



The Art & Science of  
Transformational Change  
May 30 – June 3, 2024 | Litchfield, AZ



## Intention Tapping™ Unveiled

...release, restore and reconnect

26<sup>TH</sup> INTERNATIONAL  
ENERGY PSYCHOLOGY CONFERENCE

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- **Learning Objectives**

Upon completing this Learning Lab, participants will be able to name 4 of the core intention statements used in Intention Tapping™.



Participants will be able to identify how to use intention statements to release emotional attachments and restore energy flow to the body.

Participants will learn how to combine intention statements with continual tapping.



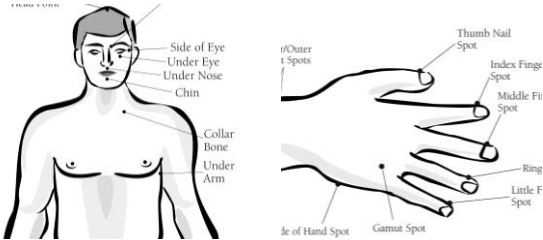
## Tapping Approach used in Intention Tapping

- Simple Energy Techniques (SET), developed by Dr. David Lake and Steve Wells (2005)
- SET evolved as a simpler form of Emotional Freedom (EFT), and is gentler, user friendly, efficient and has shown similar clinical results.

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## Tapping Points



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## SET Tapping Basics

- Tap gently, any order, either side of body
- Focus on whatever you're aware of: Thoughts, Feelings, Body sensations...
- Tap directly (focus), or indirectly (just tap)
- Mindful Acceptance: Notice, accept, allow, follow
- In general, more tapping = better results
- Tap daily for "energy toning"

Photo Steve Wells used with permission



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## Some Key Differences: SET / EFT

SET does not routinely use set-up statements or reminder statements. Instead, we let you focus on your problem in your own way.

Continual tapping and energy toning are cornerstones of SET.

SET uses fingertip tapping, especially using the thumb of the same hand.

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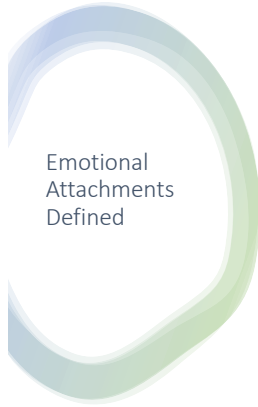
## Intention Tapping™ (Steve Wells)

### Three Stage Process: Releasing, Restoring and Reconnecting

- **Release** emotional attachments to troubling thoughts, negative beliefs, past hurts, unhealthy behavior patterns.
- **Restore** disturbed energy and emotion to a state of flow, balance and clarity
- **Reconnect** with inner resources to create positive futures, make new choices, take empowered action.



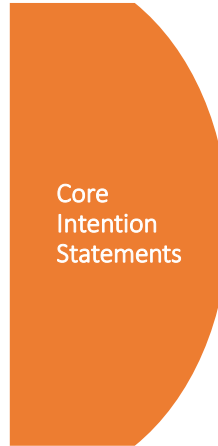
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## Emotional Attachments Defined

- Thoughts that are combined with an emotional distress that come up repeatedly.
- Can be emotion attached to a positive or negative thought
- When the current moment is entangled with the painful past or anxious future
- **Goal:** To let a thought "just be a thought" without being attached to a trigger.
- **Goal:** Relieve suffering and enjoy life as it is!

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## Core Intention Statements

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**Releasing Statement:** "I release all my emotional attachments to \_\_\_\_\_ (problem, event, belief, thought, person, situation etc.)"

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**Stuck Body Sensation:** "I restore the right energy flow to \_\_\_\_\_ (body area / sensation / emotion)"

Can also use "right energy balance"

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**Past Events Intruding in the Present:** "I put this experience back into the past where it actually happened"

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**Resistance:** "I release all my resistances and aversions to (this problem / solution / emotion)"

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## The Process

- Start with the Problem
- Notice that you have the problem and start there
- Can be global or specific
- Start tapping and use the releasing and restoring statements
- "Let it do what it does" – just observe
- Stay open and notice what comes next
- Apply releasing/restoring to each aspect until reaching a place of calm/clarity or as long as time permits



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## After Using Intention Statement

*(You are not trying to make something happen with your conscious mind. Your unconscious mind (higher self) will reveal to you the next aspects that you can handle)*

- Pause and allow some time for processing
- Notice what happens next / Encourage client to "just notice"
- Accept and follow (trust your/their unconscious)
- Apply IEP to subsequent aspects that arise (situations, body sensations, emotions, thoughts, beliefs and past events)

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### Levels of consciousness

- **Conscious:** Your aware judging mind
- **Subconscious:** Your programmed learnings, habits, and beliefs
- **Unconscious:** Your wise part / higher self that always looks after you & always works for your highest good

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## Intentions ≠ Affirmations

- The intentions used in IEP are not the same as affirmations
- Affirmations are about creating attachments, whereas intentions in IEP are used to release attachments and restore flow and balance.
- IEP, as with tapping, works best when it is focused on the "negative"

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### Clinical Case Examples of IT™

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REA to doing it the one right and true way

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REA to not being protected

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Flow - Performance

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### Key Targets

<i>Release emotional attachments and restore energy flow disturbances caused by...</i>	Past traumas, hurts and failures
	Beliefs related to these
	Future fantasies and projections

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## Demo of Intention Tapping™

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## For More on Intention Tapping™

- [intentiontapping.com](http://intentiontapping.com)
- [intentiontapping.com/events-training](http://intentiontapping.com/events-training)
- YouTube: [wellsdownunder](https://www.youtube.com/user/wellsdownunder)
- [www.eftdownunder.com](http://www.eftdownunder.com)

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## Closing Ritual

- Please Stand and form a Circle...
- The person receiving the ball completes one of the following...
- I learned that...
- I realize that...
- I appreciate that...
- I feel that...
- I now know how to...
- You have been...



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