

# 053: Tapping and Moving Energy to Regain Health

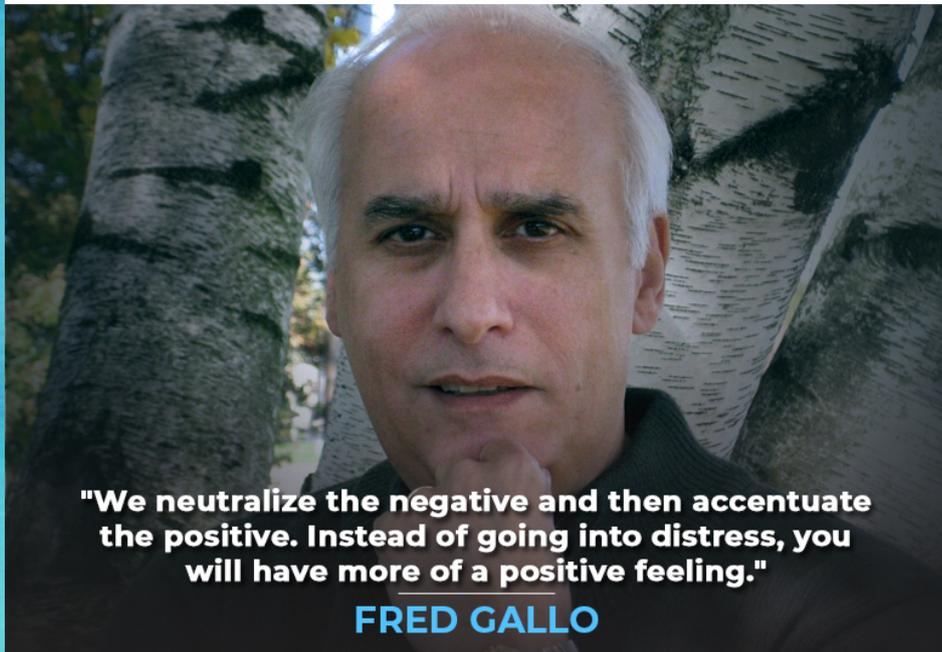
## 10 Point Checklist

### Fred Gallo

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"We neutralize the negative and then accentuate the positive. Instead of going into distress, you will have more of a positive feeling."**

**FRED GALLO**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- When you tune in the particular problem, there will likely be emotional components of it, and it may not be easy to accept at first. Be open and receptive to change.
- To make sure that you don't go back into an old pattern, you have to give the new pattern a chance to go into entropy. Continue your work, as it may take several sessions to do so.
- Psychological problems can create a blocked energy, and tapping is a way of moving the energy. Go to one of Fred's seminars to learn more!
- To see where on your body you should tap, first start with muscle testing. This can be an advanced energy psychology method, so be sure to do your research or speak with a professional.
- Read Fred's book [Energy Diagnostic and Treatment Methods](#) to learn the variety of ways you can go about tapping and how it can benefit you.
- Sometimes, a method won't work because that person needs a more individualized therapy. Don't discount the method right away, but tweak the method for your needs.
- To find the different meridians, or places to tap, look at an acupuncture chart. This will show you all of the different pathways and points.
- To better understand how tapping is helping you, try other therapy methods as well and rate your success on a scale of 1-10 with each process. This can ensure you are using the right method for you.
- Once you get used to tapping, you can start to bring your attention or awareness to a location, and imagine the tapping to calm yourself, as opposed to actually doing it. This can be helpful in public situations.
- Although it may be scary, tune into your fears and emotions. There may be more than one limiting belief that is holding you back, and it's best to work on all areas.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/tapping-moving-energy-regain-health-fred-gallo/>