



How to TURN ANXIETY into CREATIVITY

Angela Treat Lyon



Healing Broken Birdie

Prints available - contact me!





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ANXIETY into CREATIVITY?

This book is for you if you have been afraid, anxious, or even panicked - about life in general after covid, about your relationships, business, family, making a living, trying to live a fulfilled life, or if you are having a hard time following your dream....

Fear has become the new normal. I'm going to show you how to use your own so-called 'negative' beliefs and thoughts to break out of your anxiety, so you can get on track to living a lovely, fulfilling CREATIVE life.

What I show you here will look deceptively simple.

Don't be fooled.

If you take what you get from this book and actually **use** it in your daily life, you'll look back in a very short time in wonder that you ever suffered so much before.

Welcome to your new reality!



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TRANSCRIPT

This is the transcript from my online webinar, TURN ANXIETY into CREATIVITY. I have edited it heavily, and added to, enhanced, and very much expanded it. You can find the videos for the webinar here at EFTBooks.com in the Books and Classes section.

I appreciate your getting this book! I'm always so happy to see people want to learn information and processes like this that helps them so much. I feel so honored to that there are other practitioners who I really love and respect who signed up for this webinar - thank you.

This is a foundational webinar. It holds many of the key points I teach, so there is a lot to cover - you'll want to take careful notes!

Keep an open mind - some of what I show you might be a surprise!

BONUSES!

I invite you to get the special bonus goodies I have for you at EFTBooks.com/anxgift

TURN ANXIETY into CREATIVITY

Transform your anxiety, stress, exhaustion, and inability to focus into beautiful, useful, creative energy

Angela Treat Lyon

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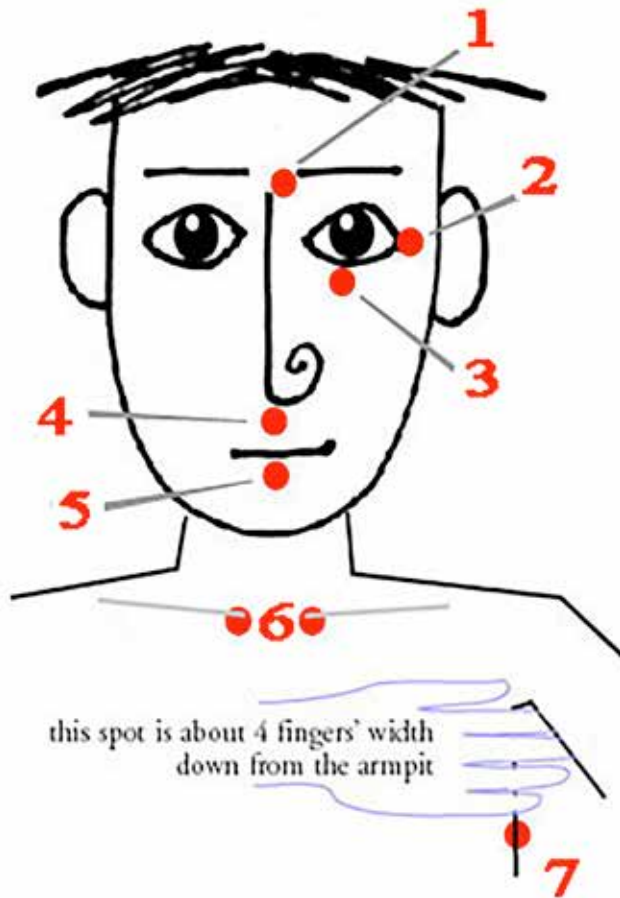
TURN ANXIETY into CREATIVITY

How you can transform your
anxiety, stress, exhaustion,
and inability to focus ... into
beautiful, useful, creative energy

Angela Treat Lyon

TURN ANXIETY into CREATIVITY

THE BASIC TAPPING POINTS



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PART 1

ANXIETY!

How cool would it be if you could turn your anxiety - something that bothers you so hugely - into something that's constructive, helpful and positive in your life?

That's what I'm going to show you how to do in this book. Now, why is this important to me?

Because I had to learn how to do this myself in order to save my life - I spent 35 plus years with suicidal thinking, and came close a couple times too often.

As is fairly obvious, since I am not a ghost, I never did the dirty deed. But despite everything I tried - from therapist to pills to diet changes - it wasn't until I found EFT, the Emotional Freedom Techniques that I was able to eliminate my suicidal thinking, part of which was terrible, terrible anxiety.

I would just worry about everything. I would overthink everything. It was awful.

I'm sure if you opened up my head it would have

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looked like my brain was made out of spaghetti, with all the thoughts tangled together.

Not to mention how, over these last two years of COVID, and isolation, and all the terrible deaths and everything, have been horrific. People have become frantic. I feel so deeply for people that they suffer so much.

TURN YOUR THOUGHTS AROUND

So I decided, alright, I'll put together a class that will show you how to take your heavily winding thoughts that are destructive to you - really - actually in truth, they literally are destructive to your system - and turn them around.

Once you do that, you feel useful and contributing, creative, positive and like you can live your life. It's really been horrible the past couple of years for many, many, many, many people. We don't deserve that! We deserve better.

IT ALL STARTS WITH A THOUGHT

The intense downward spiral into worry always starts with a single thought, like, "what if ..." or, somebody says something that triggers you. It can be terribly

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devastating when you have a thought and suddenly you're down in the pits, and you can't get out of it. So I want to show you how to stop that.

COMMITMENT

It takes real commitment to change that loop thinking! Believe me, it takes commitment! Sometimes we're more comfortable with the thoughts that we have, rather than choosing to do something new and maybe even a little scary.

HOW TO USE THAT 'BAD' ENERGY

Then I'm going to show you what to do with the scary, dread-filled energy that you usually have, so you can *use* it, rather than being used by it. I want you to be able to turn that energy into getting what you wish that you had.

WISHING AIN'T ALWAYS GETTING...

We all make wishes, you know? Like, I wish I had a million dollars. I wish I had better house. I wish my husband was nicer to me. I wish my kids wouldn't act out. I wish I made more money...

But the problem with wishing is that it's an automatic acknowledgment that you don't have what you wish

you had ... and you don't even believe that you *can* have it. So we need to turn that around.

ARE YOU REVERSED?

I'm going to also show you how to get past reversals and the habit itself of going into that downward spiral. It is a habit and you *can* break it.

Read on!

My take on anxiety is pretty different, so I hope what I show you here in this book will help you get your inner peace and inspiration back.

PART 2

WHAT IS ANXIETY...

When I did research about anxiety at the AMA and the Mayo Clinic, here's a nutshell of what I discovered: the symptoms of anxiety are that you feel nervous or tense and restless. There's an impending sense of doom, danger, or panic. There's a heavy dread factor.

You have a swamp of recurring intrusive, worrisome thoughts and concerns.

You can have an increased heart rate; your palms might sweat; you breathe rapidly; you feel like you're right on the edge of a panic attack.

You might be sweating or trembling, feeling weak or tired; you have trouble concentrating. That's a big one for me - I can't concentrate at all if I'm in anxiety or thinking about anything other than the present worry.

Anxiety has been called a mental illness, but I call it an energy imbalance. Because I don't think you're ill. You're being *ill-used!*

WHAT DOES ANXIETY GET YOU?

You have to really ask yourself, what do you get out of feeling anxious?

For me, it was that my concentration on what I was worrying about kept me from entering the dangerous world of thinking about and being afraid of what would happen if I wasn't anxious?

What would I be doing?

What would I be creating?

Anxiety kept me in a comfort zone - even though it was hideously uncomfortable. We hang out with our pain so we don't go into an unfamiliar uncomfortable zone.

You know, let's say your kids are acting out. They're yelling at you and you can't handle it. Well, going into anxiety might be easier than disciplining them and getting blowback from them!

Hanging out in anxiety keeps you from exploring new possibilities. Essentially, it distracts you. It gives you excuses.

CRUMBLING SELF-ESTEEM

The worst thing is that continual, constant anxiety erodes your self esteem and your confidence. You're sitting there worrying, worrying, worrying ... and then you're worrying about worrying! It's crazy.

That's essentially what anxiety is, and what it gets you. But you're here because you want something different in your life. Let's go about doing that.



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PART 3

HOW/WHAT DO YOU FEEL?

The first thing we want to pay attention to is to identify clearly how you feel. Seems silly, right? Of course you know how you feel ... or do you? See, we are so used to just having the feelings we have, that they are just life-as-normal. We don't stop to identify them clearly.

Emotions and feelings have been called 'bad.' But - they're how we know what's going on in our minds - they're not useless, and they're not bad - they have a lot to tell us if we'll just pay attention to them.

But a lot of times we'll be feeling so bad, or feeling bad about feeling bad, that we don't pay close enough attention to them. We don't WANT to feel or think about them! We want to deny them! 'No, I don't want to look at how I feel - never mind, I'm fine.'

The hardest thing is actually staying present long enough to acknowledge exactly what you're feeling.

Now, when I'm feeling anxious - and thank goodness it's not usual anymore - I feel helpless and powerless.

Nobody likes to admit that. And so we hang out in anger or grief or sadness, instead, and think, 'oh, poor me' about that something else.

The fact is that we don't believe that whatever's going on can be healed.

It's like a giant neon sign hanging over our heads that declares that 'I cannot. I cannot!'

It's terrible, because it's not true!

There's a feeling of failure and impending dread.

People think, I don't know what to do. I feel like I might even die. I'm feel so stuck. I feel stupid. I've got so much to do. Or maybe I've got no money or people might laugh at me. Or what will they do to me? What will happen to me?

Those are all a lot of the feelings that people have told me that they feel.

I used to feel a lot of them myself. My biggest one was I'm a failure. Because I could not for the life of me sell my artwork. The source of my suicidal thinking was 'I'm a failure. I cannot do this. I don't fit into this world.

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I don't know how to do it.' I felt totally helpless and powerless. I didn't know what to do.

I also didn't know what to do with the rapid breathing and feeling stuck. There were times when I actually *didn't* breathe - I'd be in a state like shock, kind of like being paralyzed. It was a terrible, terrible feeling.

START WITH THIS

I am going to ask you to center yourself in your body and really explore - find out where you feel the feelings of anxiety.

Why find out where the feelings are? Because it's really going to help you a lot to heal this whole thing for yourself. Remember, I'm not healing you. *You* are. I can't do that for you.

YOU HAVE TO DO IT!

You have to *decide* that you want a new way of life from now on. It's up to you. You're the only one in there. I'm not climbing in there with you.

You have to decide to change and you have to decide to feel the feelings, and feel the scariness, and feel the work, because it *does* take work.

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It takes commitment, because all of a sudden your past habit of falling into to your comfort zone of anxiety ain't gonna work anymore.

I know - you're probably thinking, 'Angela, anxiety isn't comfortable! Are you crazy?' But in comparison to jumping off the ledge into a new reality you know either very little or nothing about, it can seem like it!

By getting this book, you've decided not to do anxiety anymore. If you fall back into the habit of it, it's gonna feel really crappy to feel it again, because not only are you feeling anxious but now you're you're violating your commitment, and you will dislike yourself for that.

IT'S JUST ENERGY

It really is all about the energy. It's energy, and you're running it backwards in your system. Rather than supporting you, it is destroying you. Literally.

It is destroying you. When you make the commitment, the *decision* to turn this around, you are choosing life.

**You're choosing your own life.
instead of distraction and dread.**

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When I say the anxiety is destroying you, I mean it in a very physical sense, as well as the obvious mental and emotional. When you have upsetting thoughts, your body produces damaging chemicals that run through your system. Do you really want that? Let's change that.

TAKE A DEEP BREATH

This is really an important step for you. It's almost too simple, but in simplicity lies grand power.



Take a deep breath from the bottom of your belly.

Now let it out, slowly.

Do it again, breathing from the bottom of your belly, and let it out again, slowly.

Do this one more time. Now just shut your eyes and relax for a moment.

When you breathe in, imagine that your breath goes all the way down into the bottom of your belly and fills it up. Gently but firmly, keep breathing in smoothly,

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letting your breath roll up your chest to your throat, until you can't breathe in a single atom of air more.

Pause for a second and feel how full you feel.

Now allow the breath to go out again, slowly and smoothly, through your mouth.

GROUNDING YOURSELF

This breathing grounds you. You can increase the effect if you connect with the earth.

Imagine that there's a red bungee cord going from your belly button all the way down to the center of the earth. When it gets there, it winds around the hook there, and comes back up. Hook the end of it to the back of your belly button.

It's a bungee cord, so you can walk around, you can even fly in an airplane, you can run and jump - but you're still connected to the center of the earth.

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So now, when you start feeling anxious, one of the first things you're going to do is to take a breath like we just did, and reimagine that bungee cord.

Because when you feel more grounded, the feeling of anxiety reduces. Breathing allows more oxygen to circulate in your system. Oxygen to your brain clears it up. Your thinking clears up. It's very simple, but it's very powerful.

So *the second* you start feeling like you're starting the worry train up again, sit down, back, put your butt up against the back of the chair, put your feet on the ground, straighten your back, close your eyes and fill up the bottom of your belly with air.

Push out the bottom of your belly as you breathe in and gradually roll up your system with more breath until you're full. And then wait for a second and let it out your mouth.

As you exhale, imagine the dread, and the worry, and the concerns, and the overthinking to just flow right outside of you, out of your mouth.

That's how you start dealing with the anxiety. The breathing comes first. Then you can play with the rest of the tools I give you in this book. The breathing comes first, though.

WHERE IN YOUR BODY...

Look in your body for *where* the feelings of anxiety are. You know, the rabid heartbeat, the restlessness, the sweaty palms, the nervousness, the overthinking in your mind, where are these thoughts in your body?

Sometimes they can simply be in your energy field - not even necessarily in your body - but you can still feel them.

For instance, I had a big worry about something that felt like a lead weight on the top of my head. It came out about two feet into my energy field like a big black hat. When I finally acknowledged where it was and got it to lift off, it was just like somebody had opened up the top of my head and given me freedom. It was just unbelievable.

So the feeling you have about anxiety doesn't always have to be in your body, but can be in your energy field.

YOUR ENERGY FIELD

Remember that your energy field can be much much much bigger than you think it is! It is not necessarily a pretty little egg shape that goes all around you, the

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way you see it depicted in illustrations. Sometimes it will have bumps and holes!

Did you know that you can intentionally shrink it? I like to shrink mine and wrap it tight around myself if I'm in a crowd, because it helps me I feel less vulnerable. And when I'm with other people that I love and admire and respect, I will allow my energy to go way far out. You can control it - it is just a matter of thinking about it, really.

FEEL FOR IT!

So - feel for the anxiety you usually feel - where is it in your system - in your body and in your energy field? Where is the worry, the concern, the anxiety, all these never-ending, looping thoughts?

Where does the energy of it exist in your body?

Something I've noticed is that women tend to hold a lot of anxiety in their throats, because we were often told as little children, 'little girls are to be seen and not heard.' I was told that - I've had to work on that one a lot! So we hesitate to tell our truth, and we get a lot of energy stuck in our throat. Have you ever seen a psychic who has kind of a bulbous throat? That's what that is, stuck energy - energy held in the throat. Fear of speaking up.

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So you might have an energy tangle in your throat;
you might have it in your heart, because you're afraid
of telling people how much you love them because
you might get hurt.



You might have an energy tangle in your belly - perhaps you're afraid of extending your will out into the world. Each of these places is an energy center. The one near your belly button is your will. If you've got entangled energy there, you might be afraid to be 'out there' and have your will be done.

So find out in your system where the energy of your own anxiety is entangled. Remember that it can be in multiple locations, both in and outside of your body.

MAKE A NOTE!

This is critical! Make sure you write down what you discovered. Write it down right now!

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Write it down, and then rate it - on a scale of one to ten, with one being comatose and ten being volcanic, how high is the intensity of your feelings?

It could just be a little feeling, like you're a little bit scared. That would be a one out of 10. And you could be in sheer terror, which would be a 10 out of 10.

So write down where these feelings are in your body and then rate *each place* - don't just do an overall, say, 10 out of 10, because it might be one out of 10 here, three out of 10 here, and five out of 10 there. Rate each place.

I like to make a little drawing of a body on a piece of paper. Then I make marks that look like a tangled piece of rope, in the places I'm feeling the energy, like the image on the left hand page. Then I just put a little line out, marking the intensity - maybe one out of 10 or 10 out of 10, whatever. So you might want to do that.

**Please take a little minute here to feel, record,
and rate - right now!**

Please do it now - it's important. You know, you didn't get this class for nothing! Respect yourself! Respect

your investment, and actually *do* the work. Because...

**This is going to set you up for being able to do
help yourself for the *rest of your life*.**

Do you stop yourself? How much do you do that? Stop it right now! Really - if you don't want to be the boss of your mind/body system, then you might as well close this book right now, and just go away.

But if you're committed to your health and well-being enough to stick around and want this to work, you'll change your habits enough to start working this for yourself.

I get it - it's a new thing. It can be scary. Don't let it be - let it be exciting, maybe even fun, and allow your innate curiosity to take the lead!

So now you have written down where in your system you're feeling the anxiety.

You've written down the rating. Next, we ask a new question...

PART 4

HOW DO YOU FEEL ... ABOUT HOW YOU FEEL?

Next is something that I do that I don't know if anybody else does. But *I* do this because it's critically important in finding the core of what you're feeling. And it is to ask, *how do you feel about how you feel?*

You know, you can be feeling really crappy about something - but how do you feel about feeling crappy?

As an example, one of the thought-habits I had was saying, 'I hate bla bla bla.' - whatever it was. I realized that saying, 'Oh man, I hate how they get so violent out there,' was really an expression of how I hated my feelings of powerlessness. I hated how people were violent out there. Well, how did I feel about the feeling of hating? And about feeling powerless?

I didn't like it. I didn't like myself. I didn't like the fact that I was hating. I felt guilty. I felt like I was being judgmental and really uncomfortable. I realized that there was a whole deeper layer of feelings that I had to resolve.

**When you think about feeling anxious,
how do you feel about that anxiety?**

Do you feel helpless? Do you feel powerless? Do you feel like 'oh, I shouldn't feel this way, I should feel successful?' Because whatever you've accomplished, you think you should feel happy? Like, 'I should be like Goldie Hawn - cute and happy all the time.'

Well, I hate to tell ya, but that's not where it's at. You can't be happy, happy, happy all the time. It's not real!

Being dissatisfied with something in your life simply means you have work to do - to end it, change it, or make it bigger and better! That's all - no judgement.

Because when we find these glitches in our system, it's indication of tangled energy. And you get to heal that, and *harvest that energy* for your own use! If you don't, that energy is grinding backwards and it's using *you*. Do you want that? No, I don't think so.

So how do you feel about feeling anxious?
Do you feel like you should be feeling something else?
Do you feel like you should be happy?
Do you feel guilty for feeling this way?

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**Write down exactly how you feel
about how you feel!**

And then rate the feelings.

Why do I have you rate these things? Because we're going to come back to them later on and find out how those ratings have changed, after we've done the processes I'm going to take you through!

Because the ratings *will* change! The intensity could go four ways - down to zero, down a part of the way to zero, and even up - that *is* a possibility - because sometimes when you stir up the mud, more mud comes up. It's possible to have no movement at all, although that rarely happens. Usually the intensity will go down, most times to zero.

So once again, how do you feel about how you feel? Listen carefully - especially to the first thing that came to mind! - and write it down in your notes.

AS A CHILD...

What were the messages you got as a child, about feelings, about emotions, about being real?

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For instance, as I said before, I got told little girls should be seen and not heard - and most times not even seen. I started to feel invisible. That made me really angry.

As I got older, I started to feel really hurt, like my very life was being devalued. I wasn't worth being alive.

“Who do you think you are?” was another thing that my parents said to me. I was being discounted, not valued. So I had to do a lot of work on, ‘Yeah, I *am* valuable. I’ve got valuable things to contribute. I’m a unique human being. And I have valuable skills and talents and knowledge that I can share with the world.’ It took me a long time to get to that realization. So I want to cut that short for you. Because you deserve better than what you’ve been giving yourself, up until now.

So take a moment right now to rate how you feel about how you feel, if you have not already, and then we’ll go on to the next segment.

PART 5

WHAT DO YOU BELIEVE?

What do you believe about your anxiety?

We all have stories to tell - you know, 'I'm feeling this way because such and such happened, or somebody said this to me, or I lost this, or I got hurt by that....'

What is *your* story? What is the evidence that things are going wrong for you, the proof for you that what you think is happening to you is real.

I used to think I had mental health issues. In truth, my mental health is fine. But I thought I might be crazy, and that if I told people that I was suicidal, that they'd put me away. I was terrified of being put away. My dad used to tell me, 'if you're not good, we're gonna send you to a convent.' What a screwed-up message to give a kid! It terrified me!

It's just a story! It's the story you tell yourself that covers up the real energy that's moving through or is stuck in your system.

SO, WHERE IS TRAUMA STORED?

When you're traumatized by anything - whether you fall down as a kid and scrape your knee, or you're in a car accident, or somebody rapes you, or you've been injured in war or a fight - the memory of, and the knowledge of that trauma to your system is stored in your body's cells.

**Your body remembers trauma physically.
You can forget the experiences and not
recall them until way later, if at all!**

Like I forgot until I was much older that I'd been raped when I was 13 years old by my dentist. It just never even came up to the surface of my mind, until I started writing autobiographical stories. All of a sudden there the memory was, and I had to deal with the energy of that. It was in my system.

So when you feel things, sometimes you don't know why, but you just know that they're there. You can identify them like we've been doing - you know, feel them and rate them - and then we can deal with them. And I'll show you how to do that.

The story is like a cover up - like if you put a lid on a

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glass of bubbly soda. The soda is bubbling in the cup, and the lid keeps it in there, but you can't see it. It's the same thing in your system. The story is the cover, and all of that energy is bubbling in you like the soda. Or, maybe it might even be stagnant and paralyzing.

WHAT HAPPENS TO YOUR BODY?

These feelings of anxiety actually change your body's chemical balance.

Because of that, each time you relate the story, or get mired in your looping thoughts about it, you perpetuate the chemical imbalance.

If you keep telling yourself the story, it won't go away until you change your story. But - you feel powerless to change it because you haven't ever been told how!

So this is what we're doing now - we're changing the story by looking at what the story is. Then we're going to work on getting your wish, which is an opposite of what the story has been.

Now, ask yourself 'what's the story I'm telling myself around this anxiety?'

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For instance, if you're bullied at school, your story might be, "I'm being bullied by that guy, he's such a jerk. I don't know what to do about it. I wish I could hit him back, but I'm too small. I feel weak and powerless and helpless and alone. I wish I could get somebody to stop him, I wish. I wish. I wish I wish...."

But the real story that we're telling ourselves is, 'I'm helpless. I'm powerless. I don't know what to do. And it's his fault. It's his fault! I'm so weak and helpless!'

Well, not really. You have the energy configuration that screams out, "I'm a victim!" He has the configuration of the bully - until you look closer!

I bet you never thought of this - that he's also a victim. People who bully are also victims. They wouldn't bully if they didn't feel insecure. They want to feel superior to you so that they can feel good about themselves. And they don't pick on people who are confident.

So since you are the only one you can change, it's up to you to develop and nurture your confidence and your self esteem to the point that that bully doesn't even matter anymore.

How do you do that? You've got to change your story.

When my kids were little, we lived in a tiny backwater

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town in Hawaii. They were both the only white kids in their classes. The local population was a real mix, from Hawaiians to Japanese, to Chinese, Portuguese and more, and mixed - all some shade of not-white. It would have been really easy for those kids to act tough and pick on my kids. But both of them had been through a few years of martial arts training. They both looked and acted calm, confident, and totally able to take care of themselves. It didn't surprise me that they were never even once bullied. They didn't have the victim story.

WHAT IS YOUR STORY?

Write it down right now if you have not already - you've already written down how you feel, where the feelings are in your body, how you feel about that, and what you believe about it. So what is the story?

It might be something like, 'at school/work I'm bullied/harassed by so and so. I feel powerless, helpless and angry. I don't know what to do about it.' Very simple. For me, it was, 'I work my butt off and I do so much art and it's beautiful. And people come into my studio and they say, 'oh that's so beautiful.' And then they turn to each other and they go, 'honey, let's go get some coffee,' and then they're gone. No sales.'

I can't tell you how many times that happened to me.

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It wasn't until I changed my story that I started making sales in my studio. But I had to change the story first, and I had to change the energy behind the story, in order for the story to change and stay changed.

Okay, so stop right now, and write down your story. It doesn't have to be long - just a recap of the basic points, and how you feel when you think about it.

When you're done with that, next we're going to talk about what you wish you had, instead.



PART 6

WHAT DO YOU WISH FOR?

This is the part where you get your wish!

You have already decided to change things.

You have decided that how you feel just doesn't get it for you anymore, and you want to change that.

We've talked about how you feel, how you feel about how you feel, what you believe about the anxiety, and now you've written down your story.

So now, we're going to see what you wish you *could* have, and what you *believe* you could have instead of what you experience now.

A lot of people say, 'I don't know what I want.' They're so used to things the way they are, feeling anxious and scared and dreading the future, that they haven't given time to think about what they wish they had.

And so, I ask them, 'if you had a magic wand and you could swish it in the air, and choose and actually *get*

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something that you wish you had, what would it be?’

If you had that magic wand, what would you wish for, and make happen that that wand? Write it down!

WRITE IT DOWN! ALL OF IT! NOW!

I see you stalling! Can’t fool me! Listen, a whole bunch of thoughts will probably pop up in your mind! When you get that rush of thoughts, stop and write as many of them down as you can *immediately* before they fly away - because they *will* go away. And it’ll take work to get them back.

So again, stop right now, and write down the thoughts.

Why do they go away? Because when you don’t pay attention to them, they fade. Just how it is. So pay them attention now and write them down!

Some folks say, I wish I had a million bucks. I wish that guy at work would quit harassing me. I wish my sister would quit bugging me. I wish my brother would give me his car because he doesn’t need it and he’s got an extra one. I wish I had a nicer house, I wish I could go to (that special dream place). I wish my business was more prosperous. I wish....

TURN ANXIETY into CREATIVITY

**Whatever wish it is - even if it seems unreal -
write it down.**

Please just stop reading, and write it down.

This is the work! This is what you've committed to. Think about what you wish for deeply, adding details you wish would come true about it.

Then, use your skill sets, your knowledge, expertise, talents to take actual steps to make that wish come true ... as well as a good healthy dose of trusting the universe to get you what you need.

SURPRISE HELP!

You can ask for help! A woman who is a channel I was watching on Youtube the other day said each one of us has a guardian angel. They're assigned to us at birth, and they help us throughout our lives. We can ask them for help.

Now, whether you believe in that or not doesn't really matter. But you can pretend! I pretend sometimes! There are days when I say to them, 'I'm feeling really crappy right now and I wish I could feel better, and I wish had _____. Please help me get that.' And nine times out of 10 I get my wish.

DO YOU EVEN KNOW WHAT YOU WANT TO WISH FOR?

To get your wish, you need to know what your wishes *are*. Are you one of those people who never wish for anything because you don't believe you'll get them? Let's change that!

Come back to earth a little bit if you've wished for a million bucks. Let's say you've got a certain amount of expenses, like it costs you, say \$2,500, to live for the month.

Tone down the million bucks to maybe \$5000 a month. Ask yourself, is that believable? Do I believe I can really create that? Most people don't have the confidence yet to say yes.

If the answer is no, but you still really want it, then you say, 'okay Guardian Angel, I don't believe that I can create this. Please help me get at least my minimum of \$2,500, so I can feel safer, and empowered, and that something is actually happening.'

SOMETHING AMAZING...

Many years ago, I was driving my brand new Volvo station wagon - this was what, let's see - 1978. I was driving with a bunch of friends, celebrating the new

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car. All of a sudden, I had a flat tire! Oh no! My new car! I pulled over to the side of the road, and I sat there grumbling and grumping and all bummed out.

My friend who was sitting next to me said, 'Angela, you know when you have an attitude like that, you're just going to create more negativity.'

I just kind of looked at him in disbelief - this was before I knew about negativity and all this energy stuff. And I'm thinking, 'yeah, sure, right.'

He says to me, 'try this: say this sentence out loud: Something amazing is about to happen.'

When he said that, I felt a chill go through my body like, oh, that sounds really neat. So I said it I said it out loud: 'Yeah, this is incredible. Something amazing is about to happen.'

I swear this is true - within about five minutes, this guy, this hillbilly guy, drives up in his funky old truck.

At this point we were all getting out of the car to see where the spare tire and the tire jack and all that stuff was. He comes up to me and says, 'it seems like you got a flat tire, can I help you?'

Well of course I said 'you sure can, because none

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of us knows how to change a tire.’ He had that tire changed lickety split, faster than you can even blink, and he just piled back into his truck and drove off. I never even got to thank him.

So something amazing *did* happen. That was the beginning of my belief in saying things out loud, even though it seems like they’re not true.

The story is flexible. I changed my story. I changed my story from ‘Oh, this is a bummer. I don’t know what to do. None of us knows how to change a tire, Oh poor poor us,’ to ‘Oh, something amazing must be about to happen.’

So I invite you to embed that sentence into your mind! Instead of thinking, ‘oh, this is a dreadful thing that’s happening, or might happen,’ replace that with, ‘Oh, wait a minute, wait a minute - let’s use Angela’s phrase! Something amazing must be about to happen!’

Say it out loud so the universe hears you! Something amazing is about to happen! Then you wait. But don’t just sit back and hang out going, ‘something amazing is gonna happen’ *without taking some kind of action*.

You’ve got to be accountable, too - take action of some kind - whether it’s meditate or take a walk or

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some kind of thing that will move you towards some kind of resolution of the problem.

When you change your attitude like that, you change your vibes in the universe. You start sending out, 'I'm ready for something different to happen. I'm ready for my poor poor me story to change.'

BE SAFE!

Now. Please - don't be woowoo about this. If you're in the heat of the moment with somebody, you can use this, but don't let yourself be in danger. If somebody's harassing or molesting, or yelling at you, or even beating on you - get the hell out of there! Don't just sit there thinking 'something amazing is going to happen!' *Take care of yourself* and get out of the situation as best you can.

And start changing your story again. Again, and again and again, because you're gonna do this for the rest of your life. Why? Because there are things that are stored in your body from when you were younger, in the womb, from past lifetimes, whatever - that will come to the surface to be healed.

Some of them might seem scary, and your mind might think, 'oh, no, what do I do?'

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But then you'll remember your new thought habit, and say to yourself, 'Oh, yes, something amazing is about to happen. I wish that I had the opposite.'

Then you dream up an opposite and start the path to that.

What is the opposite of what you've got right now?

If you're going through a fight, wish for peace. If you're going through being broke, wish for a steady income or for a steady feeling of value, or steady prosperity.

For years, underneath it all, I felt valueless - I really thought nobody cared about me, that my art, all my writing, and other contributions, were considered to be useless. I would sit there and contemplate how people didn't appreciate or respect me.

**It wasn't until I appreciated and
respected myself, changed my story about myself,
that things began to change.**

They have to change! Remember that you're the boss in here. Nobody else is in here but you! You choose

what you wish for, you decide things have to change, and you commit to doing what it takes.

WHAT DO YOU WISH TO LEARN?

Another thing you can do is start learning about things that will help you. I have a friend who's probably got more degrees than any other professor in the history of the planet. She's just simply an amazing person. She's so curious! She's got degrees in acupuncture, in ergonomic design, and all kinds of health and body work - all these different things that help people heal their bodies.

Whenever she gets stuck, she asks herself, 'what do I need to learn to update my value?' She's in her 70s now, and she's still taking classes. We are never too old to learn new things - I take classes, too, and I'm 77! I heartily believe that you should never let your brain go dead on you.

Ask yourself 'what do I need to learn that I can expand my skills and knowledge so that this situation that I don't like, will never happen again?'

And, 'what do I need to learn that will take me in the directions I want to go? What tickles my curiosity?'

If you're an entrepreneur, or you've got a business,

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you might need to learn how to do sales successfully. I mean, you're not in business to go broke, right? You're in business to make profits, so you can support your life. You use the money that you bring in from your business to pay for your expenses and your materials and all that, and you take the rest to support yourself and your life. And you invest some to bring in a little bit of money on the side.

So what do you need to do as far as marketing goes, and sales? Do you need to expand your reach? Do you need to expand your knowledge about that? Do you need to find out how to use social media better? Do you need to learn about ads, or funnels, or how to build better rapport with your customers?

The Internet has changed enormously over the past couple of years since covid has changed everything. As coach Gary Vaynerchuk says, 'It's not social media anymore. What's happening now is the state of the internet, where there are 11, 12, 13 year-olds who are making millions, and where people are shamelessly sharing the most incredible things about themselves.'

It's become a really transparent universe, almost like we're inside each other's heads. So if you're not used to that, *get* used to it, or maybe you'd prefer to go live in a mountain shack somewhere, because that's the state of the way things are now!

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You can't be a hermit anymore, ignoring what's going on all around us.

So, if you're in business, or you're an entrepreneur, ask yourself, 'what do I need to learn in order to be successful, make more sales, support my business, and help people with my business?' Because that's what business is about - helping people get what they want.

**So if you have not already,
write down your wishes.**

**Then ask yourself, what's the
first step I can take towards
creating these wishes?**

Write it down!

IS HOPE USELESS?

So let me tell you something. You cannot sit there and go, 'I hope I get what I wish,' and think that the wish is going to come true.

It will not. Even if you hope until your dying day. It will not come true. Because you haven't taken action.

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Hope is an empty beggar. Remember that! Repeat after me - say this out loud: Hope is an empty beggar.

You can hope and hope and hope all you want all day every day, but without taking intentional direct action, ain't nuthin going to happen. You have to take hold, be accountable, and say, 'yes, I'm taking this first step towards creating my wish.'

Even if that first step is a mistake - the fact is that you have made movement - the *movement*, the energy, is what's important. Movement towards something that is better, somethin that you wish that you had. That is the key factor.

Hope itself is useless.

**Hope plus intention is almost as useless
because there's no action.**

**But hope plus intention plus action -
that will get you results.**

This is key.

Remember this, OK? Start with hope, add intention, and then *take action*. Thats the path.

PART 7

ARE YOU GOING BACKWARDS?

When I first learned EFT, the Emotional Freedom Techniques, in 2002, which is what people are now calling tapping, there was a big deal for many years about ‘being reversed.’

Have you ever heard someone say, ‘I wish I could lose xxx amount of pounds’ ... and then, in the next five minutes you see them shoveling ice cream in their face? What??? They know darn well that ice cream will make them gain weight, right? Everybody knows that. What’s going on here?

The fact is that some part of them does not want to lose weight. That part wants them to stay safe and fat and feeling unattractive.

Now, don’t get me wrong, please. There are people who really like being what they call ‘thick’ now. They like it and that’s fine. I think it’s unhealthy to be that big, but that’s my opinion. For me, being overweight is unhealthy, but may not be for someone else. I have no judgment on them for that, and I don’t want you to

have judgment on it either. But when that gal says she wants to lose weight, and ends up bingeing, you know there is something going on subconsciously.

I have a friend who missed her footing in gymnastics, and fell right down on her face. She was 12. Her face swelled up like a balloon, and both her eyes turned black and her front teeth broke off. She told me her dad never molested her again after that, because she was no longer ‘my cute little girl.’ A part of her mind knew what to do to help her. Even though it was a painful, catastrophic ‘accident.’

When you state, ‘I wish I had a new car,’ and you don’t have a new car right now, you can bet that a part of your subconscious mind does *not* want a new car.

I could say it myself: ‘I wish I had a car.’ But the fact is, I had a hip that was in pain all the time. It never stopped. It was like having a dagger jabbed into my hip. When I raised my right leg to get into a car to drive, it hurt like the dickens, and no matter how much I tapped on it, it never went away. So I sold my car. I didn’t want the pain of driving anymore.

I *could* still say I wish I had a car because I miss my independence, but this knife-hurt part of me says, ‘we don’t want a car because it hurts to drive, it hurts to get into the car, and out of the car.’

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That's the powerful in-control, underlying layer of the mind - it dictates what you have or don't have.

You can say, 'I wish I had a million bucks.' You don't, because you don't have it. If you actually did want it, you'd be taking clear actions to create that, or put yourself in a position to get it in some way.

ASK.

If you say, I wish that guy would quit bullying me, some part of you needs you to pay attention to it so you can bring it out in the open and find out what it wants for you.

You say, 'okay, part, I know you're in there somewhere and you're making me be a victim in my workplace. What's that about? Where are you?'

So you 'look' for the energy in your body and system. You might find it in your belly - maybe there's this kind of entangled baseball-size mess.

So you reach inside yourself energetically, and you pull it out and put it on the table in front of you. It looks black, and brown, and yucky and slimy. It's got spikes all over it. And you know, kind of an ugly thing.

It's just energy running backwards. That's all it is. I can

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guarantee you that it feels bad for hurting you. You can say to it, 'energy where are you from? Are you mine, or are you somebody else's?'

And if it's somebody else's, you just grab it and send it up to the washing machine in the sky, turn on the washing machine and clean it up.

If it's your energy, say to it, 'energy, if you had a message for me, what would it be?'

You might expect it to say something awful, but most times, it will surprise you with something wonderful!

It might say something like, 'I thought you'd never ask!' or, 'you can do this!' or, 'you're strong! You've been punished for being strong, and so it's been better to be a victim so people don't say, 'oh, Sarah, you're too much. You should calm down. You're just a girl. You shouldn't do that. I've been trying to keep you safe!'

All those messages that squash your power - this little ball of energy has been protecting you by keeping you a victim so people don't get on your case and say things like, 'you're too much. You shouldn't do that.' It seems weird, but this is what happens.

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If you have a reversal of something, find the energy and ask it what it really wants for you.

For instance, I wanted to find out why I wasn't making many sales. I said, 'I wish that I could make more sales.' When I went into discover the reversal, I found out that my parents used to think that money was dirty, and that people who made a lot of money were unscrupulous or evil. They looked at rich people and thought, 'Oh, those rich people. They must be bad. They must have gotten their riches in a bad way.' Which is really weird because we lived in a wealthy neighborhood.

So they had this thing about money being a bad thing, and I caught that from them. So when I worked on, 'I wish I could make a living at least, never mind be rich,' I had to face all of those money beliefs.

WHERE ARE YOU REVERSED?

So what beliefs do you have? What beliefs does that little ball of energy have for you?

It wants to keep you safe. So you ask, 'you've been wanting to keep me safe. What would happen if I gave you a new job? Where instead of disabling me, you

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abled me, and helped me be more creative, and more fun, and more powerful in my life, without punishment.'

And I swear, most times that little ball of energy will go, 'wow, that would be really awesome. I would love to do that. I'll be your first officer of safety so you can run the ship and I'll run the safety. And if I feel like you're in danger, I'll warn you and then you make the decisions. I won't make the decisions anymore. So let's try that!'

Look at that little ball of energy, wherever it is in your system that says, 'no, you can't have what you want. Because I want to keep you safe.'

Where is that in your system? Look for it and find it, and then take a pair of gentle energy hands - hands that are made out of energy - and just remove it from your system.

Wherever it is in your body or in your energy field, lift it out - remove it, and put it on the table in front of you. What's it look like? Is it small? Is it large? Is this spiky? Is it smooth? What color is it?

Write all these things down! Here's how to do it: write: 'I just found this big ball of energy in my belly. It's spiky. It's a gray sludgy color. It feels terrible to me. And it vibrates.'

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What is *yours* like? Stop here, and write it down and then come back.

Now the next thing you're going to do is ask it this: 'if you had a message for me, what would it be?' And then *shut up and listen*.

What was the *first* thing that came to your mind?

Usually, the message is, 'it's about time you listened to me!' or, 'you're powerful - you can do whatever you want!' Or 'you can have what you want, or I love you and I'm just trying to keep you safe.'

Write down the message that the energy has for you.

It may not be a ball - it may be a towering building, it may be a horse - whatever it is for you. What is the message? Write down the message.

GET THE SUPPORT!

Now, ask if it will support you in getting what you said you wished for - most times, it'll say, 'yes, I'd be happy to - I've been trying to all this time'

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So what does it say? Write that down too.

Now you say, 'OK, I want to create this thing that I wished for. Now that I understand you're just trying to help me, would you come back inside me and help me from now on?' If it says yes, ask it, 'Please come back into my body.'

Where do you want it in your body or energy system? It doesn't necessarily have to go back to the same place it was before - it could sit on your shoulder and be your advisor. It could go into your energy tank to act as creative energy for your creative endeavors. It could go into your heart, where it would help you to radiate love. Put it there.

Then you can say to it, 'would you please help me find my first step?' Most times, it will say, 'sure!'

You need to remember to honor its messages from now on, and listen to it, and respond, if it thinks you're in danger of going off track, or of being hurt. Treat it like a precious friend.

I'M SORRY! I LOVE YOU!

You also need to say, 'listen, I'm so sorry - I have fought you all this time because I didn't know you were on my side. I'm so sorry.' And it'll say, 'it's okay. You

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know, I'm here for you.' And then say, 'thank you for being with me for all this time. Thanks for supporting me, even though I felt like you were my enemy. I love you. You're my energy. I love you and I want you to stick around!'

Understand that it is *your* energy. Women - we give away a lot of our energy. I get distressed because a lot of times in EFT sessions, we're told to, 'just let it go.'

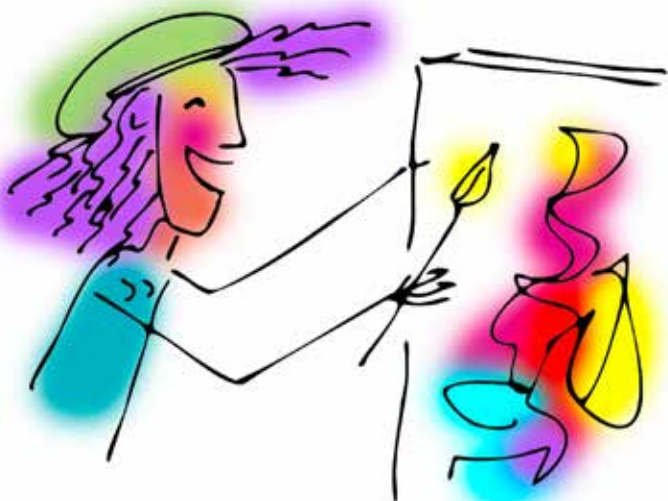
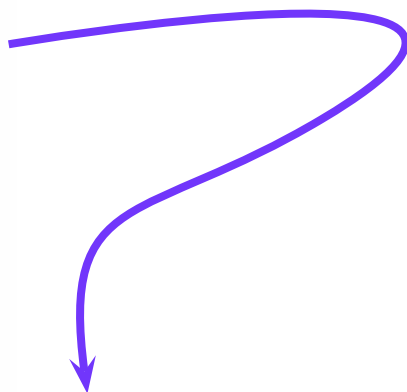
Well, don't! Don't let it go. Don't give away any more of your Energy! Switch it! Reverse the reversal! That's

your energy - *keep* it, and allow it to empower you. And if it's somebody else's energy and it wants to stick around with you, allow it, because it will have a whole different viewpoint that you can gain from.



So that's essentially one way you can reverse your reversals, and get your wish. The next thing that I'm going to do is talk about your identity as a 'poor me,' because that's so critically important.

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PART 8

SHIFT YOUR IDENTITY!

As somebody who has been anxious for a long time, or over any period of time, really, you start to think of yourself as ‘poor me.’

If you’ve been bullied, or if you’re broke, or if you’re in a bad relationship, it’s ‘poor me, I don’t know what to do, I feel helpless, powerless.’

That’s an identity. It’s like you’re wearing a big badge saying ‘I’m a victim.’

Victims don’t win - that’s the definition of a victim. You’re hurt and you’re powerless. If you don’t like it, you’ve got to change that.

So, as a successful being, you ask yourself, ‘if I were not a victim in this case, how would I be?’

For instance, for me, I would love to have one of my sculptures in the Museum of Modern Art. How would that feel to me?

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What would it be like, to be celebrated on opening night, to have people in the museum going up to me and congratulating me? Not too long ago the very thought of that would have scared the living daylights out of me, because I am not a gather-attention kind of person. I like to be behind the scenes. So I had to get over my fear of crowds, and my fear of adulation.

It's actually kind of ironic - I lived here in this town a long, long, long time ago. One of the reasons I left (so silly) was because I was becoming too well known. I was really uncomfortable with it. People would come up to me on the street and go, 'Angela Treat Lyon! I know your work. It's really awesome!' They'd put their arms around me, and get a photo with their hubbies, without even asking me if it was OK!

I'd try and get away as fast as I could - occasions like that didn't mix with my poor-me identity. I couldn't bear it. So I left! Isn't that so crazy?

What to do:

Think about what it's going to be like to be successful, being the opposite of the victim that you are now.

What's it going to be like?

What are people going to say to you?

What are they going to say about you?

What would you like people to say about you?

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What kind of experiences are you going to have?
Will you be able to be out in public and have fun?
Are you gonna be able to travel more?
Are you going to feel safe?

Ask yourself all those questions! Right now, success might look to you like a giant, black chasm in front of you, the Great Unknown, because you haven't been there before.

Well, it's not really black. It's chock full of incredible experiences, and teaming color, and supporters, and people who will love you for being your real self. Your real, safe, affluent, prosperous, incredible contributing self. You have to change your identity and step right into the shoes of that self.

CHANGING YOUR IDENTITY

Here's how you do it. It's really simple. There was a movie a long time ago called 'What the Bleep.' In the movie, they illustrated that there's a billion billion billion realities happening simultaneously by showing all these soap bubbles floating around.

Each bubble held a different reality, a separate world. You know, here in this bubble, the woman is getting beaten up. Here in this bubble, the woman is the CEO. Here in this bubble, the woman is a champion in the

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Olympics - all these different realities. The woman who was the main character in the film sees all these reality bubbles, and realizes that all she had to do was walk into one of those bubbles, and she would actually *be* in that reality.

SAY YOUR WISH OUT LOUD

So what you do is say, 'I wish (whatever you wish for). I'm willing to take action! I'm committed to taking real action.'

See the door in the reality bubble you choose. Go up to it and open the door, walk in, close the door behind you, and reach around and seal it off so you can't get back out. Walk right to the center of that bubble, and sit down and look around.

ASK ...

Ask yourself, 'What am I seeing here?

What's the scenery like?

Is it a city?

Is it an apartment?

Is it a beach?

What's it like here?

Who is around me?

Who are the major players in this reality?

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And this person will pop up and this person will pop up
and this person will pop up, and they say . . .

Well, what *are* they saying to me?

What am I saying to *them*?

What are we creating together?

What books am I reading?

What trips am I going on?

What business am I in?

Ask yourself all these questions about this reality that
you're in now!

Look around and say, 'I wish I was down on the beach.
I wish I had a house on the beach.' And so this image
of a house on the beach pops up in this bubble. You
look at the house and describe it.

You may not have that house in the particular reality
right here, but in this *reality bubble*, there it is. So you
describe it well, like, it's kind of an older house. It has
weather beaten shingles, it's got a red door, it has two
stories, it's got a barn...

And it's on a little outcropping, and I'd have to walk
down steps about 30 feet to get to the beach. And
there's these giant rocks that are rising out of the
ocean. And there's dolphins out there and surfers!

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Get into it! Get into the details. Describe this reality, because you're going to create a new reality like it for yourself.

Christian Mikelson, a well known coach whose course I took many years ago, talks about how he found his Dream House. He was at a friend's house, and he looked out and saw a house being built down the road. He said to himself, 'that's my house. *That's my house.* I'm going to live in that house!'

Then he forgot about it and went about doing his thing, living his intentional life, taking action aligned with his desires. Three years later, he was living in that house. He created living in that house.

And it *is* a fabulous house. It is so unique. It's got curved walls ... well, it's just an amazing house. And of course it has an epic view.

STAY IN THE BUBBLE IN YOUR MIND

This is what *you* can do. This is how you create your reality. Say to yourself, "This is where I'm going to be."

You *stay* in the bubble *in your mind*, even though your world might be falling apart.

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Here, *this* here, might be falling apart, but keep that bubble - never let it go. Just keep intending and keep taking action towards that bubble reality, and you will find yourself there.

That's what I had to do when I moved into the house I live in right now. I had been living in Hawaii. I had a landlady who was nuts, and I just had to *leave*. I'm thinking, where am I gonna go?

Immediately I thought of this town in California. I started dreaming it, seeing myself moving back here. I like Chico - it's a college town, a lot of action here, people like the arts, people are creative. So I just created that bubble for myself.

Having lived here before, it was easy, because I could picture it. I could imagine the streets and the houses and all the trees - lots of trees here. And I was able to move here in two months. Two months, that's all it took. I created it in my little reality bubble first, and I dedicated myself to taking action to create it.

Not only because I wanted to, but because I *had* to - the situation with the landlady was untenable. I wanted to come here, not end up on the street or some crummy place I didn't like.

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You want to have that same sense of urgency with your own reality bubble - don't just let it slide away, and say, 'Someday. Someday I'll have that....' Because you know what happens, right? You won't. It won't happen for you, because you lost focus.

**Create it, and create it *now*.
Take the steps that lead you to your goal!**



PART 9

THE HABIT OF ANXIETY

We get into the habit of feeling a certain way, and we dive into it, like we've been talking about, because it's just there. It's a habit. So let's do a little tapping on that.

You can find the tapping points in the illustration at the beginning of this book. If you're unfamiliar with tapping, go to EFTBooks.com and get my free ebook, *Change Your Mind with EFT, the Basics*, and discover how you can get emotionally free faster than you've ever imagined.



THE KARATE CHOP POINT FIRST

We start by tapping on what we call the Karate Chop point on the outer side of your palm.

When you tap here, it's like waking up your body. Like saying, 'body, I've got something to tell

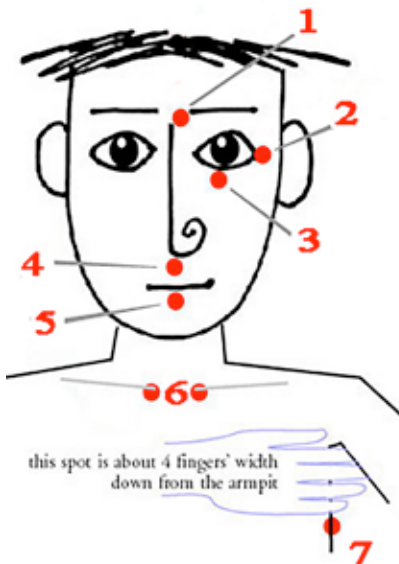
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you. I want to go over this thing with you.’ Start tapping firmly but gently on the point, and repeat what I say after me, out loud.

If you cannot say it out loud, say it in your mind. You may be reading this some place where people will be thinking you’re out of your mind, like on a bus or a train or a plane or something, where you’re in public.

Alternatively, you can squeeze your karate chop point. Put your hands in your lap, and squeeze the Karate Chop point, as you repeat in your mind what I say.

If you’re in a safe place, not in public, go ahead and repeat each phrase below as you tap.



I have the habit of anxiety.
It's been real handy for me.

But I don't like it.
I want to get rid of it.
I have this habit.
I still love and respect
myself anyway.

I have this habit of anxiety.
But I don't like it, and I'm
going to change it.
I love and respect myself.

TURN ANXIETY into CREATIVITY

Okay, now start tapping (just use the tips of 2 fingers) at the top of your head (not shown in the chart).

I have this habit of anxiety

Now tap on the third eye (not in the chart).

As you tap there, say:

I can't see a way out.

Then, on the eyebrow point (1), say:

I don't know what to do to get out of this habit.

On the bony ridge beside your eye (2 - tap on either side or both), you say:

I've got this terrible habit of anxiety

Now tap on the bony ridge right under the pupil of your eye (3), and say:

it makes me feel like a victim

I don't like that feeling.

I feel hopeless and powerless.

Next tap on the spot under your nose (4):

I feel so helpless.

I don't want that anymore.

Under your bottom lip (5):

I don't want to be a victim anymore.

I choose to give up this state of anxiety.

TURN ANXIETY into CREATIVITY

Next is the collarbone points (6) - it's a really special spot. You have two collarbones that come down to end right under the chin - it's actually two points.

When you tap there, you are tapping on not only the points at your collarbone tips, but the three energy channels that come up from your belly into the little hollow at the base of your neck.

The combination of the three points is called The Triple Heater in acupuncture. It's a well-house of huge energy right there.

NOTE: If you're somewhere where you can't tap, just lay your hand across the two collarbone points, resting on that hollow. It will help relax you. If you have words to tap on, say them in your mind so no one can hear you.

Moving on! As you tap on the collarbone points, say:

I'm going to give up this habit of anxiety.

It doesn't do me any good

It might have done me good in the past.

Helped me be safe.

By keeping me from doing things that were scary.

But I'm going to let it go.

And then underneath the arm about four inches down from your arm (7), say:

I'm letting this habit of anxiety go.

TURN ANXIETY into CREATIVITY

Now take a deep breath from the bottom of your belly, in and out.



Feel how you feel about having the identity of a victim, immersed in anxiety. Think about what you usually worry about, and see if you start falling into it.

If you start falling in, do another round of tapping, using your own words, and do as many rounds as it takes to get to a 0/10.

As you tap, start at the top of your head, and with each new phrase, move down one point. Say:

I'm letting go of the habit of anxiety.

I'm going to create something different.

I'm choosing to reclaim my power.

I'm choosing to feel good about me.

I'm choosing to feel *good* about me.

Because I do love and respect myself.

TURN ANXIETY into CREATIVITY

I am letting go of that habit of anxiety
I can see a way to do this.

When you say, 'I *can* see a way to do it,' allow thoughts to come up to your mind as *how* you're going to do it.

When you intend, you're telling the universe, 'this is what I want.' So the universe is, 'Oh, Angela wants this. Here she goes.'

Maybe you think of it as your guardian angel or spirit or God - whatever you want to call it.

You don't have to know how to do everything - leave some of it up to The Mystery - the universe will fill that in for you.

Okay, continuing on - on the 3rd eye, say:

I can see a way
I can see a way to start
and tapping is my way to start.

Change points with each phrase, moving down the face and torso as you tap. Continue on the eyebrow point, and say:

I am giving up my habit of anxiety.
As a matter of fact, I've already started giving it up!
I'm Reclaiming my power.

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Oh it's really scary.
That means I have to be a different person.
What will people think?
Well at first they might make fun of me.
Hah! So whats new?
I don't care.
I'm taking back my power!

Now take a deep breath in and out. If you feel like there's more to do, keep tapping, do that round again, or use your own words, until you're finished. You'll know when you're clear because you'll get a deep sigh, or you might burp or fart or do some bodily something - maybe you might get chills. Your body absolutely expresses the energy that's in it.

So go ahead and do those rounds until you feel for real that you no longer have the habit of anxiety.

Now you can tap in the habit of feeling powerful!
Please note: this does *not* mean you have power *over* people. It means your personal power has returned.

PERSONAL POWER

Your personal power is that which what I call the Great Mystery creates through your mind and body. I think of it like being a tube, through which creativity flows into this dimension. We are channels.

TURN ANXIETY into CREATIVITY

I get ideas when I take naps. I lie down, and for some reason, all these ideas come tumbling into my mind. I'll let them flow until I feel like I'll forget them if I fall asleep, so I jet up and come in here to my desk and write them down, or actually start on a project, or take some kind of action on them.

That's power. That's creativity.

YOUR HEART'S DEEPEST DESIRE

Ask yourself: what is the essence of the creativity that you want to base your life on?

I base my life on being an artist. Maybe you're a musician, or a writer - maybe you're a lover. Maybe ... you know there are a lot of people who come here just to *be* - they radiate love, and that's enough.

But you might want something more than that. You know, maybe you want to be an architect. You might want to be a doctor, you might want to start a new health system - do you know? Ask yourself, "what's my heart's deepest desire?"

Now that you have tapped and made headway getting done with the habit of anxiety, you'll find that instead of the anxiety and feeling like I-cannot, your system will get excited. And it'll say 'oh wow. We could do this. And we can do this. And we can do this and we can do this.'

TURN ANXIETY into CREATIVITY

So you write those things down, and one by one, you try them. Some you might not like, some might not work, and at least one of them could take off, and you just put all your energy into that and create it until you don't want to create it anymore. It's really that simple.

Don't let anybody else tell you what to do. If your heart's desire is to write a book, get your paper or your device out and start writing.

Don't delay. Remember, the universe knows when you're delaying - it'll call you a liar if you go back on what you said you wanted to do! 'You said you want to write that book. You're a liar because you're not doing it!' Don't take that chance!

IT'S SO EASY

Take 15 minutes every day, and write something in that book - or an hour - whatever it takes. Get that book written.

When you're done, make it look nice, get a cover, and get it published on Amazon. Go to kdp.amazon.com and publish it. It's free!

There's all kinds of directions and instructions there - it could *not* be easier to write a book these days. Set up a free account there. Read through the instructions

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and do what it says so you can get your book written and formatted and published. You can do it in a week if you've got the information in your mind.

I can write a book fast now - sometimes in two days! I get an idea, I write down the outline for it, I fill out the outline, I format the book, make a cover, and throw it up on Amazon.

It might take months of thinking about it, planning and researching and cogitating before I get to the point where I actually take action to sit down and write the book and publish it. But that's how fast you can get a book done.

Once it's published on Amazon, you can tell your friends, 'I've got my first book up on Amazon! Woohoo! Go to this link! It's only 14.95!'

Or you can put your ebook on gumroad.com, which is a great website. It's a weird name - I have no idea why they call it that. But I've got a whole slew of books there. Get your book on there too.

Well. That was a side-track I didn't know I was going to take! But I hope you'll follow the advice. When you get your book published, email me and let me know, OK?

PART 10

THE RESTRICTION CODE™

I want to talk to you about the Restriction Code. This is something that I found in my own system.

I discovered it because I was exploring how I felt as if I was living in a test tube. It was like I had my little life, and it only went about a foot in front of me, and there was a thick glass wall that surrounded me. A circular glass wall.

I could not for the life of me get through that wall. I couldn't communicate with people well - there was no clarity of communication. I couldn't sell my work. I just couldn't do anything that was really impactful.

When I went into meditation about it, I realized I've been seeing this glass wall all my life. So I did a lot of energy work on it - the 'what's your message' and all that stuff.

And the message was, 'you have been so harmful in your past life, that we're keeping the world safe from you.' Talk about a shock! I was absolutely stunned. I thought that I was being kept from the world because the glass wall was trying to keep *me* safe.

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So you might be surprised when you find out your own restriction code. Everybody's got one. You know you have it if you have the experience of getting to a certain point of something, and you cannot move any further. No matter what you try.

DISABLE THE CODE

I'm going to show you how to disable that, because it's close to impossible to get any further if you've got that in your system.

So what I'd like you to do is get your back up against the back of the chair, put your feet flat on the ground, close your eyes, take a deep breath and get calm and centered.

Now ask yourself,

Where is my restriction code?

Do I even have one?

Or have I already worked it out somehow?

If the answer is 'yes, you have one,' you say,
'OK, where is it?'

It could be in your skin. It could be in your DNA. It could be in your thoughts. Where is it?

Find it. Write down whatever came to your mind.

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Mine was in my DNA. You know those spiral DNA helix illustrations that you see - it was like one of the little balls in the DNA strands was an HTML code. It was like restrictioncode.com - so weird looking.

I had to go in and do the reality bubble thing. I created a reality where I had no restriction code. And I did a whole lot of tapping on it:

Even though I've got this restriction code
I still deeply and completely love and respect myself.
This restriction code has kept me from hurting other
people because I was a nasty bitch in other lifetimes...
I really do love and accept all of me.

I just tapped like crazy! Then I remembered about 40 years ago doing past life regressions - this friend of mine and I used to take each other through them - and in several of them I was a high priestess, and man, I was one nasty piece of work. I used to come out of those sessions crying my eyes out. I didn't understand how I could be such a horrible person. It was so hard to come to an acceptance that that was even possible.

But then I realized that through the eons, we have been everything! We have been absolutely everything, from evil people worse than Adolf Hitler, to saints ... you know, better than whatever Saint you can think of. We've been everything in our lives.

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We have to accept that, and understand that parts of those things are with us. It's just part of our psyche. And if you've got a restriction code that's keeping you either safe or safe for other people, you've got to heal that so you can create a different reality for yourself.

So you start tapping on it:

I've got this restriction code.

I don't know what to do about it.

I feel helpless.

I feel powerless.

I feel angry.

I feel guilty for all the people I've hurt or

I feel angry that I've been so hurt

... tap on all the feelings - use your own words - and tap through them.

I'm so angry.

I didn't want to do that.

I was so unsafe.

I want to get rid of this stupid restriction code

...and so on.

Once you do that, you will not *believe* all the different opportunities that will come to you.

MORE???

If you start to feel like you're being restricted again, ask yourself, 'do I have another one?'

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You might not have just have one - I had *three*.

The first one was to keep people safe from me, and the other ones were to keep *me* safe, because I was afraid of public speaking, and I was afraid of showing my artwork in public. Even though I'd been doing that for years, I had these deep feelings of fear about it.

You know, like what are people going to say about my artwork... because it's just like showing somebody your new baby - you're afraid of people going, that's ugly. What she's doing, anyway? She's terrible, what a bad artist she is. That would have crushed the then-me. Now though, if somebody doesn't like my artwork, I don't care. You know? There's 7 billion other people on the planet - if my work doesn't please one person, I just think to myself, 'Next!' and move on!!

If you have not yet, do tap for having a restriction code. If it's part of your DNA, change it to something better.

Change it to excellence.com, change it to prosperity, change it to beauty, change it to love, change it to joy, change it to humor. Change it to abundance, generosity, kindness, expansion, the ability to know what people need.

**Write down what you want to
change your own code to!**

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You can change everything in your life, everything. When I come up to a part of myself that says 'no, I can't change this,' I look to Spirit, or my guardian angels, or the universe, and I say, 'help! Help me! I feel powerless. I don't know how to change this. Help me, please!' and I envision in my mind how I want to be helped.

Then I say, 'this or something better!' Because in our puny human-ness, we can't always imagine the cool stuff that really is available to us that is way better than what we can think up. So say, 'or something better,' and chances are you'll probably get something far beyond what you wish for!



PART 11

RE-RATE YOUR RATINGS

Let's go through re-rating what you wrote down for the things that you were feeling.

This is an important step, because it validates what you've been doing all along. So what I'd like you to do is go back to what you wrote down in the beginning.

1. You rated the intensity of how you felt.
2. Then you rated the intensity of how you felt about how you felt.
3. You also rated the beliefs you had about how you felt.
4. We did a bunch of work on your feelings of anxiety.

So now, I want you to go back to the feeling that each rating was about, and check in with yourself.

Ask yourself: 'do I still feel this same level of intensity about these feelings?'

If the intensity is down to zero, put zero. It's true - you could go from 10 to zero easily in the time we have worked together as you read this book.

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Or, maybe you feel worse! It's possible! Because you've agitated a bunch of energy, and it's still moving. Don't worry about that - either it will calm by itself, or you can do more tapping on it.

So go through and check to see what your ratings are now. Say to yourself, 'I felt seven out of 10 anger, or I was feeling five out of 10 guilt', or whatever it was.

Ask yourself, 'how do I feel now about that guilt, or the anger, or the powerlessness.' Check to see what the rating of the intensity of the feelings are.

When you find out the rating, write it down next to the rating that you had before.

So when you're done checking, you can look back and say, 'Oh! I was at 10 out of 10 on that, and now I'm only a one out of 10. Oh, I was a five out of 10 and now it's a zero.'

You'll see how you've made progress in a very short span of time. Go back and see how you feel now, because you'll see how much progress you've made.

This is permanent stuff. Well, unless you re-traumatize yourself. It's permanent.

Here's a good example: when I worked on my suicidal thinking, it took me six weeks of tapping to go through

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all of the stuff that I had been thinking and feeling for 35 years. *Six weeks.*

That is *nothing* compared to all the years I sat there with therapists going over how I was feeling, and things people said... I didn't get any progress at all with them. I fired every single one of them because I just didn't feel better. But after six weeks of tapping? Gone. I've never had a single suicidal thought since then. It has been 22 years since I did that work.

CONFIDENCE

Now I'll give you a hint about how to make the most incredible progress in building self-confidence!

Do you remember that as we tapped earlier in this book, part of what we said was, 'I deeply and completely love and *respect* myself'?

The original sentence that we learned to say when we trained as EFT practitioners and trainers was, 'I deeply and completely love and *accept* myself.'

I like *respect* better, because to me, it takes the feeling of loving yourself up one more level. If you like it better, you can use 'accept' if you want.

When I started tapping I couldn't say it. I could *not* say that I loved and accepted myself. I didn't! I didn't love

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myself! And I didn't accept myself. It took me two full weeks of repetitive tapping on all the reasons why I just



didn't love myself - like, 'I can't stand myself, I'm such a failure, I can't communicate, I feel like I hurt people's feelings. I feel invisible. And I feel valueless' - I took my parents' message to me not being valuable enough to keep as a child. I took that to heart. And so I did a lot of tapping on that, and all those things I felt about

myself. I felt like I was just simply a bad person. How could I accept myself if I was such a sludge?

When I felt like I'd gotten through most of the heavy stuff, I then I tapped on accepting who I was, tapping IN the good stuff - I'm free, I'm gifted, I contribute value, I'm kind, I'm funny, I have value, and so on.

At the end of six weeks of steady, continual tapping, I felt so awesome! I woke up and I had this feeling like I was floating - I was so light, and it seemed like the air was bright. I just started laughing, and I thought, 'this is weird, what's going on here?' And I felt like there was something missing. After about an hour of thinking,

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meditating and feeling and cogitating about what was going on, I realized that I was happy!

It'd been so long since I'd been happy that I'd forgotten what it felt like! I was happy! After six weeks - six weeny little teeny tiny weeks of tapping on everything I could think of. I tapped all day long, you know, like, 'I have to go to the bathroom. I don't know what to say on the phone with this person....' You know, anything that came up, I would tap on it.

I tapped and I tapped and I tapped, and I tapped IN that I intended to feel whole and real and valued and worthy. And at the end of that six weeks, man I was so happy I could have floated away!

At the time, I was living in New Zealand. I was the artist in residence there at a little town called Gore, staying with a wonderful gal named Freda.

I jumped out of bed and I slammed the door open and yelled 'FREDA!!! FREDAAA!' And she came running out into the hallway - she's so cute - she's got this old-timey English accent - and she has her hands all clenched together like worried people do when they wring their hands, and she wants to help - and she asks, "What's the matter, Angela? Are you OK?"

And I just laughed and laughed as I said, 'Freda! I'm happy! I'm *happy*!'

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She'd seen first-hand how unhappy I'd been, so she knew how monumental this was. We just hugged and laughed and celebrated all day long.

That is how powerful tapping is. It can help you get to a place of freedom and self acceptance that you have never experienced before.

All you need to do is do the work - and it really isn't work. I mean what are you doing? Tapping and saying words, right? And feeling feelings! How hard is that?

Well, yeah, you're gonna cry - probably a lot. But you just allow it! Just let yourself sit there blubbering. Feel the feelings, and then you choose something new. Just something different. Just the opposite. And tap them IN.

You know, like,

I'm choosing to feel happy.

I'm choosing to be delighted with my life.

I'm choosing to accept myself.

I choose to feel fabulous.

I'm an amazing person.

I'm so talented.

I'm so creative.

So do that.

Then rerate all the things that you wrote down.

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If there are places where you're five out of 10, or even two out of 10, retap until you get them down to zero, and choose the opposite. Choose and tap IN the better.

You can do this.
This is *your* life. You get to be the boss!



THE END

OK. So that's it. I hope you've enjoyed this, and I hope that you'll email me, saying, 'Angela, the most amazing thing happened. I feel good. I don't feel afraid or so anxious anymore!' Whatever you'd like to say, I'd like to hear from you.

**Thank you for being here with me,
and I hope to talk with you soon.**

TURN ANXIETY into CREATIVITY

TURN ANXIETY into CREATIVITY

Angela Treat Lyon

is an award-winning, internationally respected artist, best-selling author, and energy coach. For over 50 years, she lived in Hawaii. She now lives in northern California.



Angela has 30+ years experience as a practitioner and trainer in multiple energy and alternative healing methods and technologies. She holds unique online groups and workshops.

Angela also designs, publishes, and illustrates books for authors; she does tile and pattern design for fabric and other surfaces; and her bold contemporary paintings, drawings, prints, and sculptures are shown in private collections and galleries worldwide.

Check out Angela's paintings, prints, drawings, sculpture at AngelaTreatLyonART.com, her prints and originals at LyonArtandDesign.com, and on Instagram at: [angela.treat.lyon](https://www.instagram.com/angela.treat.lyon). Her books in print: [Amazon.com](https://www.amazon.com).

ANGELA says:

I've been a professional fine artist, illustrator, graphic designer, and surface designer for over 50 years. I design and publish books - my own and others' - and I'm a best selling author.

I started doing what I call Energy Coaching over 40 years ago. I've had all kinds and types of trainings - from studying with the Old masters and Sikh Master Maharaj Charan Singh, Filipino Healers and Psychic Surgeons, Holographic Repatterning, NLP, EMDR, EFT and other energy therapies and modalities ...

And now I just kind of move past those original protocols into cosmic far-outness. You'll see - we'll have fun.

OK, you don't need to hear any more about me.

Here are a few links to find out more:

EFTBooks.com

EFTinEveryHome.com

AngelaTreatLyonBOOKS.com

and atlyon.gumroad.com



Healing Broken Birdie

Prints available - contact me!



ANXIETY into CREATIVITY?

Transform your anxiety, stress, exhaustion, and inability to focus into beautiful, useful, creative energy.

This book is for you if you've been afraid, anxious or panicked about life after covid, your relationships, business, family, making a living, trying to live a fulfilled life, or if you're having a hard time following your dream....

You'll discover how to use your fear and 'negative' thoughts and beliefs to break out of your anxiety, so you can get on track to living a lovely, fulfilling CREATIVE life.

What you read here will look deceptively simple. Don't fool yourself. If you take what you get from this book and actually use it in your daily life, you'll look back in a very short time in wonder that you ever suffered so much before.

WHAT YOU GET:

- Discover how to find, assess, and rate your 'bad' energy
- Learn what to do with all that 'bad' stuff
- How to delete the habit of anxiety and your Restriction Code™
- Find out how to make your wishes come true
- Find out how to choose creativity over anxiety... and way more!

"Always from the heart! You speak a language in that is understood on a higher plane - it shouts from everything you do. It is your identity and legacy."

~ Craig McL, NZ



Angela Treat Lyon is an award-winning, internationally respected artist, author and energy coach with 30+ years experience as a practitioner and trainer in multiple energy and alternative healing methods. She holds online trainings, groups and workshops. Check out EFTBooks.com.

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