

# THE ONE TAP SOLUTION™

## *The Ultimate Edge Technique* for **Deliberate Creation**



By: **V. Lynn Hawkins**

# THE ONE TAP SOLUTION™

## Ultimate Edge Technique for **Deliberate Creation**

First, I want you to thank you for entrusting me with helping you to understand how you can Be, Do and Have the life and business of your dreams.

Before we start, please understand that I've spent the last several years asking the questions and doing the research to find out the reasons why life breaks down for some and not for others. I've questioned how life expands easily for some (even in the most horrendous of economies) and not for others. I've studied NLP (Neuro Linguistic Programming), EFT (Emotional Freedom Technique), and now through exploring Hypnosis, Quantum Physics and Neuroscience, the evidence clearly supports that the change that must happen to be in a consistent flow of grace, peace and abundance, happens internally, in the subconscious mind. It is in the subconscious mind that manifesting begins. Today's reality is the result of yesterday's mindfulness in manifesting, both through your negative and positive subconscious direction.

*"For as he [or she] thinketh in his [her] heart [the depths of the unconscious mind], so is he [she]." Proverbs 23:7*

In his timeless classic *"As a Man Thinketh, So Shall He Be"*, James Allen reveals how the mind moves through its heart connection and he speaks of the subconscious mind. He knew, as many of us understand from a conscious perspective, that what we think can come to pass, because thoughts are things and a matter of the heart. If you think fear, fear is what you will see. If you think struggle, struggle is what you will see. If you think of yourself always being in situations where you are taken advantage of, you will experience it in your reality. Thoughts are things. Our presuppositions, prejudgments and assumptions are the thoughts that surface from our sub-consciousness.

Whether your life, your current reality is 'life is a mess', or the other extreme, 'I'm on top of the world', it is what it is because of your subconscious beliefs.

Know this ... if you are purpose driven and have a desire to live your life to the fullest, have your ideal business and create the good life you deserve, you have more to do, more to build upon, more to grow into, more people to impact with your message, more, more, more ...

If that sounds scary, it's only because you know you've been called to a purpose and your work is just beginning, and thus ... our work begins.



As a multiple entrepreneur, I have successfully grown three businesses and I've done it the hard way. It wasn't until learning this information and applying these techniques that I have been able to see such great progress in all of my efforts. My desire is that you will learn from this information and upon applying this technique, you will begin to see greater things happen in your life and your business as well.

Seeing greater things in your life and business starts with two things ...

- 1. You must understand that everything is energy, in constant movement and thus, there is change. Change comes one of three ways; (1) gradually, (2) quickly, or (3) not at all.** All that has life, all that is life goes through change, whether we like it or not. The trees grow, pets grow up and grow older, plants grow, our children grow up, our homes and mechanical devices grow old with (or without) use, and so we all change as time continues. And I won't go into how laws change, and instead will focus on the fact that best practices become better with change. Systems and procedures require change to keep them up to date and relevant. Computers require upgrades, and new technology from a software perspective is constantly being innovatively changed for the better; for smarter, easier use.



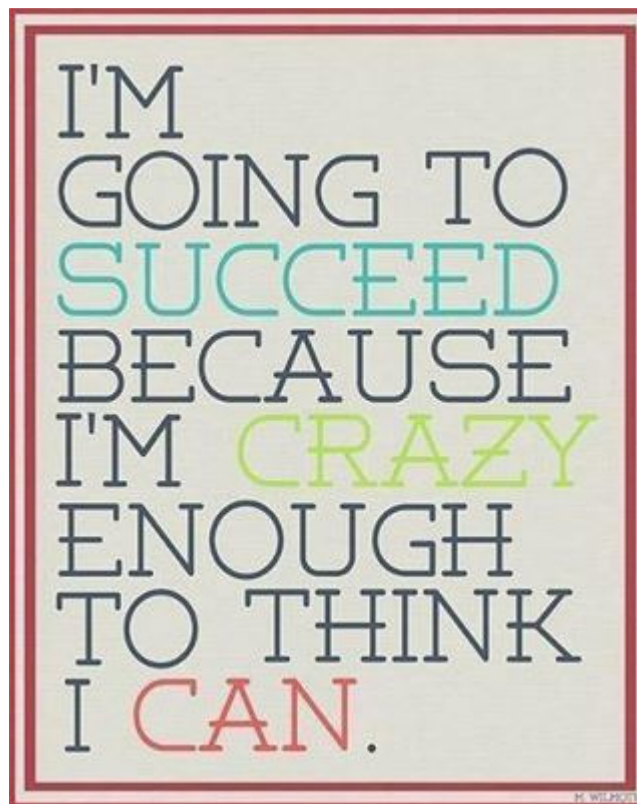
It is my goal to help make the change, the growth that you experience, something that is positive and that this change comes as quickly and easily as possible. I call it transformation and I've experienced some amazing breakthroughs and transformations in this enlightened space. I've witnessed some as well. Because I know the possibilities, I know that change can be effective, easy, as well as painless, allowing a huge sense of relief and empowerment to follow.

Again, I've asked questions and studied the research, and the answers have helped me to become very clear about what I will share with you here. I've also come to realize that to effect lasting change, no ... permanent positive change, you need to address the matter in the moment. What would it feel like to know that your 'To Do' list is long, and no matter how long it is, it doesn't feel overwhelming? What would it feel like if you thought you wanted to eat that piece of pie, or buying the pie was something you could walk away from in the moment and feel good about picking up something healthier like a fresh piece of fruit instead?

If you've ever attended a 2-day , a 4-day, or even a 7-day transformational event, a Tony Robbins or Peak Potentials event (giving a little shout out to some great trainings), then you've seen transformation occur live and in person. Walking the fire walk is truly an amazing experience. Now I don't mean to name drop, but I've been there. I've been a student of personal development for more than 30 years and I can tell you I've been in the room personally experiencing my own breakthroughs and transformations in some of these events. Even therapy and counseling sessions, whether a few weeks, months or years, allow for

breakthroughs to occur and lives can change for the better. All of this helps. Much of it, however, is just not long lasting, or doesn't delve deep enough.

It's the times you're alone and in the moments when that negative thought rears its ugly head because of a deeper negative and limiting belief, that another solution is needed. It is these times when this technique I'm about to introduce you to is so effective. This technique addresses the limiting belief and will clear a negative limiting belief from your sub-consciousness (or begins the clearing process), allowing you to reprogram your subconscious mind with an empowering, affirming belief.



- 2. You must understand the basics of the brain.** We have 1 brain and you're probably aware of the concept of the left brain (analytical, methodical) and the right brain (creative, more of the spiritual connection). Well that's all very real. Even more, understanding the brain lays the foundation for what we'll be doing when we use this technique, so I'll give you my layperson's view of how the brain works and include a couple of analogies so it's easy to understand along with the science.

Studies show, and experts like Dr. Robert Anthony, a teacher of deliberate creation and growing self-confidence, state that we have 1 brain and 2 minds; the conscious

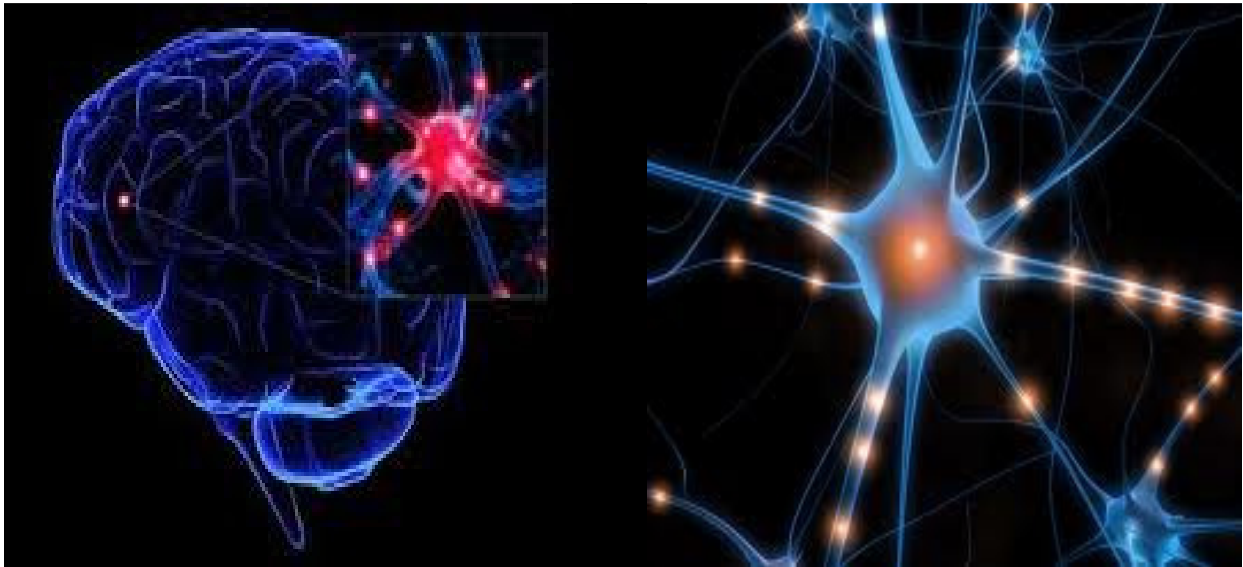
and the unconscious (sometime referred to as the subconscious) mind. These two minds work in tandem, however, one is more dominant in its activities, cause and results than the other. So let me tell you about the two minds ....



- (1) The conscious mind is about 5 to 10% of the brain's functioning. This is where we learn, we recite affirmations, we write, we do so many activities including planning and visioning for our lives and businesses. Most people believe the conscious mind has more power than it actually has. It is also where we experience life, whether painful or joyous, and if there are experiences that are painful, they are remembered in our unconscious mind and used as support for previously stored data, or possibly even begin new data storage.
- (2) The unconscious mind is 90-95% of the brain's functioning. This is what controls our breathing, the way we walk, the way our mouths move when we talk, how often we blink, how we sit, or stand. These are some of the only things we generally think the unconscious mind does, however, it does much, much more. The unconscious mind is the place where decisions are made that can cause us to ask ourselves why we did what we did. There is a reason and that reason is the belief that is stored in a memory cell, a neuron that communicates with the brain. This is the part of the mind that stores old painful memories that your mind uses to make decisions that end up being procrastination, or denial, or doing something that you didn't want to do, or visa versa, not doing something that you wanted to do (like make those phone calls, or put those donuts back).



Let me paint this picture for you ... 95% of the brain is the sub-conscious / unconscious mind and the communication between the sub-consciousness and the brain happens when neurons (pictured below as a single cell on the right) fire up and send impulse messages across neuro-pathways to the brain.



Picture this as if the neuron is holding the messages and the messages travel as a neuronal impulse across the axon (the conducting fiber), the pathway to the brain. The brain interprets the message and acts accordingly to do, or not do, be in a certain emotional state, or more commonly go into 'fight or flight'. The result is the reality you see.

Many of the techniques I have described, NLP and Hypnosis in particular, actually have to deal with the protector of the neuro-pathways, the Gatekeeper. NLP works with the Gatekeeper to come into alignment with the positive change messaging over time. That's generally through reciting of Affirmations and Affirmations (a technique created by Noah St. John), but they engage much of the conscious mind in doing this work. It takes time to work this process from a conscious level to effect lasting change.



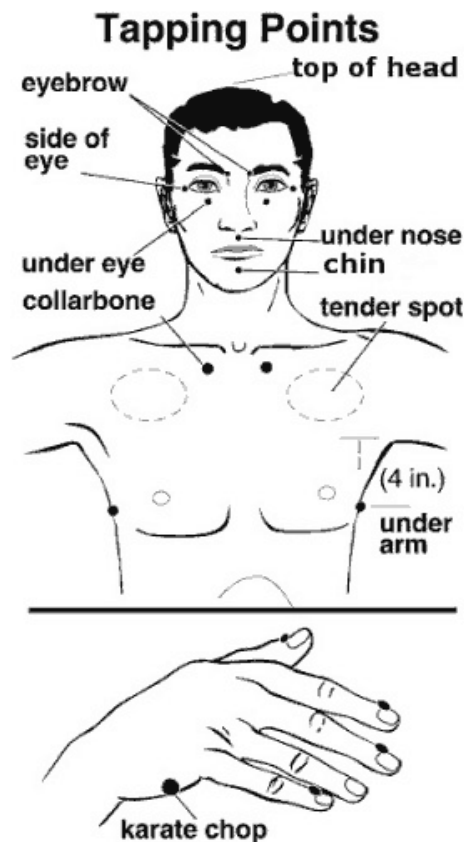
Through hypnosis, you enter a trance state and can there, bypass communication with the Gatekeeper from a conscious level, but rather you bypass it so that when the Gatekeeper comes back online, it receives the new messaging and doesn't skip a beat. Things are proven to change much more quickly through the use of hypnosis, a technique done during a time dedicated to being able to relax to go into the deep trance state needed. There are self-hypnosis techniques that can accomplish this too, but even using hypnosis requires you put in the time 10-20-60 minutes at a time to gain the ground in reaching the unconscious mind and causing change.

Combining EFT (Emotional Freedom Technique) with NLP and Hypnosis techniques and creating a blend of all three practices, you engage the conscious mind to assist you in the awareness and the recitation of the acknowledgement of a limiting belief, and transmuting the thought into a statement of the affirming belief, completing the process with a gratitude statement, you effect change quickly and almost effortlessly. The technique I'm describing combines breathing and speaking with tapping on one or more acupressure points on the body, and in this case one point, the collarbone point.

The vibrational combination of speaking and tapping engage your unconscious mind, bypassing the Gatekeeper to bring the new thought into alignment, especially doing so while also in gratitude. This is the essence of the **ONE TAP SOLUTION™ - 5 Step Ultimate Edge Technique for Deliberate Creation.**



This diagram shows the typical 8-point acupressure tapping locations along with the location of the karate chop tapping spot. It is the karate chop location where what's called a 'set up statement' is verbalized.



### TAPPING POINTS

Karate Chop Point  
and

- 1) Eyebrow Point
- 2) Side of Eye
- 3) Under Eye
- 4) Under Nose
- 5) Chin Point
- 6) Collarbone Point
- 7) Under Arm Point
- 8) Top of Head

What's different about the **Ultimate Edge Technique** is that you will have opportunities to use the **ONE TAP SOLUTION™** at times when you need less than 2 minutes to effect change. Because of the short duration of the exercise and its simplicity, it can be done in the company of others, in your car, in the shower, at your desk, or at some other time (the grocery store, etc.) when a negative statement and limiting belief shows up.

Going through this shorter process will allow you to use every opportunity to change a limiting belief, negative self-talk and everything that would keep you stuck or give you pause to be less than your best. Using this technique you will not miss a single chance to work on eliminating a negative limiting belief. You will be able to address the issue at the time it comes up, not later when either you've spent time in this negative, lower vibration, or you've forgotten the matter and the opportunity actually gets missed.

To go through the full EFT 8-point tapping process is more time consuming and is something to be done in more of a private setting. It is less likely that you will do it in public, drawing attention to yourself and that's what makes the **ONE TAP SOLUTION™** - **Ultimate Edge Technique** so great!

The **ONE TAP SOLUTION™** limits tapping focus to the collarbone point only. Tapping at the center of the body (and a little to the left), the vibration released will reach deeply into the body, all of the chakras and the neurons in the brain. With consistent tapping on this spot for the duration of this short process, along with the vibration caused by the verbal statements being recited, you will feel the relief and the installation of the new positive belief along with its vibrational shift immediately. Ending the process with a gratitude statement, you've allowed the Gatekeeper to confirm the new and empowering belief, aligning the conscious and unconscious minds. The real beauty is that it happens in an instant.

Before going further with explaining the **ONE TAP SOLUTION - Ultimate Edge Technique™**, let me explain a tad bit further how we can get into what is called a "Reality Loop". The following diagram shows how any painful experience, which may have impacted you as early as 3 or 4 years old gets interpreted, and conclusions are drawn to start a limiting belief that leads to skewed thinking. These experiences travel with us through life. We experience new painful things in life that set us up with additional or supporting limiting beliefs. We are ultimately led to make fear-based choices resulting in misguided actions, that lead to more painful experiences that support this reality continuing in a repetitive manner, and thus ... our 'Reality Loop'.

The following diagram reflects how we set up our 'Reality Loop' and form what we believe. We stay in this state without really even knowing it. When the awareness of being in it awakens, we can then take steps to cause change.



When we see our reality breaking down, our choices have led us there. The good news is that our previous choices and beliefs having gotten us into situations and when we become aware of that, we shift and exit the reality that we want out of. The better news is that now, there is a method available to get us there and quickly.

To change what we believe will change what we see in our lives and our businesses. Know what you want in life, and what you want to have in your business. Then, and only then can you go to work to devise the plan strategy to obtain it. You have the ability to create whatever you'd like to see in your life, so be mindful of what you want and where it (what you want) will come from.



Now just keeping it real, don't be fooled, tricked or drink the happy juice that life won't throw you a curve every once in a while ... that's life, it will. How we take those curves, however, ... whether we have our hands firmly on the wheel and screech around the curve, or use our breaks as we go around it with caution, or we're scared out of our minds and fall off the cliff at the curve, we must know that whatever happens is because we've made a decision on a subconscious level that will govern which way we will act/react, and it is because of our belief system.

So if we want to be more empowered, act more courageously, change how we react to a situation that resembles something from the past, have your ideal relationships, attract your ideal clients, bring to you that new car, be led to your perfect home purchase, bring in more revenue to your business, have more love in your relationships, You Can! You can change things ... and you can have things. You can

have it all through these 5 easy steps ... the **ONE TAP SOLUTION™ - Ultimate Edge Technique for Deliberate Creation™**.

***“If you can dream it and believe it, you can achieve it! ...  
but you’ve got to be HUNGRY!” ~Les Brown***



Use this technique and be blessed in your evolving to be who you are truly meant to be.

The Bible says that we go “from Glory, to Glory, to Glory”. It’s my belief that in the context where this is used and what this implies is that as we go through life, as we grow personally, we evolve so that we can live our Divine full lives. The Bible also says that God is no respecter of persons, so if you’ve ever wondered how someone has so much abundance in their life, you must know that you can too. We are also gifted with the teachers and the tools that will come to us to help us, the gurus, Shamans, counselors, Angels, and the opportunities like the **ONE TAP SOLUTION™ – 5 Step Ultimate Edge Technique for Deliberate Creation**.

Use this tool as frequently as needed. Be blessed! Be the best version of you that you can be and bless others in the process by letting them know about this amazing 5 step process. Don’t forget to come and join me for some amazing new programs and opportunities that might fit for you, or someone you know.

BE THE  
BEST  
VERSION  
OF *you*

DO THE BEST YOU CAN

**Live your P3 Life and Have your P3 Biz**  
**[Purpose and Planning lead to Prosperity]**

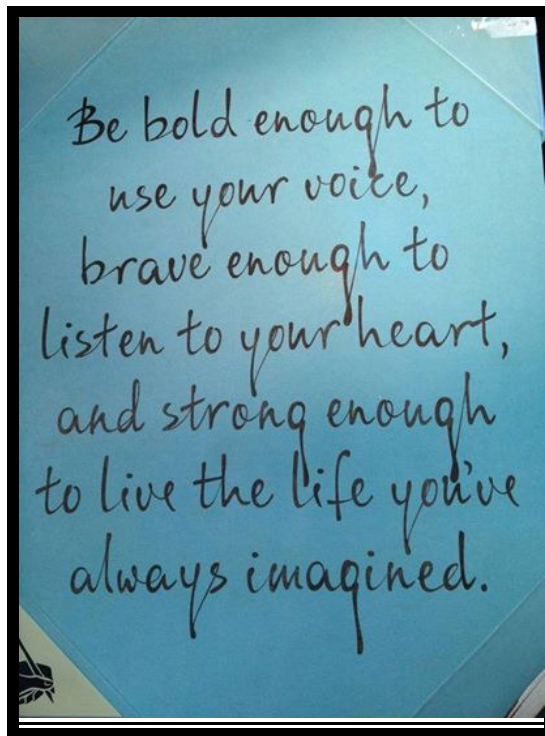
# THE ONE TAP SOLUTION™

## Ultimate Edge Technique for **Deliberate Creation**

### The Process

You're reading this because you want to be more empowered, act more courageously, change how you react to a situation that resembles something from your emotional past, have your ideal relationships, attract your ideal clients, bring to you the things you desire, be led to your perfect home purchase, bring in more revenue to your business, have more love in your relationships, You Can! And more.

You can change things ... and you can have things, you can have it all as you change your thoughts and negative beliefs through these 5 easy steps ... the **ONE TAP SOLUTION™ - Ultimate Edge Technique for Deliberate Creation™**.



*Author Unknown*

**[1] Recognize a disempowering, negative thought when it happens.** This is you awakening to your desire to change those negative feelings and it brings awareness to the pain that these thoughts are causing you. It is these thoughts that are happening because of a deeper negative limiting belief, which is where the real pain is crying out to be resolved.

These disempowering, negative thoughts generally find you ...

- not making those phone calls to achieve a milestone goal because I haven't made it yet, and I'm likely not to make it anyway
- wanting to buy those Enntenmen's Chocolate covered donuts and screw the healthy eating
- not going to the gym because I've been impacted by time and a 30 minute workout isn't going to be worth going over and getting it done, especially if I can't do what I originally planned

Hold this disempowering thought and determine what the negative or limiting belief is that could be the cause

- I'm not good enough
- I'm not deserving
- I'm not loved
- I'm afraid of rejection
- I don't really matter ... nobody loves me, so why should I care
- I'm afraid of failure
- I'm lazy
- I'm afraid of success
- If I'm successful my family will want things from me
- I can't earn more money than my father/mother/my parents
- No one in my family has done what I want to do and I have no support

**[2] Acknowledge your disempowering thought and the limiting belief and frame your disempowering limiting belief statement.** In your awareness, acknowledge the disempowering thought and the limiting negative belief and hold that thought. Acknowledge that there is pain in that thought and frame the following statement, then move into step

Your statement will be ...

- I am really afraid I'll get more rejection making any more calls and I'm not up for that. I'll live if I don't reach my goals. [I'm not good enough.]
- I don't want to make more money then my Dad. [I'm not worthy.]
- I have 30 lbs to let go of and it's just too hard, it's taking too much, so why try. [I'm not deserving.]



- I have these last 10 lbs to let go of and having a couple of donuts today won't do any harm, and maybe I just won't have breakfast or lunch tomorrow. [I'm going to eat what I want. It / I don't matter.]
- I'm always late and I'm late for the business mixer, probably won't meet anyone anyway, so I'm not going. [I'm not worthy.]
- Missing a day at the gym doesn't matter and I can make up for it tomorrow. [I knew I couldn't do it and I was right. I don't matter.]



**[3] Acknowledge and frame your empowering belief in a statement.** In your acknowledgement, look at your disempowering thought and negative limiting belief, and the circumstances, situation that allowed it to come and reverse the thought to frame an empowering belief to replace it.

Empowering Beliefs:

1. It is possible.
2. I am worthy.
3. I am deserving of every good thing in my life.
4. I am confident.
5. Rich people are thoughtful and caring like me.
6. I am highly motivated.
7. I am organized and it's easy being on time.
8. I'm a healthy eater.
9. I care about being my healthiest self.
10. I make good informed decisions.
11. I am releasing weight naturally.

12. I am worthy of great prosperity.
13. I am a money magnet.
14. I attract my ideal clients who I love working with, who love working with me, and who can afford to pay me.
15. It is easy and effortless to create money.
16. The flood gates of prosperity have opened for me.
17. I am an excellent money manager.
18. I get rich doing what I love.
19. I am a generous giver.
20. I am a great receiver.
21. I can do all things through Christ who strengthens me.
22. I always have enough money to pay myself, to pay my bills, and to give of.
23. I am willing to receive the abundance of the Universe in many different forms.
24. I choose to embrace thoughts of prosperity that nurture and support me.
25. I welcome an abundance of joy, love and money into my life.



Let that day be the day you found the **ONE TAP SOLUTION™!!**

**[4] Add the Breathing to the Tapping (1<sup>st</sup> limiting belief release / 2<sup>nd</sup> empowering belief reprogram) to move through this process.** Here are the 3 steps to add your breathing and tapping to this process.

1. Begin tapping at the collarbone point and continue tapping throughout this entire 30-second to 2-minute process.
2. Take a deep breath in for the count of 4.  
Feel the breath move deep into your lower abdominals into your Root Chakra and hold for the count of 4.  
Feel it and know that the energy is moving in your lower chakra.  
On your exhale (again a 4 count) and while continuing your tapping at the collarbone point, state your acknowledgement statement of your disempowering thought and negative belief.  
(i.e., I release the fear of rejection about these calls that I'm going to make.)
3. Take a deep breath in for the count of 4  
Hold for the count of 4.  
On your exhale, state your empowering belief acknowledgement statement.  
(i.e., I am deserving of every good thing in my life, including good results by completing these calls.)

**[5] Acknowledge completion of the process in gratefulness.** Feel free to do one last breath and tapping, state again the empowering belief, and more importantly, state your gratitude. (i.e., I stand in gratitude knowing I deserve every good success in my life. And, so it is!)



Now, let's recap.

# ONE TAP SOLUTION™

## Ultimate Edge Technique for Deliberate Creation™

### *The Process In 5 Easy Steps*

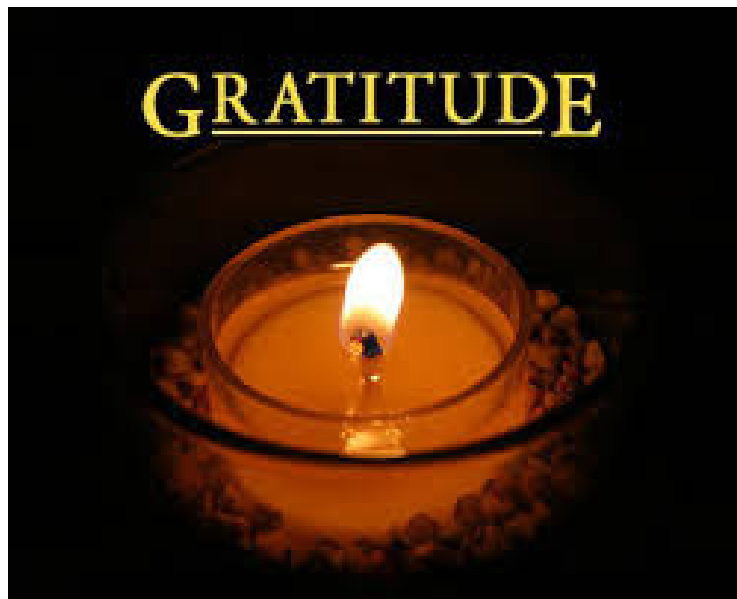
**Create change! Reprogram negative beliefs! Live an empowered life!**

While tapping on your collarbone acupressure point, remember to do your deep breathing. Inhale to capture the thoughts deeply and clearly in your root chakra, at the base of the abdominals. Exhale and verbally release your 3 statements ...

- 1<sup>st</sup> – Speak the disempowering belief acknowledgement statement,
- 2<sup>nd</sup> – Speak the empowering positive belief statement,
- 3<sup>rd</sup> – Speak the gratitude acknowledgement statement.

#### STEPS

- [1] Recognize a disempowering, negative thought when it happens.
- [2] Acknowledge your disempowering thought and the limiting belief and frame your disempowering limiting belief statement.
- [3] Acknowledge and frame your empowering belief in a statement.
- [4] Add the Breathing and Tapping (1<sup>st</sup> limiting belief release / 2<sup>nd</sup> empowering belief reprogram) to your speaking the 3 statements.
- [5] Acknowledge completion of the process in gratefulness of thought in your 3<sup>rd</sup> statement.



**ENJOY!!**

**Live your P3 Life and Have your P3 Biz [Passion and Purpose to Prosperity]**

## *ABOUT THE AUTHOR:*

**V. Lynn Hawkins "The Money Girl"** is a multiple entrepreneur on a mission to help increase the number of wildly successful women owned entrepreneurial ventures across the globe. Through **Skyhawk Enterprises Biz Coaching and Consulting** and **Skyhawk Philanthropic Ventures**, Lynn expresses her purpose as an intuitive business mentor and strategy development muse. She has a gift of co-creating with business owners to build sound and sustainable strategies for business visioning and growth. She helps with positioning to seek funding through grants, developing business credit, and opens the door to other means of fundraising. Her passion is to be the catalyst for women to develop purpose-driven businesses to the next level. Her "P3" philosophy of "Purpose and Planning to Prosperity" comes through in all that she does.

Lynn has over 30 years of experience in commercial real estate lending, sales, leasing, property management, construction development, organizational development, team building, and business strategy and development. She is an advocate that every business owner have a business plan that they've written themselves, being fully and energetically vested in the vision and forward movement of their business.

As an author, a teacher/trainer, and a creative, collaborative connector of small business owners, Lynn is also a community builder and contributor. She firmly believes that business owners must have the mindset that's aligned with their business goals, and facilitates that as an EFT, NLP and Hypnosis practitioner, working with clients to allow the ease and flow of inspired action to integrate throughout their business strategies.

Lynn was the creator and host of the 2013 Journey to Mastery TeleSummit Series events where she brought other experts in an environment that supports the growth and abundance of small business. She does that now through her own weekly podcast series called the **B.I.Z. Info Zone Show – Where women entrepreneurs Can Thrive!** She is a speaker on the topics of prosperity in business and life, as well as women's empowerment and being a living legacy. The message of legacy is paramount since Lynn lost her only son in 2012. Her recovery from grief has been the inspiration for living a more purposeful, powerful, prosperous life and writing her second and soon-to-be released book.

Meet V. Lynn "The Money Girl" Hawkins, multiple entrepreneur, intuitive, overcomer, warrior, survivor, Divine Feminine ... helping women entrepreneurs globally to do more business and make more money. She says "It's your birthright to be wealthy and when you have more money, you can do more good in the world."

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**P3** – PURPOSE | PLANNING | PROSPERITY  
*CREATE A BIZ - CREATE A FUTURE*

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(I'm Giving Myself...)

**Permission to BE POWERFUL !!**

Unique Insights into Being Powerful  
In Your Divine Feminine and Your Business

*[BOOK 2]*

*The Woman's PERMISSION GUIDE*

(I'm Giving Myself...)

**Permission to WIN !!**

From Challenge to the Dream of Winning  
Stories from the Girls and Women Who Are Ready to WIN!

*[BOOK 3]*

*The Woman's PERMISSION GUIDE*

(I'm Giving Myself...)

**Permission to BE PROSPEROUS !!**

Moving Into the Flow of Abundance



See **UPCOMING EVENTS** and more by visiting:

<http://skyhawkenterprises.biz/upcoming-events>

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