

## **VIDEO 10: Have It On Authority**

Sometimes our ability to overcome something depends upon what we perceive to be the general truth. Our unquestioning acceptance of other people's beliefs can become our own sabotaging belief. If a doctor has told you that there is no cure for your condition, it carries enough authority to override any hope or possibility you would otherwise have of getting better.

**ET I have it on great authority that I won't be able to get over this problem, somehow I can love myself**  
**ET everyone knows that there's no beating this problem for some people, somehow I can love and forgive myself**  
**ET someone who knows more than me has told me I won't get over this problem, I can still forgive myself and everything will be okay**

**I have it on great authority**  
**That I can't get over this problem**  
**I have it on great authority**  
**That there is no getting over this**  
**I have been told by someone knowing more than me**  
**That I can't get over this**  
**Everyone knows that there is no getting over this**  
**I have an underlying belief that there IS no getting over this**

**I WANT TO BE OVER THIS AUTHORITY THAT I WON'T BE OVER THIS PROBLEM**

**A doctor told me I'll always have this**  
**A professional has told me I won't be over this**  
**I have researched this and learned**  
**That there is no getting over this**  
**It's smart for me to trust certain people**  
**Education, experience and opinions**  
**And I believe what they tell me**  
**This underlying belief based on good authority**

**I WANT TO BE COMPLETELY 100% OVER THIS AUTHORITY THAT I WON'T GET OVER THIS PROBLEM**

**I've been told I won't get over this**  
**I've understood that I can't get over this**  
**I don't know as much as they do**  
**What I've been told makes sense**  
**It seems to be truth**  
**But what if it's not the whole truth**  
**What if there is another truth**  
**What if they don't know all there is to know**

**I WILL BE COMPLETELY, 100% OVER ALL THESE FEELINGS THAT I HAVE IT ON GREAT AUTHORITY I CAN'T BE OVER THIS PROBLEM**

**There could be something they don't yet know**

**People once KNEW the earth was flat**

**People once KNEW the sun revolved around the earth**

**Sometimes we can change what we know**

**Maybe there is more truth out there**

**And maybe I can tap into that other truth**

**And I CAN tap this problem away**

**I'm open to the possibility that I CAN tap this problem away**

Check in now for your last time, to see the overall changes that have taken place from the first sequence of tapping until the end of this video. Remember my personal guarantee in the introduction, and be sure to hold me to it. Give me a call or contact me by e-mail if you *have not* noticed any substantial progress in your original symptom and I can help resolve some of the reasons for that.

With your notes, you should also be able to notice which videos produced the greatest change for you, and take some time to reflect on that and what you have learned about yourself. If you have any further questions regarding this process, the use of EFT, or this comprehensive treatment in particular, please let me know.

I thank you for spending this worthwhile hour with me, and remember that the *tapping works only if you do it!* Make it a regular part of your routine and notice the changes in your physical health, stress levels, and personal relationships.

Take care!