

We all have the power within ourselves to overcome any adversity!

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Fears and phobias:

Fear is a reaction to an actual danger signal - it involves physical and mental tension that helps you spring into action to protect yourself from something that is happening. The body suddenly gears up, this feeling of anxiety is normal and known as the fight or flight syndrome. Without it, we'd have no way of knowing whether we were in danger or not. The reptilian brain springing into action! So don't think of fear as a bad thing or your some kind of wimp if you have fears, there is a purpose for it. Trust yourself.

Most of us have a few minor irrational fears. Some get nervous at the thought of getting on an airplane. Others shriek at the sight of a mouse. You might have a fear of getting into that dentist chair, opening your mouth to the guy with a drill that spins at a million miles a second. What the hell if he sneezes, coughs?? I always wonder what would happen if he stuck that needle though your cheek. ..would it hurt?? Would you just put a diamond stud through it and call it a day? I'm sure there is a word for it. How about the fear of being a passenger in a car??? driven by your girlfriend???? Or any female for that matter???? I'm just joking! *(you'd better be cuz I'm a GREAT driver and you know it!!!! - Cindy)* But I'm sure there is a word for it. But if your fears are so intense that they interfere with your day-to-day living, you may have a phobia.

Phobia is typically a thing or a situation that is far out of proportion to the actual danger or harm that is possible.

In fact, if you have a phobia, you probably realize that your fear is unreasonable, yet you still can't control it, its driven by your emotions. We know what works on emotions. ...

A specific phobia is an intense fear of something posing little or no actual danger. Here are a few:

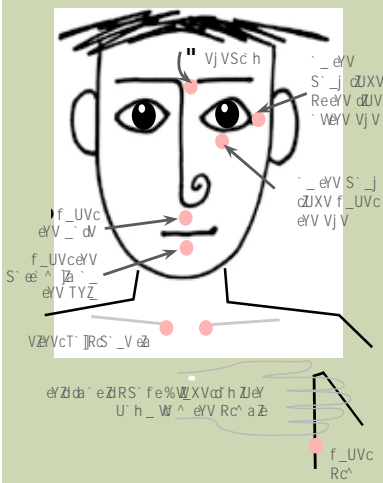
Arachibutyrophobia: The fear of peanut butter sticking to the roof of the mouth.

Basophobia or Basiphobia: The fear of walking or falling.

Consecotaleophobia: The fear of chopsticks, would limit where one is able to dine out.

Glossophobia: The fear of speaking in public or of trying to speak.

Hippopotomonstrosesquippedaliophobia: is very ironic because it is the fear of long words.



Ablutophobia : The fear of washing or bathing.
Gallophobia : The fear of France/French.
Panphobia : The Fear of anything and everything.

And some of my favorites:

Decafalonphobia : The fear of getting through the day consuming only things that are good for you.

Negligentphobia: The fear of answering your door in your night-gown.

Ignorantphobia: The fear of being both stupid and an asshole.

Reintarnationphobia: The fear of coming back to life as a hillbilly.

Glibidophobia: The fear of being all talk and no action.

Frisbeetarianismphobia: The fear of dieing and your Soul flies up onto the roof and gets stuck there.

People I don't make this stuff up. .ok, well maybe some of it.

Be happy, have fun!

Trust yourself.

Dave

EFT can be a cure for your phobias, give it a try!

ALL IS WELL.

I'M ON THE RIGHT TRACK.

I'M DOING EXTREMELY WELL.

LOOK HOW FAR I HAVE COME.

AREN'T I HAVING A GOOD TIME.

WOULDN'T IT BE NICE IF ...

I AM WHERE I AM AND ALL IS REALLY WELL.

THINGS ARE GOING WELL FOR ME.

THINGS ALWAYS WORK OUT FOR ME.

LIFE IS REALLY GOOD FOR ME.

SOURCE ENERGY IS AWARE OF ME.

SOURCE IS ALWAYS CALLING ME AND I CAN HEAR SOURCE TO WHATEVER DEGREE FROM WHEREVER I AM AND

WHATEVER I HEAR IS ALL RIGHT.

AND THERE IS NO PLACE THAT I'M SUPPOSE TO BE THAT I AM NOT.

I AM MOVING INTO WHAT I AM WANTING.

AND I AM THE ONE THAT GOT TO CARVE OUT ALL OF THE DESIRE ANYWAY.

AND I AM NOT DISAPPOINTING ANYONE ELSE.

EVERYTHING THAT I WANT IS BECAUSE MY LIFE AND MY ASSOCIATION WITH IT HAS PUT ME THERE.

AND I CANNOT DISAPPOINT MY SOURCE ENERGY.

MY SOURCE ENERGY WILL NEVER STOP LOVING ME.

IT'S ALWAYS SEEING ME IN THE BEST POSSIBLE LIGHT.

AND THE ONLY TIME I EVER FEEL NEGATIVE EMOTION IS WHEN I DON'T SEE MYSELF IN THE BEST POSSIBLE LIGHT.

AND I DON'T KNOW HOW I LEARNED TO BE SO HARD ON MYSELF, BUT THERE'S NO POINT IN BEING HARD ON MYSELF

BECAUSE IT DOESN'T GET ME ANYWHERE.

SO I THINK I AM JUST GOING TO STOP BEING HARD ON MYSELF AND JUST RELAX AND BE THE PURE POSITIVE BEING

THAT I AM ...

AS BEST AS I CAN BE RIGHT NOW BECAUSE AFTER ALL I AM WHERE I AM.

ABRAHAM - ASHLAND, OR 6.22.06

*Tap while reading through
this affirmation by Abraham
for a positive reinforcement
to start your day!*

*Let us share these
powerful techniques which
can change your life!*

Cindy Wright, LMP

EFT-Adv

Energy Medicine Practitioner

Empowerment Trainer

"I have been a licensed massage practitioner since 1998 and over that time, I have taken many classes in a variety of energy healing modalities including four years experience and teaching assistant with Donna Eden and Energy Medicine, EFT-Adv., Advanced level Psych-K, and Source Connection Therapy™."

Call 370-4555 for appointment.

www.waysforchange.com

Dave Duran

EFT-Adv

Empowerment Trainer

"I've always been drawn to help others and in doing so have become the student, learning so much along the way. I have studied many methods of "self-help," from NLP, hypnosis, Energy Medicine, Psych-K and Emotional Freedom Technique™ (EFT)."

For a private session,

call 227-6581.

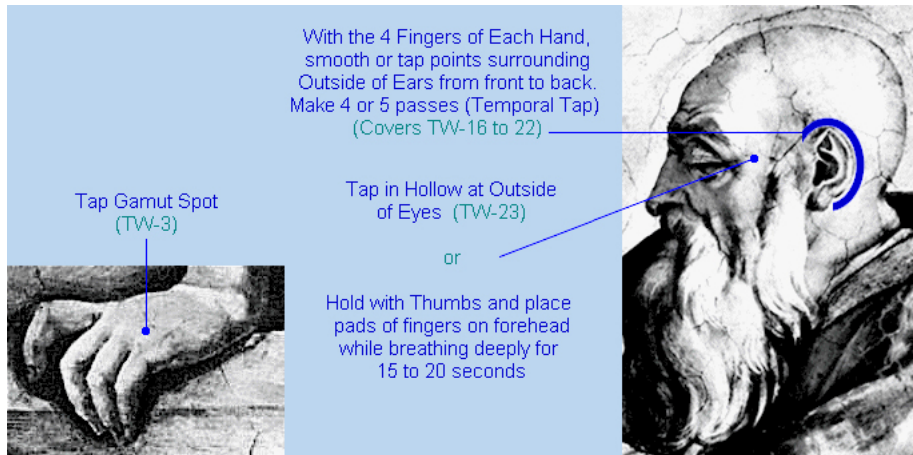
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- We also offer Empowerment Training to small groups •

Donna Eden's Energy Medicine Corner

Triple Warmer Meridian From Donna Eden and David Feinstein's book "Energy Psychology Interactive"

Triple warmer is the energy system that governs 1) the fight-or-flight response, 2) the immune system, and 3) the maintenance of survival-oriented habits. When a person faces threat or substantial stress, a series of psychological, biological, and chemical events — the fight-or-flight response— is initiated by triple warmer. This emergency response can dominate all other activities and often results in impaired judgement, emotional volatility, and finally exhaustion. When physical or emotional stress is persistent, triple warmer becomes perpetually activated ("goes into overwhelm"), exacting long-term physical and emotional costs.



By calming triple warmer when you feel fear, you are telling the meridian in its language that you are managing the situation and that it is safe now. Be ready with these techniques for when the fear or terror comes:

- 1) do the "Hook-Up" by placing your middle finger of one hand in your navel and the middle finger of your other hand on your 3rd eye and "tug" upward while taking at least 3 deep breaths.
- 2) "Smooth Behind the Ears" by running

your hands from your temples back behind the ears and down the neck.

Do this a few times while breathing deeply.

- 3) tap for up to a minute on the back sides of your hands, between the 4th and 5th fingers, just below the knuckles and toward the wrist. (gamet pt.)
- 4) place one hand on your forehead and the other at the back of your head, with your thumb just below the occipital ridge (where your neck and head connect) and the rest of your hand above it. Hold for about a minute. You will simultaneously be holding several points that are involved with fear and others that act to calm the entire body.
- 5) Wayne Cook Posture:
 - a. While sitting, place your right foot over your left knee, wrap your left hand around your right ankle, and your right hand around the ball of your right foot (done best with shoes removed).
 - b. Breathe in slowly through your nose, allowing your breath to lift your body while breathing in. At the same time, pull your leg inward, creating a stretch. Exhale slowly out your mouth, letting your body relax. Repeat this slow breathing and stretching four or five times.
 - c. Switch to your other foot. Place your left foot over your right knee, wrap your right hand around your left ankle, and your left hand around the ball of your left foot. Use the same breathing.
 - d. Uncross your legs, place your fingertips together forming a pyramid, bring your thumbs to rest on your third eye, just above the bridge of your nose. Breathe slowly in through your nose and out through your mouth about five times.
- 6) Triple warmer/Spleen hug. This simple technique provides comfort and reduces emotional overwhelm by balancing the energies between the triple warmer and spleen meridians.
 - a. Wrap the left hand around the right arm with the middle finger pressing the indent just above the right elbow.
 - b. Wrap the right hand around the left side of the body, with the fingers underneath the underarm and the hand resting just above the waist.
 - c. Be still or gently rock. Stay in this position for at least three deep breaths or up to two minutes.



EFT Testimonial —Healing a Overwhelming Fear of Death

by Susan Schell

I have had an overwhelming and debilitating fear of death and funerals since I was a child. It was apparently tied to a deep seated fear of the church as well. If I even heard any kind of church music, found out about someone I personally knew dying, or thought about attending a funeral, I began to panic and cry. I avoided attending anyone's wake or service because I feared that everyone would see my sobbing and think I was a fool. I spent hours worrying about what I would do when one of my parents would die and knew that I would absolutely become hysterical and incapacitated by the whole thing. On a scale of 1 - 10, I was a 20.

I came across EFT on the internet and decided to order the DVD series to begin working on this issue. I had not had time to get started when my father became seriously ill and was in the hospital, ready to die. Knowing I had to do something fast, I first sat down and read Tapping The Healer Within. Then I watched the first three DVD's.

That evening, I went to a secluded room and starting using the movie technique and starting seeing the movie of Dad dying, having a service and funeral, seeing the flowers, hearing the music, holding my mother's hand. etc. I cried hysterically at numerous points during the story, and each time I stopped and tapped until I calmed down. I didn't stop my session until I could tell the whole story without breaking down.

The next day, I felt better. I thought I could actually hold up under the funeral situation, but I still found myself tearing up at certain thoughts. And on this day, my father died. I went and saw the body, called the family members, and only with minimum crying. That night, I sat down in an easy chair again and went through the story once again, stopping each time I sobbed and tapping. It was much easier than the night before. And I suddenly felt a great sense of calm. I knew it was gone. I went to bed and fell right to sleep.

The memorial service and funeral was two days later. I was absolutely amazed at myself. I handled everything with the ease and grace of a pro, only shedding a few tears during the poignant eulogy, never breaking down or feeling any sense of panic at all. My husband could not believe it was his wife attending her father's funeral.

I want to thank you immensely for this gift. I am free of a fear that incapacitated me since childhood. I still can't believe I am over this. It has been the most intense anxiety possible. I have taken anxiety medications for years. I have never been able to even think of anyone's death without horror yet this week I went through my most dreaded experience, Dad's death, without a hitch. I will use EFT on every issue, preach to everyone, and stay connected forever.

If you want another opportunity to practice EFT in a group setting, then plan to attend Dena's EFT Borrowing Benefits Group, every other Saturday at 10:30 a.m. at the Metaphysical Library. The Library is at 2220 NW Market St. in the basement of the Kress Building in Ballard, enter on Market St. near Great Harvest Bread Co. The group will be free at this time but donations or becoming a member of the Seattle Metaphysical Library are encouraged.

Dena has been coming to our meetings from the very beginning, and although skeptical at first about this silly little thing called EFT, she now is a firm believer and is on her way to becoming a EFT practitioner and teacher. She will share her new-found passion and growing knowledge with you in this shared-energy environment. Don't miss it!!