

EASY EFT

Learn How and Get Started

by Carol Crenshaw M.S. Ed.M.

“Certified EFT Practitioner”

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About Carol

Carol has helped people with their challenges for almost 30 years. During that time she recognized that the body/mind experience was just more than talk. It was everything. As a holistic practitioner and teacher of self-help, transformational and energy techniques during that time, along with dietary counseling and healthy food cooking classes, she has integrated the best of the best for fabulous results. Most health or weight loss coaches are all about the food, calories and exercise and don't have the abilities to address the most important issue, your unconscious mindset.

She combines her love of people with a systematic and intuitive approach to help people reach their desired goals. Carol helps people get to the root of their problem quickly and effectively so they can get results.

Her background includes spiritual reinforcement from practicing, teaching and training in meditation and yoga; she co-founded one of the first yoga teaching schools in her area. Her love of how the mind works with the body has been her passion. She has certifications in a multitude of modalities, including Hypnosis and EFT. She worked as a university faculty member where she has taught courses in philosophy, psychology, sociology, and the humanities.

As soon as Carol started using EFT in her practice with clients, they immediately saw a huge shift in how quickly and easily clients would release emotional and physical pain. Now she uses it in powerful private in-person, phone or Zoom sessions (Yes, phone sessions are just as powerful and offer the same relief, release, or shift). *To schedule go to www.MakingWeightLossEasy.com or call (317)-445-4203.*

Although EFT can easily be used by people with the help of this guide, sometimes when we are emotionally attached to our 'issue' an experienced and intuitive EFT Practitioner can guide you through it quickly. If that's the case with you, feel free to contact us for immediate help.

Let your family or friends know they may request and download this Easy EFT Guide free through our website at www.MakingWeightLossEasy.com, and they'll also be kept up-to-date with an occasional informative newsletter along with updates to blog posts and events. Now, let's get started and see how you can change your life quickly, easily, successfully and even have a little fun doing it.

EASY EFT Quick Start Guide

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Easy EFT - Quick Start Guide	3
The Basic Premise of EFT	5
The EFT Tapping Points	7
The 'Set-Up' Phrase	8
Let's Do It!.....	9
What Can I Use It For?	10
Would You Be Open to Trying?	10
Am I Doing Something Wrong?.....	11
Psychological Reversal	11
Core Issues	12
Aspects	12
Core Issues and Aspects – More Info	13
When Might I Want a Session?	14
What Else Should I Know?	14
Where Do You Think We Should Go from Here?	14
Myths about Growth, Healing and Help	15-16

EASY EFT

Quick Start Guide

One of the great things about EFT - Emotional Freedom Techniques™ is that it is a tool available to you *anytime, anywhere* to find relief in the moment. We'll get you started soon. I am hoping you can help me out for a moment. I've crammed years of experience into the pages that follow. Please read and re-read this guide to get the most out of it. This is for YOU! Now, there are a few things you should know first.

Why did I write this?

- To give you the basics so you can easily and quickly start using EFT.
- To help maximize our time in either a personal or group session.
- To help you understand what you can do for yourself and when you might want the help of an experienced, intuitive and professional EFT Practitioner.

Why bother?

- It's so obvious and a fact that our emotional health, or lack thereof, plays an important role in our physical well being.
- We've all had some experiences in which we reacted differently than another person might. *Why?* Because we have our very own personal electrical charge/response (or not) to a certain event or memory.

If you have a negative emotion, response, charge or 'zing', then you'll want those triggers or energy surges to be neutralized, PERMANENTLY! Believe it or not, it can be easy and fun.

Don't worry if you don't know what your problem is . . . it'll just get bigger until you address it. You now have choices that you didn't have before which are fast & easy.

Left to its own accord, negative emotions can have a devastating impact on your long term emotional and physical health with serious ramifications.

It's not a bad thing -- you've lived your life, had disappointments yet some of those stick to us consciously or unconsciously in our energy systems causing blocks in certain areas of our lives. Like it's been said, If you've been born, you've got issues. Sometimes it's just that 'stuck' or 'empty' feeling.

Why not?

AND, because you deserve a joyous life!

Why do people *choose NOT* to help themselves?

- They think they have to live with it
- They don't wish to appear weak (although helping yourself is a strong move)
- They try not to remember or push it to the back of their minds (even though it effects their everyday life)
- They have lost hope that there is anything that really works
- They've tried it all - talk therapy, drugs, etc.
- It's easier for people to reject something they don't understand than try to learn
- They'd rather fix their car than invest in themselves
- They fear damaging their reputation by getting help (although sessions are completely private and confidential)
- They are just not aware there is a fast, efficient & confidential alternative
- BUT THERE IS!

What can you expect from using EFT?

- Sense of Relief
- Big and Small changes
- Clarity
- Peace
- Forgiveness
- Less physical discomfort
- Emotional Health
- Self-Confidence
- Self-Worth/ Self-Control
- Compassion
- Better Performance
- Release of Fears / Manage Situational Stress

The Basic Premise of EFT

“The cause of all negative emotions is a disruption in the body's energy system.”

- The EFT Discovery Statement, Gary Craig

We used to think . . .

THOUGHTS = EMOTIONS

Well, we were wrong . . .

**THOUGHTS = AN ELECTRICAL OR ENERGETIC RESPONSE =
AN EMOTIONAL OR PHYSICAL REACTION**

Emotions are like internal pulsing energy sensing what our conscious or unconscious thoughts have to say. They help us identify what situations we perceive as “good” or “bad” and what response or reaction we want to choose.

We all know what good emotions end up feeling like -- bliss, joy, laughter. And, we also know what bad emotions feel like -- anger, frustration, depression, fear, grief, unworthiness. Sometimes our response can seem, well, a little bit out of character for us. We're not quite sure why we felt or reacted in a defensive way. On the other hand, some don't know how to react and just become submissive.

Non-beneficial thoughts about our self or others can be so powerful that they disrupt or short circuit the body's energy system. These non-beneficial thoughts are usually learned beliefs, judgments or behaviors. When you're not happy about something, disappointed, angry or hurt, it can cause blocks or wreak havoc in our lives, maybe in only one or two areas. But why be blocked at all? Why not live a happy and full life? Every day and in every way you can.

It doesn't matter when you might have obtained the conscious or unconscious thought that's stopping you or the themes you keep replicating in your life. All that matters is that you know that you don't have to *live with it*. It's not saying that what might have happened to you in the past isn't awful, but, you don't have to live with the pain of it. It isn't about letting others off-the-hook if you forgive them, it's about letting yourself off-the-hook so you can be HAPPY!

The great thing about EFT is that it's not about judgment, blame, shame or guilt, but about just getting to what you perceive as your truth so you can neutralize how it affects you today. That's all. It isn't talk-therapy, drugs or a friend who listens to you tell the same story over and over again. It puts you in a better position for clarity, peace, fulfillment and to make better choices for yourself because you'll want to.

Some examples of non-beneficial beliefs or thoughts and how they can affect us.

- A child was ridiculed about some aspect of their body and has grown up thinking they were ugly and undesirable.
- A child was constantly criticized growing up and now is either an over-achiever, or, bought into that belief and doesn't care about themselves.
- A person experiences a trauma and now lives the safe life while actually keeping others at a distance, and grieving that they don't have the support or love in their life that they really want.
- A person has anxieties or illness caused by their attempts to be perfect in order to get approval and love from outside of themselves.
- A person may have been taught that they are not worthy and therefore can't seem to obtain one or more of these: abundance, health, love, happiness, or great relationships.
- A person believes that they can't do what they really want and feels stuck or dead inside.

Unfortunately, so many people beat themselves up for not being able to change using the tools they have. They just keep living with themes in their lives not knowing where to look or how to change them. Well, now you can know 'how to'.

EFT can neutralize the energetic response to a non-beneficial thought, memory or belief. When it stops the energy trigger, you can still have the memory (although they seem to fade or just become unimportant) but there is no emotional intensity attached to it anymore. The triggers gone, your energy starts flowing correctly and the brain neurons start re-assembling themselves for the new you.

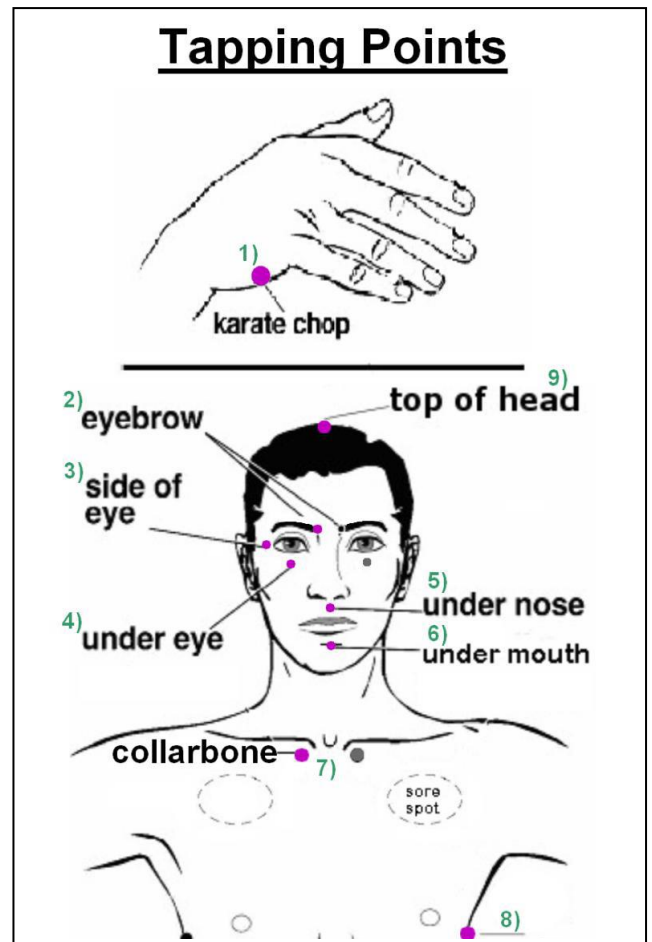
EFT works by a process of focusing on the emotion and/or feeling and tapping with your fingers on certain energy meridian points on your body . It's like emotional acupuncture without the needles. Just like electricity or gravity, we don't know exactly how it works, but we know it works! Simple and efficient, and the results, well, from ourselves, our clients and thousands of others experience, are powerfully profound. So let's get right to it, shall we?

The EFT Tapping Points

Easy EFT - Quick Start Guide uses the EFT first point for the “set-up” statement along with the eight basic tapping points. The first set-up point focuses you in on the truth of your thought or emotion and the other tapping points are the ones that neutralize your non-beneficial energetic triggers and align your energy. (Tapping should not be too hard, but stimulating, like lightly tapping on a drum).

***NOTE: Your energy meridians run down both sides of your body, so you can use either hand on either side. You cannot do this wrong (perfectionists, please read again).**

- 1) **KC** - Karate Chop or Set-up Point: For a “set-up” phrase, we use the set-up point. It is located on the Outside of the hand, on the side, that fleshy part half way between the fingers and the wrist.
- 2) **EB** - Eyebrow: located at the beginning of the eyebrow, closest to the nose
- 3) **SE** - Side of Eye: located at the outside of the eye, on the bone of the eye socket
- 4) **UE** - Under Eye: located under the eye in the center, on the bone of the eye socket
- 5) **UN** - Under Nose: located halfway between upper lip and bottom of nose
- 6) **UM** – Under Mouth: located in the crease between lower lip and chin
- 7) **CB** - Collar Bone: locate the little divot under the inside end of your collar bone about 1” down and 1” over.
- 8) **UA** - Under Arm: About 4” under the armpit where the seam of a shirt would fall.
- 9) **TH** - Top of Head: A main meridian runs down the middle of your head from the forehead to your neck. You can move back and forth in the middle of your crown area for comfort.



The ‘Set-Up’ Phrase

The ‘Set-Up’ phrase for the [EASY EFT - Quick Start Guide](#) has three parts.

- 1) **To identify and state the emotion** you are feeling and/or the thought you are thinking and rate it between 0 and 10 (0=no emotional intensity and 10=very high emotionally intensity), and, at the same time . . .
- 2) **To address and diffuse any PR (*psychological reversal*)** in your energy. This may be some form of (unconscious) objection to healing or a form of subtle self-sabotage based on our limiting beliefs, non-beneficial thoughts or judgments that prevents you from moving forward. Look at any secondary gains or unconscious reasons you may have regarding your issue to not give it up, i.e. attention, perceived control, safety, etc. Get to the “truth” of it.

An example of a PR: Say you were angry at someone and you didn’t want to be, but they really did something to hurt your feelings. You just go with your truth or as I like to say ‘the ugly truth’ of the situation. Like saying *‘Even though I’m not supposed to feel mad, that (person) is just an idiot, and I accept and forgive myself for being human.’* (rather than just saying *even though I’m angry*). Or, Say that you wanted a candy bar and you think you shouldn’t. So, you might say *‘Even though I really really want this candy bar, I deeply and completely love, accept and forgive myself, anyway.’* (rather than saying *you’re mad at yourself or you really don’t want it, because you think you shouldn’t.*)

- 3) **To acknowledge your worth** in compassionate acceptance of yourself, anyway!

Sometimes clients object to making a negative statement and then try to love, accept and forgive themselves. It just seems counter-intuitive to them. But you have to remember that a negative statement, at first, is usually “the real truth” of how you feel or at least part of you feels consciously or unconsciously; you’re not implanting the negative into you, you’re addressing what is already exists. That’s big. That’s where all the energy disruption lies. That’s what we want to release. That’s where huge changes occur. We can’t do it if we tell ourselves lies about it. It’s not helpful to pretend you don’t feel the way you do. You are human and humans have emotions and feelings – honor that! And, accept yourself. If you don’t, who, will? Nobody else really can. If it feels so not true to you, to accept yourself, then just add to the beginning of that sentence, “I want to learn how to . . .” or at the end, “anyways!”

Besides you are great, wonderful, worthy and deserving, whether you know it or not. So, let’s get into how to do it and change your life now.

Let's Do It!

- 1) **Think of something that's bothering you.** It doesn't matter what your problem is, or if it's past, present or future thoughts about something. Write down what it is.
- 2) **Write down any emotion(s)** you have associated with it. i.e., Anger, Sad, Hurt, Frustrated, Scared, etc.
- 3) **Write down on a scale of 0 to 10**, the number you associate with the emotion. (0=no emotional intensity, 10= severe emotional intensity). If you don't know, just guess.
- 4) **Start tapping on your Karate Chop point** and we'll use the following statement, saying aloud *three times* while tapping (change *the words to fit your own feelings*).

“Even though I have this (problem) and it makes me feel (emotion), I deeply and completely love, accept and forgive myself, anyway”.

An example would be:

“Even though I have all this anxiety amount my interview tomorrow and it makes me feel so frustrated, I deeply and completely love, accept and forgive myself, anyway.”

- 5) **Continue to the other tapping points:** While saying aloud and quickly tapping approximately 7 times at each point (remember, not hard, just stimulating, like lightly tapping on a drum).

EB: *This (problem)*
OE: *All this (problem)*
UE: *I feel so (emotion)*
UN: *It just makes me (emotion)*
UM: *All this (problem)*
CB: *This (problem) just makes me so (emotion)*
UA: *So (emotion)*
TH: *All this (emotion) with this (problem)*

Example:

EB: *This anxiety*
OE: *All this anxiety*
UE: *I feel so frustrated*
UN: *It just makes me frustrated*
UM: *All this anxiety*
CB: *This anxiety just makes me so frustrated*
UA: *So frustrated*
TH: *All this frustration with this anxiety*

6) Check in with yourself to see where you are about this subject right now on a scale of 0 to 10. Not where you think you should be, but where you feel you are, right now, as it pertains to the issue you just tapped on. Write it down. If it's less than before, that's wonderful. If there is still some emotional intensity there, *repeat steps 3 to 5*. If it's at a scale of 1 to 3, you can just change the verbiage to *"Even though I have this remaining (problem) . . . "* If it's at 0, good, you're done with that issue for now.

Yes, it's really that easy. You can do it anywhere, anytime. Play with it and have fun with it. Remember, you can't do it wrong.

What can I use it for?

- | | |
|--|--|
| ➤ Addictions | ➤ Self-Confidence |
| ➤ Anger | ➤ Self-Esteem |
| ➤ Anxiety | ➤ Self Image |
| ➤ At risk Teenagers | ➤ Serious Diseases |
| ➤ Business Issues | ➤ Sexual Issues |
| ➤ Children's Issues | ➤ Shame |
| ➤ Compulsions | ➤ Sleep disorders |
| ➤ Cravings | ➤ Smoking |
| ➤ Depression | ➤ Spiritual matters |
| ➤ Eating Disorders | ➤ Sports and Other Performance |
| ➤ Family Issues | ➤ Stress and Anxiety |
| ➤ Fears | ➤ Test Anxiety |
| ➤ Guilt | ➤ Trauma (accident) |
| ➤ Grief | ➤ Trauma (sexual) |
| ➤ Headaches | ➤ Trauma (war) |
| ➤ Infidelity | ➤ Trauma/Abuse/PTSD |
| ➤ Lifestyle Changes | ➤ Trust Issues |
| ➤ Marital Issues | ➤ Vision and Hearing |
| ➤ Men's Issues | ➤ Weight Issues |
| ➤ Money/Attracting Abundance | ➤ Women's Issues |
| ➤ Musicians and theatrical performance | ➤ Writer's and other creativity blocks |
| ➤ Other physical issues | |
| ➤ Pain | |
| ➤ Performance | Basically anything, these are just a few. |
| ➤ Phobias | |
| ➤ Pregnancy, Birth, New Families | However, in practice, you will have more successes with some issues than others. |
| ➤ Public Speaking | |

Would you be open to trying it on anything that is bothering you?

Am I Doing Something Wrong?

(I'm a beginner and it doesn't seem to be working)

Perhaps the most common reason beginners may fail to see results is that they are too general. Rather than saying 'why', they just go to the emotion. For instance, maybe someone tapped on:

“Even though I'm angry at my boss, I deeply and completely accept myself.”

Why are you angry at your boss? Maybe your boss embarrassed you in front of co-workers, demeans you in front of customers or rolls her eyes at you with that look of disapproval. You would probably want to tap on a few of the defining moments (the ones that come to mind or you think about quite a bit) associated with your boss that make you angry or left with that feeling of being “less-than”. Make sense? Once you tap the “biggies”, the rest just seem to fade away. You can't see clearly until your eyes focus in on a few objects and then the rest of the picture just makes sense relative to what you've focused on.

Psychological Reversals

Put simply, a PR or psychological reversal occurs when a person unconsciously believes there is more reason to keep an emotional pattern than to release it. This problem is common in people who have addictions or are trying to release body weight as in an abused woman who holds onto her weight to become unattractive so she can avoid being sexually harassed, so it makes her feel safe and protected. Even though she wants to lose weight, her unconscious associates attractiveness with vulnerability, pain and harassment. As a result, she does not allow EFT to work. Smokers rarely want to really quit. They typically use the habit to suppress a feeling such as anger, guilt, shame, or sadness. Suppressing the emotion is actually more important than their concern over the health threat of smoking. Yet a PR can occur under any circumstance. (See page 8 for more details on PR)

A good phrase to address in this situation is what you think might be the culprit of the unwanted problem. For example:

“Even though I really don't want to lose this weight because it feels safe to keep it, I deeply and completely accept myself.”

“Even though I really don't want to stop smoking, I deeply and completely accept myself.”

Core Issues

A lot of the time issues have hidden, underlying causes which are called core issues. Getting to the core issue makes the work go faster and be more effective. So what is it? Let's take the example on the previous page about being angry with the boss. If a person couldn't get relief from using EFT, say, because the boss ridiculed them, digging deeper would be in order. A good question to yourself might be "Who *does that remind me of?*"

It could be that your mother, father, teacher or someone you relied on ridiculed, made fun of, made you feel 'less than', or ignored you. Then you'd want to address that. Not always, but typically most core issues come from our childhood years. Don't worry, you're not being disloyal to anyone or going for blame. All you want to do is neutralize those feelings of inadequacy in the privacy of your own mind, so you can be what? HAPPY!

What if you just can't seem to find the core issue, or you think you did, but you still keep having the same feelings? Getting to a core issue can be a challenge sometimes and if it's buried deep in your unconscious, seem almost impossible. If that happens, then you'll want to have a session with a professional, experienced and intuitive EFT Practitioner. Sometimes just being emotionally attached to the outcome causes EFT to be stopped in its tracks. It's not a bad thing, it just is. Sometimes, when I've got something bothering me but I'm emotionally attached to getting rid of it, I have to call a colleague for a session, or they'll call me for the same reasons. Sometimes it's easier to have insights for someone else than we can for ourselves.

Aspects

Remember when we told you to write down what was bothering you (problem) and what emotion you associated with it? Well there may be other parts associated with it and we call them Aspects.

Using the same example of feeling angry at your boss and tapping on that issue may not bring you all the way down on the scale of 0 to 10. There are two things that you may wish to look at.

- 1) Maybe you had more than one emotion associated with your boss. Sure you had the anger, but you could also have felt afraid that you might lose your job or sad that she didn't respect you for your great ideas or hard work.

- 2) You may have to look at the other aspects of what happened. In this instance, the rolling of the eyes, the look of disapproval, how she embarrassed me by saying ... Or, how your co-workers responded or didn't respond. Get the picture?

You may want to run it like a movie in your mind and just tap each aspect that increases your intensity. For example, the trauma of a slight accident will probably have over 20 different aspects to clear. When they first realized it was happening, when it happened, what they heard, what they felt, what they saw, what they smelled, what happened right before or right after. Even though there are quite a few aspects to tap on, it is so worth the effort to release that trauma permanently.

Core Issues and Aspects – more info

It is rare that a core issue would have only one aspect as issues may have been created over many experiences or there may be many different aspects of the same experience if you use sight, sounds, smells, feelings, etc. It may take some tapping, and feel free to just 'guess' what it is and tap on that. Ask yourself this question:

“I don't know what feeling I need to tap on, but if I did, it would be ____.”

Or, we like to tap on this one to help clients find aspects.

“Even though I have no idea why I feel this way (or have this condition), I deeply and completely accept myself.”

Another great one is to take a positive statement and look for the “Yeah, but”. For instance, say aloud ***“I am worthy”***. This one will usually bring up the ***‘Yeah, but’ reason(s)*** you are not worthy (going right to the heart of your true feelings about yourself). That should give you something to work on.

Now try the same ***“I am . . .*** with any of these (happy, *proud, sexy, abundant, good, perfect*).

Now, you've got some stuff to work on, don't you? Don't judge yourself. See yourself as being an awesome person for taking these steps with EFT to become the best you can be.

Be easy with yourself, play and have fun with it and on the next page we'll tell you if and when you might want to have a session with a professional.

When might I want a session with an experienced EFT practitioner?

It's your choice, of course. A professional is a person who has been there and done that. Their job is to guide you through your “stuff” and help you get to the core issue as quickly as possible. They are a coach and guide, and, will encourage you to use EFT on your own.

However, in certain cases it is wise to have a session with a professional. These include:

- **Have experienced trauma of any kind.** i.e., accident, rape, war
- **Have experienced abuse or violence.** i.e., sexual, verbal, physical
- **Dealing with grief.** i.e., loss of loved one, partner, friend, pet
- **Dealing with addiction:** i.e., tobacco, alcohol, sugar, drugs, etc.
- **Dealing with low self-esteem.** i.e., low self-confidence or personal power
- **Dealing with an emotion that is always with you,** i.e., anger, sadness, guilt, shame, depression, dread, feeling overwhelmed, or feeling victimized by life
- **Weight issues**
- **Disease or illness**
- **Chronic pain**

This is not to say that you can't make headway on your own. Rather, that a professional will help you find the right places to look for the solutions. They will help you zero in on your core issues.

What else should I know?

It has been an honor to write this guide for you and it is our intent that it be helpful.

Please visit us at: www.makingweightlosseasy.com for upcoming groups, classes and Zoom events which are fun and easy, yet powerful and profound. This Quick Start Guide is our personal version which incorporates our extensive training for you and does not replace the lengthy manual by founder, Gary Craig.

Where do you think we should go from here?

If you'd like to attend a group session so you can really experience EFT for yourself, check the schedule on our website. If you want to schedule a private personal free phone or Zoom chat, or a private session, please feel free to go to www.makingweightlosseasy.com, fill out the chat form on the home page, or call me at 317-445-4203.

Is There a Part of Your Life That's Not Working For You?

It's not your fault - - and there is a better way



Don't Beat Up On
Yourself

There is Help!

Maybe you 'thought' that you 'tried' everything before with little or no success and just had to live with whatever your challenge, block or problem was. And, even if you had some success, you'd end up reverting back. We know, we've been there. But we wanted to be the best, so we've spent a good portion of our lives training to offer you the quickest and easiest way to move forward fast and efficiently. Now you get the benefit of the mastery we've achieved to put you ahead of the game and instantly in a league of your own. It's not your fault **because you didn't know** before that there was fast and efficient help for you.

317-445-4203

Let's take a look at the 8 myth's most people assume . . .

MYTH #1 – “I have to live with it”. – Sure, you were told to 'buck up', get over it', 'deal with it, which may or may not have helped you in the moment. However, if you're still experiencing the effects of old experiences, pain, guilt, sadness, or don't even know what it is, but do know something is off, you are living with it. Yet, is that the life you really want? Probably Not - There is a better and easier way of letting this all go. Simply by finding where it's stuck even if you think you have 'proof' that things can't be different.

MYTH #2 – “I've tried everything – there is no hope for me.” - People say this all the time to us - they've tried talk therapy, drugs, self-help, even other coaches or practitioners, etc., yet have a completely different outlook once they've experienced powerful guided release and can now move forward. Sometimes we are too attached to our challenges and the outcomes (can't see the forest for the trees) and really just want the blessing of having an objective, non-judgmental, loving guide help you.

MYTH #3 - “I have to fix my car.” - Sure, it's easier to fix your car when it needs it, than to see how worthy your most valuable asset is. Your most valuable asset is YOU - you bring it wherever you go. When you improve your most valuable asset, you can achieve harmonic abundance in all areas of your life.

MYTH #4 - “I don't want to appear weak.” - That's just 'old' stinking thinking. Most successful people joyously proclaim they have had help, coaching and support. It's just the smart thing to do when you can admit that you don't have all the answers and there might be something you don't know . . . yet. This is by far the strongest thing you'll ever say or do for yourself. Besides private sessions are confidential so no one will know unless you tell them how great it's working for you.

MYTH #5 - “I have to do it alone.” - Why? Where did you learn that? See Myth #4 again. I know most people think they have to do it alone, maybe from unworthiness or a false sense of pride. But you're shooting for happiness, not aloneness. Sure, it's up to you to want circumstances to change and to be supported while you learn, release, and move forward; but you certainly do not have to do it alone. In fact, it'll go much quicker with a professional who has mastered what you're trying to achieve. That's why we've dedicated our lives to our clients' success.

MYTH #6 - "It's too good to be true." - Our old ways seemed to take a long time so it's easier for people to reject something they may not understand completely than imagine something could really work

for them. It's like the old saying that talks about how things are rejected in the world until they become self-evident. This has become self-evident to those who step beyond their 'old' comfort zone, where life really begins, and have experienced the fast life-changing results.

MYTH #7 - "My problem is too big." - Sometimes it may feel that way - especially if you're experiencing the effects. But just maybe you would be open to the idea of looking at things a bit differently, no matter what it is. If everything is energy (Einstein) and that includes you, what couldn't shift if the energy shifted? I have a theory. If some experiences only took a moment (even if repeated) to affect our lives or cause freeze frames in our energy, why would it take years to undo it? We've seen some of the worst physical and emotional experiences transform in minutes or hours.

MYTH #8 - "I'm afraid to change - who will I be?" - Well, it's up to you who you want to be.

We laser target where you're blocked or your issues and release the blocks quickly. Even when working with pain, there's usually an emotional component that keeps the body from correcting itself. The most blatant result of removing old blocks is relief, happiness, joy, and more abundance in all areas of your life. In the end, isn't that what everyone truly wants anyway!

Take Your Life to the Next Level!

For faster changes, schedule a private, personal, in-person, phone or Zoom session with Carol Crenshaw Certified EFT Intermediate Practitioner, Making Weight Loss Easy Specialist, and Spiritual Counselor

Go to www.MakingWeightLossEasy.com or call 317-445-4203