

D.A. Plotkin

AUTHOR | SPEAKER | HAPPINESS SEEKER

INTENTION, VISION AND DISCLAIMER

*My vision is to demonstrate **simple** self-empowerment skills so you can truly **enjoy** your life.*

It is my sole intention for you to benefit from all offered publications, programs and activities. Therefore, kindly acknowledge these guidelines for a mutually enjoyable experience.

My creations – I TAP Method and Qi Bliss – along with the resources I use (EFT/Tapping, Qigong, Reiki, Meditation, and other related practices) are all recognized as self-help modalities, but you must take *full* responsibility for your *own* well-being. I provide you with techniques and tools which have been successful in cultivating well-being for myself and numerous others. You must decide if these methods will be of benefit to you.

I say ‘God’. Feel free to call upon whatever Higher Power you choose – God, Universe, Mother Nature, Aunt Tillie. I use colorful language – I mostly seem to have an obsession with synonyms for ‘fecal matter’. Kindly note: I am always in the process of *Becoming Deb*.

I am not a doctor, therapist, healer or counselor. I have, however, done extensive research as well as experimentation and am sharing my findings with you. I sincerely encourage you to explore this information, and more material, on your own.

These are proven methods I have personally experienced for relieving stress, managing pain, transforming harmful thought patterns, uplifting moods, improving behavior, letting go of unwanted habits and much more in order to create an amazing and enjoyable life.

Under *no* circumstances am I downplaying the role of therapy or therapeutic medication. It is always suggested you seek the advice of trained medical and/or healthcare professionals, as necessary, before beginning any self-help program.

You must be certain you are *willing* to make changes in your life. Change is not to be feared. In fact, change is happening constantly. Remember YOU are in control.

Recognize fear, uncomfortable emotions, pain, illness and dis-ease as warning signs that something needs to be addressed.

I cannot change your destiny. I cannot prevent anything from happening to you which is meant to happen. You were put on this Earth at this time to accomplish something very specific. I cannot tell you what that is...only you and your Creator know. I can, however, guide you to cultivating inner peace so you can hear the whispers continually leading you every step of the way :)

-D.A. Plotkin ©2017