

Thin Healthy and Gorgeous Interview:



Brad Yates

Master Healer
Brad Yates
www.BradYates.net



Teresa Bolen Okamoto

“Brad Yates is a master teacher...He is a warm, loving, powerful, effective, transformative force for good. I totally endorse his work.”
– Jack Canfield

Watch Brad’s videos on YouTube: <http://www.YouTube.com/user/EFTwizard>

Or see the page with videos on Brad’s website: <http://www.BradYates.net>

Brad uses a combination of EFT, emotional freedom technique, and hypnosis in his healing work.

While working with clients, Brad enters a sacred space where there is no judgment.

The original meaning of ‘sin’ comes from archery, and means to miss the mark.

How do you get out of being in judgment?

1. Tapping helps.
2. Taking responsibility and ownership of one’s own feelings – if a negative thought or feeling comes up, remembering that it’s because of oneself. The other person didn’t put that negative thought or feeling there.
3. Remember that people are doing the best they can.

Thin Healthy and Gorgeous Interview of Brad Yates

When we are judging others we are judging ourselves as well.

As you clear your energy and allow yourself to feel good, you let go of any need to judge. Judgment only comes up from a need to take the blame or the focus off of oneself when feeling badly.

Ways to work with Brad:

Private sessions

Weekly teleclass, *Tapping Into Abundance*

Magnificent Tappers Club with archives of teleclasses and monthly teleclass that Brad does live

Products online

YouTube videos

Information for all of these on Brad's website: <http://www.BradYates.net>

LOA, the Law of Attraction, How does it relate to healthfully, easily and gracefully reaching and staying at your ideal weight?

Like attracts like, we attract things that are in harmonic resonance with what we are holding. EFT is a great tool for clearing our energy, get that negativity out, and return to our natural state: wellness, peace, joy, and love. When we feel that connection, then everything we want we can create.

Our physical bodies are a manifestation of where our mindset has been.

Even trash TV and negative news is going to manifest in our physical bodies.

How do we use EFT to return to that natural state of wellness, peace, joy, and love?

Tapping on what we perceive to be the problem – and we uncover the truth.

What about when people are in a hurry and don't see results immediately?

Michelangelo spent four years sculpting the David. It would be very dangerous to 'chip away' too much at once. It goes bit by bit.

What about the advice to keep repeating the same old tapping?

Repetition will work eventually, but it might be better to 'sharpen your saw, or cut at a different angle.' Change things up to make it more effective. Work with a practitioner who can focus in more on what the person's specific issues are.

Every issue we have is designed to protect us in some way, shape or form. Our body and our mind has manifested that because it believes that it is keeping us safe in some way, shape or form.

Being persistent isn't going to change the 'software' right away. Change the 'software' at the same time, to 'Health is my natural state of being.' Then our behavior starts to fall in line. Our behavior is simply a manifestation of who we've been thinking that we are – but we've been thinking that because that's what we've been programmed to think is safe for us.

Rather than trying to force a change (like forcing an accounting program to be a word processor), it's much easier to just change the 'program.'

Can you just tap when you are having an emotion, without saying anything?

Yes, you can tap while you are experiencing an emotion to clear it. Even if the words don't come right away or at all, just tapping is beneficial.

From Jack Canfield's manual, 'There is no bad tapping.'

Energetic hygiene – Brad recommends tapping on a daily basis. Media junk food can make it more difficult to create the body that you want.

Rent comedies, watch uplifting movies. There's plenty of really enriching entertainment.

'Is what I'm in-taking supporting me in feeling good?'

You don't need to deprive yourself for fitness. As your energy changes, to eat those foods would be depriving yourself.

How can we attract things that will be treats that are different from what we are attracting now?

Because of LOA we will attract things. You'll notice things and be drawn to things that have a good vibration, have a positive message. As your taste shifts you will naturally draw in those things. You can consciously look for them, but they will naturally start showing up.

Is there a shortcut?

Brad leads us in a quick round of tapping...

Go to (<http://www.bradyates.net/Page361.htm>) for his tapping points.

You can see a slightly different version of the points on my *Tapping Lisa* pdf from the same webpage as this handout and audio.

<http://www.BradYates.net>

Thank you for your participation in this audio!

Here's to Your Transformation!