



# Anxiety - Your Easy EFT Guide To Freedom

*Ms Suzanne Zacharia*

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## **Anxiety - Your Easy EFT Guide To Freedom** Ms Suzanne Zacharia

EFT is the best method I know of for helping to set you free from anxiety. Suitable for all, from total beginners who have never heard of EFT before, to experienced practitioners who want more structured sessions with their anxiety clients. Unless you suffer from schizophrenia or psychosis, EFT can help you. Anyone with anxiety will want to get rid of it or cure it as soon as possible. Anxiety feels awful! But there is a way out. It is an issue that in my experience requires anything between six sessions and a few years with EFT. This depends on how many aspects, the person's nutrition, any addictions, etc. For example, if an anxious person also has Borderline Personality Disorder, Autism, and Lupus, it may take significantly longer than someone who only has the diagnosis of anxiety. I say the word "only" very carefully, as anxiety can be very debilitating, and somehow "only" does not quite fit; but I think you know what I am trying to say. So you may need to put in some time, effort, and persistence, but you can make such great headway and get real partial results along the way. For example, if the anxiety is also keeping you from going out and seeing friends, there will be a stage along the way where there will still be anxiety but you will be able to see your friends again. Eventually, one day you will notice feeling calmer. Then on another day later on, you will notice that you have been calm for a couple of days. Then later, you will notice that you have been calm for a week. And later, you will not worry any more about it. Anxiety is made up stored fear as an energy disruption in the mindbody. You can use EFT to tap on incidents in your life that involved fear. For example, one may have been the subject of ridicule and verbal abuse from parents, other children at school, colleagues in adulthood, or a partner. If you work on specific incidents of the ridicule and verbal abuse it will help with the fear stored in your mindbody. Be very specific about the incident. Do not worry if it is an important incident or not. Work through a few incidents a week. Eventually, the effect will generalize over all of them. In other words, you will not have to work on every single one. That would be impossible for most. Maybe you have a foggy and anxious feeling in your head and your heart is beating fast and hard. Perhaps you get anxious headaches and other aches and pains. You can tap on all these feelings too. Be specific and tap on them one by one. You may notice that when you tap on these feelings, they become lesser in intensity or go away for an hour or so. And until you have worked with all aspects of the anxiety, it is not uncommon for the anxious feelings to come back. But that is not a bad sign. It is a good sign that you can have results! I often tell this story of how I first experienced EFT. I first tried it for a pain in my neck. I had been spending a fortune on osteopathic, physiotherapy, and massage treatments - way over anything any health plan etc would pay out. As well as money, I had been constantly in pain, so it was awful. I tapped and the pain eventually went. I was overjoyed and considered it a miracle. A few hours later, the pain came back. I tapped and the pain eventually went. I was overjoyed and considered it a miracle. A few hours later, the pain came back. I tapped and the pain eventually went. I was overjoyed and considered it a miracle... Three months later... I woke up one day with no neck pain. Eventually the pain got less and less, and these days it only comes up about a few times a year - maybe about 3-5 times when I am under extreme stress or if I have been silly enough to get an injury at the gym. Please come back after buying this book and leave a comment. Every positive comment helps others gather the courage to seek help. Every constructive criticism helps me to improve the next edition. Wishing you health and calm, Suzanne Zacharia EFT Master and Author

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