

# I DARE YOU to GET FREE



Get Free of Your Pain, Anger & Illness  
Create TRUE Health, Happiness & Wealth

**Angela Treat Lyon**

**I Dare You: Get Free!**

*Energy is the Key!*

# **I Dare You to Get Free!**

Success Specialist Angela Treat Lyon demonstrates efficacy of EFT, the Emotional Freedom Techniques, in eliminating and relieving illness, pain and powerlessness, and creating health, freedom, wealth, success and creativity

by Angela Treat Lyon

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# **I Dare You: Get Free!**

## *Energy is the Key!*

### PLEASE READ THIS DISCLAIMER BEFORE READING THIS BOOK

The information presented in this book is educational in nature and is provided as only general information. In your reading this book, you understand that you will be introduced to a modality called Emotional Freedom Techniques (also known as EFT, MTT, or tapping) which is a technique referred to as a type of energy therapy. To date, tapping has yielded remarkable results for relieving emotional and physical distress and enhancing personal, business, artistic and athletic performance. Tapping appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The premise behind tapping is that it employs a gentle stimulation of select points on the face, torso and hands used in the ancient Chinese meridian system. This basic procedure has helped thousands of people relieve their own emotional stress and physiological pain, and to balance their energy systems. By reading this book you agree and understand that tapping could be considered experimental, and that the author does not know exactly how you will personally respond to tapping and/or whether your tapping will help you with a particular problem or issue. Due to the experimental nature of tapping, and because the extent of its effectiveness, as well as its risks and benefits, are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this book and using tapping as a result of reading this book or listening to its corresponding audio. You understand and agree that the information presented in this book (and/or audio) is only for your own personal use. In order to use tapping with others you must become sufficiently trained and qualified as a tapping, EFT or MTT practitioner. You further understand that if you choose to use tapping, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using tapping, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident.

## Before you begin....

You will notice as you read and tap along with these stories that sometimes we get into some of the subjects' very specific issues. Not to worry—even though obviously your story will differ from theirs, tap along with us, anyway, and the energy in your system will shift, too: this is called *Borrowing Benefits*.

Make a note on a piece of paper what some of your own most important issues are that fit with the stories in this book. If you can't find words, write down how you feel inside your body when you think of the issue in the story. It's those feelings you want to get at and shift, so you can actually clear them up and create the life, dreams, family, business and relationships you dream of but haven't attained as yet.

Why tap on those limiting feelings, thoughts, habits and beliefs? Because by definition, they are limiting you! When you tap on them, you can get at the stored energy in them. You know how much work it is not to say an ugly thing when you really want to blast someone? Well, imagine all the energy in that ugly blast being cleaned up and used for creativity! That's what I help you do—find the places where you hold back, and clean up what's in there. Then we expand the energy so you can use it for what you want, rather than it using you! It can be easy, simple and even fun, if you allow it!

Tap along, but don't try to replace the story words with your own because you'll just get confused and miss out on the effectiveness of the story. After tapping, re-rate your feeling-intensity, and you'll be surprised to see that your own issue was resolved, too!

Have fun, and I hope you enjoy this book!

much aloha,  
Angela Treat Lyon  
Kailua, Hawaii

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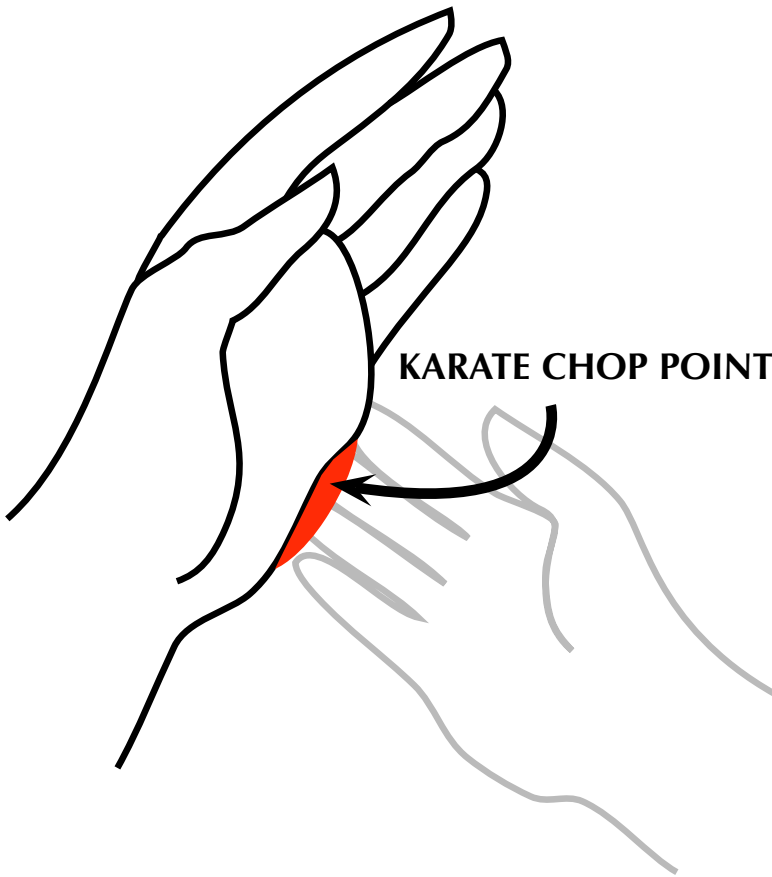
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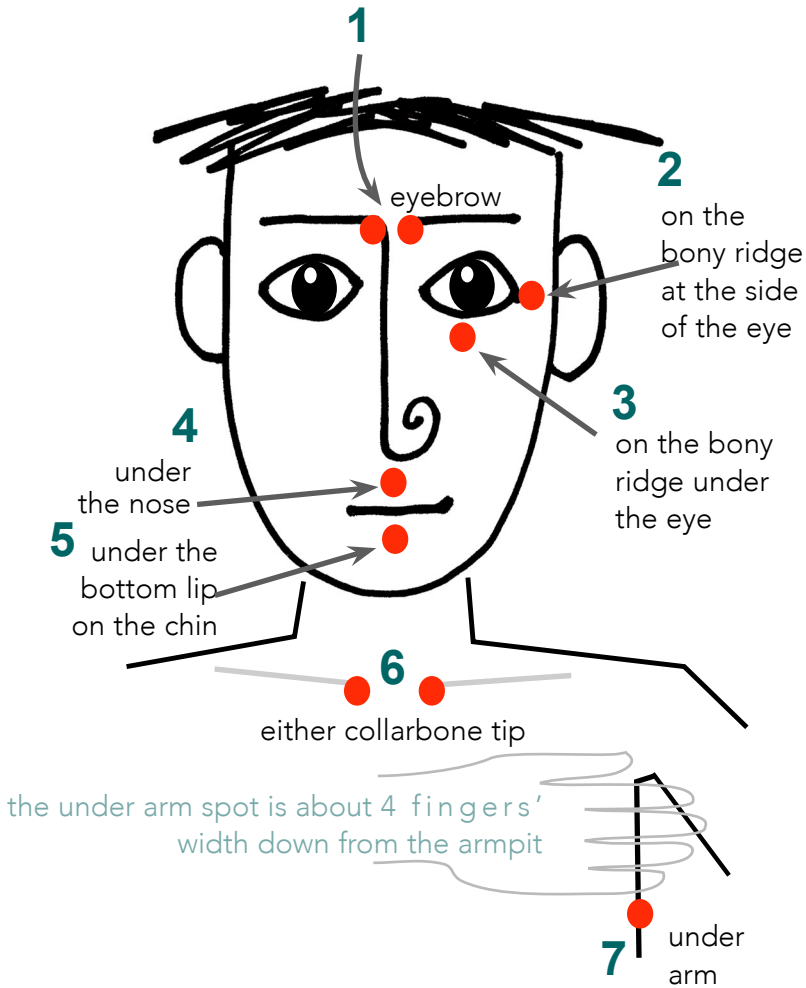
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# **The Basic EFT Tapping Points Illustrated**

# the Karate Chop Point

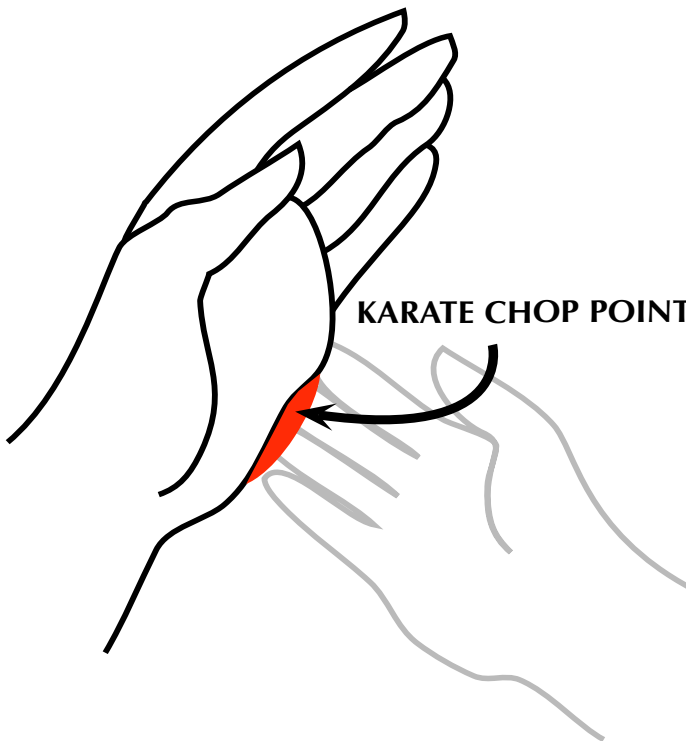


# the Basic Tapping Points





# the Sequence



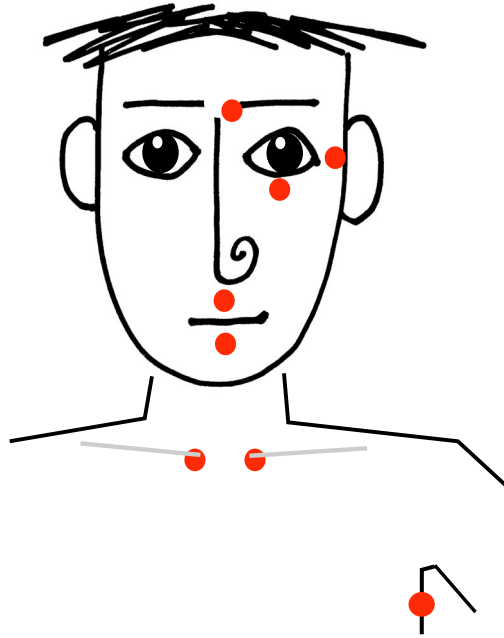
## The sequence Part 1: The setup

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

1. Even though I \_\_ (feel so angry) \_\_  
(insert your own phrase)
2. I deeply love and accept myself  
(or, if for a child: I'm a great kid,  
or my mom loves me)

**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

# Why “I Dare You”?

In my experience of life, it has only been in the doing of the hardest things, getting through the hardest circumstances, feeling the hardest feelings that has allowed me to see that, in truth, everything really is energy, and that I can use my mind to create the reality I prefer.

Now, “everything is energy,” and “I can create my reality” may be simple concepts, but don’t let anyone tell you I said it was easy!

As they say in the movie, *The Secret*, there are 3 steps:

**Ask:** (choose what I prefer)

**Believe:** (unwind the limiting factors: negative thoughts, beliefs and habits that act as obstacles in my way of getting what I want; believe I’ll get it); and

**Receive:** (take action and be ready and open to what I have created. Then repeat the cycle.

This concept does not mean that “I am the Boss of the Universe!” I believe that our puny desires are really fractional wants that reflect what god, the universe, great spirit (or any of those names for the Big Thing that encompasses us all) wants for us. And that our very deepest core Beings want. What we’re here for.

In the past few years, as I approach the later chapters of my life, there have been times I have had to dare myself to do what I was thinking of doing. And every time, I was so glad that I did.

So I started doing it with others—I'd hear someone say, "I want to make a movie"—but not see them taking any steps!

So I'd say to them, "I DARE you do it!" They'd halt, look at me, smile big, feel the loving challenge, and say, "Yeah! I will! I will do it!" And then go on and DO it.

In the past, I was frightened about writing books (you'd never know it now, by the number of books I've written and put together!) but that fright is gone because I dared it and I did it. Once you do it, it's never the same. The fear turns to creative energy.

## **What is it you have been too frightened to do?**

In this book are about a dozen stories of some of the EFT sessions I've done with or for people. I'm also including illustrated tapping points in the front of the book.

I'm hoping these stories will help you see how to use EFT to get past some of your allergies, fears, reactions, illnesses and whatever you have going on that gets in your way, so you can move forward and dare yourself to live a more full, more happy life. One you'll be proud to get to the end of, and look back and say, "I did that! I dared that!"

I dare you! I dare you get really, really good at using EFT. Get really really good at picking out those little seditious, sneaky, subversive thoughts—like, "I can't afford it!"—and tapping the energy behind them into what you prefer.

I dare you get really clear on what it is you prefer, so you can be like Napoleon Buonaparte, who declared, "I see only the objective! There are no obstacles!" When you can constantly and consistantly see only the objective, guess what happens: you start to succeed in getting what you choose.

**Do it! I dare you!**

**1**

# **From Hopping Mad to Cool, Calm & Collected**

**An impromptu session at a trade show helped a sales manager get her cool back**

*Immediate anger issues often respond quickly to tapping, but such was not the case here. I had to think on my feet as the client was walking away in anger part way through this mini-session. I had to get rapport back, so I offered to “transform her anger” into something more positive. She accepted, and the session ended in success.*

I recently went to a trade show at the invitation of a friend (“Sandi”) whose company had a booth there.

It was Saturday afternoon, long lines of people at each booth, kids running around untended, and the folks at Sandi’s booth looked as if they’d been worn down to the last threads of sanity.

She took me aside and asked me if I’d do an impromptu session

behind the scenes with her manager. I was delighted to help, so I said, "sure!"

She introduced me to "Karen," a short, dynamic looking woman of about 50 who was so angry that she looked as if she'd have apoplexy in about three seconds if she wasn't defused.

We went behind the screen that separated the back end of the booth from the customer side, and she asked me what it was I was going to do. I told her that I would like to know in general what was up before I did anything, just to see if it was appropriate for me to help, or if she needed something else. Karen smiled and appreciated that, and simply said that she was hopping mad and couldn't stand it one more minute.

### **SOFTENING THE INTENSITY**

I told her that I could help her soften the intensity of the feelings she had at the moment by using a little meridian therapy, since Sandi had told me Karen was familiar with acupressure. I said what we were going to do was a little like that, combined with specific phrases and using only a few points.

Her face was flushed with that right-at-surface red color that you get when you're about to pop, so I wanted to get to it right off.

I showed her the karate chop point and had her just strike that as we both made grrrrrrrrrr sounds, and saying (without the even though), "I'm so mad! I'm so furious! I can hardly stand it!" We did that for about one or two minutes.

She took a big breath and stood a little straighter. Phase One complete. Her face lost the blotchy look.

Then we started tapping the face points, saying, "I'm so MAD! I'm so p--- off at xxxxxx Those -----s! I'm furious! I can't stand it!"

We did about two rounds, very quietly—but with great intent—so others couldn't hear, and she relaxed a bit more.

## **SHE ALMOST WALKS**

I asked her where on a scale of zero to ten she might rate her feelings. She blew up! "I can't stand that! It makes me madder than I already am! I don't want to do this if that's what I have to do!" And she started to walk off.

Whoa! That was a surprise. So instead of running after her, I just quietly said, "OK, that's fine, I can understand that. I wonder what would happen if we concentrated on transforming the energy and intensity to creative energy instead of focusing on the anger?" Which, of course, was what we were doing anyway, but I wanted to reframe it without making her wrong or trying to convince her to do anything she didn't want to do.

She liked that. She moved back next to me again. "Yeah! That's exactly what I'd like to do!," she said. So I asked her what she was so angry about, and if we could incorporate it into the tapping.

## **I DO IT ALL**

Karen was upset about having been chosen to organize the booth for the company with only ten days notice. It was an international show with some pretty big big-wigs, radio coverage, and all the hoopla to go along. The pressure was enormous.

Karen had not only had to organize and publicize it, but her supervisors had told her that "it would be a good idea if you were there," after she had told them she'd prepared the people running the booth to run it and then close it down by themselves. She'd been looking forward to a couple well-deserved days off, and now she had to be there from 8am to 9pm, with no breaks.

I'd be mad, too! But—she said she didn't want to talk about any of her bosses or managers, or that she didn't stand up for herself in taking her time off, or the fact that she was afraid she'd lose her job if she objected. She just wanted to focus on the energy.

## **ENERGY IN MY BELLY**

Fine! That's what it's about anyway, right? I asked her if she was tight or knotted up or in any way strained or in pain in her body—as if it wasn't obvious how her shoulders were up to her ears, and her belly was all tight!

She said she had a huge ball of energy in her belly. Since she didn't want to talk about the "negative," we just tapped like this: I'm letting go now. I'm letting go of my negative energy now. I'm choosing to transform this energy into creative power I'm choosing to focus on my abilities and intentions I'm choosing to transform anything I don't like into creative energy I'm choosing to be alive and awake and to have fun even when it looks hard

We did that for about five or six rounds. Her shoulders relaxed and came down out of her ears, her belly looked relaxed, her feet looked like they were grounded instead of wanting to run away, she'd stopped trembling and her color was great. She gave a huge sigh twice, and her voice became full and soft instead of strained and hysterical.

## **GONE!**

She told me the knot in her belly was now warm and felt like a "supportive sun," and that her headache was gone (I hadn't even known know she had one!), and that she wasn't angry anymore. And that she knew that what she was experiencing was because of her own choices and that she'd go over them again later and see what she could do to prevent this from happening again.

All in all, it took us less than ten minutes to do this little relief session, and yet if we hadn't, she was so physically undone that



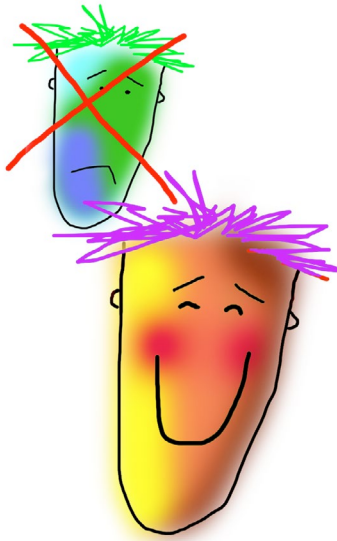
## **I Dare You: Get Free!**

*Energy is the Key!*

I wouldn't have been surprised to hear that she'd had either a stroke or a heart attack by day's end.

It was a surprise to not go into the so-called negative phrases, but it was easy to see that if I tried to keep going the way we ordinarily do sessions, she'd have bolted.

It was more important to defuse the intensity before she imploded and hurt herself, so I just followed her lead. We got results that pleased her and worked for her and her mind/body. That's what we want, YES?



# 2

## Relationship Success

**Finding a core issue helps bring about success,  
marriage and lots more money**

*EFT Founder Gary Craig says, "this is a first class look at finding a core issue behind a relationship problem." I asked my client if his circumstance "reminds him of anybody." It took the lid off and allowed a fruitful session with many positive outcomes. This is important, as it also meant he went on to double his income to a quarter of a million dollars in ten months. Not only that, they married a year later, and have adopted three (!) kids!*

One of my Success Coaching clients, "Don," wanted help with his conflict about his girlfriend of four years, saying his worry was affecting his business.

"I'd like to get married," he told me, "I really love her, but I can't marry her the way she is."

It was obvious to me that it was a judgment issue on his part, and didn't have a single thing to do with her, but I couldn't say that outright to him or he'd go on the defensive.

"Why not?" I asked. "What "way" is she?"

"I can't say anything to her without her reacting in some long negative song and dance. I can't even give her a compliment—she turns it into some complaint that's completely unrelated."

For example, when he had commented that he liked her earrings. She said a brief "oh-these-old-things," and then went off about some guy who had rear-ended her in her car!

Don added, "And at the end of the day when I come home, she has a long laundry list of all the horrible things that have happened to her that day at work, and her terrible phone call with so-and-so, and—it's endless! I hate it!"

He couldn't figure it out and wanted to get away from the constant influx of her negativity. I asked him how he felt about it, and he told me. So we tapped on those feeling:

**Even though:**

"Sarah" really gets me mad  
She's always complaining and I hate it  
She's so negative all the time  
It makes me feel angry and resentful

**FEELING POWERLESS**

I asked him again how he felt when she was "going off" like that. Don said he felt powerless to help her, and useless and weak. He resented it because it made him feel less than the man he felt he "ought" to be. We tapped:

**Even though:**

She makes me feel weak, powerless and useless  
I don't know what to do  
I don't know what she needs from me  
I feel resentful  
I feel angry at her for making me feel less than a man

## **MOM?**

I asked him if it reminded him of anybody, he said, “Yeah! It’s just like my mother!”

Bingo!! There’s almost always one or more core issues behind any resentment. We uncovered a good one with that question. His face turned bright red! He looked like someone had turned on all the lights. He initiated the tapping, and I could hardly keep up:

### **Even though:**

I’m with someone just like my mom!

I hate how my mother acts!

She’s always got a hard or negative word for everyone

My mother made me feel like a jerk all the time

She made me feel like I’d probably be a failure and a failure  
at that, to boot

I am FURIOUS!

## **BLUFFING IT**

I asked him what he thought someone might do if he felt weak and useless and a failure.

Don said he guessed they’d probably try to cover it up with a good-old-boy demeanor, and a cheery or “up” attitude that was as fragile as an eggshell underneath. “Like me,” he admitted.

### **Even though:**

I’m all bluff and show

I put on a good act

I’m really afraid of being a failure

I’m really angry at myself for not having stood up for myself

I’m not a failure at all—look at what I’ve accomplished!

*[he is an extremely successful professor and author]*

## REFLECTION

I asked him if he thought it was possible that Sarah was simply reflecting his own attitude towards himself, and that maybe she didn't like her negativity any more than he did—but didn't know how to get at whatever it was that annoyed her? "Hmmm," was all he said, and he started to tap again:

### **Even though:**

I haven't taken responsibility for my own feelings

I haven't known how

I didn't even realize how angry I was

## NEW CHOICES NOW

And here we started to use choice statements:

### **I choose:**

...to be more aware of how I'm feeling first before blaming Sarah for my feelings

...to take responsibility for how I feel and how my space feels

...to forgive my mother and Sarah and myself

...to choose happiness!

## VACATION TIME!

Don and Sarah went on vacation for two weeks. When he came back, he reported that his relationship was "100% improved! I'm so happy, and so grateful! It's amazing—she doesn't complain at all anymore! It's just gone!" Not only that, but his business was flourishing, too. *[Update: they are now happily married - ed.]*

Isn't it interesting how the dynamics within the relationship can change when only one person (Don, in this case) collapses important issues? Such issues are no longer there for either party's reaction. All kinds of good things can happen—including enhanced business success.

# 3

## Out of Control!

### **“I don’t know what I’d do....”**

*In this session, I made minimal progress until I intuitively slipped the following into the EFT process, “Even though I want to get on with my life, I don’t know what I’d do if and when I did get on with it.” That opened the door and generated a first class start for a very global issue. Read this one carefully. There are many good thoughts within it.*

“Micki” called me about her very persistent sense of feeling out of control. As it turns out, she was on a lot of medications. My experience is that prescribed meds often dull the senses and limit feelings. Micki found herself with very difficult to control feelings.

Micki’s a very together-looking 65 yr old, who looks like she’s maybe in her early 50s—if that. When she called me, I could hear right off that here was a woman who was used to being strong and independent, and who wouldn’t shy away from anything difficult.

### **I’M AT WITS’ END**

Micki told me she was at wits’ end, and wanted help with how crazy she felt. I told her right off I wasn’t a physician, and don’t diagnose or prescribe, but that I could help her with how she felt.

Micki had ‘tried virtually everything,’ so she was wide open to tapping with EFT. She has tried allopathic doctors to hypnosis, acupuncture at the local college, feng shui, and even stuff like Albanian folk healing tokens scattered around the house.

## A MISSING INGREDIENT

Importantly, she has had single-minded intent for healing since the time of the problem, starting about 12 or 13 years ago. But—there was a major ingredient missing to her search, which I will get to; and, there was a possible session-derailer that almost got me: pills.

Here are some of the things she was having trouble with: hot and cold spells—she'd turn bright red and feel as if she was in an oven one minute, and the next would be shivering and freezing. Distinct hot and cold places on limbs. Her arms, hands and feet got prickly feeling, sometimes breaking out in rashes.

She couldn't calm down after work unless she walked at least a mile with her headset on with music. Tremendous ear-ringing—even had surgery to cut the nerves to one ear.

She felt crazy. Exhausted, and couldn't go on like she used to. She didn't sleep well. Wants to stop working 2 intense jobs but worried about finances. Felt stuck and unfulfilled. Anxiety attacks with accompanying dizziness, heart-pounding and disorientation. Whew! That's enough to make anyone feel nuts!

## CHINESE HERBS

I never, ever diagnose or give medication suggestions. Even as simple a thing as suggesting to drink more water can be a disaster for someone who has a hidden renal problem, so I am really careful to stay away from saying anything medically diagnostic or prescriptive.

So, since she had such pronounced physical symptoms, some of which sounded extreme, the very first thing I did was suggest she see a friend of mine who uses acupuncture and Traditional Chinese Medicine herbs. She uses her acupuncture and herbs to get incredible results, and I knew she could handle Micki's conditions on levels that I could not.

## 30 SECONDS

Then I introduced Micki to EFT. Her general intensity was so high that I got her tapping right away on the karate chop spot as she talked. I figured she could use the release of a little of the pent-up juice she was holding just so we could start. Within about 30 seconds, she heaved her first big sigh. Sighs and yawns indicate an energy shift in the body, and are good signs.

## WHAT'S HIDING HERE?

Her energy was scattered from here to the north pole and back. It was impossible for her to stay focused on any one thing for any longer than a minute. At first I thought she just had a lot going on and wanted to talk about it all and get it out in the open. We tapped the face and torso at places where she seemed really intense. It was impossible to settle on any one issue.

Even after 30 minutes of tapping, we didn't get much lower than a 7 on anything. She couldn't even feel any rating at all. As much as we tapped, she got very little relief other than a few sighs.

As we tapped, old emotional issues came and went. She wouldn't stop on any one of them, and didn't have enough available energy to be able to understand the importance of getting clearance from the old energetic entanglements.

So I started looking for what was under the surface, and asking her pointed questions.

The clue came when she began ranting about how many pills she had taken, how they had affected her, how sensitive she was to them and how she wanted to "get done with all this" and "on with her life."

## MEDICATION!

I realized that here were two major ingredients: no set goal other



than “get done with this” and “on with her life;” and the powerful effect of the medications she was taking on her mind.

Over all the years I’ve worked with people, I’ve noticed how they don’t seem to realize how powerful these effects of medication can be on the functioning of their minds. I’ve experienced it for myself—the medication I took after a major surgery made me so depressed I had to seek help, and thankfully got to the source of the problem right away. When I stopped taking the meds, it all left.

Medication might be great to help with the symptoms or recovery from something, but the effect on the mind must be taken into account. The pills Micki was taking made it impossible for her thoughts to stay connected to anything for more than a minute, and it was literally making her feel nuts.

## **STAY SIMPLE**

I couldn’t tell her to stop taking the pills! I decided that just being on the EFT field, never mind getting up to bat, was most important. Home runs would come at a later time. So we did some simple rounds and variations on:

### **Even though:**

I feel so scattered.

I feel nuts

I can’t calm down

Thankfully, we got her feeling relaxed enough that now, instead of sitting on the edge of the couch, she was in her “favorite position”—legs draped over the end, back braced by big pillows.

We took a much-needed break, then resumed. She talked about how frustrated she was that she had a nice house, but here she was in her 60’s and was still working two jobs to pay for it, and felt

so locked down with it she didn't enjoy it.

For a number of reasons she didn't want to sell it—all of which made sense, but it sounded and felt to me that she had created an energy whirlpool she couldn't get outside of enough to find other, more creative options.

We tapped on feeling so stuck, and many aspects of that.

## WHAT TO DO?

Then I slipped this in:

### **Even though:**

I want to get on with my life,  
I don't know what I'd do if and when I did get on with it.

That stopped her cold.

Her eyes opened wide and she gasped. "Omigod! You're right! I don't know where I'd go, or what I'd do!"

The importance of having a light at the end of the tunnel got right in there and hit her square in the face.

**The secret: you can want to "get on with things" all you want, but if you don't have an idea, picture, or feeling of what that will be like, it's hard for your mind to create that for you.**

It's impossible to even take baby steps, because you don't know what they are! Imagine trying to drive to New York from Montreal with no map! Kinda hard to do!

So you just keep going around in circles, being stuck and wanting out, being stuck and wanting out. Out, to WHERE? Out, to WHAT?

So then we talked (tapping the Karate Chop spot all the time) about what a fulfilling life would feel like to her.

What kind of climate she preferred, what kind of friends she'd have and what they would all do together, what kind of things she'd love to do, what would she want to do in order to create income. What kind of house she'd want, car, yard, etc.

I wanted her to start to create, in her mind, the results she wanted so she could start a new direction of thinking, rather than the endless loop of constant worry about being ill.

## **THERE!**

As she was speaking, a little town in California I know of popped into my mind, and I told her about it. I could just see her there, happy as a clam.

She sat up again, her face was lit up, and her energy shot high—but this time it felt solid, without flying off into the four winds.

## **BABY STEPS FIRST**

We discussed a couple of very easy, simple steps she could take to start creating her new place: searching the internet for this little town, seeing if she was attracted to it; calling her realtor for creative brainstorming; discussing her situation with her family; even taking a little recon trip to the town, etc.

And making sure that she only took little tiny steps until she felt she had clarity and enough strength to make leaps.

It's pretty obvious that this was only the beginning. With a person as dynamic and determined to be healthy as she is, it won't take her long to get real, gratifying results. *[Update: she did move to the little town, and is happy and feeling successful with a new craft business there.]*

*IMPORTANT NOTE: Remember the powerful effects of pills. My own not remembering almost undermined the session. I was grateful that Micki had such high intent for healing, and that she took to the idea of creating her Dream as a way out of her struggles.*



# 4

## Allergies, Depression, and more....

### **EFT's possibilities are boundless**

*When I first found EFT, I used EFT diligently on myself with remarkable success on a wide variety of issues. I was so excited that I emailed Gary Craig, Founder of EFT, with details of some of the realizations I came to—which are very typical of the cognitive shifts and belief changes that come about with EFT.*

*This letter is particularly useful for skeptical newbies. It provides impressive evidence of EFT's possibilities and carries additional weight because it comes from someone who was another newbie—a peer, if you will. I wrote this when I had learned and used EFT for only a few weeks in 2002.*

Gary—It has been an absolutely amazing journey over the past month that I have been using EFT. My life has changed so radically it blows me away—my attitude is so great even I notice it! After almost 40 years of depression that's a big one—

I'm an American artist living in New Zealand in the position of Artist in Residence at the local museum art gallery. I've spent a

lifetime as an artist, developing sculpture and painting to the point that I finally can say something of what I feel through them. I am also an ordained minister, and I have trained in the metaphysical and healing arts, from rebirthing and past life regression to hypnotherapy, Lucid Dreaming, and channeling to Philipino psychic surgery, esoteric HUNA and other ethnic studies, Holographic Repatterning, Brain Balancing and Neural Integration, NLP, the Avatar courses, as well as various communication and mediation skills and techniques.

I mention all this in order to say that, in all my life, with all the various discipline and modalities I have studied, esoteric or not, EFT is the one tool I have gotten the very most out of in the very shortest time. I am awestruck. So I thought I'd write and tell you about a few very striking breakthroughs I have experienced in only the past few weeks....

## **DENTIST GRIEF**

I have had some of the most horrendous experiences at the dentist—from experiencing the shock of having had the wrong tooth pulled out to multiple root canals done all at once with ineffective novacain to sexual abuse in the chair when I was a young girl. Needless to say, it has been a bit of a struggle to get myself to the dentist for anything at all.

I lost a filling 2 years ago—I finally made up my mind to have it taken care of last week. That's how bad it was—I just did not want to go.

## **FORGOT EFT!**

I couldn't get to sleep the night before I was to go—lying in bed sweating, heart beating, not able to breathe—in such a state of panic, in fact, that I forgot about EFT, which I had been assiduously applying to every other aspect of my life for the last 3 weeks since I had learned about it.

Finally, at 3 a.m., my mind cleared enough that I remembered EFT, and I did about five rounds of “even though....”s: I can’t remember what to say, I don’t know what to say, I’m panicking, I can’t sleep, and I’m never safe in the world.

After that last one, which seemed like the root issue, I slept soundly and got up at 8 with no feeling of having lost hours of sleep and energy to panic whatsoever.

## **I CAN’T DO IT**

Everything went well until he appeared with the Long Needle. My heart flew out of my mouth and ran out down the street, with my mind right after it—I was a quivering blob of jelly in the chair, mindless and feeling like I was about to die. All my being knew was that here was a man who was traumatizing and attacking me, and I was trapped in this chair. My mouth was frozen open with a constricted gag at the back of my throat. My hands were so tight on the arms of the chair I was surprised I didn’t break them off.

But—this time I remembered there was something I could do, even though that was all I knew—I once again couldn’t remember what to do or say, and I thrashed about with what was left of my mind until I finally, in desperation, said quite loudly (internally that is), “I can’t remember what to say, YOU do it.”

And it did. Whatever IT is, it did it. In 2 seconds flat, I was calm as could be, my mind was back, serene and calm, and my heart had returned to its normal place within my chest, at a normal heart rate. I was astounded.

From that moment on, the rest of the visit was fine, no more trauma, no more pain or perceived about-to-be pain. At all.

*[When I told Gary about this, he said, “This is a first class example*

*of doing EFT with intention only (no tapping). This can be a very useful tool in some circumstances. Please note below the important cognitive that accompanied this “round” of EFT.”]*

## COMPLETE REFRAME

And what is really cool is that the perceived trauma and attack ideas were gone, replaced with a completely new perception: that “this man is actually doing me a service.”

## ALLERGIES

Another experience concerns allergic reaction. I had a nearly fatal bout with heavy metals many years ago that took several years to work itself out.

The cleansing process was intense and very painful, and eventually included the purging of material from vaccinations and environmental poisons that I had been exposed to over the years as well as the metals (cadmium, mostly—I was told it was from 2nd hand smoke—my parents smoked like chimneys).

My kidneys took a beating, as did my liver and adrenals, and as a consequence, I’d break out in terrible rashes if I eat or even smell certain substances or foods (like tomatoes, potatoes, or wheat, or modern perfumes, hairspray, enamel paints or gasoline fumes).

This time, I had had a little wheat that was in a soup a friend had made. In the middle of the night I awoke to swollen, burning, histamine-filled, rash-covered hands.

The rash itches so terribly that they MUST be scratched or insanity is soon to follow. But then, if you scratch enough to relieve it, it suddenly stings like crazy, even bleeds, and the next day the hands and/or feet are swollen to the point of being balloons affixed to the ends of the arms, useless and painful for a minimum of three days.



## **This time, remembering my dentist experience, I was prepared!**

I tapped, even though I am having this reaction, ... and so on—it only took about 6 rounds before I could actually feel the swelling start to go down.

I did about 10 rounds in all, covering some lingering energy, and the swelling went down, the itch completely subsided, and I went right back to sleep.

### **PAINT REACTION**

Today as I was painting our front door with enamel paint, the swelling and itching tried to come, and I immediately started EFT by saying, "even though I am painting with this enamel paint and am afraid I will react...." and within about a minute it was gone.

This is such a fabulous thing. I can't tell you the hours I have spent dealing with hands and feet too swollen to even think about using them, much less wanting to feel them.

Hours crying and frustrated and in pain. Having to avoid favorite foods, having to ask friends to not to use wheat, sugar, dairy, etc. in any food they gave me. Having to avoid fumes and paints and such.

I even lost a friend because her perfume was so strong it literally made me choke—I gagged every time I was around her. Bummer.

Having this amazing tool doesn't mean not be careful, by any means, but it does mean I can deal with what comes to me.

The feeling of helpless/hopeless has left, the life-long depression has almost gone, the hatred for my life is gone and there is a new

horizon in front of me where there was darkness and an angry, sad, constricted future before.

## **TAP TO REMEMBER TO TAP**

When I first started using EFT, my mind was so foggy that I couldn't remember much of the protocol past the PR stage. I'd get to the end of it, and then forget what I was doing.

Eventually I just did the chest-tap with the even-though statements. (finally I figured out that I could tap for remembering the statements....!)

That alone was enough—it got me present and dealing with Now, and it allowed me to go deeper and deeper to get at the yeah-buts.

And it has allowed me to really—REALLY—accept me. As I am, here and now, no-one else's opinion matters.

## **I DON'T ACCEPT MYSELF!**

I had to fight with it—I didn't want to accept myself, I couldn't, I hated myself, I hated myself hating myself, I hated hating my life, and so on—but at the end a wave of something light and soft went through me and all that fight was gone.

The constant fogginess is being replaced with clarity. (That alone would be worth the whole thing. After years of people telling me I ought to take drugs for the depression, now I can say I'm so very glad I didn't.)

## **NEW OPTIONS!**

What's happening now is that when I get to the end of a hard issue, there is a new thing that happens. Here's a good one to illustrate:

## **DON'T YOU LOVE ME?**

Tonight I was looking at how I hid out behind my artwork since I was a kid. I realized it was that I felt unimportant to my family.

I think I most likely started hiding behind it to give myself something to do, something in which to be involved to be able to say I'm busy when I want to be left alone (and too hurt to ask for inclusion), and something to say hey look at this, aren't I good? Aren't I important to you? Don't you love me?

Hard to admit that to myself. When I realized that I was of no importance to them I cried and cried. Then I tapped on it. It only took two rounds of "even though I am devastated that I am of no importance to my family" to go from a 10 to a 0.

At the end of the session I finally could say, "hey! I'm an adult! Do I really need their approval?"

## **LIGHT AND CALM**

Now here's what is new: when I got to zero, there was such a lightness and calm sense of space and possibility inside and all around me that I lay there just feeling it—it was an expansion, a fillingness, a lightness, a newness that I had never felt before.

This is what I have been waiting for for how long? This is what freedom is: a completely new awareness of self and possibility in self that had never before existed or been available, a brand new state of mind.

I believe it really is true what Harry Palmer, the creator of the Avatar course, says:

*All possibilities of reality exist  
simultaneously!*

## I Dare You: Get Free!

*Energy is the Key!*

Imagine what we can be, do and have when we realize that we truly are creating our reality, our experience, at every moment, at every choice.

Imagine how easy it really is to slip from one reality to the next, just by making the choice to choose, to be present and to converse with what is happening inside ourselves at the very moment we would ordinarily slip into Old Pattern. Awesome.

A few days ago I did a setup that included Pat Carrington's choice statement setup—even though I am experiencing a reaction (I didn't know to what), I deeply and...., and I CHOOSE to experience radiant, optimum health from now on.

I haven't had one break out or rash or puffy eyes since. Awesome.

Now to work on the "starving artist" syndrome....

*[Update: with many art sales websites, social media and other venues since this book was written, more sales of original oils, acrylics and stone sculpture...life is vastly different now!]*



# 5

## A “One-Point Wonder”

### Quickie pain relief!

*Please give a serious look at this brief story. It involves the complete cessation of severe pain by simply tapping on one point. While EFT does not always work this cleanly (sometimes it takes many sessions of sophisticated applications), there are certainly times when we get this presto result.*

*There are many valuable uses for this feature. Just for example: (1) some injured athletes might get right back in the game instead of needing weeks of recovery, (2) physicians with minimal EFT experience can try this simple procedure for a few seconds before prescribing drugs and, (3) it can be applied where the social circumstances wouldn't permit a longer session.*

I was in a long lunchtime line at the bank last week, and when I finally got to the teller, his face was all scrunched up in a big scowl—very unlike this gentle young man—and I noticed he held his arm close to his side and moved as if in pain

I asked him if he was having a hard day. He said, “yeah,” quietly, bending over to whisper so no one would hear, “I hurt my arm in basketball practice.”

Under his aloha shirt's short sleeves I could see how his shoulder all the way to the elbow was inflamed and bruised.

I asked him if he'd like to try a little trick to get the pain down.

His eyebrows shot up to the top of his forehead as he whispered, "You've got one?" I laughed and said yes.

Since there were so many people in line, I figured I'd best not do a full, seven-point tap. So I just told him to take his two fingers and tap on the under eye spot and say, "This pain, I'm OK."

He did, tapping for only a few second—and the pain was gone.

One point! One statement!

He was so thrilled he jumped off his high bank stool and did the funniest little whisper-scream of delight. He thanked me, looking as if he'd been planted on a new planet and couldn't get over the shock—I laughed all the way out to my car.

# 6

## Tapping on a Horse?

### **“Mind pictures” for Marva the horse**

*Here’s some pretty creative use of EFT with an agitated horse. Please note how the spine points were used (a useful alternative) and how mind pictures were used for the Setup. This has potential for use with non-verbal humans and for surrogate work.*

This is a little story about my friend, “Peg,” who has three horses.

Last year, a feral piglet appeared in Peg’s pasture, and one of her horses, Marva, “adopted” it—taking it under hoof and seeing that it was protected from anyone—including the other horses.

Peg came to visit me for the 4th of July weekend. During our time together, I taught her how to use EFT for the persistent feelings of anxiety she experienced.

On Sunday, she said, “I better go home—I want to protect my horses in case someone gets the bright idea to light firecrackers near my pasture.” Go home she did—to a disaster—Piggie was gone! She looked all over for it, but no piggie.

Peg said she tapped and tapped about fearing the worst, and how sad she was about her boarlet disappearing. She told me she had never been able to calm down so fast or so completely, and was oohing and ahing about EFT.

## FIXATED ON THE SPOT

The next morning, Peg noticed that Marva was very agitated, and kept returning to, and pawing on, one particular spot over by the neighbor's side of the fence (the other 3 sides go to the road and gov property). The alpha horse, upon seeing Marva do this, went over to herd her away from the spot, but Marva immediately veered and went back again.

Peg went over to the spot, and sure enough, there were Piggie's tracks and some scuffle marks.

I had told Peg it was possible to tap for horses, so she decided to tap on Marva. Peg is a horse doc, and was very open to using EFT on them.

## SPINE TAPPING

I also suggested that she try what my acupuncturist and I were working on—tapping right next to the spine, and then the meridians about an inch or two out from the spine that connect to different sets of organs.

Peg told me she really didn't have words for a setup—she felt re-devastated about Piggie being gone, and couldn't think of anything to say.

## MIND PICTURES

So she made pictures in her mind of her horse being calm and peaceful, and of forgetting about being worried about Piggie. She cried and hummed as she tapped.

Marva calmed down immediately. Peg continued tapping on the horse's face, shoulders, and down her spine. Within minutes, the horse was completely calmed, pushing her head into Peg's chest, her "I'm OK and I love you, Mom" spot.



When Peg released her, she bent her front legs and laid down, then proceeded to roll in the dirt. She was no longer interested in the scuffle spot.

## **THE OTHERS GET IT, TOO**

Peg also tapped on the other horses, esp the alpha male, who was still worried if Marva was OK, hovering over her and nudging her. Neither he nor the other horse needed extensive treatment. They are all fine still.

Cool, eh? That Peg could learn basic EFT—only doing some basic rounds with me—then turn around and not only use it for herself, but on the horses! How I love it!

# 7

## Rapid Relief for Herpes

### **A severe outbreak relieved in a few minutes**

*Sufferers of this condition should get substantial encouragement from this article. Applying EFT for this severe outbreak achieved stunningly quick results.*

*Please note how we uncover some core issues along the way. I believe this is what allowed the rapid disappearance of the problem.*

At the gym a couple of weeks ago, I noticed “Linda,” the woman who runs the gym, was visibly upset. I went up to her and asked if I could help. Since she knows me and knows about EFT, it was easy to ask her if she wanted assistance with some tapping—I didn’t have to get over any what-is-this-weird-thing barriers.

### **PINS AND NEEDLES**

She was so upset she could hardly speak. As we sat down together in her office, I noticed she sat down as if she was about to land on a chair full of needles. She blushed heavily, and told me she was experiencing a horrific outbreak of herpes.

She said she usually kept away from chocolate, nuts and coffee as a rule because she knows they exacerbate the condition, but at a party over the weekend she had had all three—inexcess—and after a couple days of an increasing bone ache in her groin—a

classic outbreak precursor—she awoke that day to an outbreak in full bloom and could hardly walk.

## TALK AND TAP

Having had success with other clients who experience herpes outbreaks and cold sores, I just had her tap as she was speaking—no setup, no phrases, just tapping as she related what was going on. She was calm by the time we started “real” tapping. Here are some of the setups we used:

### **Even though:**

I’m really upset and in so much pain I can hardly walk  
My bones ached and I didn’t pay attention  
I feel stupid that I indulged in foods I know I react to  
I wish I could eat chocolate!  
I’m so embarrassed and ashamed to have herpes  
I get so upset at John (her husband)....

Bingo!

We tapped through all the reasons she was upset with John, not the least of which was rage at having to work the gym all by herself while he was out surfing.

### **Even though:**

I’m so p\*\*\*\*\* at John for not sharing the work like we agreed  
He’s just a surf rat  
I feel overwhelmed and resentful  
I’m so tired  
I don’t take care of myself  
I’ve been afraid to say anything to him for fear of upsetting him....

And we laughed at that one—she was upset for fear of upsetting John! Sometimes it amazes me how we buy into our “be nice” conditioning so deeply we can’t take care of ourselves!

## COURAGE

We tapped more on what it would take to take care of herself:

### **Even though:**

I haven't had the courage to say anything  
I'm afraid to ask for what I want because I'll be criticized  
I have to be perfect to get approval  
I have to have a perfect body, and look at me I don't!  
I'm so hard on myself just like my dad was, I can forgive myself  
and love myself for the perfect me that I am  
I can and will take better care of me  
I choose health and well-being

At this point, she was relaxed, her cheeks were rosy and she looked about 14 years old. Beautiful. Her outbreak no longer hurt at all.

A week later she told me it had completely disappeared by that night, and she had sat down with John and reworked their schedules so they both had R&R time—alone and together.

## MORE TAPPING

After putting the food away—I wasn't hungry anymore—I drank a bunch of warm water to stay hydrated, covered up to avoid shock, and put ice on the ankle, as the walking had started the swelling up again. I tapped and tapped:

### **Even though:**

I'm in a bit of pain,  
it's swelling again,  
I should have come straight here and didn't, silly dumb me,  
I feel shocked and disrupted,  
I can't think straight, and so on.

## **I FORGIVE ME**

Finally I forgave myself for being so silly, and fell asleep. I know how important it is to forgive myself for messing up, and at first it was hard. But it went fast.

## **HELPER #2 GETS HELP**

Later, another friend came by, gave me a touch-for-health treatment, swabbed the ankle with liniment and put an Ace bandage on, and even walked up to the local Indian restaurant for take out for both of us!

I felt so blessed, and other than the annoyance of being stuck horizontal, everything was so sweet. I don't know how to describe it any other way.

She had told me that she couldn't remember her dreams, so I showed her how to tap for it, and we tapped about five rounds. At the end of it, she was bright as a candle, and I felt better, too. Love those borrowed benefits!

## **FLYING WITH A BAD ANKLE**

That night, the swelling was down, but I kept tapping for it, as I had to fly home the next day. I tapped on:

### **Even though:**

I'm worrying about getting to my flight,  
getting through the check points,  
heavy bags,  
not being able to put my foot up during the flight,  
worrying that my foot and ankle will be as big as a balloon at the end of the flight, and hurt...

In actuality, as soon as the airport guards saw me limping along with my ankle in an Ace bandage, they offered me a wheelchair,

and I was wheeled right through all the lines and check points lickety-split! Awesome!

On the plane home I tapped mentally about my foot swelling up and not wanting to be disabled for a week afterwards—or however long it takes to heal these things—almost the whole trip, and actually was able to sleep.

## **NO BLACK AND BLUES!**

If this had happened to me five years ago, the only thing I'd have known to do was that scream-into-my-hand thing.

But now, only three days later, my ankle is only partially swollen, it never did turn as black and blue as it could have, never did hurt very much—and I have only taken an anti-inflammatory once, on the flight home.

In the past, without tapping, smiling or hand-screaming, I'd have been a scared, worried wreck, and I'm sure my ankle would have been a huge, painful, black and blue lump.

**Using what I now know about my mind,  
body and energy system, I was able to create  
an entirely different experience.  
I'm so grateful!**

## **LATER**

Today is three weeks exactly since I turned my ankle. On a visit to my chiropractor right after I got home, we saw that the bone had been chipped. He recommended that I go get it in a cast. I chose

to just keep off of it and do a LOT of tapping!  
Apparently it worked, because when I went to him again this morning, he exclaimed when he saw me not limping.

## **IT “OUGHT” TO HAVE TAKEN LONGER!**

He was astounded that not only had 97% of the swelling (that had come up again as a result of the plane trip home without being able to raise my foot up) gone, but there was no trace of any discoloration, and other than a slight lurch as I go downstairs, no limp at all, and no pain since about 4 days after I hurt myself.

He told me he was amazed, that it “ought” to have taken at least 6 weeks to heal, with the foot being in a cast and me on crutches. I’m so grateful to have this incredible tool.

## 8

# Humor for Surrogate Success

### Who said healing has to be serious and painful?

*In this case, I used a creative and humorous approach to my friend's relationship issue. Note that the whole thing was done surrogately.*

*Surrogate tapping is when you tap on yourself as if you were a friend or associate you want to help. That person can be right there with you or all the way across the planet and the tapping will still benefit him or her.*

*This technique is used to help babies or infants who cannot tap yet, people who are mentally challenged, disabled or too ill to tap, animals and even plants. [See more about this in *Change Your Mind!* Advanced at [EFTBooks.com](http://EFTBooks.com).]*

I just have to tell you about these "secret surrogate sessions" I did with someone—I still have to laugh when I think about them.

I've had some great success with surrogate tapping on planes with crying babies and long-distance work with adults, so I was curious to read some articles by EFT Practitioner, Ryan Kurczak, about his innovative surrogate sessions.

I thought I'd try surrogate tapping out on my long-time friend,



“Scotty,” with whom I can talk about anything and everything under the sun—as long as I don’t talk about EFT!

Scotty’s boyfriend is a bass guitar player in a very famous rock band that tours the country in a caravan of busses. He calls Scotty almost every day, and each time moans and groans about the poor food, everyone is stoned all the time, he’s so tired, he’s too old for this (64), his hands hurt, he misses her and the house they’re building... and on and on.

Then she calls me with all of that PLUS how she feels about it and proceeds to dump it all on me.

## **DON’T DUMP ON ME!**

At one point I told her to shift or get off the pot, and she didn’t call for a while. I thought maybe they had worked something out when she finally called me last last week.

But no, she was about to do another bitch-and-moan session. She likes to call on her long drive up a long, steep hill on the way from work to her home out in the desert boonies. She talks and talks, then gets out at her gate, unlocks it, goes through, locks it again, gets back in the truck and “we” drive up to her house where the cats all run out and greet “us.” It’s had really gotten old for me because of the nature of the energy we always end up in.

## **SECRET OUT-LOUD TAPPING**

By the time Scotty got half a mile up the hill, I was bored with the repetition—I could have said it all for her, word for word. I decided I had had it with the routine, but I didn’t want to hang up on her. So I thought I’d see what would happen if I quietly and unobtrusively started tapping on myself as she complained.

I wish I had recorded it. Each time she said something like: “Oh,

I hate it that Tom won't be home tonight like he said he would ..."  
I repeated it out loud, tapping on my own body.

At first, it took her back, but she ignored it and kept on with her complaint litany.

I kept tapping. She yawned and sighed a lot (signs that EFT is providing emotional release), and I could hardly keep from laughing out loud as her body shifted before her mind even knew what was going on.

She got to her front door, still sighing and yawning; I practically fell on the floor cracking up as soon as I hung up.

### **AGAIN!**

The second time she called with the complaints (couldn't stay away!), I did it again—this time as soon as she began her Old Script.

It got to be so much fun that I got more and more dramatic each time I did a repetition—this time I really couldn't help laughing out loud. As I repeated what she said, I realized that I was beginning to sound like an addled high soprano with ululating voice, lamenting, "OOOOOHHH, I just Haaate it that he's always so faaar awaaaaay...." still tapping....

...and after a couple rounds, she started laughing, too.

She'd say a sentence, in all seriousness, and I'd sing it: "I get so loooooonely way out heeere....", then in a high soprano, "OOOOH, why can't you see how lonely I get...." still tapping....

### **TAPPING FOR HIM, TOO**

Then, getting inspired, I took her boyfriend's lines, and sang the counterpoint in a lower voice—in that dramatic, deep, male

operatic really-rapid answer fashion—"I can't help it!" I don't want to leave them!" " "You know I have to work!" "It's for your own good!" "It's for us!" ...tapping....

By the end of her drive home, we were both in stitches, she (we!) felt better—and no longer calls to complain.

## **TRYING IT ON CLIENTS**

Of course this particular method won't be efficacious or appropriate for everyone—some people need a bit more care, softness or priming before I transform into a shrieking opera character! But with the people with whom I have felt "right" it has worked wonders—and they've said how great it was that we could have fun as we worked through their "stuff," and what insights they got when I did the counterpoint of the person they were upset with!

**Who said healing had to be grim  
and serious and hard?**

# 9

## Handling an MSG Reaction

### **Fear turns into amazement as we tapped at a restaurant**

*People who have food reactions will be interested in this one about how a friend and I tapped down her reaction to MSG. This is an important success, as there are many people who have reactions to foods.*

I went out to a Japanese restaurant with a friend who has often experienced severe reactions to MSG. The restaurant, one of the best here in Honolulu, claims NO MSG loudly on the menu, so we figured we were safe.

Alas, halfway through our meal, she became short of breath, red in the face, puffy around the eyes, and itchy on her hands and feet—for her, a classic break-out MSG response.

Fortunately, she knows EFT, and that I'm an EFT maniac, so she wasn't surprised that I hopped right over to her side of the booth and started tapping on her. We knew it had to be MSG as there was nothing else she reacted to on her plate. We tapped:

### **Even though:**

I'm so freaked that they said there was no MSG and it's there  
It must have been in a sauce they bought

I'm so shocked and surprised  
I'm afraid I better not let my guard down anywhere  
I hate not being able to eat without doubt  
I'm so afraid of dying  
I can't breathe  
My hands and feet itch like crazy  
I'm embarrassed how I look in front of everyone

That got a lot of relief right off.

## **I CAN'T BREATHE**

But there was still more to come: I asked her if there was any emotional issue that would have contributed to this outbreak.

She said the only thing that came to mind was that she had just gotten involved in a new business with her sons, and wasn't feeling "like she could breathe" in it yet, as the sons let her know what they wanted in a powerful and forceful way, and she felt intimidated by their energy. Which, as an aside, is quite funny, because she's no slouch (wonder where they got it from....)!

When we stopped tapping the first round, she started weeping, and said "I don't think I can do it, I can't breathe and feel such terror when they tell me what to do like that." We tapped:

### **Even though:**

I can't breathe  
I'm terrified they'll run all over me  
I feel so useless  
I don't believe in myself  
Why did I ever agree to do this?  
I'm the Manager, why am I letting them control me?  
They asked me to do this—what am I thinking?  
They're just testing me to see if I can cut it

## INTENSITY

As soon as she said that last phrase, she started laughing, and said, "This is silly! Of course I can do this! I'm the one who taught \*them\* how to be intense!"

I asked her how she felt, and she shook herself a little, like a dog when it gets wet—kind of funny in a classy restaurant!—and took a big deep breath—and said, "I'm fine! Wow!"

I could hardly believe it—in the past, it's always taken a few days for her to get back to normal again after an outbreak. But her body really was back to normal again.

## CHECK CAREFULLY

Word to the wise: when we asked about the MSG afterwards, they insisted that they didn't use it in their prep. But, they said, you have to know that most restaurants use pre-made sauces, in which it is entirely possible that the culprit might lurk.

Makes it hard to eat out, but it's good to know to stay away from any food that has sauces. Or be ready with tapping....

# 10

## Tapping for the Neighbors

### **Violence next door stops after just a few rounds of tapping**

*Many of my coaching clients often state how frustrated they are about something their spouse, child, relative, friend or co-worker do or have done that is annoying, frustrating or upsetting.*

*There is so much we can do for those upset people without them even knowing it! Kindness and love for others through EFT can go a long way. Here's another example of surrogate tapping.*

My neighbors, a mid-60s woman and her 30-something son who is a little short on his marble supply—fight tooth and nail. Luckily it only happens about once a month, but it's such a bore. It's the same each time—they yell at each other and he throws things; the cops come; it's loud and interrupts my day. Or night. One time he even threw a TV at her. Not nice.

Yesterday I heard them going at it again, and I decided I'd had enough of this silliness. So I walked over next to the fence near where they stood out in their garage and listened to what they were fighting about. The garage echoed everything they said loudly. She was demanding he pay his rent share, and he was threatening to kill himself (again). I decided to tap on myself.

## POWERLESS

First, I took the son's part, as he's the most violent and volatile, and I wanted him to calm down in a big way. When I tap for someone, I imagine that I am them, feeling what they feel, then I tap.

I started off by saying, "I'm (Steve), and I'm doing this with love." Then I tapped as if I really was him. Like this:

### **Even though:**

I'm so p-----d off  
I feel like such a fool to be so old living with my mom  
I have such a crummy job  
I hate my job  
I hate myself  
I hate the power she has over me  
How dare she ask me for rent  
I can hardly get by as it is  
I'm so afraid she'll kick me out  
I won't be able to make it  
It's all her fault for raising me like she did  
I hate myself for yelling at her  
I feel so helpless  
I can't help any of this  
I wish I could die.  
She'll see!  
She'll miss me and then wish she hadn't been so hard on me!  
I hate this!  
I'm so powerless.

As soon as I got to "I'm powerless," I felt a huge breath-yawn—and he stopped yelling.

## NOW FOR MOM

But she was still at it. So I started again, taking her part:



**Even though:**

I don't want him here anymore  
He's too old to live at home anymore  
But I feel sorry for him  
He can't make it  
I don't believe he can  
I hate how he yells at me  
I feel so scared of him  
He might kill me  
Or himself  
He gave his father a heart attack when he threw that TV at me  
I don't want to go like that, too  
I hate how we fight  
I don't know what else to do  
He gets on my nerves  
I wish he'd go live with his girlfriend  
I can't kick him out  
I feel so stuck!

This only took about two minutes. She was no longer yelling when I got to that last phrase.

**FOR BOTH**

Now they were both just talking, but still with escalated emotion. I kept tapping—this time for both of them:

**Even though:**

We have just fought  
It felt awful  
I'm embarrassed and ashamed  
I really don't want to fight  
I just don't know how to get my way without it  
I wish there was another way  
I choose to find another way  
I don't want to fight anymore

I want both of us to win  
I want to be happy and at peace with each other

Again, I took a deep breath.

The son got in his car and drove off.

## **SHORTER TIME PERIOD**

Mind you, in the past, these fights have gone on from one to three hours of screaming and cussing and crashing. And at the end, he'd always drive (blast/screach/scream) off.

But this time, they only fought for twenty minutes at most, and he did drive off, but he didn't do a big get-in-the-car-dramatically scene, SLAM his car door shut, jam the garage door like he has in the past, or squeal away leaving 50-foot skid marks on the pavement.

What a relief! I can't even imagine why I never thought of tapping for them before!

I consider EFT such a gift—I tap every day, and send Gary my heartfelt thanks for how it has changed my life for sooo much better.

# 11

## Artist's Oil Paint and Turpentine Reaction

### Creativity with an allergy

*Sometimes allergies lift quickly and permanently with EFT. At other times, they seem to “come back” because there are one or more core issues that remain unresolved.*

*Read this case carefully. It is a model of creativity. Any artist who works with toxic materials would do well to use EFT—while taking appropriate precautions, as well, of course!*

As I was scouting for asthma and allergy/can't breathe stories and articles for a book I am putting together, who should pop up in one of my oil painting classes but a “Sherry,” a woman who reacts to turpentine and oil paints!

### IN CLASS

I was concerned for her about this, so on the first night I taught her how to do an abbreviated version of EFT (just using 3 points and saying the even thoughts), and she started using it regularly in class and at home with very good success. She was able to stay the whole class time without distress.

In a class three weeks after the first night, Sherry had been painting with one hand and had the other tapping down her face simultaneously. It was pretty funny to see, but both of us knew how serious it could be.

## **SUDDENLY VERY INTENSE**

All of a sudden, Sherry's reaction suddenly increased—her eyes got red and very teary, her nose was clogging up, when she tried to speak her voice sounded like she was underwater, her shoulders were all tight and hunched up around her neck, and she could hardly function.

I asked her if she wanted me to assist her. She nodded, because she couldn't even talk. I didn't even want to ask her to get up and go outside to create privacy out in the hallway for her—she was too incapacitated. So as she tapped on her collarbone, I tapped down her spine, saying for her,

### **Even though:**

I have this congestion

I'm all stiff and afraid

I'm scared because I can't breathe

I was saying all that because she couldn't say it herself, and she nodded that I had intuited it right.

If the person tapping freezes due to an emotional or physical triggering, the practitioner needs to do the tapping and say the words. If it happens to you when you're tapping either on yourself or for another, trust:

**Trust your guesses about the words.  
Your intuition is often quite accurate.**

## SPINE TAP

Also, access to the various energy meridians occur near the outer edges of the spine. Thus tapping up and down the spine can be quite effective. Put your index finger about half an inch on one side of the spine, the middle finger on the other side. Tap in about one inch increments all the way from neck to waist, or lower if it's OK with the person.

After about a minute's tapping, Sherry's shoulders relaxed, she was able to speak, and we decided to go another round.

Her eyes cleared up and she sat up straighter. She waved her hand, and we both stopped tapping—she wanted to stop completely since she felt better.

I was amazed that only three short rounds did so much on such a scary situation. We didn't even tap the face—Sherry tapped on the collarbone, and I tapped on her spine.

## OH, I CAN LIVE WITH THIS!

She said, "Oh that was great! But I've learned how to live with this—it's been going on for 18 years."

I asked, "What happened 18 years ago?"

Provocative questions like this often lead to important core issues.

She said, "I got married again."

## HERE'S THE JUICE

We all laughed, but I thought, "Hmm, there's juice in this!" So I said, as I tapped on my own collarbone—and as I did that, she tapped too:

### **Even though:**

I got married again 18 years ago...

...and we all laughed again, but when she laughed it was a clogged up gurgly kind of laugh. Then I popped it—I said as I tapped:

...and I felt choked....

When I said that, she repeated it after me, tapping on her collarbone, not really paying attention.

### **THAT'S IT!**

Then her eyes got really big, and she suddenly went "OH! MY GOD! That's it! That's it! I did feel choked! My nose just cleared up and I can breathe! I can breathe!"

Her face got its color back, her eyes and nose were completely clear, and the gurgle was completely gone.

### **FOR OTHER STUFF, TOO?**

We didn't tap anymore, but I could see the wheels turning. She asked me, "can I tap for my other stuff like that too?" I said of course.

Ask and ye shall receive! Not only do I get to help someone who was really in trouble, but here was another story for my book!

# 12

## A Badly Injured Ankle

### The injury that should have taken 6 weeks to heal

*Read carefully as I tell you how I used EFT on my very badly injured ankle to dramatically reduce its healing time.*

I was in LA at a very intense CEO retreat. I decided to spend time afterwards at a friend's just resting and getting all the new ideas I had learned settled in.

After a couple days, feeling a bit rested, I went out and started walking up to the local store, only 2 blocks away. Halfway there, I was looking at a really lovely garden along the way, didn't notice a differential of heights in the sidewalk paving, and I slipped and twisted my ankle very badly.

### THE EFFECTS OF TRAUMA

A long time ago I learned that when an accident or trauma happens, the energy in the body intensifies—there's suddenly too much, way too fast.

Imagine your energy "tubes" being about the size of a garden hose, and all of a sudden, the energy running through needs the space of a fire hose! Too much! Too fast! It results in pain.

I learned that when trauma or sudden pain occurred like that, I could cover my mouth tightly with my hand and scream loudly from the bottom of my belly to allow that too-much energy out. Covering the mouth tightly as you scream allows you to yell without waking up the entire neighborhood.

This I did, several times, and it alleviated enough energy that I could think straight enough to lean on the little tree behind me, and then sit on the tiny grass verge and start tapping.

I looked around to see if there was someone who could help me back to the apartment, but the usually busy street was completely empty!

## TOO CONFUSED

I felt so discombobulated that I didn't bother with the karate chop—I just tapped on the collarbone points, and said,

I fell down!

How could I do that?!?

I feel so dumb!

I wasn't paying attention!

Duh!

Look at those paving squares!

Anyone can see they're at least an inch different in level!

Who wouldn't fall on that!

Hello! Watch where you're going!

That resolved and calmed another level of the pain and shock. I stuck my leg out straight and dared to look at it for the first time, and I could see that it was turning a little blue and beginning to swell up over my sneaker top.

So I continued tapping away on my collarbone tips



I'm MAD! I feel so stupid!  
I'm all alone and I forgot my cell phone and who would I call  
anyway (my friend was out of town).  
Here I am all alone in LA  
With no one to help me back to the apartment  
What am I going to do?  
I'm out of food and I can't even get to the dumb store!

## **ENERGY FLOWS AGAIN**

I could literally feel the energy flowing from above my knee,  
down my shins and out my foot and into the ground. Suddenly  
an immense feeling of gratitude and peace came over me, and I  
tapped:

I'm all alone but I'm OK.  
I'm so grateful I'm leaning against a tree, and that I have grass to  
sit on and not some icky alleyway trash!  
I feel so glad it's sunny and not cold and foggy or wet.  
I'm glad that when I do get back, my friend's apartment is  
comfy and safe.  
I know I'll get food somehow and I refuse to worry about it.

## **HELP APPEARS OUT OF NOWHERE**

I sat back against the tree and closed my eyes a second. The next  
minute, I heard, "Oh! Are you OK? You don't look homeless, can I  
help you up?"

I look up, and there is a gal about my age, reaching down to help  
me up! I took her hand, got up, and—no surprise, really—no  
pain, and the swelling had gone down. Turned out she was from  
Hawaii, too, so we had a little laugh about it.

I walked to the store, bought some food, and headed back to my  
friend's apartment.

## MORE TAPPING

After putting the food away—I wasn't hungry anymore—I drank a bunch of warm water to stay hydrated, covered up to avoid shock, and put ice on the ankle, as the walking had started the swelling up again. I tapped and tapped:

### **Even though:**

I'm in a bit of pain,  
it's swelling again,  
I should have come straight here and didn't,  
dumb me,  
I feel shocked and disrupted,  
I can't think straight, and so on.

## I FORGIVE ME

Finally I forgave myself for being so silly, and fell asleep. I know how important it is to forgive myself for messing up, and at first it was hard. But it went fast.

## HELPER #2 GETS HELP

Later, another friend came by, gave me a touch-for-health treatment, swabbed the ankle with liniment and put an Ace bandage on, and even walked up to the local Indian restaurant for take out for both of us!

I felt so blessed, and other than the annoyance of being stuck horizontal, everything was so sweet. I don't know how to describe it any other way.

She had told me that she couldn't remember her dreams, so I showed her how to tap for it, and we tapped about five rounds. At the end of it, she was bright as a candle, and I felt better, too. Love those borrowed benefits!

## **FLYING WITH A BAD ANKLE**

That night, the swelling was down, but I kept tapping for it, as I had to fly home the next day. I tapped on:

### **Even though:**

I'm worrying about getting to my flight,  
getting through the check points,  
heavy bags,  
not being able to put my foot up during the flight,  
worrying that my foot and ankle will be as big as a  
balloon at the end of the flight, and hurt...

In actuality, as soon as the airport guards saw me limping along with my ankle in an Ace bandage, they offered me a wheelchair, and I was wheeled right through all the lines and check points lickety-split! Awesome!

On the plane home I tapped mentally about my foot swelling up and not wanting to be disabled for a week afterwards—or however long it takes to heal these things—almost the whole trip, and actually was able to sleep.

## **NO BLACK AND BLUES!**

If this had happened to me five years ago, the only thing I'd have known to do was that scream-into-my-hand thing.

But now, only three days later, my ankle is only partially swollen, it never did turn as black and blue as it could have, never did hurt very much—and I have only taken an anti-inflammatory once, on the flight home.

In the past, without tapping, smiling or hand-screaming, I'd have been a scared, worried wreck, and I'm sure my ankle would have been a huge, painful, black and blue lump.

**Using what I now know about my mind,  
body and energy system, I was able to create  
an entirely different experience.  
I'm so grateful!**

## **LATER**

Today is three weeks exactly since I turned my ankle. On a visit to my chiropractor right after I got home, we saw that the bone had been chipped. He recommended that I go get it in a cast. I chose to just keep off of it and do a LOT of tapping!

Apparently it worked, because when I went to him again this morning, he exclaimed when he saw me not limping.

## **IT "OUGHT" TO HAVE TAKEN LONGER!**

He was astounded that not only had 97% of the swelling (that had come up again as a result of the plane trip home without being able to raise my foot up) gone, but there was no trace of any discoloration, and other than a slight lurch as I go downstairs, no limp at all, and no pain since about 4 days after I hurt myself.

He told me he was amazed, that it "ought" to have taken at least 6 weeks to heal, with the foot being in a cast and me on crutches. I'm so grateful to have this incredible tool.

**The End**

# Aloha

I hope you have enjoyed reading this little ebook—it's been fun to create it, knowing that I'm spreading the seeds of a great tool with which many, many people will use for the rest of their lives to alleviate and eliminate their pain and create more freedom, love and fun for themselves and loved ones.

My love and best aloha to you -

Angela Treat Lyon



Sunset Hula

## *About the Author*

❖ ANGELA TREAT LYON ❖

*is an award-winning, internationally recognized artist, best-selling author, radio show host and Success Trainer.*

**Angela Treat Lyon** has trained in multiple healing methods, tools and technologies; and is an Avatar Master. Angela holds Success Trainings in the US and internationally for daring women entrepreneurs and business owners.

Her site, [EFTBooks.com](http://EFTBooks.com) is the premier international source for her own books and other materials and products on and about EFT, the Emotional Freedom Techniques.

More free tapping information: at [EFTinEveryHome.com](http://EFTinEveryHome.com), where you can scroll through the site and easily do your first self-applied session! Turn everyone you know onto it—she didn't name it EFT in Every Home for nothing!

**What makes you happy?**

**Go for it—NOW!**