more at my [Laura Lawson Boatman Store here](#).

- My free eNewsletter: If you received your copy of this PEP Manual from the link above, you're already signed up for my free Laura Lawson Boatman eNewsletter as well. This is where I will update you on all the new ideas, resources, blog posts, videos, and podcasts that I have available for you. If you're not signed up, you can do that in the sidebar on LauraLawsonBoatman.com
- My YouTube channel for all my videos:
<http://www.youtube.com/user/LauraLawsonBoatman>
- Follow me on Twitter for quick positive, uplifting thoughts and links to my new posts and videos: <http://twitter.com/LauraLBoatman>
- Follow me on Facebook for the same: [Laura Lawson Boatman Facebook Page](http://www.facebook.com/LauraLawsonBoatman)
- YourInspiringLife.com My self-help program for helping creative, sensitive, spiritually-minded people embrace who they are, discover what will truly fulfill them, and follow their dreams with confidence and inspiration. I will be adding recorded PEP processes to this program soon, so stay tuned for that.
- [Free Inspiring Life eCourse](http://www.lauralawsonboatman.com/free-inspiring-life-eCourse) Sign up here for my free Seven Lesson eCourse: *Five Steps to Living an Inspiring Life*

Questions and Thoughts about Positive Energy Psychology?

Again, if you have any questions about Positive Energy Psychology™ or any of my work, please feel free to contact me at:

<http://lauralawsonboatman.com/contact/>

As I mentioned before, I'd love to hear how well Positive Energy Psychology™ works for you as well... so feel free to contact me about your successes, too.

May you experience the unconditional joy and well-being of your true essence in every moment. Best wishes to you and keep in touch.

*Blessings,
Laura*

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