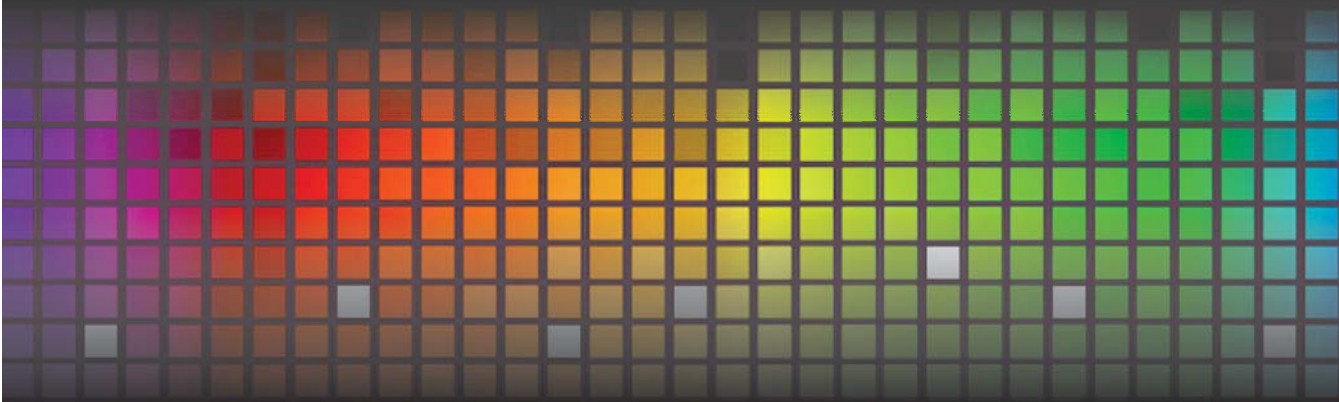


CERTIFICATION GUIDEBOOK



Holistic EFT Certification Course LEVEL 3

Awakenings Institute

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holistic@gettingthru.org

Welcome to the Level 3 Holistic EFT Certification Course.

We look forward to this opportunity to share with you.

This Level 3 Holistic EFT Certification Guidebook contains all the information you need to start your home study course.

HOW TO BEGIN

- First you'll find the Level 3 Course Description. Please read it carefully.
- Then, to help you monitor your progress and complete all of the certification requirements, this guidebook provides a Level 3 Completion Form to use as you progress with your study.

MENTORING

With mentoring, if elected, you have the option of working with either one of us (Phillip or Jane). We suggest picking one and staying with the same one for continuity, at least through the completion of your current module. If you want to speak with us before you start the client practice time, call us to schedule your first 20-minute mentoring appointment when you are ready. This may be particularly helpful for those who have not worked with others before. If you want to start practicing first, call when you have four or five hours of documented practice.

QUESTIONS

Feel free to contact us if you have any questions.

Best wishes in your learning experience,

Phillip and Jane Mountrose

Founding Directors of Awakenings Institute

Table of Contents

Table of Contents	2
1 Course Description	3
2 Course Completion Form	8
3 Self and Client Practice Guidelines.....	10
4 Self Practice Form.....	11
5 Client Practice Form	12
6 Recommended Reading	13
7 Final Exam	14
8 Multiple Choice Questions.....	16

Course Description

LEVEL 3 HOLISTIC EFT CERTIFICATION COURSE

The Level 3 EFT Practitioner Course draws upon the following hard-copy study materials, which are shipped to you when you register for the course:

The Success Principles Level 3 EFT Training Manual PLUS:

- **The Science of Getting Rich Simplified with EFT ebook**, in hard copy and in electronic format on the website.
- **3 Audios of coaching teleclasses** in our *The Science of Getting Rich Simplified with EFT* program. These audios are available on the website for instant listening, and for download to burn to a CD or transfer to a listening device.
- **8 Video Demonstrations of new EFT Processes.** You can watch these directly on the website or on hard copy DVDs.
- **Two Bonus online interviews** with EFT Experts Pamela Bruner and Margaret Lynch, which are available on the website.

This course focuses on broadening and deepening your effectiveness as a Holistic EFT Practitioner while also building on your understanding and application of success principles that will help you and the people you serve to create extraordinary lives. The training includes powerful processes that use EFT, the power of imagery, and more to increase your effectiveness, particularly where people are not getting what they want in life.

We have learned and developed these unique processes based on the universal truths we have learned and used to create success in our own lives and the lives of the people we serve in our teachings and private sessions. This a transformational training will assist you with the kinds of challenges just about anyone who wants to life fully faces. The materials and techniques provide state-of-the-art tools that increase personal awareness and development, both for you and others.

"I've been involved in personal growth for over 30 years. I'd been exposed to tapping before, but not in such a comprehensive way. The EFT and GTT Techniques enhance all of the other work I've done. I now feel more free, and am confident that I'll continue to use these new tools for a more joyful, rich life. Thank you from my heart for your work and the contribution it's made to my own work/life and that of my clients."

- Erica Ross-Krieger, Coach, Author of Sacred Attitudes

STUDY REQUIREMENTS

- Read *The Science of Getting Rich Simplified with EFT* twice. If you are like us, you may be thinking this is not for you because you don't want to be rich. That's fine. This book teaches profound spiritual principles that are essential for creating success your holistic practice and in virtually every area of your life.
- Along with your reading, watch the 8 EFT Video Demonstrations, which draw on the information in the book.
- Listen to the 3 coaching teleclass recordings, which help you to implement the teachings.
- To master the content of the book and the techniques, first practice the techniques you are learning on yourself. This will increase your confidence and effectiveness when you practice them with others.
- To get experience working with clients, practice the EFT techniques from the book and the videos with others. 20 Hours of documented practice is required for certification, which must include a minimum of 15 hours practice with other people.
- Successfully complete the written Level 3 Holistic EFT Certification Exam, which includes multiple choice and essay questions based on the book, audio classes, and video demonstrations, to be completed as an open-book exam.
- Successfully complete a 20-minute Oral Phone Interview with Phillip or Jane Mountrose. The primary purpose of this interview is to review the results of the written exam and provide some direction as you set out for the future.
- The EFT Expert interviews are optional, but highly recommended. The more you put in, the more you will get out of the course.
- Also, the more you study and practice, the more confident and effective you will become as a Holistic EFT Practitioner. The universal truths and success principles you will learn in this course will benefit you every day of your life. Along with simplifying them with EFT, the information presented in this course can transform your life.

HOW THIS COURSE WORKS

This Level 3 Certification Guidebook provides the following information and materials:

- This Course Description
- Your Course Completion checklist
- A log for documenting practice of EFT and related holistic techniques

- A Recommended Reading list
- The Final Level 3 Holistic EFT Exam

One of the great benefits of this home-study format is that you can complete the course requirements at your own pace. Each success creates more success and we want you to succeed. With this in mind, we recommend creating written goals for completion of the different parts of the course.

If you have elected to receive mentoring, call Awakenings when you are ready to schedule the first session, after you have completed 0-5 hours of documented practice.

Once all requirements have been fulfilled, return the materials and call to schedule the oral interview. When all of the course requirements have been successfully fulfilled, you will receive:

- A “Level 3 Holistic EFT Practitioner” Certificate of Completion suitable for display

THE SPIRITUAL COUNSELOR CERTIFICATION PROGRAM

Upon completion, you may also want to consider the Spiritual Counselor Certification Program. Learn more at <http://gettingthru.org/holistic/eft-courses/spiritual-counselor-training-course/>

Here’s one student’s review:

“After going through this program, I opened up to so many things in my life and feeling the freedom of spirit. I removed many fears, including even taking this program. It moved me forward for what I am here to do.

Even many months after completing the Spiritual Counseling Home-Study Certification, I still regularly refer to the excellent books, audios, and videos - reviewing and finding more things to help me and others.

I would recommend the program to anyone who wants to take the next step into spiritual counseling and stand out in a way they’re being called to do, even if it takes a leap of faith.”

--Joyce LeQue, Health Care Supervisor, Spiritual Counselor,
Palm Springs, California

This transformational program is the result of more than a decade of research and experience with individual clients, classes, and certification programs. It is designed for those who want to develop skills in Spiritual Healing and Counseling

The five courses in the Spiritual Counseling Program include:

- The Level 1 Course for Holistic EFT Practitioner Certification, which you have already completed
- SK (Spiritual Kinesiology) Practitioner Certification
- Intuitive Practitioner Certification
- Life Purpose Advisor Certification
- Final Studies for Spiritual Counselor Certification

If you are preparing to create a professional practice, you may want to follow up with more of these courses. Your ability to help others will grow exponentially as you broaden your training and the combination of courses in the Spiritual Counselor Program are designed to provide a well-rounded education.

The SK (Spiritual Kinesiology) Certification Course deepens the training you receive in the EFT Course. It offers a dynamic alternative to EFT, which some clients prefer. It also provides a variety of options to use if EFT is not providing the desired results. In some cases, it can be even more effective than EFT.

SK also puts issues and healing into the broader context of the spiritual journey with essential information about the stages people go through. With Spiritual Kinesiology, you can help clients with greater precision and effectiveness because you understand what they are experiencing and what they need to do to move forward with greater ease.

Any of the courses may be taken individually or as part of the overall program. Each of the first four courses qualifies as 36 hours of independent study toward the 150-hour Spiritual Counselor Certification. For more information, go to <http://gettingthru.org/holistic/eft-courses/spiritual-counselor-training-course/>.

QUALIFICATION REQUIREMENTS

Anyone who is 18 years of age or older with a minimum of a High School Diploma or equivalent life experience qualifies to take these courses. They are all monitored independent learning experiences that can help anyone to expand their knowledge and abilities in the areas of holistic healing and spiritual growth.

Since these courses focus on working with others, it is also recommended that candidates feel able to be centered and grounded, as this state is the basis of this work. Those facing personal issues that need to be addressed to be able to work with others may want to focus first on their own healing. If this applies to your situation,

you can use the EFT Book and Audios to practice centering and healing, or start with some individual counseling sessions.

HAVING A PROFESSIONAL PRACTICE

It is your responsibility to understand and comply with all local laws and regulations that apply to having a professional practice using these techniques.

As a note, with the separation of church and state, practicing as an ordained minister is an appropriate designation for those who wish to provide spiritual counseling and healing to others. This can include the use of the techniques covered in this course. According to AIWP, the Association for the Integration of the Whole Person, "In every state in the United States, as part of your ministerial and congregational duties as an ordained person, you may perform work of a psycho-social nature, exempt from licensing requirements."

AWAKENINGS' MINISTERIAL PROGRAM

Phillip and Jane Mountrose practice as Ministers of Holistic Healing with Awakenings Institute. Hours spent on any of the seminars and independent study courses offered by Awakenings may be applied to Awakenings' Ministerial Program. These hours may be combined with other experience that qualifies for ordination or serve as a foundation on which to build additional hours of independent study to become ordained.

You can learn more about the ordination program at <http://gettingthru.org/awakenings/ministry-training>.

If you have any questions or if you'd like more information, please contact Awakenings.

Course Completion Form

LEVEL 3 HOLISTIC EFT PRACTITIONER CERTIFICATION COURSE

NAME _____ DATE _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

The following list summarizes the certification requirements for this course, which includes a total of 50 documents hours of study and practice. Please print this page and initial each item as you complete it. And remember, the more you put in, the more you get out of the course.

CERTIFICATION REQUIREMENT

INITIALS

1. Read the book *The Science of Getting Rich Simplified with EFT*. _____
2. Watch the 8 Level 3 *EFT Demonstration Videos* (watch DVDs or on website). _____
3. Listen to the 3 Level 3 coaching calls for *The Science of Getting Rich Simplified with EFT* (listen on the website or download). _____
4. Optional (highly recommended, but not required): Listen to the EFT Expert Interviews (listen on the website or download)
5. Complete 20 hours of practice using EFT and the other techniques from the Manual and the Teleclass Audios and log your experience on the appropriate form. _____
6. Complete the written EFT Certification Exam. _____
7. Complete a 20-minute oral interview with Awakenings (Phillip or Jane Mountrose). The interview will be conducted following receipt and review of all of these required materials.

SUBMITTING MATERIALS FOR CERTIFICATION

When you have completed the Certification Requirements 1 through 6, please return this **original** initialed form to the Awakenings Institute, along with **copies** of the following required materials:

- Completed Client Practice Forms
- Completed EFT Certification Exam

Keeping Copies

It is important that you maintain the original copies of these bulleted materials, in case of loss in the mail. Awakenings will not be responsible for any materials lost in the mail and cannot conduct your oral interview and issue your Level 3 Holistic EFT Certificate of Completion until the required materials have been received and reviewed.

Mail to: Awakenings Institute
P.O. Box 8352, Santa Maria, CA 93456

Once Awakenings receives all of the required materials, we will review them for successful completion and conduct an oral interview. Please allow at least seven days for us to receive them.

Scheduling Your Interview

A week after you mail your materials for certification, call Awakenings to schedule your oral interview at:

805-934-1238.

Self and Client Practice Guidelines

LEVEL 3 HOLISTIC EFT PRACTITIONER CERTIFICATION COURSE

REQUIREMENTS

Level 3 Holistic EFT Practitioner Certification requires 20 hours of documented practice, which can include a maximum of 5 hours of practice with yourself and a minimum of 15 hours of practice with others. Please use the enclosed forms for self practice and client practice to document your hours. Make as many copies as you need to complete the requirements.

On the practice forms, log your practice time in $\frac{1}{4}$ hour increments, i.e. $\frac{1}{4}$ hour, $\frac{1}{2}$ hour, $\frac{3}{4}$ hour, 1 hour, $1\frac{1}{4}$ hour, etc. If you use more than one technique in a practice session, please log them on separate lines. Use the “Notes” line to jot down key points, questions to follow up on later (this is particularly helpful as a reminder for questions you want to ask in mentoring sessions), and so on. If you want to add more notes, just write on the back of the page.

SUGGESTIONS

You can maximize the value of your practice time by including a variety of different techniques. We recommend that you include as many of the techniques in the Level 3 course materials as possible in your practice time.

You will find a broad range of techniques using EFT, guided visualization, and more to add to your toolbox. You will see that there are a lot of techniques and our suggestion is to focus on the ones that interest you most. You may also be positively surprised by others that you would not have chosen initially, so enjoy experimenting. They have all proved themselves to be effective, many in more than two decades of practice.

MORE IDEAS

Look for opportunities to address a variety of conditions with EFT. As mentioned earlier, the techniques you will learn in *The Science of Getting Rich Simplified with EFT* are applicable to virtually any area where a person wants to succeed in business and in life. Be creative and experiment. You'll be glad you did!

Refer also to the additional information and extra materials on your EFT Class Resource Page for tips and tools to use as you practice and to increase your effectiveness.

Self Practice Form

NAME _____ PAGE _____ OF _____

COURSE _____

1. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

2. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

3. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

4. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

5. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

6. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

7. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

8. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

9. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

Subtotal for Hours on this Page _____

Running Total for All Pages _____

Client Practice Form

NAME _____ PAGE _____ OF _____

COURSE _____

1. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

2. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

3. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

4. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

5. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

6. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

7. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

8. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

9. Date _____ Client _____ Technique _____

Time Spent ____ Notes: _____

Subtotal for Hours on this Page _____

Running Total for All Pages _____

Recommended Reading

LEVEL 3 HOLISTIC EFT PRACTITIONER CERTIFICATION COURSE

The saying, "Leaders are readers" applies to this work, which truly involves a life of learning. Our suggestion is to read at least a little bit every day.

* = highly recommended book

SUCCESS

The Law of Success in Sixteen Lessons by Napoleon Hill

* *The Science of Being Great* by Wallace Wattles

MORE ON THE LAW OF ATTRACTION

* *Ask and It is Given* by Jerry and Esther Hicks

COMMUNICATION

It's interesting to note that all highly successful people are effective communicators. We have read these books over and over to learn how to connect easily with the people in our lives.

How to Win Friends and Influence People by Dale Carnegie

* *How to Have Confidence and Power in Dealing with People* by Leslie T. Giblin

How to Get Your Point Across in 30 Seconds or Less by Milo O. Frank

MARKETING

These books are highly recommended, especially if you think that marketing and selling are dirty words. You'll have to change that belief if you want to create a successful practice. Marketing and Selling skills are actually effective forms of communication, helping people to get what they want. These skills also help you to build self-confidence.

* *How I Raised Myself from Failure to Success Through Selling* by Frank Bettger.

* *Book Yourself Solid* by Michael Port

Final Exam

LEVEL 3 HOLISTIC EFT PRACTITIONER CERTIFICATION COURSE

NAME _____ DATE _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

This is an open book (and DVD) exam. As you complete your practice hours, the questions on the following pages help you to integrate your learning experience and do a final review of the material. The multiple choice questions test your knowledge of the techniques you are learning and provide an overview of important points to understand as a Level 3 Holistic EFT Practitioner. To receive the greatest benefit from the exam, follow up on any questions you are unsure of, so you have a full grasp of the subject matter when you complete the course.

Just return this page with your answers (A-E) to the multiple choice questions. Complete the essay questions on a separate page. There are no right or wrong responses to the essay questions.

ANSWERS TO MULTIPLE CHOICE QUESTIONS

- | | | | |
|-----------|-----------|-----------|---------------|
| BOOK | 14. _____ | 28. _____ | 42. _____ |
| 1. _____ | 15. _____ | 29. _____ | 43. _____ |
| 2. _____ | 16. _____ | 30. _____ | 44. _____ |
| 3. _____ | 17. _____ | 31. _____ | 45. _____ |
| 4. _____ | 18. _____ | 32. _____ | 46. _____ |
| 5. _____ | 19. _____ | 33. _____ | VIDEOS |
| 6. _____ | 20. _____ | 34. _____ | 47. _____ |
| 7. _____ | 21. _____ | 35. _____ | 48. _____ |
| 8. _____ | 22. _____ | 36. _____ | 49. _____ |
| 9. _____ | 23. _____ | 37. _____ | 50. _____ |
| 10. _____ | 24. _____ | 38. _____ | 51. _____ |
| 11. _____ | 25. _____ | 39. _____ | 52. _____ |
| 12. _____ | 26. _____ | 40. _____ | 53. _____ |
| 13. _____ | 27. _____ | 41. _____ | 54. _____ |

ESSAY QUESTIONS

Please respond to each of the following questions here and/or on a separate page, using 100 to a maximum of 400 words per question, type written if possible.

1. Describe something you learned from Coaching Teleclass #1 and how it has helped you.
2. Describe something you learned from Coaching Teleclass #2 and how it has helped you.
3. Describe something you learned from Coaching Teleclass #3 and how it has helped you.

Multiple Choice Questions

LEVEL 3 HOLISTIC EFT PRACTITIONER CERTIFICATION COURSE

- 1. What "Master Program" from Marshall Sylver sets the stage for you to get positive results with The Science of Getting Rich?**
 - A. "I will work tenaciously to succeed."
 - B. "I am on my way now."
 - C. "Positive change comes easily to me."
 - D. "Nothing can stop me now."
- 2. What is one of the keys to success with continuous tapping?**
 - A. Maintain a specific focus as you tap.
 - B. Tap on the points as you read or carry on a conversation.
 - C. Remain quiet and avoid speaking or listening to any conversation.
 - D. Begin with the affirmation Steve Wells uses.
- 3. Why might Wallace Wattles' perspective on evolution and the right to be rich come as a tremendous relief?**
 - A. It takes the guilt out of the desire to have more and be more.
 - B. It's an opportunity to live on your own terms.
 - C. It puts money into perspective as an essential resource.
 - D. It's about advancing as a human being with a purpose and desire to live fully.
 - E. All of the above
- 4. It's critically important to address negative beliefs about money and wealthy people because they prevent you from creating the money you need to live fully, realize your purpose, and make the difference you want to make in the world.**
 - A. true
 - B. false
- 5. Changes in imagery that is evoked as you use EFT with processes like the Money Monster Reframe**
 - A. provide a way to distract the client from thinking about the issue at hand.
 - B. primarily serve to impress the client with your skills.
 - C. allow you to take control of the process.
 - D. correspond to changes in the intensity of the original issue.
 - E. All of the above
- 6. Which of the following is most important for making The Science of Getting Rich work for you?**
 - A. Having a college education
 - B. Believing that you have possibilities
 - C. Being thrifty
 - D. Being between the ages of 35 and 45
- 7. When you fully understand that the same greatness and infinite intelligence exists in you as everyone else, many other things fall naturally into place.**
 - A. true
 - B. false
- 8. To assist in resolving issues, ask "can you think of anything that could be stopping you from releasing this?" (the Magic Question)**
 - A. true
 - B. false
- 9. Once you realize that the supply of "Original Substance" is limited, you can take a more realistic view of what you can and cannot achieve.**
 - A. true
 - B. false

10. Which of the following perceptions about limitations is the most desirable?
- Worrying about the rising costs of everything is valid.
 - Feeling the need to be vigilant to make sure there's enough will pay off in the long run.
 - Feeling guilty about owing money is beneficial in relation to reducing debt.
 - Most of our perceptions about limitations are misunderstandings that we can eliminate with EFT.
11. The Miracle Reframe makes people feel great because it accesses a high vibration that seems to break through dense energy with ease.
- true
 - false
12. Which of the following statements misinterprets the first principle in The Science of Getting Rich?
- A person's way of doing things is a direct result of the way he or she thinks.
 - The reality is that there is no poverty; there is only abundance.
 - Thinking the way you want to think means to think truth regardless of appearances.
 - Thinking in a Certain Way involves focusing on appearances.
13. Which of the following statements about the importance of your thoughts are true?
- Thinking bigger and in less limited ways takes practice and discipline in addition to EFT.
 - When you recognize the importance of your thoughts, you become empowered.
 - It's not hard, it's just different.
 - all of the above
14. The desire to transcend the limitations of the reality Wattles calls the Competitive Plane is a negative desire.
- true
 - false
15. What kind of image does the Reality Shift with EFT use to represent one's internal reality?
- a backpack
 - a brain
 - a landscape
 - a toy
 - none of the above
16. How can one benefit from understanding what it means to be a creator rather than a competitor?
- It involves making a critical shift from viewing yourself as a victim of circumstances beyond your control to being the true creator of your life.
 - It is freeing because it means that you no longer have to take responsibility for what happens in your life.
 - It helps us to understand why it makes sense to maintain doubts that what you want will ever happen.
 - All of the above
 - None of the above
17. When EFT is not working with releasing stuck emotions, it is almost always because there is something the user needs to understand consciously.
- true
 - false
18. Why is it important to bring what you want down to size?
- If you think your goal is too large or too difficult, your thinking makes it so.
 - If you can make the goal feel easier and smaller with EFT, it starts to feel possible.
 - When your goal feels far away, your feeling makes it so.
 - When you can bring what you want closer with EFT and feel good about it, you are literally closer to making it happen.
 - All of the above

19. Feelings of gratitude keep your feet placed firmly on the Competitive Plane.
- A. true
 - B. false
20. Which of the following statements about expressing gratitude is true?
- A. It is a practice that will shift your outlook on life in wonderful ways.
 - B. You must never express gratitude when you are experiencing challenges.
 - C. Gratitude is most effective when it is expressed in the middle of the day, when the sun is at its highest point in the sky.
 - D. Women benefit from expressing gratitude more than men.
 - E. all of the above
21. Why is it important to determine exactly what you want intensely?
- A. Intense desire impresses the people around you.
 - B. Focusing intensely on your mental picture is futile.
 - C. You cannot set the creative power into action by sending out unformed longings and vague desires.
 - D. When there a lot of detail in your picture of what you want, it becomes confusing.
22. The image of your brightest possible future is powerful because
- A. When you look at your future and think something like "This is really possible," it is.
 - B. It gives you something positive to focus on.
 - C. When you find yourself looking at your future and thinking "This'll never happen," you can choose to do some EFT so you can create the future you want.
 - D. All of the above
 - E. None of the above
23. You have to do things differently to produce different results.
- A. true
 - B. false
24. Which of the following statements about the right use of will are true?
- A. You can use it in positive ways to coerce people by mental power.
 - B. You can use your will to empower yourself, to think in a Certain Way.
 - C. Both are true
 - D. Neither one is true
25. The Body Alignment Process with EFT
- A. can lift your spirits and increase positive feelings.
 - B. involves pointing your right hand in the direction of your brightest possible future.
 - C. shows how your posture is an important reflection of your mental and emotional state.
 - D. A and C
 - E. All of the above
26. It is important to let go of the past because
- A. thinking about the past will take you where you want to go.
 - B. the lessons you have learned from the past are irrelevant.
 - C. the dreams you had in the past are not important.
 - D. your history doesn't have to be your destiny.
27. People remain poor because
- A. they don't believe that there is wealth for them.
 - B. they are too lazy to do anything about it.
 - C. they are lost in so many theories they don't know which road to take.
 - D. none of the above
 - E. all of the above.
28. Unfortunately, EFT is ineffective when it comes to debunking the "ghosts from the past" that can block you from creating your best possible future.
- A. true
 - B. false

29. **Thinking in a certain way will bring riches to you,**
- and this is all you need to know to become a true creator.
 - your business affairs are irrelevant.
 - but you also have to take action to receive it.
 - and people will deliver these riches to you out of the kindness of their hearts.
30. **Wattles states that it is better to put your mind on present action than acting on in the past or acting in the future.**
- true
 - false
31. **The "Why Not Now" Process**
- is designed to help you to recognize that the only time you have for creating the life you want is now.
 - focuses on ways that you can allocate time in the future to do the things you don't feel like doing now.
 - helps you to feel better about putting things off to another time when things will be easier.
 - all of the above
 - none of the above
32. **Every day is a successful day or a day of failure and it is the successful days that get you what you want.**
- true
 - false
33. **Ways to improve your chances of success include**
- holding your vision of the future you want to create.
 - developing the habit of being happy wherever you are.
 - feeling grateful for the blessings you have now.
 - letting go of resistance to what's happening now.
 - all of the above
34. **It's better to do something because you know you can do it than to do something because it excites you.**
- true
 - false
35. **The "That's Good" Exercise**
- is most helpful when you are already feeling good.
 - was developed originally by Napoleon Hill.
 - can build feelings of being a powerful creator.
 - doesn't really relate to anything important.
36. **The desire to do something**
- doesn't take into consideration the fact that opportunity is limited.
 - is a strong indicator of your passion and purpose.
 - isn't really a factor when it comes to creating what you want.
 - distances you from your relationship with the Supreme.
37. **The Creative Plane**
- is built on momentums.
 - moves you away from what you want.
 - is life-affirming and positive.
 - is not available to those who lack higher education.
38. **The Momentum Monster Reframe with EFT**
- confronts the part of you that says you don't have time.
 - releases you from being stuck in a state of hurry and worry.
 - helps you to reduce the size and perceived importance of being in a continuous hurry.
 - all of the above
 - A and B only
39. **Which of the following statements is NOT true?**
- Anyone can become the creative center from which increase is given to all and EFT can help.
 - Holding on to money creates feelings of connectedness and abundance associated with the Creative Plane.
 - Recognizing the greatness in oneself and others levels the playing field.
 - Understanding who you really are and what you have to offer puts you into the flow.

40. The desire for increase is the urge of the Formless Intelligence within us seeking fuller expression.

- A. true
- B. false

41. It is naive to think that nothing in your situation or in the economy can keep you down.

- A. true
- B. false

42. Raising your confidence with EFT

- A. helps you to feel good about yourself and your possibilities.
- B. reduces doubt about your greatness as an advancing person.
- C. helps you to connect more fully with the Infinite Intelligence of the Universe.
- D. all of the above
- E. none of the above

43. It is important to stay focused and

- A. speak often about how discouraging life can be.
- B. take your mind off what you want as often as possible.
- C. hope the government will modify the system soon to open the way for you to succeed.
- D. avoid spending a lot of time on emergency planning.

44. The Higher Possibilities Visualization with EFT helps you to connect fully to the blessings the universe wants to bestow on you.

- A. true
- B. false

45. Doing a process for clearing clutter with EFT

- A. doesn't really change anything that's important, but it feels good.
- B. doesn't affect emotions like anger or powerlessness.
- C. is a great way to clear a cluttered mind and a cluttered life.
- D. is mainly designed to influence other people to clean up after themselves.

46. The addition of imagery to EFT is powerful because it helps you to examine what is happening in your unconscious mind more deeply and effectively.

- A. true
- B. false

VIDEOS

47. In the first video, Anna addressed her Money Monster, which shifted

- A. from a big monster who said that money is hard to come by to a little bird on her shoulder that can help her to feel confident about receiving money.
- B. from anger that money has to go to the men in the world to a realization that she could stand up for herself when it comes to money.
- C. from feeling jealous of the wealthy people in her neighborhood to feeling friendly toward them.
- D. all of the above

48. In the "Why Not Me?" video, Cynthia had negative memories from a time when

- A. her father lost his job and her mother had to support the whole family.
- B. she was married to a doctor who had money and divorced her.
- C. she had money and it was stressful.
- D. the stock market crashed and she lost her life savings.
- E. all of the above

49. Victor was able to bring his money goal down to size and open to a positive financial future

- A. using the Miracle Reframe with EFT.
- B. when he realized that his father's inability to hold a job doesn't have to limit him in any way.
- C. by bringing his financial goal to a place where he could hug the dollar signs.
- D. through a simple shift in the wording of the affirmation was using to create wealth.

50. In the Backpack Process, Henry discarded a huge backpack filled with ominous looking worms and spiders when he saw that his burdens were all in his imagination.
- A. true
 - B. false
51. When Jane explored the pain of paying with Anna, Anna ascribed her desire to hold on to money to
- A. fear of her husband's criticism of her spending habits
 - B. the teachings of her church
 - C. belief in the old expression "waste not want not"
 - D. all of the above
 - E. none of the above
52. In Victor's Reality Shift, his perspective on uncertainty changed. He became comfortable with it and felt some positive expectation about his future.
- A. true
 - B. false
53. The Competition Monster in Cynthia's process shifted from
- A. a ferocious tiger to a playful kitten
 - B. a mean, filthy giant to a spec of dirt that she swept away with a broom
 - C. a fire-throwing dragon that was neutralized and carried away by a band of angels
 - D. a venomous snake to a beautiful butterfly
54. When Jay released his frustration and feelings of overwhelm related to clutter, he
- A. experienced a spontaneous desire to organize.
 - B. felt empowered.
 - C. saw a picture of orderliness in his mind.
 - D. all of the above
 - E. none of the above