

**Easily Relieve  
Your**

**STRESS**

**PANIC**

**or  
FEAR**

**Using EFT**

the Emotional Freedom Techniques:  
The Simple, Fast, Effective Self-Help System

**EFT Healing Stories by  
EFT Masters and Practitioners  
Across the World**

BOOK II

Edited, Illustrated, Compiled by

**Angela Treat Lyon**

# EFT for Stress, Panic and Fear



Published by  
**Out Front Productions, LLC**

Kailua, Hawaii • 808-261-0941

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DISCLAIMER: Our mission is education. This is not medical advice. For help with a personal health concern, please consult your qualified health care provider.

All client names in each case or story have been changed to protect their privacy.

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**This book would not have been possible without you!**

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**Quotes:**

**Morton C. Orman, M.D.**

**Steve Burns & Kimberley Burns**

**Gary Craig, EFT Founder**

You will find information about each chapter’s author (when I could find them and get it!) so that, if you feel resonant with them, you can see their sites, ask for sessions, get their books, etc.

The chapter numbers continue from **Book I**, with Chapter 13.

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# Introduction

## Stress? Me?

**Do you sometimes feel so stressed you can hardly see straight?**



**<< If this is how you actually feel under that smooth, calm exterior you try to walk around in, you've come to the right place!**

In this book, you will find articles from 20+ EFT (Emotional Freedom Techniques) practitioners—most of whom are Certified, Advanced or EFT Masters—whose stories and studies show you directly through example how to use this simple self-help tool to relieve or even eliminate the stress, fear and/or panic you may have been experiencing.

It is our hope and intention that you will be as surprised and excited as we are by EFT when you find how effective this amazing system is, and that you will share it with people as you get results for yourself first, then your family, friends, clients and co-workers. I have also added a couple of articles written by EFT newbies to show you how easily you can learn and use this incredible tool, as well.

**You don't need to be a seasoned pro to get results!**

### **Do you have any idea how serious a matter stress is?**

According to **Morton C. Orman, M.D.\***, Author of [The 14 Day Stress Cure](#): “Each year, millions of Americans die of stress-related illnesses. Heart disease, strokes, and even some forms of cancer may be caused by stress in certain individuals.

“If we include the considerable damage done by smoking, overeating, alcohol, and drugs - all commonly used to cope with stress - we can see that we are in the midst of a major epidemic with serious, often fatal, consequences.”

### **What is stress, anyway?**

Here's what stress experts, **Steve Burns and Kimberley Burns** of [TeachHealth.com/index.html](http://TeachHealth.com/index.html) have to say about stress:

If you are used to thinking that stress is something that makes you worry, you have the wrong idea of stress. Stress is many different kinds of things: happy things, sad things, allergic things, physical things. Many people carry enormous stress loads and they do not even realize it!

We are all familiar with the word “stress.” Stress is when you are worried about getting laid off your job, or worried about having enough money to pay your bills, or worried about your mother when the doctor says she may need an operation.

In fact, to most of us, stress is synonymous with worry. If it is something that makes you worry, then it is stress. Your body, however, has a much broader definition of stress.

**To your body, stress is  
synonymous with change.**

\* ©1992-2007 M.C.Orman, MD, FLP [www.stresscure.com/hrn/five.html](http://www.stresscure.com/hrn/five.html)

## Anything that causes a change in your life causes stress

It doesn't matter if it is a "good" change, or a "bad" change, they are both stress. When you find your dream apartment and get ready to move, that is stress. If you break your leg, that is stress. Good or bad, if it is a *change* in your life, it is stress as far as your body is concerned.



Even ***imagined change*** is stress. (Imagining changes is what we call "worrying".)

If you fear that you will not have enough money to pay your rent, that is stress. If you worry that you may get fired, that is stress.

If you think that you may receive a promotion at work, that is also stress (even though this would be a good change).

## Whether the event is good or bad, imagining changes in your life is stressful.

Anything that causes ***change in your daily routine*** is stressful.  
Anything that causes ***change in your body health*** is stressful.  
***Imagined changes*** are just as stressful as real changes.

Let us look at several types of stress—ones that are so commonplace that you might not even realize that they are stressful.

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### **Emotional Stress**

When arguments, disagreements, and conflicts cause **changes** in your personal life—that is stress.

### **Illness**

Catching a cold, breaking an arm, a skin infection, a sore back, are all **changes** in your body condition.

### **Pushing Your Body Too Hard**

A major source of stress is overdriving yourself. If you are working (or partying) 16 hours a day, you will have reduced your available time for rest. Sooner or later, the energy drain on your system will cause the body to fall behind in its repair work. There will not be enough time or energy for the body to fix broken cells, or replace used up brain neurotransmitters.

**Changes** will occur in your body's internal environment. You will "hit the wall," "run out of gas."

If you continue, permanent damage may be done. The body's fight to stay healthy in the face of the increased energy that you are expending is major stress.

### **Environmental Factors**

Very hot or very cold climates can be stressful. Very high altitude may be a stress. Toxins or poisons are a stress. Each of these factors threatens to cause **changes** in your body's internal environment.

### **Environmental Toxins**

#### ***The Special Case of Tobacco Use***

Tobacco is a powerful toxin!! Smoking destroys cells that clean your trachea, bronchi, and lungs. Smoking causes emphysema and chronic bronchitis, which progress to slow suffocation.

The carbon monoxide from cigarette smoking causes chronic carbon monoxide poisoning. Tobacco use damages the arteries

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in your body, causing insufficient blood supply to the brain, heart, and vital organs. Cigarette smoking increases the risk of cancer 50-fold.

Chewing tobacco or snuff is no safe haven. It also damages your arteries, and it carries the same cancer risk. (Cancers of the head and neck are particularly vicious, disfiguring, and deadly).

Poisoning the body with carbon monoxide, and causing the physical illnesses of emphysema, chronic bronchitis, cancer, and arterial damage, tobacco is a powerful source of added stress to one's life.

### **Hormonal Factors**

#### ***Puberty***

The vast hormonal changes of puberty are severe stressors. A person's body actually **changes** shape, sexual organs begin to function, new hormones are released in large quantities. Puberty, as we all know, is very stressful.

#### ***Pre-menstrual syndrome***

Once a woman passes puberty, her body is designed to function best in the presence of female hormones. For women who are past puberty, a lack of female hormones is a major stress on the body.

Once a month, just prior to menstruation, a woman's hormone levels drop sharply. In many women, the stress of sharply falling hormones is enough to create a temporary **overstress**. This temporary overstress is popularly known as Pre Menstrual Syndrome (PMS).

#### **Post-Partum**

Following a pregnancy, hormone levels **change** dramatically. After a normal childbirth, or a miscarriage, some women may be thrown into **overstress** by loss of the hormones of pregnancy.

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### **Menopause**

There is another time in a woman's life when hormone levels decline. This is the menopause. The decline in hormones during menopause is slow and steady. Nevertheless, this menopausal decline causes enough stress on the body to produce **overstress** in many women.

### **Taking Responsibility for Another Person's Actions**

When you take responsibility for another person's actions, **changes** occur in your life over which you have little or no control.

Taking responsibility for another person's actions is a major stressor.

### **Allergic Stress**

Allergic reactions are a part of your body's natural defense mechanism.

When confronted with a substance which your body considers toxic, your body will try to get rid of it, attack it, or somehow neutralize it. If it is something that lands in your nose, you might get a runny, sneezy nose. If it lands on your skin, you might get blistering skin. If you inhale it, you'll get wheezy lungs. If you eat it, you may break out in itchy red hives all over your body.

Allergy is a definite stress, requiring large **changes** in energy expenditure on the part of your body's defense system to fight off what the body perceives as a dangerous attack by an outside toxin.

## **Some common stress symptoms:**

### **Brain:**

Fatigue, aches, pains, crying, depression, panic/anxiety attacks, bad sleep

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### **Gastrointestinal Tract:**

Ulcer, cramps and diarrhea, colitis, irritable bowel.

### **Glandular System:**

Thyroid gland malfunction.

### **Cardiovascular:**

High blood pressure, heart attack, abnormal heart beat, stroke.

### **Skin:**

Itchy skin rashes, breakouts, sensitive to touch, blotches.

Immune System: Decreased resistance to infections.

We have known for a long time that overstress could cause physical damage to the gastrointestinal tract, glandular system, skin or cardiovascular system.

But only recently have we learned that ***overstress actually causes physical changes in the brain***. One of the most exciting medical advances of our decade has been an understanding of how overstress physically affects your brain.

We now know that the fatigue, aches and pains, crying spells, depression, anxiety attacks and sleep disturbances of overstress are caused by brain chemical malfunction. (*Thanks, Steve & Kim!*)



## **Stress = Positive Change, too!**

We commonly think of stress as anything caused by a “bad” situation or event happening with or to us. But in fact, *any* change can set off our bodily alarm system—even those things

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or events we think of as “good:” winning a prize, an award, a raise, a commendation: or completing a major achievement—like publishing a book, finishing a painting, creating a website, birthing a child, seeing your child off to college.

### How do you know you are stressed?

Seems like a silly question, I know. But if you were to teach me exactly how you feel in your body when you are experiencing stress, what would you say?



<< Stress feels like this guy, doesn't it? How he looks is how I feel when I'm worried or afraid. You can feel stress as a knot in your belly, sweaty palms, a headache, or constricted chest. Weak or wobbly knees, a tight throat, a feeling as if the world will end.

None of it is fun. But now, using EFT, a simple, easy system, it's possible to not only just relieve stress, but get right to the bottom of the causes of it and eliminate them and the stress.

I like to look at the symptoms of stress as red flags that point out where I'm not at peace with myself. If I can't identify where it shows up, what my symptoms are, I can't change it. Most of us are so inured to the levels of stress we endure every day that we don't recognize it when we see/feel it!

Here is what EFT Founder, **Gary Craig** of [Emofree.com](http://Emofree.com) says:

**Any negative emotion is caused by a disruption in the body's energy system.**

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Now that we have seen some of the causes of stress and where it shows up in our bodies, it's time to think about what our thoughts are about our lives, and the effects our thoughts have on our bodies' energy systems.

Why? Because EFT posits that it is not necessarily the actual *cause* of stress that hurts.

What hurts is the *result* of the disrupted energy in our bodies, as well as the results of the thoughts, beliefs and habits we form around the pain we feel because of that disruption.



**In this simplistic illustration** on the left is someone who has had a trauma or has stress of some kind that has disrupted his energy system.

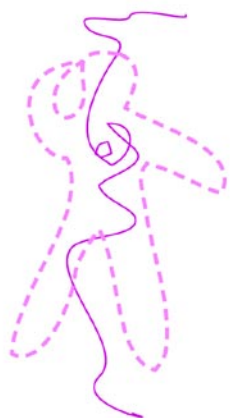
His energy is now constricted and tangled. The constrictions cause backups of energy, resulting in pain and illness on all levels: physical, mental, and emotional.

An example of this would be a migraine headache: you just cannot function when you have one. The disrupted energy in your body makes it impossible to do anything but lie down and wait it out.

But as soon as the energy is free-flowing again, you can get up and function as if the migraine had never existed.

**On the next page top, he has found EFT**, a system he can use to relieve his stress! He is tapping on specific points on his body (that are actually Acupuncture points). Instead of a needle, he

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uses his fingertips. As he taps, he says certain phrases (not affirmations) that help him calm down, address issues he never realized were there, and finally release any anger, hate, resentment, fear and grief that are holding him back.

**Below to the right, he is done tapping and releasing.**

He has let go of the disrupted energy from his system, made new choices, even gained new perspectives. He feels a whole lot better. His energy is back, the color in his cheeks and skin is better, he can breathe fully, there's no more knot in his belly, and his heart feels full and content. His confidence and feelings of self-worth and well-being are increased and expanded.

**Imagine what your life would be like if you didn't have to spend so much time and energy as you do now on stress and its side-effects!**

I suffered from a deep depression for 35 years. The stress and worry absolutely crippled me more days than not. There wasn't a day that went by that I didn't have the desire to end it all in some way—the mental and emotional pain was simply too much, and I didn't know how to make it go away. I just wanted to give up.

Fortunately for me, I found EFT, the simple tool with which, in 6 short weeks, I resolved the depression. It hasn't reared its ugly



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head now for years. I love the tool so much I teach it to others. Since you're not here with me, I wanted to make it possible for you to discover, explore and use this marvelous tool, too. That's why I compiled this book.



Once you see how easy it can be to get through what used to be unsurmountable problems at impossible odds, your entire outlook on life will shift. what I realized I had found such an important key, suddenly I had real hope. Not the, “well, OK, I can live with this a little longer” kind of hope, but Real Hope—that has now turned into confidence.

## About the chapters

It turns out that there were far too many stories to comprise only one book. So—this is Book II, and Book I has 13 other stories.

Most of the following chapters have a brief intro by EFT Founder, **Gary Craig** (many of these articles can be found on his site, [Emofree.com](http://Emofree.com)).

You'll see how each practitioner has his or her own style—I have used font styles to keep a bit of consistency. I used **bold green** to emphasize the **tapping protocol** in each story.

In the practice of EFT, there is an amazing phenomenon I want you to know about. Recognition of this phenomenon came about as Gary watched how participants in his workshops tapped on other people's issues and got results, themselves—even though *they had not been specifically tapping on their own issue*. He calls this **Borrowing Benefits**.

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You can read and tap along with each of the stories in this book and get benefits, yourself—even if the issues are not the same as what yours are. Take full advantage of this aspect of EFT! By the end of reading each article, you just might have more relief from the stresses in your life than you have ever felt before!

What will *you* do with all the energy that has been backed up within you? Do you have a Dream of doing or being something you never thought was possible? I say to you, get going! Because *you can do it now!*

Aloha,

*Angela Treat Lyon*

Hawaii, 2007



# 13

## Surgery Anxiety

### A “guinea pig” for a pioneer operation

*Hi Everyone,*

*Chrissie Hardisty details the use of EFT for surgery anxiety. Please note her comment at the end about surrogate-tapping for her friend.*

*Hugs, Gary*



I'm writing about a friend of mine—Pat—who underwent pioneering surgery a few weeks ago. Just before Christmas I taught her EFT for her chocolate addiction and it was very successful so she did have a prior knowledge of EFT.

She had a prolapse of the bladder and was told that it would be at least three months before they could operate.

However, within a couple of weeks of seeing the specialist the hospital called to ask her if she would be willing to undergo a pioneering operation, never done before in this country [United Kingdom].

A specialist was to come from Europe to teach the procedure to her doctor. They wanted 4 guinea pigs. That was the good news, the bad news was that she couldn't have a general anaesthetic, just a spinal epidural which she was not keen on having at all—in fact, dreading would be a more appropriate word.

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There were 4 of them lined up for this particular surgery, all on the same day. When she decided to go ahead [4 days before the scheduled surgery] she rang me up to tell me how frightened she was.

### **I told her to tap, which she proceeded to do each day.**

On Thursday she went into the hospital and met the other three women who were all extremely afraid. By this time Pat was cool and calm. She was the only one who slept like a log, the only one who watched TV most of the morning before her surgery in the afternoon.

**She was the only one who didn't need a pre-med because, as the nurse said, "you don't need it—you are so calm!"**

On arrival in the theatre, *because she was so calm, they decided to give her only a local anaesthetic*, and, according to Pat, it was so easy and she felt nothing. For an operation with a normal hospital stay of up to 10 days, *she came out on Sunday, 48 hours after the op*. Nurses were amazed that she wasn't more bruised and she has *made a full recovery in three weeks*.

**BTW, I tapped for her throughout the day and a few times during the actual op. Makes you think!!!!**

Luv and wishes,  
*Chrissie Hardisty*



## EFT for Stress, Panic and Fear



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# 14

## Stress-related Cough

### Emotional cause for a physical issue

*Hi Everyone,*

*Steve Wells writes from Australia with a “coughing case” for which no one else could bring relief. Please note these things about this case.*

*Steve had the client address stress related causes. The success involved points yet again toward an emotional cause for a physical issue. Persistence was required. This was not a perfect case wherein a few rounds of tapping wipes out the problem forever. Instead, the client is able to “control the cough.” Does more work need to be done on underlying emotional issues? Perhaps. Is this as good as it is going to get? Who knows? We are still learning here.*

*Hugs, Gary*



Hi Gary,

You may recall that Dave Lake successfully used EFT to cure a stress related cough last year. I have had similar success recently, and submit this testimonial from a refinery worker.

It should be noted that when this gentleman was referred to me his doctor commented that the cough had stumped even “the top respiratory physician in town.”

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### Testimonial:

Steve: As agreed, here is some background of my coughing condition and outcomes after practising the EFT technique.

1. The coughing symptoms first appeared at work and were raised in the Medical Centre as an incident on 28/06/96.\*
2. It was diagnosed as Asthma and appropriate medications were prescribed.
3. Further tests were conducted over a period of 2 years to determine the cause and whether it was Occupational asthma.
4. During this period, Xrays were taken, 2 x Histamine provocation tests were conducted on 18/3/96 and 18/06/98, methacholine bronchial challenge and many lung function tests were performed. Approximately 10 different asthma medications were tried with minimum affect.
5. Respiratory Physician finally cleared me of asthma and advised against any further medication.
6. Coughing persisted into 1999, in desperation I approached another doctor. Blood tests were taken which revealed nothing abnormal; he then referred me to you.
7. After 3 appointments from 06/04/99 to 16/7/99, I have been practising the EFT technique for stress management.
8. Approximately 2 month after commencing the technique I noticed the urge to cough had dissipated, tightness in the chest had gone and when I was in a stressful situation I felt confident

\* [For us Americans: Aussie date system: 16/7/99 = 7/16/99. -Editor]

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of suppressing the cough through mentally focussing on the technique routine, or where the situation allowed itself, physically practising the technique.

9. I feel better in myself knowing I am in control of the cough.

R\_\_\_\_\_

\*\*\* *End of testimonial* \*\*\*

*Steve Wells continues:* I am finding numerous cases like this where *physical conditions are shifting when EFT is applied to the emotional issues* in the person's life, and those that are associated to the condition. My theory is that:

**Once the blocks in the energy system  
are removed, there is more energy  
available for healing.**

It is the body which heals itself, after all.

Keep well,  
*Steve Wells*



## EFT for Stress, Panic and Fear



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Steve Wells is a psychologist, professional speaker & peak performance consultant based in Perth, Western Australia. Steve regularly teaches and consults worldwide with elite athletes and corporate personnel to improve their performance and enhance the performance of their teams.

Together with David Lake he also conducts personal development seminars and professional training workshops in Advanced EFT and Provocative Energy Techniques throughout Australia, USA and Europe.

Along with advanced training in EFT with Gary Craig, and several energy therapies, Steve has trained to the highest level in provocative therapy, and has been training counsellors and therapists for over 15 years. Together with Dr. David Lake he developed a unique Energy-based approach Provocative Energy Techniques (PET). He also has training and experience in brief strategic therapy. Steve was one of the first to apply Energy techniques to performance enhancement work with elite athletes.



# 15

## “In-Your-Face” Anxiety/Stress

### Undergoing *currently* stressful inputs

*Hi Everyone,*

*A thank you to Robyn Wood for this anxiety/stress ridden case. I think it is particularly useful because it depicts a client undergoing **currently** stressful inputs (severe enough to cause a complete mental breakdown).*

*I stress the term **currently** here because, in my experience, such a case often unfolds a bit differently than one involving a **past** issue such as a war trauma, death of a loved one, guilt over a past action and so on.*

*While this case is about “Susie’s” reaction to her husband’s illness (and many related financial, family and other issues), it has some parallels with the plight of a battered wife.*

*In both cases, the client is faced daily with anxiety and stress-ridden input. This is not the type of thing that we just “tap away” in a session or two. That’s because the problems are current, “in your face,” major events that are here today and will still be here tomorrow.*

*However, great progress can be made with EFT in bringing stability to the client’s emotional responses. With remarkable frequency, we can “take the edge off” the intense emotional reactions and thus generate a better level of peace and understanding. This gives the client a sounder, more rational base from which to make decisions.*

*As Robyn shares this story with us, you will see how she pulls the problem apart into several related aspects. This is meritorious, of course,*

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*and I'm sure contributed substantially to the client's increased stability. You will also note that the client's reaction was delayed. I comment on that within Robyn's report.*

*Hugs, Gary*



Dear Gary,

Susie (name change) had a major crisis, diagnosed as a complete mental breakdown, and was hospitalised for stress and depression. This was triggered by multiple stressors all related to her husband of 35 years having Huntingtons—a debilitating progressive disease which effects the brain and nervous system.

She has been his primary caregiver and slowly watched him deteriorate over 20 years. This was a tremendous burden that she carried without sharing it with her children, until it became obvious. It has only been in recent years that she has also shared with them that they, too, are possible candidates for the same progressive disease—as are *their* children.

After a relapse at home, her husband was placed in a rehab. centre and became incontinent.

The rehab centre was insistent on him returning home and Susie felt she could no longer cope. Not just because he was incontinent but because of the increasing burden and responsibilities involved.

The 4 adult children were extremely upset at the thought of their father not returning home (none remain living at home) and became angry with their mother.

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A crisis team came to her aid and prescribed Paraxotine and complete rest. The family was called together for joint counselling. This has likely opened a pandora's box for the children because of their own multiple issues related to their potentiality towards contracting Huntingtons.

At a home visit where Susie was bed-ridden (no energy and sobbed constantly), she was unable to even tap for herself. So I began tapping for her.

*Gary Craig Comment: Doing the tapping for someone else is often even more effective than the clients tapping themselves. There appears to be something useful about the human interaction (love) in some cases.*

*Please note the many aspects that Robyn addressed. In my opinion, the more the better. You are dealing with a festering emotional boil here and the more drainage you can provide, the less painful the boil.*

*Also note that most of the aspects are somewhat global in nature (e.g. failure as a mother/wife). While it can be effective at this early stage to be global like this, I suggest that getting behind each of them to address specific contributors may take the client to an even better level.*

*Robyn continues:* Below are some of the aspects we tapped on so far...

### **Even though:**

**I feel overwhelmed by this whole issue**

**I can't stop crying**

**I'm fearful I can't cope**

**I don't know what to do**

**I feel a failure as a wife**

**I feel a failure as a mother**

**I fear my children will reject me (we did them one by one)**

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**They (the children) don't understand what it's been like  
I don't know how I will manage financially if he goes into a  
nursing home  
I don't know which is the best option (for husbands care)  
I'm fearful of (husband) coming home  
I feel so alone in this decision  
It has been a lonely journey carrying this burden  
I'm fearful of driving again...**

In some cases I used Larry Nims' way\* of working with tapping the 3 areas with the accompanying 4 statements:  
(EB = eyebrow ppoint, UE = Under eye, LF = side of fingernail on little finger)

**I'm eliminating all of the:**

tapping on the EB - sadnesses

UE - fear

LF - anger

EB again for emotional traumas

**and all of the roots and the deepest causes of all of this  
problem**

and I added:

**related to feeling a failure as a wife....**

I left a printout of the EFT Basic Recipe suggesting she tap daily on anything that created discomfort for her

Needless to say, the potential for EFT is enormous with this whole family.

Gary, what I have found interesting is that initially Susie was unable to give an intensity rating [0-10 intensity], and, on the few occasions she did, it had only reduced from a 10 to an 8.

\* [Find Larry Nims's program, [Be Set Free Fast](#), on Amazon.com. -Editor]

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Intuitively, I felt it had come down much lower. I suspected the APEX problem *[This is where the problem has gone away so completely that the client forgets how intense it was, and thinks EFT had nothing to do with its erasure. -Editor]* and so I gave up completely on the scoring and just did the tapping.

Later Susie revealed that it was the next day when she felt so much better but only mildly improved shortly after the tapping. This has been my first experience of this (delayed effect) after working with maybe a 100 or more people. Have others experienced this?

*Gary Craig Comment: Yes, this happens from time to time. Let me also suggest, however, that you give credit to your intuitive sense.*

*On many occasions I intuited that a client was at a different level than they reported. Upon discussion with them we discovered that they were actually much improved but they didn't report it because some other aspect was coming up (of which they were unaware) OR they didn't believe the improvement would last.*

*Thus it is possible that Susie didn't have a delayed reaction. She may have been improved at the moment but didn't report it.*

*Robyn continues:* Although the crisis team has been very supportive and visiting her at home daily, she asked me to come and do the tapping with her, as she felt this was helping her more than anything.

Still more to go but progress is outstanding compared to alternatives offered.

Thanks heaps for the ongoing input. Blessings to you,  
*Robyn Wood*

## EFT for Stress, Panic and Fear

P.S. Just a further point I forgot to mention. With many of the issues we tapped on, we concluded with tapping on the KC point and saying,

**I forgive anyone else who's played a part in this, including God  
I forgive myself for attracting this  
I now let it go completely**

I really felt this was important given the complexity and longevity of the health problem.

Also, Susie reported in saying she drove the following day and managed to cook for herself. Progress continues.

Many blessings,  
*Robyn Wood*



## EFT for Stress, Panic and Fear



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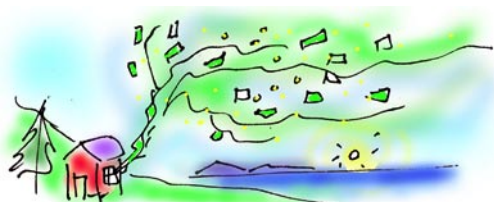
The heart or the feeling body is your intuition, which is often disregarded or overridden by the ego driven mind. Always listen to your “feeling” body to guide you to your potential. It never lies!

Have you considered that the conditions and limitations you experience in your life are self imposed?

When we take full responsibility for our physical, mental, emotional and spiritual body and become “conscious”, we can direct our energy in a positively powerful way, thus accessing that innate loving power that we all have within.

Do the beliefs you hold serve you positively or negatively? Do you realize you can change these beliefs if you so choose? Do they create love, self worth, confidence, compassion and optimism and other positive emotions. Do those beliefs validate the divinity within you, or do they create fear, self doubt, judgment and disbelief?

Understand, we are all manifesting all the time based on the way we think, feel and act. The mind is not remotely discerning—it simply responds in a cause and effect manner. We are energy beings attracting like energy, according to the Law of Attraction.



# 16

## Jump Right In!

### So how do you do EFT, anyway?

*At this point, you've seen how some people have gotten some success using EFT. But you're probably wondering how the heck did they do it, and what order, and what do they mean, tapping?*

*So, I decided I'd make this chapter an excerpt from my book, **Change Your Mind! with EFT, the Basics**, so you can get an idea of how to do what we've been talking about. -Editor.*

#### **Which would you prefer—to listen to me tell you about apples, or try one out for yourself?**

It's obvious that you'll know more about apples if you try them yourself—even if you only take one little teensy bite—than if I spent the next ten years telling you about them.

I could tell you about EFT all night long, but until you experience it, you won't have a real idea about what it can do. We're going in running. Let's just get on with it!

#### **An experiment**

Are you experiencing any small thing you would rather not have or be feeling in your life right now, this very minute? A physical pain, or a memory, maybe? Write down on a sheet of paper what it is.

It can be anything: a headache, a sore back, a knee pain, or a toothache. Or, you might be worrying about something, feeling

## EFT for Stress, Panic and Fear

anxious, or feeling lazy! Maybe it's 3:00 p.m., and you're in the midst of the afternoon slump. You might be drowsy, or foggy-headed. Or maybe it's late at night and you're reading because you can't sleep, or your feet are cold. Maybe you want something but you don't know quite what, so you're inclined to reach for ice cream, cookies, or a candy bar. A cigarette, or a beer, maybe. The feeling of wanting—craving—is enough to make you lose attention on whatever it is you were doing.

Maybe it's not a pain at all but a longing. Or frustration because you can't do something you want to do—or maybe you have to give a speech tomorrow, and just thinking about the stage, never mind going up on it and giving a forty-five minute talk, makes you nauseous.

Or perhaps you have to take a test tomorrow. You've studied and know the material, but are still freaked out by the idea of being tested.

Or you could be a world-class surfer who has never told anyone about your fear about falling off big waves. You brave it out, over-ride your fear every time you go out, but it sits in the pit of your stomach like a lead ball each time.

Find your own. Write it down on a piece of paper. Later you will be so familiar with the process you won't need to write anything down, but for now it will help you discover what to do, and when.

### Feel the pain/emotion/sensation

Remember: It's alright to feel like this! It's not a character fault! If we don't feel, chances are we're dead or on our way. In order to find out how to resolve something, we have to identify it first. Feeling is OK: feeling it is how we find the problem.

Be with it as much as you can without hurting yourself. It is *not*

## EFT for Stress, Panic and Fear

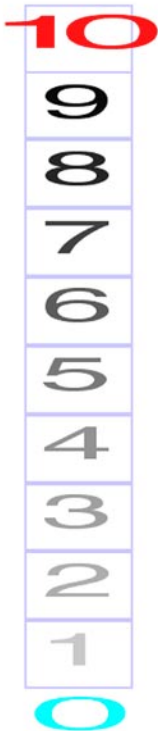
the point to traumatize yourself! Here are some questions that will help:

Where is the pain/feeling/sensation in your body? Or is it outside of your body? In your head? In your thoughts only?

How would you describe it to me? Is it sharp, dull, an ache, just a feeling of being squashed? Is it intense, or light, or hot?

Does it come in waves, or is it erratic? Is it tiring, black, heavy, nauseating?

Does it have a sound or a shape? A color or texture? Someone's voice? Describe it—whatever "it" is—to yourself very well and write it down.



### Rating the sensation

Let's say that you have a huge thermometer that measures intensity of feeling. It's marked with intervals from zero up to ten, with ten being the highest in intensity.

What rating would you give the intensity of your feeling or sensation (this is often called SUD, or Subjective Units of Distress)?

If it's hard for you to imagine a number for the rating, guess. Your intuition will usually be right.

This number is a reference point so when you're done with this short process you'll be able to see where you came from, and if you have made progress.

#### ISSUE:

*I have a headache at the top of my head*

*or*

*My tooth is throbbing\**

*or*

*I'm sad because...*

*or*

*I feel sleepy*

\* Please! If you have a toothache, make sure to check it out with your dentist, too!

Again, write down the number you got.

### Being able to notice

If you have marked the intensity of your feeling at only a one or two, find another one that has at least a five rating, so you can notice a difference when you've finished the exercise.

If you can't find something that bothers you right now, go back to a time when you had a troubling pain, experience or emotion. Use that.

Sometimes I ask people if there is any experience or incident in their lives that they would erase or get rid of, if they only could. These work really well!

### Please be kind to yourself

Be responsible for your well-being—whether you're feeling a present sensation or one from the past.

For now, avoid choosing one that is really distressing (a nine or a ten)—this is just an exercise! EFT is meant to be as pain/distress-free as we can make it.

We're making a point here, not trying to get you into extreme pain or paroxysms of raging emotion!

### Here we go

Now. You have a sensation that you have named and described on your sheet of paper. You have rated this sensation, and written down the rating.

#### ISSUE:

*I have a headache at  
the top of my head*

8

*My tooth is throbbing*

9

*I feel sleepy*

6

## EFT for Stress, Panic and Fear

Refer to the illustrations in **Chapter 5, Illustrations of the Tapping Points** to find all the Tapping Points.

To the right is how to use what is called the Karate Chop Point, for obvious reasons.



### Here are the steps of the process:

#### 1. The setup

As you tap the tips or the ends of the fingers of one hand against the Karate Chop Point (as in the diagram), you say the Setup Phrase. The setup phrase acknowledges the pain (speak it out loud). You say:

**even though I have this pain/feeling/sensation**  
(this anger, fear, craving, worry)

Still tapping the Karate Chop Point, you continue and say:

**I deeply and completely accept myself**

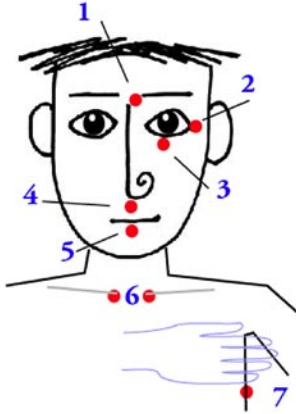
Altogether it will look and sound like this:

**even though I have this pain/feeling/sensation**  
**I deeply and completely accept myself**

Repeat these two phrases so that you have said them three times, as you simultaneously and continually strike the Karate Chop Point. Strike the Karate Chop point firmly, but without hurting your hands!

**Important note:** *Don't worry that, by saying these things, you might be installing these negative things into your system—they're already there, or you wouldn't be thinking or feeling them! All you're doing is letting them come out as the truth about how you feel right now in this moment.*

## EFT for Stress, Panic and Fear



### 2. The tapping sequence

Next, with the tips of your first and second fingers, tap on each face point, moving down to the collarbone and underarm points.

Tap firmly about 5 to 7 times on **each** point as you repeat the words, “this pain (feeling, sensation)” as you go down the line of tapping points.

There are seven points. Make sure you find and tap each one.

Tap the same intensity you would as if you were drumming the table in impatience—it’s about that same firmness. Please, not so hard that you hurt or bruise yourself! If tapping hurts, you can gently rub the points with your fingertips.

### 3. Check your new rating

At the end of the tapping sequence, check the intensity rating for your pain/emotion/sensation.

#### ISSUE:

*I have a headache at the top of my head*

*3! wow!*

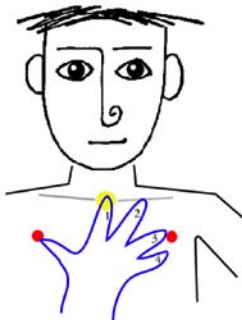
*My tooth is throbbing*

*2*

*I still feel sleepy*

*4*

Is the rating the same? Lower? Higher? Write down your results, and any notes you might want to add.



### One more time

If the rating is the same or higher, repeat the process, saying, “**even though I still have this....**”

Write down your results, and any notes you might want to add.

### Again

If there is little or no movement or the rating is higher, try again. This time, try rubbing the Sore Spots for the Setup Statements.

Just for fun, add the Finger Points and the Gamut, also seen in Chapter 5. Do your best to get the rating down to zero, but if you remain at a livable one or two, it's OK, too. Some people tap down to a 2 or 3 and by the end of the next hour or the morning of the next day it's a zero.

Write down your results, and any notes you might want to add. (And if it is a toothache, please see your dentist, too!)

### Good!

You have now completed your first experience using EFT! By this time, you ought to have had some movement of the energy in your system.

Many people experience their pain disappearing, their emotions calming, or craving going away. Breathing often becomes deeper and fuller. Some people sigh or yawn. Some get shivers down the back or other part of the body.

In the interest of experimentation, testing like this is simply how to get a taste of the process of EFT—I can't possibly forecast what might happen for you.

I hope you got relief from whatever pain or unwanted feeling you were experiencing, and that you feel better than you did before.

Your own sensations and your own notes are tangible (think of what the word 'tangible' means: touchable, within reach!) evidence that you have just taught yourself the basics of a tool with which, if you choose, you can change the quality of your life.

### A recap:

**Feel it. Be specific:** the more carefully you notice what you feel, the more disrupted energy you can clear and heal.

Say, for example, you have a headache. The more specific you can be the better. Instead of saying, “I have a headache,” say, “I have a headache in the top part of my head on the right side.” Check carefully to see **what** something is, **where** it is, **how** it feels, and how much **intensity** it has. Identify it, what ever “it” is!

**Rate it/Write it down: Give it a number**—what intensity level is it at for you? If you can’t “see” a thermometer or “hear” a number, or feel a level of intensity—guess! Write it down!

**Setup and I Accept Statement:** Tap on the Karate Chop point, or rub the Sore Spot, and repeat the Setup phrase three times:

**Even though I have this \_\_\_\_\_ ,  
I deeply and completely accept myself**  
(or, I want to love and accept myself or  
I am willing to think about loving and accepting myself)

### Examples of I accept phrases for kids:

I’m a great kid or  
My Mom loves me

### Tap the Sequence:

***Eyebrow point***

***Side Eye***

***Under eye***

***Under nose***

***Chin***

***Collarbone***

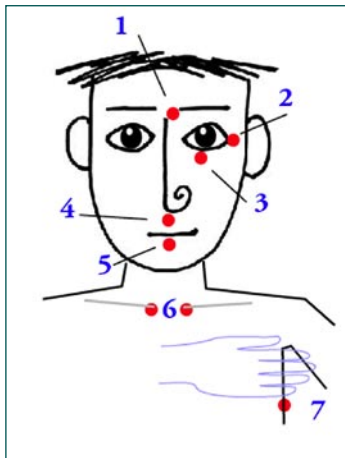
***Underarm***

## EFT for Stress, Panic and Fear

**Rate/Write:** *What is your intensity rating now?* Write it down.

Add anything you noticed as you went through the process. Try it again, or as many times as you need to get comfortable with the sequence and the setups.

You might want to write down anything you flashed on as you tapped: a memory, an insight, how your body feels. Maybe you feel generally brighter and happier all over.

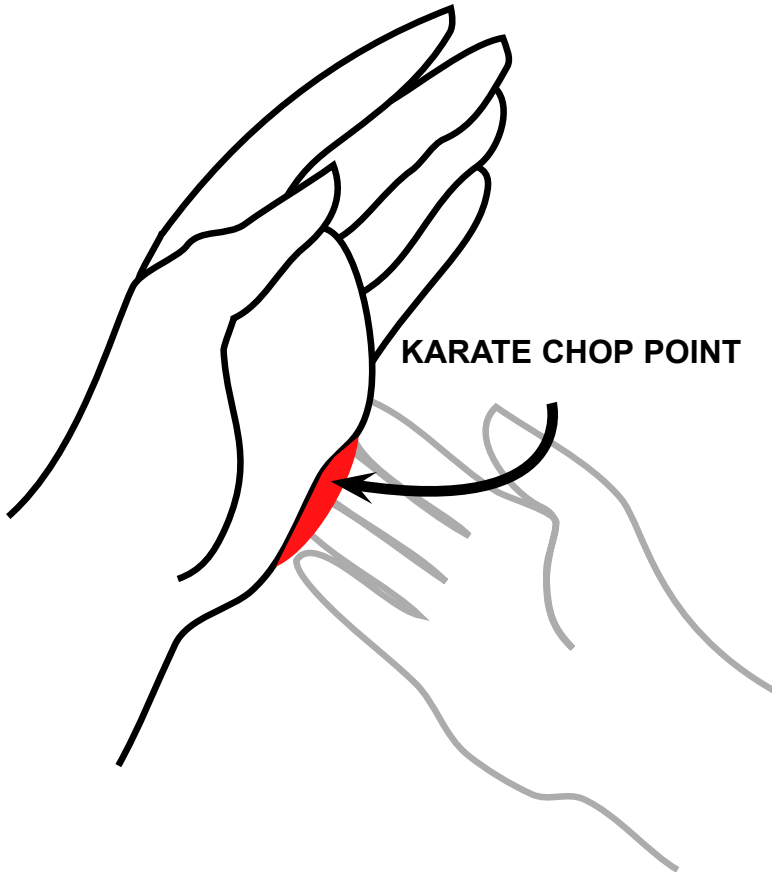


**17**

**The  
Illustrated  
Basic EFT  
Tapping  
Points**

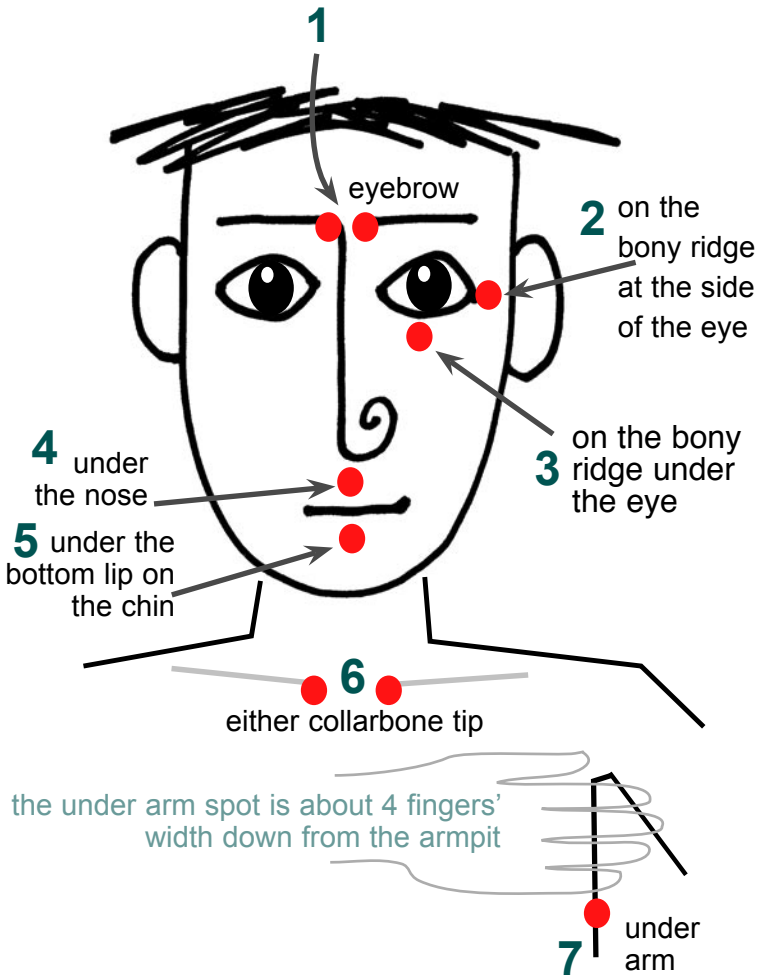


# the Karate Chop Point



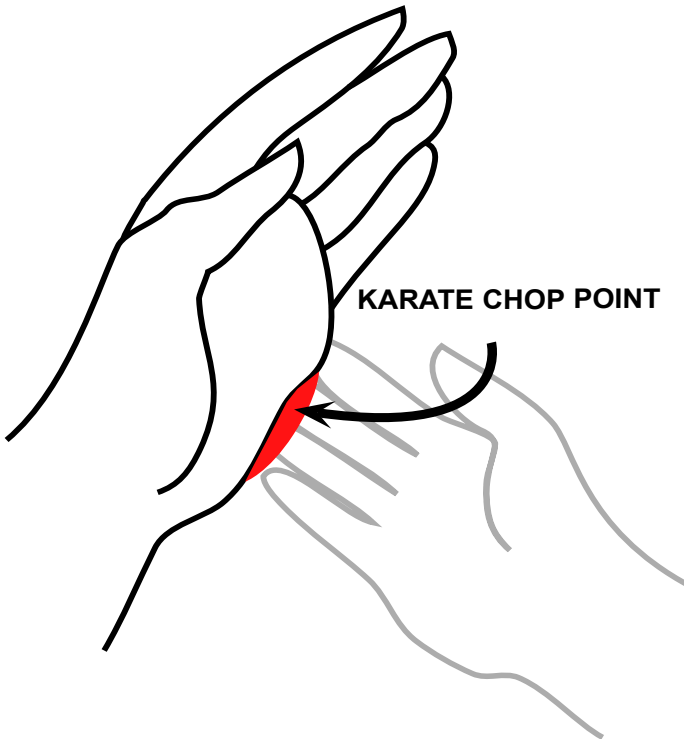


# the Basic Tapping Points





# the Sequence



## The sequence Part 1: The setup

A. Say statements 1 & 2 in a complete set three times as you gently strike the Karate Chop Point:

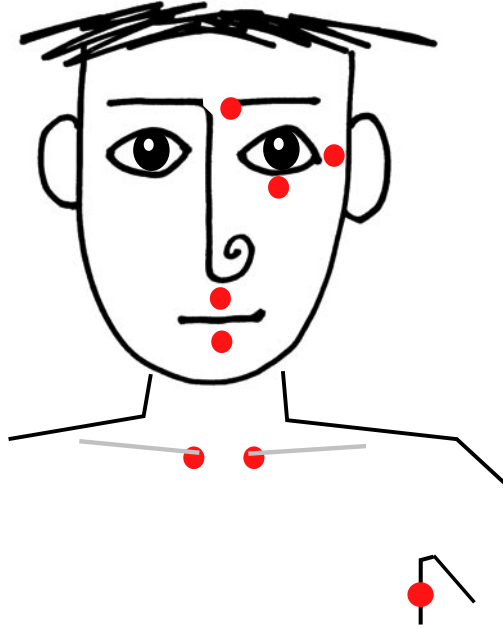
1. **Even though I \_\_\_\_\_**  
(insert your own phrase)

2. **I deeply love and accept myself**  
(or, if for a child: I'm a great kid,  
or another appropriate phrase)

**Now go to Part II, the Tapping Sequence**



# Tapping



## The Sequence Part II: Tapping

- B.** Repeat a reminder phrase like, “this headache” (the gist of the setup phrase) as you tap down all points

Repeat Step B 2 or 3 times. Repeat as many times as it takes to get relief or to get yourself comfortable.

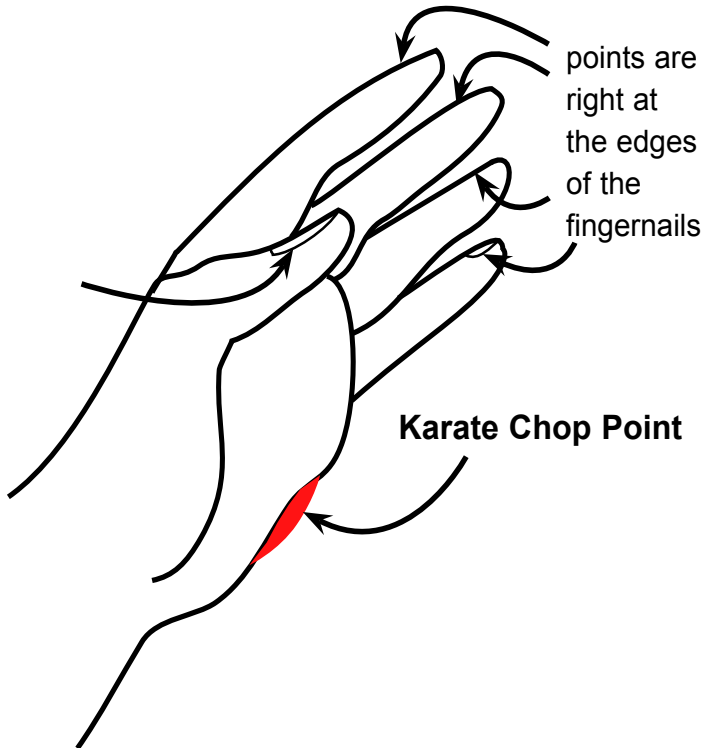
When you have had a satisfying shift in thinking or feeling about the issue you are tapping on, create a short, positive phrase that would encapsulate how you’d rather feel or be. Then do Step C.

- C.** Say & repeat the gist of an “**I choose**” phrase as you tap down through all the tapping points



# the Finger Points

Use these points for further emphasis in your process



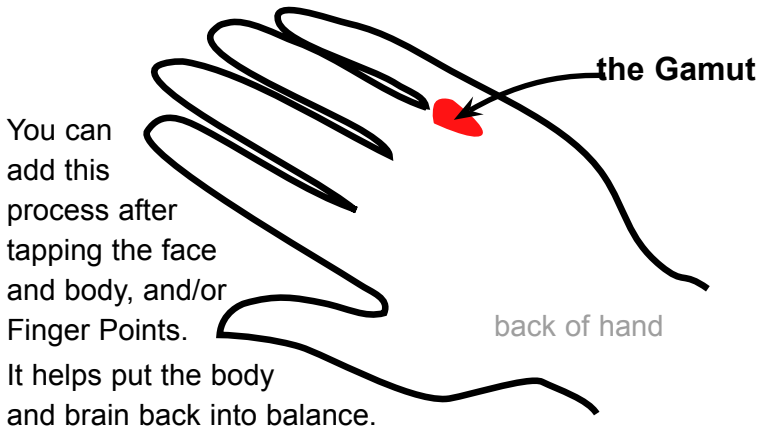
Starting at the side of the tip of the thumb, work towards the little finger, tapping with the index and second finger of the other hand.

Skip the third finger.

End up with the Karate Chop Point.



# the Gamut



**Rub the Gamut Spot** (the V-shaped indentation on the back of the hand at the base of the knuckles of 3rd and 4th fingers) with the tips of the index and 2nd fingers of your other hand

**as you look straight forward (but relaxed!)  
and keep your head still do these steps:**

1. Close your eyes
2. Open your eyes
3. Look down (eyes move only!) to the hard left
4. Look down (eyes move only!) to the hard right
5. Still without moving your head, do a wide rotation of your eyes in one direction 360 degrees
6. Do a wide rotation of your eyes in the other direction 360 degrees
7. Hum a few notes of a tune (like 'happy birthday')
8. Count from one to five
9. Hum a few more notes



# 18

## Court room Anxiety

### Custody battle, audition & calling-employers-for-work stress

*Hi Everyone,*

*Dr. Carol Look gives us an up close look at two intense anxiety cases.*

*Hugs, Gary*



Here are three mini-examples of how EFT can be used for stress.

**1. A woman came to me who was** in the middle of a custody battle over her four year old daughter. Her husband was a wealthy cocaine addict who hired the most famous and most expensive lawyer in Manhattan.

**She complained of being so upset during the court proceedings that she shook from anxiety and felt chronically nauseous.**

I taught her how to tap during the session, and we reduced her anxiety when she thought about her husband winning custody, yelling at her, and manipulating her the way he had in their marriage. Here are some of the setups we used:

### **Even though:**

**I feel anxious about my husband**

**I feel anxious when the lawyer talks**

**going to court makes me feel sick to my stomach**

**the thought of my husband winning makes me sick with anxiety**

She called me the next day to say she tapped in court using the imagery/visualization method (didn't want to look wacky in front of the judge...) and that:

**She felt completely free of anxiety.**

She said she no longer felt like vomiting, could face her husband despite his courtroom antics, and felt more confident that she could handle the whole problem.

She was truly in disbelief and thanked me over and over again for a technique that "saved her sanity."



**2. Another anxiety case** involved a phone session with a woman who was having heart palpitations, sweaty palms, shortness of breath and overall anxiety because she was about to make a call to prospective employers.

She was embarrassed to say how anxious she felt, but said she couldn't even pick up the phone to make one of these calls. Her voice was racey and she was spiraling in her negative thoughts as we talked.

## EFT for Stress, Panic and Fear

She had never seen the spots or tapped before, so I had to describe them to her over the phone. We tapped as follows:

**Even though:**

**the thought of making these calls makes me feel sick  
picking up the phone to call X makes me feel anxious  
my heart is thumping and I feel out of control  
I have no confidence in myself as an employee...**

In a very short period of time, she felt completely better, actually anxiety free and found it hard to believe that it was the tapping. She said it was too strange, and like voodoo. (Thank you APEX...) Anyway, she felt calm enough and confident enough to make the calls.



**3. The final anxiety case involves an actress** who became paralyzed when she had to audition for or act in a play. We began tapping on general anxiety:

**Even though:**

**I get anxious about auditions...**

Her face turned red and she could feel her heart pounding when she described what would happen to her. The tapping was not working very well so we got more specific, and of course, as it turned out, there were multiple aspects...

**Even though:**

**I'm afraid to leave my house when I have an audition  
I feel anxious on the subway going to an audition travel  
anxiety**

## EFT for Stress, Panic and Fear

**I feel nervous when the director gives the 10 minute call**  
**I feel nervous when the director gives the 5 minute call**

The referring therapist told me that the client felt much better but was afraid to do more tapping on her own because she didn't want to think about the anxiety. Within a few weeks she got over that and began doing the tapping on her own.

Hope these help...

*Love, Carol*



## EFT for Stress, Panic and Fear



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Carol Look's specialty is inspiring clients to attract abundance into their lives by using EFT to clear limiting beliefs, release resistance and build their "prosperity consciousness."

In addition to teaching approved Level 1 and Level 2 EFT classes, Carol leads EFT workshops around the country on the topics of Attracting Abundance, Anxiety Relief, Clearing Addictions, and Weight Loss.

While Carol is no longer accepting new clients due to her extensive waiting list, she offers a wide variety of Attracting Abundance with EFT teleclasses, "live" seminars, and a new Abundance Package.

Carol's book, *Attracting Abundance with EFT*, is available as an e-book with companion audio recordings.

Carol is the author of *How To Lose Weight with Energy Therapy* and *Quit Smoking Now with Energy Therapy*. She is the senior author of the computerized EFT program, *The Key to Weight Loss* with co-authors Dr. Patricia Carrington and Sandi Radomski.

And she is the author of, *It's Not About the Food*; as well as *Improve Your Eyesight with EFT*.



# 19

## Sports and Other Stresses

**Sports anxiety, heat sensitivity, being away from home, loneliness, fear of insects.**

*Hi Everyone,*

*Dr. Carol Look gives us an up close look at two intense anxiety cases.*

*Hugs, Gary*



Dear Gary,

**We first used EFT with Adam (my son) when he was 8 years old, during summer baseball. He often had a stomachache and general malaise before games but desperately wanted to play. During the games he often got overheated and nauseous. Once he threw up.**

We had attributed the nausea to his heat sensitivity but the more it happened, the more it looked like anxiety. We began to use EFT before games towards the end of the season which greatly reduced the stomachache and nausea. The heat sensitivity seems to run in my family.

## **Now that the other issues are taken care of, the heat sensitivity is more manageable.**

When basketball season came along, Adam (at that time, 9) was again having anxiety symptoms before games but really wanted to play.

And again we used EFT and had good results, even better than during baseball.

I think that was both because we were more practiced at figuring out the words that worked the best for the treatments (Adam was more able to identify his feelings), and the heat was no longer a factor.

### **I remember one Saturday in particular because of twin problems.**

He had a basketball game *and* he was to spend the night with a good friend (which he had not done much).

He was very anxious so we spent about 20 minutes doing various EFT treatments both for the basketball game and the spending the night away from home. At the end of the 20 minutes he was like a different child. He was full of energy, excited, and free from stomachache and other anxiety symptoms.

### **I can't tell you how relieved I was, not only for that particular day but also that there was clearly hope for my child to have a less stressful life.**

### **Right before basketball season, we moved to a new house.**

Up until this time, Adam had woken up every night after my husband and I had gone to bed and crept down the hall to get

## EFT for Stress, Panic and Fear

in bed with us. We never heard him and this arrangement was fine with us. We had had a family bed with each of our children, sometimes more than one at a time, until they were ready to stay in their own beds.

However, in our new house the floors creaked badly and we woke up every time he came in. Also, he was more restless, which meant none of us slept well. We decided it was time to make a change. Adam was not happy about it but made the adjustment for a couple of weeks.

**Then he started to wake up from bad dreams.** We talked about them and treated for them but that wasn't enough. He was still scared and couldn't get back to sleep for hours sometimes. We were all getting threadbare!

Finally, my husband realized in talking with him that Adam was feeling insecure about the safety in this new house.

He explained how this house was safe and that seemed to help a lot. However, he continued to wake in the night and be awake for a couple of hours. He wasn't scared but he couldn't go back to sleep and he couldn't identify what to treat himself for. We even tried treating for something that he couldn't identify but with no luck.

**One night while I was sitting with him, I had this overwhelming intuition that he was lonely at night.**

I asked him and he started crying and said yes that he was.

After giving him some time to really feel that and get some comfort from me, we decided to try treating for being lonely. It was like magic!

## EFT for Stress, Panic and Fear

**After that we began to see that using EFT regularly before bed** and treating the chronic issues each night meant that we all got a good night's sleep. He can occasionally skip a night but if he skips more than a couple of nights he wakes up again.

**What has been most amazing to me is watching my now 10 year old son learn to identify his feelings with such clarity and to see his dedication to himself and his commitment to do his treatments every night.**

He knows when he needs to treat himself in other than bedtime situations (he tried it on carsickness on his own!), and even suggests it to others when he senses their stress.

We have also used BSFF [*Larry Nims' Be Set Free Fast -Editor*] for some dramatic events of Adam's early childhood that I felt had left some lasting emotional residue. His comments following those treatments were that he felt lighter, like a burden had been lifted.

**Recently, he learned from my mom how to do instant** treatments, which he loved. Now his nightly routine was cut from about 10 minutes to about 2 or 3 minutes. Things seemed fine for a long while, but about two weeks ago he began waking in the night on a regular basis again, not scared but unable to go back to sleep for hours again. He was having headaches which kept him awake also. We suspect he may need glasses so we've made an eye exam appointment.

**Three nights ago I had another strong intuition and had Adam** use his old method of EFT treatments. He slept all night. Again the next night he used EFT and again slept all night. Last night he woke once but was able to go right back to sleep and slept the rest of the night.

## EFT for Stress, Panic and Fear

So we may experiment some more with the instant treatments but I wonder if what happened was that his anxiety was so low from the regular EFT treatments when he tried the instant routine that maybe he was just coasting on his lower anxiety level and it built back up again over time until he was waking up again.

**Usually he is so good at checking in and knowing if he** needs treating that I didn't suspect that the instant routine wasn't working. I just thought that we were missing something that needed attention (either another emotion or that he needed glasses). At any rate, we are sleeping again.

Gary, I can't find words to express my gratitude for your sharing this technique with the world. I know it has helped Adam to have a less stressful life which affects not only him but the rest of us as well.

### **He is going to grow up very conscious and in tune with himself.**

**As for the ways in which we've used EFT with our other** children, it has been more isolated but just as effective. Emily (7) sometimes has intense fears of insects for which EFT is greatly helpful. She has also used it to treat herself when she has bad dreams.

**It's like flipping a switch to watch her go from being  
terrified to being happy to climb back into bed  
and go back to sleep.**

David (13) has used EFT during baseball but for very different reasons than Adam. He got hit by a pitch in a game and then had difficulty staying in the batter's box if anything even looked close

## EFT for Stress, Panic and Fear

to him. Using EFT greatly reduced his anxiety and he was better able to stand in. He doesn't understand how EFT works and that bothers him but he finds that it works anyway.

Well, I am sufficiently wrung out now! I have wanted to get all this on paper for myself as well and just never took the time to sit and do it.

Thanks again for spreading this wonderful work!  
"Joanna" (last name withheld for privacy reasons)



# 20

# Crucial Detective Work

## Once-a-month in-bed panic attacks

*Hi Everyone,*

*Rehana Webster, from New Zealand, expertly helps her client reduce his panic attacks from one every 2 weeks to zero in the last 32 weeks. However, this only happened **after she discovered the core issue.***

*Clients like the one in this article often say they can't remember what event may have triggered their issue(s). Newcomers may give up at this point but seasoned EFT'ers use this as a cue to play detective. This is because they know that there is almost always a triggering event. Such was certainly true in this case. Please note how skillfully Rehana finds it. There is much in this case that can be universally used for other clients and issues.*

*Hugs, Gary*



A young man, aged 22, who I shall refer to as “Joe,” came to me recently wondering if EFT would help him.

**He was initially experiencing panic attacks about once a month however now the frequency had increased to an average of twice a week.**

He had sought medical help in the past but the medications

## EFT for Stress, Panic and Fear

prescribed had not helped. With the increased frequency that he was experiencing the attacks, he was desperate to get help.

I asked him to describe when the attacks started and where he experienced them and what the symptoms were.

Joe related that, as far as he was aware, the first panic attack symptoms he experienced were around the age of 15 or 16. In the beginning, Joe experienced the attacks at a rate of one per month. His doctor had diagnosed the condition as 'panic attacks' and could offer only offer him strong medications to control them. Joe explained that there was nothing he could think of that triggered the attacks.

**He said that the attacks were preceded by a feeling of anxiety** around his stomach area; that his pulse would race, his breathing became constricted and he would feel extremely hot and sweat profusely.

To get a better idea, I got Joe to describe in as much detail as he could, how he experienced the panic attacks.

"The panic attacks always occur when I am in bed, and there is someone familiar with me." The feelings always start from my belly-button upwards to my head. I start to feel very hot and sweaty in my upper torso and I'm not aware of my lower body."

I asked Joe to think about the last time he had an attack (while I tapped on his EFT points) and focused on the bodily feelings he experienced. We tapped on:

**Even though:  
my body has learned to over-react in some situations  
I am a good person**

## EFT for Stress, Panic and Fear

### **I don't know why I'm having these panic symptoms I accept my self**

But after several rounds of having Joe repeat the phrase we still didn't seem to get anywhere. At this point I decided to change course and try something else.

### **I asked him the 'magic' question 'what event or person in your life could you skip if you had to live over again?'**

He hemmed and hawed and then said, "well, maybe it was the experience of being sexually abused at age 9. However, I have dealt with it and it doesn't bother me now."

I felt that here was my cue, and I leapt upon it.

Since he claimed he had already resolved it, I asked him if it was all right to briefly revisit the event, in case something might tie it into the panic attacks. He agreed to tell his story:

His parents had owned a motel and hired people to clean the rooms. One day, for some unknown reason he went into one of the rooms that was being cleaned. The man who was there (a family friend) invited him to lie on the bed. The man closed the door and proceeded to cover Joe up with a blanket from his waist up and over his head. He then removed Joe's pants and performed oral sex on him.

All this was done without any words spoken while Joe was lying on the bed covered from the waist up by the blanket. When the man was finished, he put Joe's pants back on, took off the blanket, tidied him up and went on with his chores.

### **The similarity between the panic attacks and this event were striking.**

We tapped on all the aspects surrounding this abuse and the most significant insight that Joe had was the association between the panic attacks and the physical, emotional and mental panic he experienced under the cover up of the blanket.

#### **We tapped on:**

**forgiveness for himself, his parents and the abuser,  
the fact that Joe was only 9 years old and he was curious and he felt guilty that he somehow invited the abuse.  
the fact that at age 9, Joe didn't know how to express his thoughts and feelings, or who to tell.  
the physical feeling of the panic attack  
the weight on his chest  
the hot flushes from his waist upwards  
his racing thoughts.**

During the following session Joe said that he could clearly see how the event was linked to his recent panic attacks. When he felt vulnerable and stressed his body was recreating reactions from the early trauma.

It's only been 32 weeks since I worked with Joe, however there have been no signs of further panic attacks. Remember that they were previously occurring every two weeks.

*Rehana Webster*



## EFT for Stress, Panic and Fear



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Rehana's ultimate goal is to empower people with knowledge and skills.

Staff development consultant specializing in assisting people and organizations to implement change and be more productive

Rehana has extensive communications and personal development skills, and very strong interpersonal skills and is enthusiastic and creative. She has developed and presented extensive training programs specifically designed for all levels of business people. She uses a high degree of initiative to ensure the best results.

Rehana uses result-oriented and solution-focused tools and technologies to gain desired outcomes, all desired outcomes are carefully defined and follow-ups scheduled to ensure achievement

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- ❖ Neuro-Linguistic Programming, Master Practitioner
- ❖ Design Human Engineering
- ❖ Ericksonian Communication Skills
- ❖ Train-the-Trainer
- ❖ EFT Certificate of Completion, (EFT-CC)
- ❖ EFT Master Practitioner (July 2005)
- ❖ Accelerated Learning, Brain Gym, EFT, BSFF

Memberships:

- ❖ Australian Institute of NLP
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# 21

# Tapping Daily

## Fear of panic attacks

*Hi Everyone,*

*Maggie Adkins shares her experiences with a simple procedure for panic attacks.*

*Hugs, Gary*



I had a large number of folks come to me to get release of their panic attacks years ago. It was almost as though they were a herd—they just all showed up within days of each other!

There were many things we did, but a consistent technique was to have them, every day upon waking, check in to see how intense they were when they thought of having a panic attack. Then I had them do several rounds of,

**Even though:**

**I have this fear I will have a panic attack**

**Every one of the people who came to me because of panic attacks who did this every day ceased having panic attacks.**

It is my belief that *releasing the fear* that they were going to have a panic attack somehow unhooked them from actually having them. I can't say that for sure, but it feels like that is true.

## EFT for Stress, Panic and Fear

We were doing other tapping and breathing exercises to alleviate the panic attacks, but I feel tapping on and releasing the fear that the panic attacks (or whatever the problem is) will return, somehow unhooks the person a bit from that issue returning. Play with as you see fit!

*EFT Master Maggie Adkins*



## EFT for Stress, Panic and Fear



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I teach EFT Level 1, 2 & 3 approved trainings throughout the U.S. and Australia. My passion is to empower as many people as possible with the gift of EFT. I was awarded the highest honor in EFT, the EFT Master designation. I feel truly honored and want to help others through my Business Mentoring programs. I work with other EFT practitioners to help improve their EFT skills and business strategies.

I create programs for letting go of that sharp critic so many of us have inside, as well as programs for releasing chronic anger and depression. My “Body Dialogues with EFT” are quickly becoming one of the most popular EFT techniques I explore with my clients who are in pain or have disease in the body.

I have a successful private practice with an international client base who work with me by phone and/or email, or in person for one-on-one EFT healing sessions. I’m always delighted to chat with people about EFT. If you have questions or want to explore working with me, please feel free to email or call me.



## 22

# Fear of the Fear

## A complex infertility issue

*Hi Everyone,*

*Many thanks to Alina Frank who unravels a complicated infertility issue and discovers that her client's fear of vomit was likely a contributing factor. Along the way, she address the "fear of the fear," a common reaction of those overcoming phobias with EFT. This term refers to the fact that the client may be over the fear but they won't know it until they are faced with the real life situation. In the meantime, they are afraid that they will still have the fear response.*

*Hugs, Gary*



Dear Gary,

**I know that you always stress the importance of testing,** testing, and re-testing, even after we believe we have collapsed an issue with a client. Much has also been said about working through the "fear of the fear" of any phobia, since it can be just as strong as the presenting fear or phobia. I've recently seen firsthand the need for this piece of validation.

"Mary" called me ostensibly to work on her infertility issues which she had been attempting to work through using conventional methods. After a few minutes it became clear to me that her greatest challenge was emetophobia, which had been plaguing her for many years.

## EFT for Stress, Panic and Fear

Emetophobia is the irrational fear of vomit, including seeing vomit or fearing that you may vomit.

This woman's phobia was so severe that she had lost a significant amount of weight and was down to 95 pounds simply because the feeling of fullness in her stomach had made her worry about having to vomit. I immediately felt that this was connected to her inability to bear children; morning sickness, infant spit up, etc.

Using some intuitive detective work I found that Mary had been sexually abused at age 7. When I asked her to describe the emotions behind that incident she said she felt "disgusted with herself." We then did a number of rounds of tapping on,

### **Even though:**

**I feel disgusted with myself because \_\_\_ touched me here**

**I blame myself for the abuse**

**I forgive myself.**

Next we worked directly on the phobia itself and I was relatively sure that the fear was gone. I asked her to test herself by watching the Exorcist and she mentioned the movie Fifty First Dates, which has a particularly gruesome scene where a walrus throws up a hundred pounds of fish in a veterinarian's office.

We had a follow-up session where I felt that the fear was, in fact, gone, and she had started to gain weight.

However, she wasn't so sure about this because she still had not experienced a real vomiting situation without experiencing the fear response.

To me, she had the "fear of the fear," and that would be the case until she had the real experience.

## EFT for Stress, Panic and Fear

**Mary called me recently to tell me that she had been in a bar** when a man next to her suddenly leaned over his bar stool and vomited all over her while she remained calm.

A week later she helped a sick co-worker in a stall of their office by holding her head as this woman hurled her lunch.

**Mary was thrilled that she finally had proof that this incapacitating fear was really gone.**

And as an aside, Mary just became pregnant!

I was struck by the timing of that call when, a few days later, I had the opportunity to see the same “fear of the fear” with a child, “Tessa,” who I had helped last year with her fear of snakes.

I felt that this was a pretty straightforward fear and made sure to cover all the aspects as you demonstrate with Dave (fear of water) in your DVDs covering phobias (at [Emofree.com](http://Emofree.com)).

**First we tapped on:**  
**the general idea of the snake**  
**the slithering**  
**the sudden movements a snake can make**  
**even on the fear of the snake’s forked tongue.**

I felt she had reached emotional freedom from this issue but couldn’t find a way to prove it right then and there. I did ask her to go to a local pet shop to test herself. The snake fear was only a minor side issue we worked on that day, and quite frankly it seemed so minor that I felt fine about not having tested her as thoroughly as I normally would have.

## EFT for Stress, Panic and Fear

A few days ago I went as an adult chaperone with this girl's class to the zoo. Tessa had told her little friends that she was worried about seeing snakes at the zoo (the fear of the fear). All morning her friends warmly hugged Tessa and they took turns looking ahead at the exhibits making sure that poor Tessa wouldn't run into any surprises. Could this be a secondary benefit, I wondered?

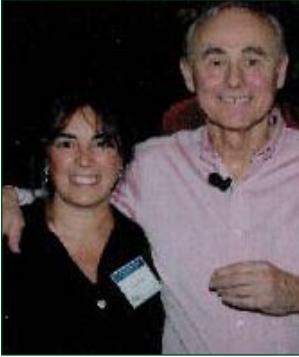
**At the end of the day we were at the very last exhibit, and there** in a glass case was the dreaded object of Tessa's terror. Just then I had a moment to talk to Tessa off to the side away from her guardians. I reminded Tessa that she and I had worked on this fear and that I thought she would be fine and asked her if she was ready to have a look. The feeling of relief was obvious as she took my hand and saw the creature. A big smile arose as she said, "Cool!"

Moral of this story is test, test, test, and remember to work on the fear of the fear—which can sometimes be as powerful (if not more so) than the fear itself.

Thank you,  
*Alina Frank, EFT-ADV*



## EFT for Stress, Panic and Fear



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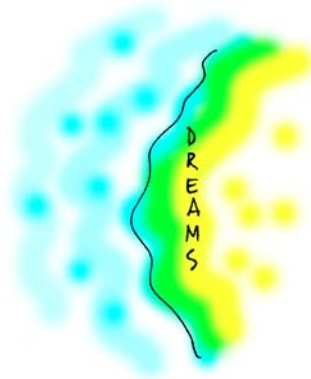
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# 23

# Afraid to Fall Asleep

## Panic Attacks

*Hi Everyone,*

*Panic attacks can be frightening experiences and often seem to appear without any apparent cause. A cause does exist, of course, but it often takes solid detective work to find it. Listen in as Rod Sherwin from Australia uses some insightful methods to uncover the thought patterns underlying his client's panic attacks.*

*Hugs, Gary*



I was working with a client, “Jenny”, who was suffering from the recent onset of severe panic attacks. The physical symptoms included pain down the legs, nausea, fainting and insomnia. The emotional side was abject fear and panic.

**We initially started out treating the physical symptoms** and were able reduce these down completely. From there we investigated the cause of the insomnia. Jenny didn't want to fall asleep because she was afraid that she wouldn't wake up; she was afraid she would die if she went to sleep.

Some careful questioning got behind the fear of dying to a very uncertain childhood escaping from war-torn countries and Jenny feeling like she didn't belong anywhere. We treated each of the intense memories with great success.

## EFT for Stress, Panic and Fear

### Relationship

Jenny was also uncertain as to whether to stay or leave her current long term relationship. We tapped around all her fears of staying or going so that her decision wasn't being made from fear.

In our third session, I was allowing Jenny to free-wheel her thoughts while tapping as this is one way I have found to unwind thought patterns.

**After some time I noticed a pattern to her thoughts,  
regardless of the topic:  
Jenny was continuously questioning whatever  
thought came into her head!**

**Asking questions creates doubt.** *Continuously* asking questions about every thought that came into her head created doubt about everything, which led to a large amount of uncertainty then fear then panic.

**The progression is:  
questioning > uncertainty > fear > panic**

Questioning is a process from the analytical or left side of our brain so instead of tapping on each individual doubt that came up, I asked Jenny to tap about this over-active analytical side of her mind.

**Even though:  
my analytical mind is working hard to keep me safe,  
I can allow it to relax.**

**my analytical mind is over-active,  
I appreciate its help in keeping me safe and ask it to relax.**

## EFT for Stress, Panic and Fear

**my analytical mind is used to ruling my thinking,  
I'm gratefully giving it some down time.**

**I think I'm these thoughts, I recognise that the real me is the  
one who hears the thoughts not the thoughts themselves.**

I then asked Jenny if she could create a control mechanism with the power to turn her analytical mind off when she needed to relax. Jenny suggested a switch in her heart that would be able to switch off her analytical thinking when she wanted to relax.

**Even though:  
my analytical mind has always seemed in control,  
I choose to recognise that I can switch it off when I want  
with the switch in my heart and when I do my analytical mind  
knows that it is appreciated and grateful for the rest**

We tapped this in for a few rounds with some reminders as we went through. Jenny reported feeling much more relaxed and certain. I decided to give the right side of her brain a boost as well by playing the first movement from Beethoven's 5th Symphony and having her tap in a random order without any words. (I encourage everyone to try this—it's really calming and peaceful).

After the music, Jenny reported being very peaceful for the first time in ages.

Regards,  
*Rod Sherwin*

JOY



## EFT for Stress, Panic and Fear



**Rod Sherwin**

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# 24

## Severe Foot Pain

### Fear of moving forward in life

Hi Everyone,

*Colleen Flanagan's ex-prostitute client had major emotional issues about moving forward in life and, as so often happens, this showed up in her body -- in this case as pain and swelling in her feet. Note how Colleen makes partial progress until she finally discovers an important specific event in her client's past.*

Hugs, Gary



Dear Gary,

Walking a new life path can be daunting. I've worked with several clients suffering from foot and leg pain which was manifested by current or past fears of feeling unsafe walking their life path, or moving out of a painful relationship or unfulfilling job.

After the fears are released, the physical pain may completely vanish or merely lessen to a level of intensity of 1 or 2 out of 10. As illustrated in the following article:

**Sometimes the body needs time to heal even though EFT has released all fears causing the physical pain.**

## EFT for Stress, Panic and Fear

After an EFT demo at a safe house for rehabilitated prostitutes, “Vivian” approached me about her severe foot pain and swelling. Her doctor had found no physical reason for the pain, which began after Vivian got off the streets, began her addiction recovery and felt well enough to search for a legit job.

**When I asked if she felt unsafe now, she said she felt extremely afraid of starting this new life.**

As her fears mounted, the foot pain and swelling increased, keeping her at the safe house, unable to wear her shoes and go to any interviews. Vivian was open to trying EFT and we used these setup statements:

**Even though:**

**I’m afraid I’ll mess up the interview or on the job and get fired**

**I’m afraid I’ll be rejected by employers for jobs I really want**

**It’s scary starting a new career**

**I choose to look at this as an adventure on my new life path**

**Even though:**

**I’m afraid my new co-workers will reject me if they find out what I’ve done in the past**

**I’m afraid my new male co-workers will hit on me if they find out what I used to do for a living**

**I’ve scared myself with all these crazy fears about things that never happened and may never happen**

**I now choose to release them and be a confident, empowered woman**

After we finished the last setup statement, we both laughed. Vivian said she now felt safe going to interviews and starting a new job.

## EFT for Stress, Panic and Fear

Her foot pain had subsided to a level of intensity of 6 out of 10, but she felt anxious and couldn't tell me why.

**I then explained to her that I was going to use surrogate muscle testing (SMT) to identify her subconscious fears. SMT indicated that an event in June 1983 triggered her anxiety and the remaining foot pain. I asked her if she could recall any traumatic events at that time.**

Vivian said that was when she'd married her boyfriend against her father's wishes.

Soon afterward, her new husband began "drinking and swinging," physically and emotionally abusing her.

When she fled to the safety of her parents' house, her father told her she wasn't welcome there as she didn't follow his advice.

Without any money or a place to go, she had to return to her abusive husband who forced her to use drugs and work as a prostitute. We began tapping with these setup statements:

**Even though:**

**I felt emotionally rejected and hurt by my father and husband  
I'm afraid my husband will find me and hurt me again  
I choose to believe I'm safe in this house and will never see  
him again**

**Even though:**

**So many men have hurt and abused me and I am afraid to  
trust them  
I choose to release these old fears and allow peaceful, kind  
men into my life**

## EFT for Stress, Panic and Fear

### **Even though:**

**I was scared about walking that painful, dangerous path for so many years**

**I now choose to feel safe and let my feet heal to carry me to my perfect new job**

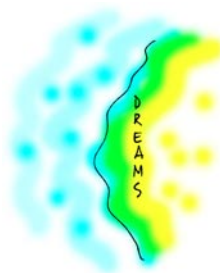
I asked Vivian to think about these frightening situations and tell me how she felt. She replied that:

**She felt no fear, physically lighter and confident that her new path would be much more enjoyable than her previous one!**

SMT indicated that all fears causing the pain and swelling were gone, but her foot pain was at level of intensity of 2 out of 10 and not 0 out of 10. My intuition told me that that the swelling had to go down for the pain to vanish. According to my muscle testing, her feet would feel better in two days.

When I called the safe house the next week, the program director told me that Vivian was out job hunting, her feet now free of pain and swelling as predicted. Some of the other house residents were so impressed with Vivian's results that they began experimenting with EFT, too!

*Colleen Flanagan, EFT-ADV*



## EFT for Stress, Panic and Fear



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Colleen Flanagan, EFT-ADV, specializes in fast, effective anxiety release and stress relief. Her energetic wellness methods have helped people and animals around the world release the fears preventing their healing. Blast away the stress and feel better *fast* without months of talk therapy or medication.

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Colleen also teaches Instant Stress Relief workshops for companies that want to empower their employees with a toolbox of fast, effective stress-busting techniques. The techniques can be used at workstations, in the car, at home or anywhere stress relief is needed. De-stress for success!



# 25 Imagine!

## Success *imagining* a phobia

*Hi Everyone,*

*An interesting feature of EFT involves tapping while simply imagining an event. This will often (but not always) prove highly successful when the real event occurs. If not successful, a few more rounds of EFT in the real situation will usually complete the job. Denis Jevon gives us an excellent example of an immediate result while helping a client with a bird phobia.*

*Hugs, Gary*



I have known “Dave” for several years now, initially as a bodywork client. He is a local farmer and came to me originally with a back problem. Over the period I have been treating him, he has taken a big interest in my work, and has often asked about EFT. I have told him many stories of my successes in the past.

Last time I saw Dave he told me about an ongoing problem—a phobia that he has had all his life (he is in his 50s). Initially he described it as a “bird fear” or a “feather fear,” and said he wanted to deal with it because he was going into free-range egg production and would need to deal with a lot of birds. I said, “OK Dave, we’ll give it a try,” and we made the appointment.

I have just finished the session with Dave and had to sit down and write this to you Gary, because it was so exciting and funny.

## EFT for Stress, Panic and Fear

Just before Dave arrived this morning I saw a neighbour's hen in our garden, and I thought to myself that this was unusual. Dave arrived and I sat him down and got him comfortable.

I said, "So Dave, tell me about this fear of birds or feathers, how does it work?"

He told me that he had a specific fear of feathers on birds (feathers not on birds are ok) and that he could handle birds by their feet but not by a feathered part of the body. Even a dead bird would be a problem for him to handle. So we decided it was something to do with the texture or feel of the feathers on the bird.

Next I got Dave to imagine vividly that he was standing in front of a live chicken and that he had to pick it up and carry it. He then described to me how this affected him. He said,

**"It's like a cold shiver that goes through me from the back of my neck to the top of my breastbone."**

So we started the EFT. I started with rubbing the sore spot:

**Even though:  
I have this bird feather fear  
in fact this feathers on birds fear**

Then continuing to rub the sore spot, I got Dave to repeat:

**Even though:  
in the past I have had this fear of handling birds by their feathery bodies  
and in the future I know that I will be able to handle feathery birds, because there is no difference between handling feathers on the bird or off the bird.**

## EFT for Stress, Panic and Fear

Then I tapped on the points in succession as normal whilst saying:

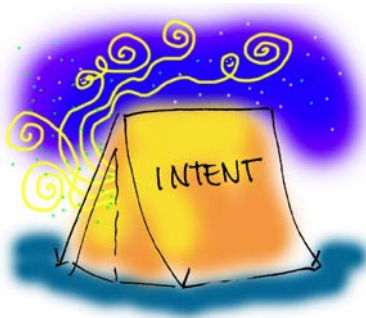
**this bird feather fear**  
**this feathers on birds fear**  
**I don't need it**  
**I never did**  
**I'm letting it go**  
**letting it go**  
**etc.**

Then I got Dave to visualise picking up the hen again and he had no sensation or fear, so I said, "Great that's it!"

The best bit though was that as I opened the door for Dave to go. The hen was standing outside the door, so I picked it up, gave it to Dave and he took it and stood there stroking it!

**He said, "I don't believe it! I couldn't ever have done this before!"**

Another victory for EFT!  
*Denis Jevon*



## EFT for Stress, Panic and Fear



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# 26

# An EFT Meditation

## For a great night's sleep

*Hi Everyone,*

*Mayan Schraders from New Zealand gives us this EFT use for meditation. Mayan says, "In a relatively short time, I feel like I have been meditating for hours. If I do this just before going to sleep, I drift off very peacefully and have a great night sleep."*

*Hugs, Gary*



I am a psychotherapist and EFT practitioner, and have been using EFT for about 5 years now. I work with quite a few traumatized clients and can't imagine working in this field and not using EFT. I trained with EFT Master Barbara Smith, and I want to tell you a bit about EFT Meditation.

This is something which I just stumbled upon recently and have found incredibly effective. This is yet another way EFT can be used for self soothing as well as lifting the spirit.

I have read some of Dr. Carol Look's and Dr. Patricia Carrington's recent work, which is fabulous also, and this nicely flows on from that.

## EFT for Stress, Panic and Fear

Sometimes clients hit a place of despair, feeling completely stuck or trapped or having severe anxiety. After several rounds specifically on whatever the feeling is, I suggest the following meditation (which I do with them in the session and suggest they work with at home):

**Karate Chop (just once): Even though I feel anxious**

**Top of Head: I am held in God's Light**

**Eyebrow: And I trust**

**Side of Eye: The Universal Love and Light**

**Under Eye: Flows through me**

**Under Nose: Healing me and comforting me.**

**Chin: I am held in God's Light**

**Collarbone: And I trust**

**Under Arm: The Universal Love and Light...**

Skip the karate chop point and the negative setup part of the phrase and continue going through the points.

**Top of Head: Flows through me, etc.**

I tell my clients to substitute any of the words that aren't right for them to make a more effective phrase for themselves. For instance, for some people "Spirit" works better than "God."

"Healing" and "comforting" can be replaced by a whole range of words such as balancing and grounding, supporting and calming, etc.

This really works for me when in those times when I'm struggling, but also when I'm at the end of the day unwinding before I go to sleep. I find that after the first couple of times of going through the process, I slow down to the point where I say the whole

## EFT for Stress, Panic and Fear

phrase at each point, slowly and meaningfully. After that (and this is especially good when lying down in bed), I do the imaginary tapping, saying this phrase in my mind.

In a relatively short time I feel like I have been meditating for hours. If I do this just before going to sleep I drift off very peacefully and have a great night sleep.

This is also wonderful to use as you would traditional meditation: sitting quietly, start tapping the points, using the phrase like a mantra. You'll notice how quickly you drop into a meditative state, with all the wonderful benefits of that.

*Mayan Schraders*

EFT practitioner/Facilitator

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# 27

# Panic Attacks

## Laugh?

**As a veteran of traumatic panic attacks, I am always looking for new information and treatment of this debilitating condition.**

I have learned to use EFT to keep mine under control. I have done some research and thought you might find this useful for yourself or your clients.

### **Symptoms of panic attacks are:**

- ❖ a feeling of intense fear
- ❖ sense of doom,
- ❖ feeling of unreality

### **Physical symptoms such as:**

- ❖ a racing or pounding heartbeat
- ❖ difficulty breathing
- ❖ choking
- ❖ sweating
- ❖ shaking
- ❖ flushing
- ❖ chest pains
- ❖ dizziness
- ❖ light-headedness
- ❖ nausea
- ❖ fear of losing control

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- ❖ tingling or numbness in the hands.
- ❖ fear of dying of a heart attack or stroke
- ❖ fear of something horrible about to happen
- ❖ fear that this time it is for REAL

**The problem with panic attacks is the more you have the more you fear you will have them, therefore... the more you will have them.**

The greatest fear to recognize is the **fear** of the panic attack. It is this fear that can keep you prisoner in your home just waiting for that next attack to come. This fear can keep you from making plans to enjoy your life.

If you really think about it, no one has ever died from a panic attack.

I have talked to lots of folks who wound up in the emergency room (including myself) only to discover that the symptoms subside—and there you are with your bare face hanging out and the medical world looking at you like some kind of weak hypochondriac.

Of course, the medical approach is with drugs, and this may seem like a good alternative to you. If it works and resonates with you, then by all means try it. Some people respond very well to drug therapy and some do not.

Also, if there is something really wrong with your heart, it will usually show up on an EKG. You can even get your arteries measured for “clogging” now with non invasive methods. Make yourself feel better and get yourself medically checked out.

When I went to the emergency room with a panic attack thinking

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seriously I was having a heart attack. They did every test in the book on me and announced that my heart was strong as a racehorse's.

One answer is to try EFT with some variations to address several of the underlying issues.

### **FEAR OF THE FEAR:**

**Even though:**

**I have this fear of the fear, I deeply love and accept myself.**

**I think this time I will die....**

**I don't understand this fear of the fear....**

**I sit and wait for this fear....**

**I think I will scream....**

**I need to run away, escape....**

### **POSITIVE CHOICE:**

**Even though:**

**I have this fear of the fear, I know fear can't kill me.**

**I think I will die....**

### **PHYSICAL SYMPTOMS:**

**Even though:**

**my heart is pounding, I deeply love and accept myself.**

**my heart is racing....**

**I have these crazy physical symptoms that don't make any sense to me....**

Of course there *are* REAL heart problems, but most people who have panic attacks would have been dead long ago if their heart *really* had problems.

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### **Important note:**

It is the SYMPATHETIC NERVOUS SYSTEM that causes the body to go into the fight or flight mode in the first place.

It is the PARASYMPATHETIC NERVOUS SYSTEM that returns the body to normal.

By using EFT for inviting the PARASYMPATHETIC NERVOUS SYSTEM to return us to normal, we can get quicker results.

### **Even though:**

**my sympathetic nervous system thinks I am in danger, I love and understand it's need to protect me.**

**I ask and allow my parasympathetic nervous system to take over and return me to normal. I ask all system of the body to assist my parasympathetic nervous system in returning me to normal.**

One of the things that can be a trigger to these attacks is words we hear the media saying.

Like..."Women have different symptoms, maybe it presents as a pain in the jaw or a backache etc.

So try some EFT for...

### **THE SCARY THINGS I HEAR:**

#### **Even though:**

**'they say' it could be this pain in my jaw, I deeply love and accept myself.**

**'they say' it could be this backache....  
the things they say scare me silly....**

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Perhaps one of my favorite methods of transforming a panic attack is to change state.

*Steven Sultanoff Ph.D*, a clinical psychologist in Irvine, CA, uses humor visualization, asking his patients to see themselves in a situation laughing uncontrollably. Since a panic attack releases large amounts of cortisol, a stress hormone, laughter is believed to reduce the cortisol levels.

### So my suggestion is to “laugh” and tap!

You may have to fake it a bit but you will probably feel so silly laughing and tapping in the middle of a panic attack that you really *will* laugh. Dr Sultanoff reports wonderful results just Imaging you are laughing.

One more method is to *try* and put yourself into a panic attack just so you can tap on it.

Go ahead, try it...you can't do it can you? A powerful technique is to go “looking” for the panic and fear—dare it to come out when you're ready. Aren't you tired of it sneaking up on you when you are NOT expecting it? I tried this all day and couldn't get even a speck of panic or fear.

I hope this was helpful to you, please feel free to pass this along to anyone you think it may help.

Warmest regards,  
*Rebecca Marina*



## EFT for Stress, Panic and Fear



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**The Celebration Healing Method** uniquely combines the principles of Abraham, the Emotional Freedom Techniques, intuitive, Angelic Guidance with some pure Southern outrageousness to help startle you out of your rut and jumpstart you to success!

I'm Rebecca Marina, EFT Expert & creator of the Celebration Healing Method. I've developed information, teleclasses, live seminars, books and DVDs for people who are ready to:

- ❖ Stop sittin' on that fence
- ❖ Take back Your power
- ❖ And Kick a little butt for a change!

The information on this site will help people who want to discover why the heck all the prosperity seminars and marketing tricks have not been working!

Do I have your attention?

Would you like to get over your fears and start living like you have only dreamed about? *What would you do if you weren't afraid to fail?*



## Where to start?

**Sometimes we just don't know where to start tapping. We need clues or triggers.**

Here is a handy list of stress factors you may want to keep in mind when you are tapping either for yourself or others.

### **A weakened immune system:**

poor diet/nutritional deficiencies: refined sugars, refined carbohydrates, trans fats, processed foods, lack of water; overuse of anti-biotics/steroids

### **Mental stress, emotional stress:**

negative, fearful thoughts, emotions, values, beliefs; illness, discomfort, chronic conditions, misery, depression, disease, impending death of self, death of another

### **Physical Stress:**

trauma; infection; lack of exercise

### **Digestive System Imbalances:**

malabsorption, malabsorption, intestinal dysbiosis, eliminating problems

**Spiritual Disconnection:** outdated beliefs, lack of trust, conditional love

### **Genetics**

### **Environmental Toxicity:**

chemicals, pesticides, herbicides, synthetic plastics, petroleum, pollutants, molds, electromagnetic fields, geopathic stress

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**This book would not have been possible without you!**

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# The End!

## Adios and Aloha!

Much, much love to you!



Now you've tapped yourself through **both** Book I and Book II—right?!?

Congratulations!

You'll find that as you use EFT on a daily basis—keep it simple!—your experience with it will get easier, and your life will continue to change, improve and get more fun—as you allow it, of course!

I hope that, no matter whether you're a seasoned therapist, practitioner or a new-comer to EFT, your use of it benefits you, your clients, friends, associates and loved ones tremendously.

My very best best best to you, always, in all ways, and may your experience with EFT be phenomenal!

Aloha nui loa (the best love)

*Angela Treat Lyon*

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