

You Can
BREAK-free
*Fast*TM

3 Simple Steps to get *unstuck*
and attract the life you *love*



FOREWORD BY
DR JOE VITALE,
BEST-SELLING AUTHOR AND STAR IN "THE SECRET"

Caryl Westmore

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You Can Break-Free Fast
3 Simple Steps to Get Unstuck and Attract the Life You Love

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WHAT PEOPLE SAY



“CARYL’S GIFT IS helping you **Break-Free Fast™** from where you are stuck, blocked or hurting in your life. This then empowers you to get amazing success results with the Law of Attraction and Manifesting a life you love. She certainly changed *my* life dramatically. Let her show you how to change YOURS!”

—SYLVIA MUZZELL, *PROPERTY AGENT*

“I highly recommend Caryl’s **Break-Free Fast™** with EFT Workshop. She is an intuitive, insightful, non-intrusive facilitator who makes a space of SAFETY AND TRUST. Because of this I personally released many trapped emotions which I’d buried since childhood. The way Caryl works speeds up the releasing process.”

—MARCIA KAY, *PSYCHIATRIC NURSE &
CLINICAL SOCIAL WORKER*

The first workshop I ever attended facilitated by Caryl many years ago changed my life. As a result of that workshop based on “*The Artist’s Way*” I went on to leave my job in the corporate world, spend time studying and write my first book. Caryl provided the help, insights and support which enabled me to find my truth and make these changes. But more than that, I have watched Caryl change her own life in the most inspiring way. While she helped so many others, she has been able to break free of her own limiting beliefs and emotions and is now fulfilling her destiny and living her dreams. This is the ultimate proof of how powerful her process is.

—JENNY IBBOTSON, *AUTHOR OF “THE OBEDIENT
UNIVERSE” www.obedientuniverse.com*

“One telephone consultation plus the workshop with Caryl completely changed my life and freed me from procrastination and failure to take action and succeed in business. Sad to think this had held me back for almost 50 years and can be pinpointed to an exact memory and belief set up in childhood. I feel energized and leaping ahead with work.”

—**TUAN PICKARD**, *BUSINESSMAN/ENTREPRENEUR*

“Thirty days after my session I manifested the car of my dreams. A series of bad experiences with cars – including theft and then the hand-brake of my next jalopy coming off in my hands, led me to Caryl. My *break-free-aha* went back to a memory in junior school. Coming last in most sports events, including a humiliating egg and spoon race when I was six years old, had left me with an unconscious feeling that I was not good enough. Caryl helped me release the negative belief that I had to be “rich and thin” to drive a nice car. Since that day I’ve never looked back.”

—**JOANNE WHARMBY**, *ENERGY THERAPIST*

“Now I can really speak up for myself! I had a complete empowering *break-free-aha* resulting in a life shift after working with Caryl for an hour before going on air. I was freed from a memory going back to age 12.”

—**HAZEL MAKUZENI**, *RADIO PRODUCER*

“I had tried every diet under the sun and nothing helped. After just one session with Caryl, I lost 5kg in two weeks.”

—**SUSAN SPENCER**, *HOME EXECUTIVE*

“Caryl helped me break free from grief which had depressed and held me back from living my life for more than 5 years after my husband’s untimely death. The week after our session I manifested a lifelong dream to go sailing on a yacht in the Mediterranean.”

—**W.T.**

DEDICATION



THIS BOOK IS dedicated to . . .

My mother and father,
WINIFRED AND JOHN BLANCKENBERG,
for being my greatest teachers

NICK WESTMORE
for being my soul-mate, husband, and greatest champion

All my clients and students for igniting
my passion and Life Purpose

My children
LORIAN BARRETT AND GUY MORGAN
- you're simply THE BEST!

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FOREWORD



—BY DR JOE VITALE

THIS BOOK BRINGS a fresh new voice of hope, healing and inspiration to change your life and heal the world.

THERE HAS NEVER BEEN A BETTER TIME TO OFFER A CURE FOR DESPAIR.

Caryl is like a Fairy Godmother waving a wand to show you how to tap into the secret of your own healing powers.

All you need are your head, heart and hands. Plus the power of *attention and intention*.

Her book offers a three step formula and the “magic keys to **Break-Free Fast™**” from gloom, doom, worry, fear, and negativity.

In a nutshell: when you feel stuck or blocked, use Caryl’s simple 3-step formula, applying one of the world’s most exciting and revolutionary energy psychology tools called Emotional Freedom Techniques (EFT) to “*blast the past and feel good fast.*”

Why?

**...so that you can live a life you love with power, passion,
peace and purpose.**

**...so that you can access your source or soul and get on
track with your divine life purpose.**

IT'S WHAT I CALL AWAKENING AND LIVING WITH ZERO LIMITS.

It's also “**the secret behind *The Secret***” and something I often refer to in my work, including *The Attractor Factor* and my system of *Miracles Coaching*.

Caryl describes her process as a series of “**break-free-ahas**” that will clean and clear the negative glitches contaminating your body-memory hard-drive and hijacking your happiness NOW. These often originate in childhood.

Best of all, Caryl has walked her talk in a heroine's journey that will make your spine tingle.

Like me she was once broke and homeless. Like me she has felt betrayed, alone in the world and, to use her own words, “a big fat failure.”

But like me she refused to buckle in to the so-called “reality” of her circumstances and instead clung unwaveringly to her dreams of one day being a writer and speaker to uplift and inspire others.

If you're in a place right now that doesn't feel so good or seem too safe, I urge you to remind yourself that this is only temporary.

As I say in my book, *The Attractor Factor* this is simply current reality, and current reality can change.

So, if Caryl could transform her life after age 50 in regard to money, love, health and happiness – then so can you!

THIS IS THE CURE FOR DESPAIR.

*What you have to do is stay the course and follow your heart.
And clean and clear your negative beliefs and past programming.*

Read this book only if you are prepared to be inspired, change **your** life and begin to live your heart-felt dreams.

Aloha,

DR JOE VITALE

PS Some of her client case studies will give you goose-bumps – starting with Chapter 1 entitled: “The Pain to Hear a Grown Man Cry”.

DR JOE VITALE is an acclaimed hypnotic marketer, metaphysician and author of numerous best-sellers like The Attractor Factor, Zero Limits and Expect Miracles. He has appeared on TV’s Larry King Live and in many movies including The Secret, The Opus and Try it on Everything.

AUTHOR'S NOTES



THIS BOOK CONTAINS many case studies and examples from thousands of hours devoted to client sessions and workshops. Though the substance of each anecdote is true (and recorded with the accuracy of my journalistic training), I have disguised all client identities by changing names and other descriptive details. Where real names are used, I have asked permission to do so.

EFT is a very flexible improvement tool that can be used for just about everything. I am describing my version of it here and have had extraordinary results. The original version and complete training can be found at <http://www.emofree.com>

TERMINOLOGY



IN OUR FAST-CHANGING world, new words are being coined constantly to describe and define new ways of being and thinking. So here is an explanation of some of the terminology you will find in this book.

BREAK-FREE and **BREAK-FREE FAST™**: verbs which co-join the term *to break free* giving various options for use. For example...

- **The Break-Free Fast™ Formula:** a summary description of my method of personal transformation in 3 Simple Steps applying EFT (Emotional Freedom Techniques)
- **A Break-Free Fast™** experience or session: in which the coach or therapist uses the **Break-free Fast™ Formula** and intuitive wisdom to help the client get *unstuck*.
- **A break-free-aha:** the moment of enlightenment when clients realize how they were set up by events, others and even themselves to believe a false negative story about themselves or life. This is both a mental **realization** and also a **releasing of the glitch** in the emotional brain and/or energy system.
- **Break-Free Fast™ Mastery:** applying the **Break-Free Fast™ Formula** in a skilled, intuitive way to get swift lasting results.

PROLOGUE



“One of the most annoying things about God is that he never just touches you with his magic wand like Glinda the Good and gives you what you want.”

— ANNE LAMOTT, *BIRD BY BIRD*.

Cape Town, 1998

“HELP ME, HELP me, my house is on fire.” Shouting hysterically, banging on intercom buttons to raise my neighbors, I ran frantically down the street that fateful November night in 1998.

Looking back now, it’s like watching a movie in slow-motion. I see myself home alone as my husband and kids are away. It is early evening. Showered and relaxed, I’m taking time out to meditate and journal. I’m in bed in our upstairs bedroom.

I light a single candle, and begin to reflect and then write in my journal about my long-held dream to be free of my difficult marriage and to find a way to live a life of purpose and joy.

The phone rings. I blow out the candle and run downstairs. Mid-conversation, I hear a “bang” upstairs and see a thin line of black smoke trickling from a corner of the ceiling.

Fearful of being trapped in the house in the event of a fire, I

immediately open the electric driveway gates and run into the street, screaming for help.

By the time I race back into the house, panic-stricken, I see the top of the landing is a sheet of orange-yellow flames that have leapt into the roof, making their way across the top floor from the main bedroom.

The cat has escaped and run into the garden. But what about Sparky, our beloved black and white border collie?

Two fire-engines with burly firemen lugging giant water hoses arrive in time to save everything downstairs. But when they finish dowsing the flames upstairs, they tell me Sparky was asphyxiated by the smoke when she ran onto the back upstairs porch to escape the inferno. There is some comfort in knowing she wasn't actually burned, but my heart shatters.

We buried Sparky in the garden the next day.

The fire destroyed so many personal possessions. Yet in the days that followed, all I could think about was: “*Did I kill Sparky?*” After all, I had been burning a candle next to my bed that night. The insurance assessor said it was likely that the electric blanket in my bed started it. But it took many years – until I had the big **break-free-aha** moment described in Chapter 10 – to finally forgive myself for what happened.

New York, 2002

You never forget the acrid smell of smoke that hangs like a pall and saturates everything in the aftermath of a fire. I was reminded of it a few years later at Ground Zero in New York, a month after September 11, 2002, as the dust and smoky pall from the fallen Twin Towers still hung in the air. By then my new life as a healer had begun and I was part of a team with author-healer Brandon Bays, pioneer of *The Journey*, who went to New York to offer a free

PROLOGUE

one-day healing workshop in Manhattan, in the aftermath of 9/11.

Our Cape Town fire had precipitated my ex-husband and me agreeing to separate and then divorce. This forced me to face my worst fears: alone, broke, homeless and turning 50 without a job. What if I ended up a homeless “bag lady” sleeping on the street?

One day in the depths of despair, I fell to my knees: *“Oh God, I can’t go on. Please let me die.”* I sobbed until I was all wrung out then ended: *“If you don’t have a remit for me here on earth, then beam me up Scotty – I’m ready to go home! Otherwise show me the Divine Plan for me and my purpose for living!”*

This book is how my prayers were answered.

INTRODUCTION



*“Begin doing what you want to do now.
We are not living in eternity. We have only this
moment, sparkling like a star in our hand and
melting like a snowflake...”*

—FRANCIS BACON

MY PROMISE TO YOU

YOU ARE ABOUT to learn a formula to change your life and attract your dreams.

It all begins with getting unstuck from past programming and healing the emotional roots of frustration, struggle and pain, so that you can speedily break free...

Free ... from painful blocks and negative beliefs keeping you stuck

Free ... to create money, love, success, health and happiness

Free ... to get on track with your life purpose

Free ... to live with passion, power, peace and choice

Do you sometimes feel like something is tying you down, keeping you from moving forward and flying free? Let me share a story that

illustrates this - about the elephant and the twig. The story goes that in India, since ancient times, they have trained obedience in young elephants (to stop them from escaping) by tying them to a huge immovable object, like a tree, when they are still very young.

No matter how hard the baby elephant pulls and tugs it cannot break free and in time it develops “learned helplessness”. Like many people who feel trapped, the adult elephant, weighing many tons, will still stay tied to even a flimsy twig without trying to escape.

COULD THIS BE YOU?

Are you holding yourself back in your life, right now? Do you sometimes lie awake at night wondering:

“How am I going to pay the bills?”

“Why aren’t I more successful?”

“Why do I feel so anxious and stressed?”

“Why did I get passed over for promotion?”

“Why does my love life always end in drama and disaster?”

“Will I ever meet my soul mate?”

“Why do I feel so stuck?”

SOUND FAMILIAR?

These are some of the most common reasons why people call me for a consultation or attend my seminars and coaching programs. They want help – and they want it fast.

ARE YOU LIKE THEM?

Are you losing more than sleep – but also Time, Money, Energy, and even Love?

I WAS ONCE LIKE YOU

Ten years ago, I lost just about everything: my home, my husband and my financial security; it got so bad I wanted to die. The more I searched for answers, the more frustrated I became.

Then I discovered these powerful methods which changed my life for the better, and which can help you too.

THIS BOOK IS WRITTEN FOR YOU IF...

- You are sick and tired of repeating the same old failure patterns in your life and don't know why.
- You feel stuck or blocked from moving forward.
- You want to maximize your results and success with the Law of Attraction to create a life you love. Perhaps you are asking: "Why do affirmations and visualization work only some of the time and not to order?"
- You want to be more intuitive and find your Divine Life Purpose.
- You long for the courage to change and do what you want to do, for yourself.
- You sense the time has come for a big shift, like leaving a toxic relationship or quitting a frustrating job.
- You want to find a simple fast way to face and halt addictions and bad habits that have you hooked.
- Like cleaning your computer of viruses, you want to clear your unconscious – the part of you that ultimately runs your life.
- You want to heal past traumas, resentments and the obsessive "sawing of sawdust" towards people who you judge as having hurt or damaged you – like ex-marriage or business partners, parents, siblings etc.
- You want to feel good: happy, joyous, loving, healthy, fulfilled

and in the flow of life.

- You are a coach, therapist, healer or counselor and want the fastest and best for your clients; helping them break free of blockages that might otherwise have taken months or years to clear. These wonderful tools will also keep you energized, focused and compassionate.

“A crisis in life is often a wake-up call: a signal to take stock and change course in the direction of your true Life Purpose.”

WHY I WROTE THIS BOOK

I wrote this book out of a desire to share my own breakthroughs after a lifetime of frustration and pain. I wrote this book to celebrate all the life-changing results of my clients. When people contact me and are in pain, fearful, panicking, angry, feeling frustrated or simply stuck, I always remind them that: *“A crisis in life is often a wake-up call: a signal to take stock and change course in the direction of your true Life Purpose.”*

Let me explain it this way. If you are the captain of your **Ship of Life**, then you may begin to sail off course, until eventually you find yourself stuck on a sand-bar. My job is to help you excavate the sandbar and cut loose so you can set sail in the direction of your dreams and get back on track with your unique Divine Life Purpose.

All you need are the right tools and guidance – which I am committed to giving you in this book.

HOW THIS BOOK IS UNIQUELY DIFFERENT

There are many books on how to “change your life”, reduce stress or live a more fulfilling life. This book, unlike most of the rest, contains a unique *energy wellness* formula, tested on myself and countless clients, that works powerfully, elegantly and shows results in minutes. Central to the formula is a tool called Emotional Freedom Techniques (EFT). This energy-meridian therapy is sometimes referred to simply as “tapping” because you use your fingers to tap on acupuncture points on face, hands and body as you state and intend to release the issue.

EFT is brilliant for:

- addressing pain and bodily dysfunction.
- eliminating limiting beliefs and crippling emotions that keep you stuck and prevent you from reaching your true potential for success.
- tapping in powerful affirming positive commands to your unconscious to create new patterns of success in your life.

“An estimated one million people all over the world have benefitted from energy therapies”

Here and at my website www.breakfreefast.com I will teach you that all you need are your hands, head and heart to get results. It’s best if you begin with a skilled therapist: either one-on-one, or in a workshop. But eventually you will be able to do EFT on your own, or find a caring “buddy” who you can team up with in person or over the telephone. Don’t ever be daunted that you are “not skilled or good enough” to help someone with EFT. If you put all your attention and focus on “the other” while you tap in unison with them, or reach over and tap gently on them with their permission, you will get amazing results by way of your love, attention and intention.

An estimated one million people all over the world have benefitted from energy therapies. They are applied by professional counselors, doctors, and psychologists, as well as everyday people. In South Africa, energy therapies are being used by trauma counselors at police stations; in hospitals and community centers, prisons, schools and in business. It is also highly effective in performance coaching with sports and sales people.

You can use EFT to stop addictive behavior such as over-eating. I have seen acclaimed UK hypnotist Paul McKenna use tapping in his TV show for weight loss and many of my own clients have shifted dysfunctional eating behaviors like bulimia and over-eating.

Truly you can *try it on everything to overcome anything*, as you will discover in Part 2 Easy EFT.

MESS TO SUCCESS: MY STORY

My professional name until I re-married in 2006 was Caryl Morgan. My maiden name was Blanckenberg.

Born and educated in Zimbabwe, I grew up in a home where I felt loved but which was also an emotional war zone between my parents as my father was an alcoholic. I was born after he returned from his traumatic years as a bomber pilot fighting for the British in World War 2 and now know he must have been suffering from Post Traumatic Stress Syndrome. I suffered years of physical and emotional upheaval in my childhood and this affected my adult life and chances to find love, success and happiness.

On the plus side, my pain drove me to seek and apply all kinds of healing modalities: traditional, spiritual and alternative, and ultimately to find my Life Purpose as an emotional-energy healer for others.

I studied English, Psychology and Law at university and then became a photo-journalist, working for more than 30 years as a

INTRODUCTION

woman's editor, journalist, copywriter and publicist, specializing in health and complementary healing.

From early in my life I was fascinated by the world's best self-help authors like Norman Vincent Peale, Napoleon Hill, Dale Carnegie and Catherine Ponder. Later came inspiring authors like Richard Bach, Louise Hay, Deepak Chopra and Wayne Dyer.

*I have personally
proven everything I
teach and found it
both powerful yet
gentle in its effects.*

When my life started to shift in 2000, I began to promote and study with some of the world's most outstanding healers and best-selling authors, like Brandon Bays, Byron Katie and Isa and Doc Lindwall. I applied their methods to clean and clear my childhood programming and ultimately this set me free to live the life I love.

I became accredited firstly as a therapist of *The Journey* with Brandon Bays and later as an EFT(ADVANCED) Practitioner. I worked for more than eight years in post-apartheid South Africa as well as places like Namibia, Dubai (UAE) and the UK, fine-tuning my intuition and skills in thousands of hours of workshops and consultations.

I have personally proven everything I teach and found it both powerful and effective in cleaning and clearing my past so I could flower into my TRUE SELF, living my best life. The key was re-connecting with my Soul or Source as I released and let go the negative beliefs, memories and unconscious programming from the past. I became AWARE and AWAKE.

These techniques healed the past for me as no amount of talk therapy, books, meditation, 12-step programmes, affirming 100 times a day – or anything else I tried – ever could.

They radically transformed my own life from “mess to success” at the age of 50. Before, I wore a mask on the outside that was prickly,

angry, blaming and controlling. Yet deep inside, I was hurting, sad, hopeless and fearful. This work healed and helped me to *break free ... to live my life more joyously.*

When I hit rock bottom I was financially broke, jobless, homeless, fearful and broken-hearted after the fire which killed our dog and destroyed our home. Soon after that came my divorce. My son and daughter, who had been my focus for many years, were ready to leave the nest and beside the feelings of loss, I also felt a failure in their eyes. Considering my education, talents and experience, instead of being a success, I thought of myself as a “big fat failure”.

This work healed and helped me to break-free... to live my life more joyously.

MY DREAM LIFE TODAY

Fast forward to today: I am having the time of my life. I feel and look 10 years younger! I am filled with peace, passion, power and gratitude to be living what author Nick Williams calls “the work you were born to do”. I travel the world as a **Break-Free Fast™** writer, speaker, coach and teacher. I recently met and married my match: Nick Westmore, a tall, sensitive, and intelligent Englishman from the Isle of Wight who was widowed 10 years ago. We are two “baby boomers” acting like teenagers in love, but with the wisdom brings: appreciating every day as if it were our last.

I also have warm, loving relationships with my family and friends. Recently I attended a talk in which the speaker, wanting to demonstrate the power of the mind, asked us to “*close your eyes and think of someone you hate or dislike intensely*”. To my amazement, I could not conjure up one single person, living or dead.

YOU TOO CAN CHANGE YOUR LIFE

You are not “broken” or “defective” because you are stuck or in pain. You are simply like the butterfly cramped inside the chrysalis, seeking a way to expand your options and grow.

*Think of your
unconscious as
riddled with
viruses, worms and
spyware implanted
from your earliest
childhood.*

The **Break-Free Fast™ Formula** – which is what I call the three-step process at the heart of my work - enables you to systematically go back through your life and clean and clear the events and people who adversely affected you or created negative beliefs and faulty programming. With it you can permanently dissolve the emotional roots and unconscious beliefs connected with any psychological, physical or spiritual problem that is challenging you and keeping you stuck or frustrated.

You do this in the same way that you activate anti-virus software on your computer. To use the computer analogy, think of your unconscious as riddled with viruses, worms and spyware implanted from your earliest childhood. Your conscious Adult Self has no idea these are lying dormant or actively corrupting your memory, beliefs and ability to live an empowered happy life.

But, when a crash happens, you need the best and fastest methods to clear these saboteurs and get on with your life – much the same way as my client Kurt did as you will discover in the next chapter.

A PARABLE



THERE IS A Buddhist parable about a man who is shot with an arrow.

The doctor comes along, but before the doctor removes the arrow the man wants to know: *“Who shot the arrow? What is the arrow made of? Where was it shot from?”* Altogether the doctor is asked more than 100 questions. The Buddha says, *“This man will die before the arrow is removed. The intelligent thing is to REMOVE THE ARROW.”* So my message to you is: don’t waste a minute longer in unnecessary pain and angst. Discover the way to REMOVE THE ARROW – right here in this book.



Part 1

THE SET-UP



Chapter 1

THE PAIN TO HEAR A GROWN MAN CRY

*“Help me before I lose all my
life savings and even my home.”*

SO BEGAN THE telephone call I received from a man in pain. His name was Kurt.

“I heard you on the radio and I’m hoping you can do something for me. I feel so out of control ...”

Suddenly he burst into gut-wrenching sobs. Now I don’t know about you, but generally I can’t bear to hear a *child* cry, much less a *grown man or woman*, without wanting to help in some way. Perhaps it goes back to my childhood, growing up with an alcoholic father and wanting desperately to rescue my mother from the pain of emotional abuse.

I love to help people and that is what inspired me to become a **Break-Free Fast™** coach and therapist in the field of emotional-energy healing and to develop what I call the **Break-Free Fast™ Formula**. Let’s look at how it worked in Kurt’s case.



**CASE STUDY:
KURT WAS ADDICTED AND HELPLESS**

After retiring from a career as an engineer, Kurt had taken a course in trading currencies on-line and had had some initial success. But, as Kurt's story unfolded, it became clear that what had started as a hobby had turned into an addictive monster, gobbling up his assets. Like a gambler, he kept on trading in the hope of recouping his losses and was too scared to tell his wife. He said:

“I know exactly what I should do, and when, but why don't I stick to the plan? I want to succeed making money, not losing it.”

Kurt was feeling panic and guilt. He needed to interrupt his pattern that was leading to chaos and ruin and to get a perspective on his life. But this was NOT something that could be *talked away* with the rational side of his brain.

It needed the Three Simple Steps of the **Break-Free Fast™ Formula** to access his emotional brain which stored the deep-seated thoughts, beliefs and feelings that were keeping him stuck. These went back to childhood. The tool I most often apply in a **Break-Free Fast™** session is called Emotional Freedom Techniques (EFT). It is explained fully in Part 2: Easy EFT.

Using EFT to bypass his “thinking mind” allowed me to help Kurt tap into his emotional brain and access feelings and early memories about money. This was the core part of him that was actually causing the havoc. Within 45 minutes he experienced a **break-free-aha** about where his behavior originated.

Born in England just before World War 2, Kurt was only four when his father had been conscripted and later killed, leaving his widowed mother to bring up the family in great hardship.

At first Kurt denied ever feeling deprived or abandoned by his father. But when we accessed his Younger Self of five or six, he was overcome with feelings of abandonment, sadness and longing for the fathering he never had. This had been worsened by the deprivations of wartime and watching helplessly as his mother struggled to feed her young family.

The tears he shed over the phone – and later in his process – were really from his Younger Self crying with frustration, pain and shame at failing to be the *provider* for his mother.

Because this all happened more than 50 years ago, you would think it had no bearing on his current pain, right?

Wrong.

“Feelings buried alive never die,” says Karol K. Truman in her book by the same name. Buried traumatic feelings that have never been processed can surface at any stage of your adult life, especially in times of stress, to hijack your happiness, goals or physical and emotional well-being.

They can also be the cause of negative beliefs about you that make you feel helpless, unworthy, unlovable and tied to a painful “story” which is really an illusion.

After Kurt’s **break-free-aha** it took only a short time to release and forgive all concerned from that time, including his Younger Self. The session was complete when he embraced and forgave his Younger Self and promised to act as a wise, supportive Inner Father from now on. Within 45 minutes he was a changed man.

As fear and pain dissolved, Kurt began to feel peaceful and inspired about how to act NOW from his Wise Adult Self.

He booked a second appointment to explore ways he could get back on track with his Life Purpose, which he admitted he had pushed aside to focus on the exciting but destructive distraction of online trading.



I have found that *money issues* are often connected with the father who is the archetype for the hunter-provider and basic security in our life. When we have weak or missing fathering as children, it often shows up as a weak Inner Father with accompanying problems related to money, success and power.

Forgiveness of the Younger Self (at various ages going back to infancy) as well as all the people concerned, are key elements of a **Break-Free Fast™** session.

Guilt, remorse, resentment and self-blame are just some of the “dark emotions” that block our energy flow for health and happiness.

Unconditional love, gratitude and self-acceptance, on the other hand, bring healing and wisdom. Showing clients how to *re-parent* themselves and nurture their Inner Child in an Adult caring way is also vital.

So the really good news is that you can release these buried unconscious self-sabotaging memories and start to live a life you love.

You will be amazed at how fast it can work as Tina’s case study shows.



CASE STUDY:
TINA BROKE FREE FROM A BURIED
TRAUMA FROM AGE 12

I was once invited as a guest on a radio show and asked to demonstrate my work with one of the presenters. An hour before going on air, I met with Tina (35) and spent about 45 minutes with her in the privacy of her office. I elicited a current problem she wanted to address, namely *unsatisfactory romantic relationships*.

Understandably, she seemed hesitant and uncomfortable about opening up and sharing her feelings with me. So I gave a brief introduction to EFT and we started tapping. Sitting face to face, she mirrored me as I showed her how to tap on hands, face and body and think about her uneasiness while repeating phrases like:

“Even though I feel wary of opening up ...I love myself anyway”

“Even though it’s hard to speak about private stuff...it’s okay”

“Even though I feel intimidated by men ...I can choose to love myself anyway!”

“I can choose a new way... its okay to do it my way... choose a new way...”

“Even though this stuff is weird – I’m willing to tap and see what happens...”

Feeling unconditional love and support from me, Tina began to relax and enter into the swing of things! The tapping enabled her to bypass her *thinking mind*. We began to get more specific until within 45 minutes she had a **break-free-aha**.

A painful memory surfaced which was clearly the root cause of many of her current relationship problems. She began to cry, as she remembered something that happened when she was 12 years old –

a traumatic encounter with a man on a train which she had repressed and blamed herself for because she had frozen up at the time.

She realized in a flash how this had “frozen” her ability to speak up for herself as an adult. It had also left her wary of betrayal by both men and women because of what happened subsequently when she turned to those close to her for help. She had always kept her boyfriends at arm’s length as a consequence.

In less than 45 minutes, she was transformed. Thanks to EFT, Tina was able to erase the trauma at source, as surely as if she had pressed the “Delete” button on a computer. She could then imprint on her brain new more empowering choices of how to respond in her life.

She was elated. In our radio interview soon afterwards she stated:
“I feel like a new woman – strong and confident to express myself.”
She then went on to outline her process declaring to tens of thousands of listeners all over the country: *“I just had an amazing ‘AHA’ experience with Caryl, freeing me forever to speak out when I need to.”*





Chapter 2

YOUR BELIEFS GO DEEP

*“All personal breakthroughs begin
with a change in beliefs.”*

—ANTHONY ROBBINS

It’s SHOCKING BUT true – beliefs going back to childhood can be steering your life now.

Let’s say your Adult Self buys a brand new red Ferrari but *unthinkingly* hands the keys to your Younger Self aged 10 years old. One day, driving down the highway of life, you get a sickening jolt: the car is heading along the wrong side of the road into oncoming traffic. You shout and scream at yourself for being an idiot, but the reality is you are out of control. You may “wake up” in the middle of this crisis, yank the steering wheel and pull the car to the side of the road and slam on the handbrake. You have averted a head-on collision – but you are *stuck*.

To continue the analogy, let’s say you phone me from your car and we apply the **Break-Free Fast Formula** right then and there.

STEP ONE:

ASK: “WHERE AM I STUCK?”

ANSWER: “On the side of the road, baffled as to how I got to be here. Scared out of my wits. Help!”

“Our beliefs are taken on board before the age of five or six years old, implanted by our caregivers, families, schooling and society. Like sponges we soaked up how to respond to life, what to think and feel about ourselves and how much we “deserved” things like security, food, love and acceptance.”

STEP TWO:

ASK: “WHAT SET THIS UP?”

ANSWER: “Giving my keys/power away ... but damned if I know when and why.”

STEP THREE:

THE OUTCOME: A BREAK-FREE-AHA

*We tap and talk, applying EFT and intuitive wisdom until we get the ... **break-free-aha**, as you realize that it all goes back to a memory when, aged 10, something momentous or traumatic happened in your life. It may echo the current circumstances just prior to giving the keys of your Ferrari away NOW.*

Our beliefs are taken on board before the age of five or six years old, implanted by our caregivers, families, schooling and society. Like sponges we soaked up how to respond to life, what to think and feel about ourselves and how much we “deserved” things like security, food, love and acceptance. Given the beliefs and ability that were set up **then**, your 10-year-old self was doing the best he/she could with the resources he/she had to drive the Ferrari. But you needed to wake up and take back control of your life and your car and access your “authentic power” **now**.

Similarly, Kurt and Tina each had a life-changing **break-free-aha** based on recalling – *and then erasing the imprint of* - incidents from childhood. These were stored in their unconscious or *other-than-conscious mind* and running their lives NOW.

Their beliefs were about *things* (e.g. money or men) *and* also about their self-identity and how they *perceived themselves* as inadequate at the time of the trauma they went through as kids. Conditioned as children to believe that we are not inherently good. Although those words may not have been said to us directly, we got the message every time we were told that we: “*should have done this*” — “*should be ashamed of ourselves*” — “*shouldn’t have done that*”. So we move through life avoiding at any cost the pain of being disgraced or undignified, diminished, shamed, disillusioned, discouraged and demotivated.

Many of us were conditioned as children to believe that we are not inherently good. Although those words may not have been said to us directly, we got the message every time we were told that we: “should have done this” — “should be ashamed of ourselves” — “shouldn’t have done that”.

Social Psychologist Robert Cialdini says,

“The strongest need in the human personality is our need to act consistently with how we define ourselves.”

Exposing and shattering your shameful or inadequate **identity beliefs** can play a huge part in expanding your goals and success horizons. Such beliefs are more powerful than thoughts.

This explains why “positive thinking” can be misleading as the only way to control the outcome of our goals and dreams. Says revolutionary biologist Bruce Lipton, author of *The Biology of Belief*:

“The primary reason for the failure of positive thinking is that the

programs operating from our subconscious minds, not from our 'thinking' conscious minds, primarily control our lives."

Blocks and negative beliefs are deeply inter-twined. If you're experiencing limitation, struggle or hardship **anywhere in your life**, for example with love, success, money or health, it can usually be tracked back to a belief or imprint set in place during your childhood.

A negative belief that was set up in the past is at the core of most blocks and hijacks your happiness from that time on. As the years pass the belief becomes an expectation which *attracts* more of the same. Attempts to over-ride the belief with your willpower and rational, conscious mind will often prove futile, despite all your *good intentions* and much to your frustration.

FEAR OF FAILURE IS KEEPING YOU STUCK!

Watch out for negative self-talk. The enemy is the voice in your head that puts you down. Lashing yourself with sarcasm or derision is pure poison. Would you talk like that to someone you loved or cherished? No way! Then start treating yourself with the same compassion and love.

Where does that fear come from? CHILDHOOD! You can become locked in your old pain and chained to the past.

Motivation is your life force giving you the energy that enables you to act. **Fear of failure** sabotages you before you even start. What if it is better to FAIL dramatically and learn from your failures? Some of my own "big fat failures" in life have resulted in new exciting directions with renewed success.

Of course as kids we also take on board positive beliefs that get us through life as automatic boosters to help us survive and thrive. Amp these up while you clean and clear the disempowering ones.

The **Break-Free Fast™ Formula** is an elegant way to streamline your mind-body system to achieve your highest potential.



CASE STUDY:
“CLUMSY KLUTZ” SYNDROME

So let's say that you were five years old and tripped and spilled a cup of juice and your big sister or mother screamed at you: “You clumsy klutz”. Perhaps it happened at a family get-together when everyone was a bit hyped up – maybe you even spilled it over your great-aunt. The point is that you registered at an unconscious level a 20-second blip of shame and embarrassment about truly being a “clumsy klutz”. Every time after that when you messed up or failed to be “perfect” the negative belief about yourself was reinforced. No one took you aside and explained that human beings learn to walk by falling and getting up, or that it's okay to be human!

Now you have “proof” from those you loved and depend on that you are shamefully “clumsy”. When you get to school, you find “social proof” of this when you “trip up” in any way and are criticized by your teachers or picked on by other school kids. These are all variations of the same theme. You may avoid certain sports or situations that might make you appear clumsy and by the time you are an adult often say “clumsy klutz” to yourself without thinking, under your breath. With the **Break-Free Fast™ Formula** you can dissolve and resolve the past and “tap in” a new you.





CASE STUDY:
**HOW SEXUAL ABUSE AS A CHILD “FROZE”
MARTHA’S VOICE AS AN ADULT**

Martha was an attractive woman in her thirties. She was a successful pharmacist but lived an isolated life outside her work. She came to me for help in overcoming her chronic shyness and fear of social situations. “I can’t speak to people – when I open my mouth, my voice freezes,” she said, speaking to me in a near-whisper.

What came out in her session were memories of sexual abuse by an uncle which started when she was only four years old – abuse she had never been able to “voice”.

Why? The reason was that her mother had ignored and dismissed her when she tried to talk about it. So she had buried it in her unconscious – along with the belief about it not being safe to express herself or speak up. The consequences were blighting her life 30 years later – until she found a way to *break free* in her session.





Chapter 3

YOUR INNER CHILD

“A grown-up is a child with layers on.”

—WOODY HARRELSON

AS YOUNG CHILDREN we have volatile feelings that can go up and down like a roller coaster. We laugh and cry spontaneously and only later do we learn to mask or deny our feelings. As we get more “conscious” at about the age of six and go to school we may begin to hide our feelings even more for fear of been belittled, criticized or rejected.

The good news is that you can bust your negative belief blocks and replace self-sabotaging patterns with positive empowering ones and then enjoy the outcome. When you release the belief blocks that are holding you back, watch your energy increase and your progress rocket.

There are two key times in childhood when I notice that people get blocked or stuck, as the following case studies illustrate – between the ages of 0-10 years and again in the teenage years.



CASE STUDY:
MARK CRAVED CHOCOLATE AT NIGHT

Between the ages of 0-10 years old.

Mark(44) had an addiction to eating chocolate, often getting out of bed, half-asleep, to go and raid the refrigerator for chocolate in the middle of the night. He attended an introductory “**Break-Free Fast™** with EFT” workshop where we worked on his issue.

His healing occurred during a **break-free-aha**, when he went back to his childhood, to being a boy about 10 years old ... and remembered how he would long for his father to come home from work in the evenings — only to be belittled and rejected by his father and so go to bed feeling disappointed and empty.

To compensate, he’d secretly take a stash of chocolate to bed with him and gorge on it under the covers. After he released his inner hunger for his dad’s love and approval and promised his Younger Self that he would be the loving supportive “father” he never had, the chocolate craving disappeared completely.





**CASE STUDY:
SUSAN WAS DESPERATE TO LOSE WEIGHT**

Between the ages of 0-10 years old.

Susan (48) was a wealthy, well-dressed woman but her obesity was causing her serious health problems. She had failed with every diet under the sun, even a liquid diet when she had had her teeth wired. Her **break-free-aha** came when she recalled her childhood deprivation around food, especially meat. Due to poverty, only her father was given meat at dinner while the kids went without. When her cousins came to visit, her parents would buy them mouth-watering fried chicken take-outs – but Susan and her siblings got none; their stomachs growling, as they politely watched their cousins eating. She cried as she also recalled how her six-year-old self would “suck the meat bones” when her dad sent her to give them to their dog outside. Before our session Susan was obsessed with food, and planning and preparing huge meals for her family when she would gorge on the meat. It was even a standing joke with her kids: “they always give me their meat bones to suck”.

After Susan’s **break-free-aha**, she lost 5kg within a week and continued to lose weight until she reached her goal, applying Emotional Freedom Techniques for herself when she needed it.





**CASE STUDY:
HOW TWO SISTERS WERE SCARRED IN
THEIR EARLY YEARS**

Between the ages of 0-10 years old.

Two teenage sisters – Imogen and Suzanne – were sent to me by their mother who was particularly concerned about the younger sister Imogen. She seemed the “sicker” of the two in that she had been chronically depressed and suffering from the eating disorder, bulimia. So serious had been her condition that she had been committed to a rehabilitation clinic for six weeks and still had not been able to return to work from the time her father had committed suicide - two years previously.

Despite Imogen’s many months of therapy with psychologists and psychiatrists she seemed doomed to a cycle of depression and binge-purge eating. Her mother had been advised that she would have to return to the rehabilitation clinic for a second lengthy stay. This was something her mother felt could be avoided if Imogen was given the right support from an alternative therapist such as myself trained in emotional-energy healing to release the core blocks keeping her stuck.

I agreed to work with Imogen, provided she continued with her medical treatment and visits to her psychologist. I am always happy to work alongside traditional medicine calling myself a “complementary therapist and spiritual-intuitive healer” to ensure there is no confusion about my role. Of course, I never attempt to diagnose or treat symptoms. Nor do I advise on medication.

The older sister, Suzanne, was seemingly the “stronger” sibling. But it soon became obvious that she too was crippled by low self-worth, zero

confidence and a history of destructive relationships with boyfriends, mainly because she felt powerless to assert herself and state her boundaries.

Seeing each sister separately it became obvious to me how each resented the other for getting more attention and love growing up. Imogen thought of herself as her daddy's girl and Suzanne felt more of an affinity with her mother.

As I worked with them over a period of months, it became obvious that their home life had been so dysfunctional and chaotic, and their parenting so inadequate, that the impact on both of them amounted to serious parental neglect.

From their earliest years, their mother was unable to cope; while their father smoked pot and, as it turned out, had homosexual tendencies to abuse young boys. For both girls, the most impactful memories went back to when they were aged four and five and felt rejected and confused (and sometimes scared) because their father insisted on "adopting" two young boys, aged 12 and 14, who came to live with them from a local half-way house for delinquents.

In their father's eyes these boys could do no wrong. A shocking example: when Imogen was five, the older boy (14) had come into her room with a hanky soaked in chloroform and tried to put it over her face so he could abuse her sexually. She managed to escape and run to her parents' bedroom ... only to be fobbed off as "making it all up".

With each **break-free-aha** the sisters had in their individual sessions over the months I worked with them, I could literally see them blossom from hopeless and despairing to strong and empowered young adults.

One concrete example was the **aha** Suzanne had about her hair:

In our initial sessions I noticed she kept her fine blonde curly hair scrimped back tightly with an elastic band.

One day it came up in the session that her low self-worth was steeped

in hatred for her looks, especially her *frizzy* hair. Always attentive to what presents itself in a session, we began to tap and talk on this issue.

Within 10 minutes she accessed a memory about being called a poodle at school because her fine blonde hair was a mass of curls that cascaded about her face and shoulders. This had been an issue all her life causing her to tie it back and hide it under scarves and bands.

Now she cried as she released the pain she had been carrying all the years. Above all she learned how to start changing her **self-talk**.

She realized that she was repeating the cruelty she had suffered in the teasing at school ... but that she didn't have to continue that way. She now promised to do something about helping her Inner Child and by the next session had taken steps to buy a hair-straightening iron and was soon able to let her hair hang straight and free.

Meanwhile, her sister Imogen released and forgave her father for seeming to reject her in favor of the adopted sons. She began to see she had options to take better care of herself when it came to the issues she had with eating and exercise. I also encouraged her to stay in the group she attended for eating disorders with her psychologist as well as taking baby steps to enjoy her life more.

THE OUTCOME: Imogen did not have to be booked into the rehabilitation clinic and six months later she was back at work and had a new boyfriend.

Suzanne went on to graduate top in her studies. She felt confident enough to apply for a job in a different city and today is making a success of her life.





**CASE STUDY:
HOW MEGAN BROKE FREE
FROM WRITER'S BLOCK**

Between the ages of 11-19 years old

Megan had moved from city life to the country to fulfill her Big Dream of being a full-time writer. But she was plagued by writer's block and unable to complete her freelance writing assignments, much less get started on her novel. Her **break-free-aha** came during a telephone consultation when she remembered in her early teens confiding in her father, a powerful Judge, that she wanted to be a writer. His stern response was: "You can't be JUST a writer, you need a proper job". So after school she had trained as a chef and worked in the catering industry. But now she wanted to focus on writing and hence the block.

As we tapped and talked, she released this negative belief and was free to be JUST A WRITER!

Soon after our session she was in the flow, completing five articles in quick succession, and one year later, her novel.





CASE STUDY:
**HOW JOCK WAS HOLDING
HIMSELF BACK**

Between the ages of 11-19 years old

Jock(35) felt frustrated by his lack of success in business, while his older brother was forging ahead as a typical “whiz kid.”

During his session, Jock’s **break-free-aha** took him back to a memory when he was a teenager. He and his brother would go jogging every morning with their father, keeping a steady pace together. But one morning Jock’s brother suddenly took off and streaked ahead, leaving Jock with the dilemma to follow him or to “hold himself back” so as to keep his father company. He chose to be the “good boy” and stay back with his father. That decision became a pattern that was keeping him stuck as an adult. Now he had a chance to truly liberate his Younger Self and give him total permission and encouragement to forge ahead and win in the race of life, while still being compassionate towards others.

The results were dramatic in his work and life and Jock never looked back.



BARBARA BRENNAN AND THE HUMAN ENERGY FIELD (HEF)

American Barbara Brennan, former NASA scientist, energy healer, psychotherapist and founder of the internationally acclaimed Barbara Brennan School of Healing, contributed to my understanding of how this works. In her books *Hands of Light* and *Light Emerging*, she describes the Human Energy Field (HEF), which is also known as the aura, as blocked energy that she can actually see in her clients and help dissolve. Says Brennan:

“What we call the Inner Child is actually a block or more than one block, of split stagnant energy consciousness that was frozen at the time when trauma first occurred, usually at an early age.”

The need to dissolve these blocks and heal the wounds within remains a priority for anyone on a journey of personal growth. Says Barbara:

“When something painful happens as a child, we become startled and hold our breath for just long enough to stop the flow of our energy-consciousness. From then on, when we remember the event, we no longer feel the pain because our emotions have split from our mental energy. As a result, our entire energy field weakens, trapping our creative energy inside the block.”

After a **Break-Free Fast™** session, the feeling of wholeness and integration, peace and authentic inner power, signifies that the frozen energy has dissolved and the “split-off” Younger Self has integrated within you. This is the time to reassure the Inner Child that your Adult Self is now willing and able to be the caring Adult Champion he or she never had before.

All is possible in the timeless zone you now enter during your process. I call it the Zero Point Field where past, present, and even

the future, collapse into the NOW and you can literally change, re-script and vividly imagine a different life story for yourself.

As you clean the windows of your mind and heart, the shiny “diamond” light of your soul or Higher Self shines through. Everything seems brighter and lighter as new insights, inspiration, people and ideas begin to flow miraculously your way.

As you get lighter and clearer, so your life changes effortlessly and easily. You begin to live the life you love!

As you get lighter and clearer, so your life changes effortlessly and easily. You begin to live the life you love!



Chapter 4

YOUR BRILLIANT BRAIN

*“Your brain is the hardware of your soul.
It is the hardware of your very essence as a human
being. You cannot be who you really want to be unless
your brain works right.”*

—DR DANIEL AMEN,

CHANGE YOUR BRAIN, CHANGE YOUR LIFE

THE MOST GRATIFYING part of my work is seeing clients break free from the dungeons and dragons of their past. They get a second chance at life. They get to make new choices. They feel empowered and able to live in the present with joy, love, trust and authentic power.

A look at the latest medical and scientific discoveries about the brain helps validate and explain what happens when you apply EFT and have a **break-free-aha** moment.

Most of our understanding of how the brain works has only come to light during the past 10 years. Previously scientists drew conclusions about the human brain from experiments with rats and primates. But today, thanks to advances in scientific instrumentation, they can now look *inside* the human brain.

Findings on many different aspects of the brain are being documented in medical and scientific journals, in popular movies (*What the Bleep do we know?*), and books such as *The Field and The Intention Experiment* by Lynne McTaggart; *Molecules of Emotion* by Dr Candace Pert; *The Biology of Belief* by Bruce Lipton; and *The Brain that changes Itself* by Norman Doidge.

Norman Doidge is a psychiatric researcher who has carried out extensive research with brain experts worldwide and concludes that the brain is a plastic, living organ that can actually change its own structure and function, even after damage or into old age. Many of the scientists and medical experts he interviewed are on the *frontier* of science with their unorthodox approach and ground-breaking ideas but it is surely only a matter of time before their findings are accepted by mainstream medicine.

Dr Amen found that some people who have been labeled “stupid” or “badly behaved” are actually suffering specific disorders in different parts of their brain

Another brain expert, Dr Daniel Amen of Amen Clinics in California, has pioneered a method of examining and providing physical evidence in computer print outs of just what part of a person’s brain is causing problems or aberrant behavior such as Attention Deficit Disorder (ADD), aggression, or drug abuse.

In his fascinating book *Change your Brain, Change your Life*, Dr Amen describes his pioneering method of treating people by first examining their brains using a scientific method called “Single Photon Emission Computed Tomography” (SPECT).

SPECT measures blood flow and activity patterns in the brain and basically shows areas of the brain that work well, areas that work too hard and areas that do not work hard enough. Once we know how the brain works, the treatment can then balance the

brain function through, for example, calming the overactive areas and enhancing the underactive areas.

Dr Amen found that some people who have been labeled “stupid” or “badly behaved” are actually suffering specific disorders in different parts of their brain which can be diagnosed, and then treated effectively, with a combination of drugs, natural remedies and psychological counseling to change negative behavior patterns and even personality disorders.

I am not a medical expert, but I believe that with EFT we are tapping into the brain in a way described by both Norman Doidge and Dr Amen. I stumbled upon this with a client I will call David.



**CASE STUDY:
HOW TAPPING HELPED DAVID
RECOVER FROM BRAIN DAMAGE**

David (40) was the former director of a listed company and a business consultant by profession. He contacted me soon after I qualified as an EFT Practitioner. Because I was already well-known for my work as a therapist of *The Journey*, he booked a three-hour Journey session with me.

However on the morning of our appointment, he failed to arrive on time. In fact he was *two hours* late!

When he finally arrived, I was most concerned about my busy schedule and explained that as we only had an hour left of our appointment time, would he mind if we did something called EFT involving “tapping” instead?

“Sure,” he replied. *“The reason I am so late is part of why I am here; it takes me several hours to get up and prepare myself for the day. Sometimes*

it's after 5pm before I can get going. This is a result of something that happened to me nearly 10 years ago during a medical operation when I was given a huge overdose of anesthetic, experienced cardiac arrest, and as a result my brain was deprived of oxygen for several minutes. In other words, I legally 'died'. When I came out of the coma it was as if I had had a stroke.

“Over time I regained my speech and ability to walk but most of the higher mental functions only recovered very slowly. Also, it remains impractical for me to work as I still suffer badly from Obsessive Compulsive disorder which renders me essentially a prisoner in my own apartment. I have an inability to track time: I start brushing my teeth and an hour goes by before I realize it.”

For many people the greatest fear in life is death or dying. But this was not true for David.

“Technically I already died,” he said. “No, my biggest fear is that one day I might end up like a vegetable in a wheelchair.”

He described how he loved to play and coach soccer and also wanted to return to his successful career as a business coach and consultant.

As he continued with his story, I showed him how to do EFT – so he could ***tap and talk simultaneously***.

I took David through his session using the same three-step formula that later crystallized into my **Break-Free Fast™ Formula**.

STEP ONE: ASK: “WHERE ARE YOU MOST STUCK IN YOUR LIFE RIGHT NOW? WHAT’S THE BLOCK?”

[This is not a question requiring an answer from the “thinking mind” – it opens the way during a tapping session for the frozen or split off parts of the inner child, buried in the unconscious, to reveal his or herself.]

As we tapped and talked it transpired that he actually feared getting 100% better and successful in his life because...

“Whenever I pull myself up on my feet after a crisis, something awful always comes along to knock me down again.”

This was a belief running his life. It was buried deep somewhere in his unconscious and was holding him back from healing one hundred percent.

My work was to help him uncover and clear the belief – at its source. So we proceeded to Step 2.

**STEP TWO: WE ARE SEEKING AN ANSWER TO THE QUESTION:
“WHAT SET THIS UP?”**

What might have happened in his past, going back to childhood, to set up a belief or recurring pattern of being “knocked down” when he got going and standing on his own two feet? He proceeded to tap and talk about five set-backs that had occurred to him as an adult. One by one we “erased” the intensity of each incident or aspect of his bigger problem. In EFT we use the analogy of chopping the various branches off a tree until the tree itself can be uprooted.

Going even further back into his childhood, we hit the memory that had set it up.

It was connected to his older brother who had bullied him all his life. This was a harrowing story of continual emotional abuse and physical bullying which David had suffered stoically throughout his childhood.

Even as adults, his brother had continued to belittle and bully him, hounding him out of a lucrative business partnership and even trying to kill him when he discovered he was bi-sexual.

STEP THREE: THE OUTCOME: A BREAK-FREE-AHA

David’s big **break-free-aha** went back even earlier to when he was about 18 months old.

“I was just learning to walk. As I got up on my feet and took some

baby steps forward, my brother came at me with his fist and slammed it into my stomach. I fell down, winded, in agony, crying.”

Tears flowed as he released this memory, tapping with EFT. By the end of his session, which lasted under an hour, he had released a life time of anguish, beginning with that key episode as a toddler. He now felt empowered to take his life back from the past.

Because I was going away for a few weeks I encouraged David to continue to do daily tapping and to return for another session when I got back. As I said good-bye to him that memorable day, I had no idea of the miracle that had transpired and how it would transform his brain and his life from that time on.

David described it as follows in a written testimony for me:

*“After that single session the results were dramatic to the point of miraculous. I was immediately, **from the very next day**, able to wake up, go through a normal ‘get ready for work’ routine, and be out of my flat within two hours and do a day’s work.. This was compared with my previous record of sometimes taking 5 or 6 hours to get going as I repeated the same function, like brushing my teeth, over and over again.”*

Within a few weeks David had re-organized his home-office; completed more than seven years of outstanding tax returns; bought a new car; acquired new clients for business consulting and by the end of the year had tripled his income.



David’s case study is consistent with the findings of psychiatrist Dr David Servan-Schreiber. He talks about the “two brains within the brain”: emotional and cognitive.

Servan-Schreiber, in his book *Healing without Freud or Prozac*, describes the workings of our two brains based on research

carried out at the University of Pittsburgh:

“At the heart of the human brain is an emotional brain. It is surrounded by our outer cortical ‘cognitive brain’ which is responsible for language and abstract thinking. The emotional brain is made up of different neural tissue and is responsible for emotions and instinctual control of behavior”.

This *brain within the brain* governs our psychological well-being and the working order of the heart, blood pressure, hormones, the digestive system, and even the immune system. Given half a chance, it is primed to heal.

Dr Servan-Schreiber explains:

“Emotional disorders result from dysfunctions in the emotional brain. For many people these dysfunctions originated with painful past experiences that have no relation to the present yet still continue to control behavior.”

Other research into the two brains within the brain explains why years of talk therapy often do not work. Talk therapy takes place at the level of the *cognitive brain*. However, complementary therapies, such as Emotional Freedom Techniques, access the *emotional brain*.

Intense incidents (both painful and positive) from our earliest years – particularly up until the age of six, are imprinted into our emotional brains or unconscious minds. Everything that happens to us thereafter is processed through the filter of this original imprint which tends to “prove” it is as true.

I believe that one of the ways we can assist the brain to *work right* is to clean and clear the fuzzy logic of negative beliefs and programmes stored from the past. However, change doesn’t happen in the *thinking brain*. It happens via the emotional brain. You have to go through an emotional shift ... you can’t just think or talk it through.

But there's more ... the latest brain research also explains why and how an event gets seared into our *emotional brain* in a fleeting 20-second dip.

“When we experience the fight, flight or freeze syndrome, our brainwaves get faster and hotter.”

HOW THE BRAIN “HOTS UP”

Our primitive “cave man” brain responds to an emergency (for example, the tiger or lion in our path) by *hotting up*. When we experience the fight, flight or freeze syndrome, our brainwaves get faster and *hotter*. Let us back-track for a minute and explain the four basic brainwave patterns:

- DELTA occurs when you are unconscious or in a coma. These brainwaves are very slow, less than 3,5 cycles a second.
- THETA occurs when you go into normal sleep and your brainwaves go to 7 cycles a second. Moments of intense pleasure and pain also produce theta brainwaves.
- ALPHA is the state just before you go to sleep and before you awake, brainwaves are faster – between 7 and 14 cycles per second. Meditation, prayer, and relaxed waking alertness also produce alpha brainwaves.
- BETA is when you are awake and aware of time and the world around you (sights, smells, touch and sounds). Brainwaves speed up to 14 cycles per second and higher.
- HIGH BETA occurs when you start getting worried, stressed, confused or panicked.

THE 20-SECOND DIP

When you go into *shock* under very stressful situations, your brainwaves first get faster (High Beta). But if the distress is severe

enough, at the critical point of the event your brain waves suddenly take a **major dip** into Theta waves, for about 20 seconds, before returning to the speed of Beta waves.

This sudden dip corresponds to what is called shock and in that moment you may appear to be wide awake but you are deep in your unconscious mind – the mind is operating as if you are asleep or dreaming. Any thoughts or feelings planted during this dip are not processed through your logical, realistic, reasonable and conscious mind. They are literally planted directly into your unconscious.

In the dip you may generalize about life based on only one specific incident and the resulting beliefs **get fixed for life**.

When the crisis is over, you will probably not remember what happened during those 20 seconds ... but it will have a profound effect later. The origin of most unconscious beliefs tends to be located in these 20-second dips, especially during stressful events.

For example, a little girl who witnesses her father beating up her mother may set up an inner belief that all men are potentially dangerous which affects her ability to be trusting and intimate in any future relationship she tries to enter into as an adult.

The **Break-Free Fast™ Formula** is a gift to liberate you from this trap and empower you with new choices to live the life you love.



CASE STUDY

HOW EMOTIONAL PAIN SHOWED UP AS A BURST EAR DRUM IN GINNY

A young mother, Ginny, came to me suffering from a burst ear-drum. Despite three courses of antibiotics, the ear showed no improvement. She was facing surgery because the doctors said it might be an inherited defect needing repair.

The result of our session was astounding because her body had a story to tell. Throughout her childhood she had had to put up with people at home and school “deafening” her with cruel words and taunts. Her current chronic ear infection she tracked back to a recent visit from her mother-in-law during which she was followed around the home being harangued non-stop with things she really did not want to “hear.”

As part of the healing session Ginny released the feeling of being a victim and felt empowered to say “NO”. She left me feeling peaceful and strong. Miraculously when she visited the doctor nine days later, she heard the good news that her ear was 50% improved. She did not need the operation as the ear went on to heal perfectly.



CASE STUDY

HOW A “SHOCKING” PHONE CALL POSSIBLY CONTRIBUTED TO LORIAN’S RUPTURED EAR DRUM

A related story concerns my daughter Lorian who about eight years ago suffered a chronic ear infection which turned into a ruptured ear-drum. For a long time we went the medical route, even having the ear drum surgically repaired.

But one day I got an insight that its root cause was connected to the time, two years previously, that I had to tell her the tragic news over the telephone that our beloved dog Sparky had died in the devastating house fire I wrote about in the Prologue.

The emotional shock of the call and subsequent grief that was too painful to process at the time, were, I believe, linked to the torn ear drum. By doing emotional and energetic repair work with EFT, we gave the ear a far better chance of permanent healing. Lorian has not been troubled by the ear – or traumatic memories of the fire - since.



Chapter 5

YOUR EMOTIONS CAN GUIDE YOU

“Following your feelings will lead you to their source. Only through emotions can you encounter the force field of your own soul.”

—GARY ZUKAV, *THE SEAT OF THE SOUL*

IN THE REMAKE of the movie *The Italian Job*, safecracker John Bridger (played by Donald Sutherland) asks Charlie Croker (Mark Wahlberg) how he feels.

“*I’m fine*”, says Croker.

To which Bridger replies, “*You know what ‘fine’ means don’t you? Fu**ed up, Insecure, Neurotic and Emotional.*”

When someone asks you how you are, saying that you are “fine”, “OK”, or “not bad” is a polite or unconscious way of keeping your distance from them; but more importantly it can also mean you are out of touch with yourself. Each emotion is a current of energy running through you bringing a message which contains important information about your *state of being*.

I’m not suggesting you wear your heart on your sleeve with every person who asks you how you are. But it is vital to develop *emotional intelligence* with yourself and to name and manage your feelings.

Why? Because you can’t heal what you don’t feel. Your life lessons

come wrapped in these feelings, so your best bet is to unwrap them and look inside!

Numbing out, distracting yourself, or burying your feelings are all strategies that underlie addictions. They will keep the pain at bay for a limited time only. Instead of disappearing, the buried feelings will keep turning up like bad pennies over and over again, their message getting louder and louder and your life getting more stuck or off course, like a ship or plane with a faulty radar.

“STREET LIGHTS ON A DARK NIGHT THAT ILLUMINATE THE ROAD”

This is how Gary Zukav and Linda Francis describe emotions in their book *The Heart of the Soul*. They say that when we are living in *authentic power* we experience the world, others and ourselves with love and trust rather than fear and doubt. Fear and doubt produce painful emotions like anger, jealousy, grief, and vengefulness. Love and trust produce positive emotions such as gratitude, contentment and joy.

Louise Hay, world-renowned self help guru and author of *You Can Heal Your Life*, says:

“The innermost belief for everyone that I’ve worked with is always: ‘I’m not good enough!’ Everyone is suffering from self-hatred and guilt to one degree or another. ‘I’m not good enough’, ‘I don’t do enough’, or ‘I don’t deserve this’, are common complaints. But for whom are you not good enough? And by whose standards?”

Some of the core feelings and beliefs we suppress include the following, with examples of the words we tell ourselves in self-talk shown in italics:

- Worthless: *I’m just not worthy of respect or love.*
- Unlovable: *No one finds me attractive or lovable.*

- Not good enough: *Compared with [name] I'm a nothing, a nobody.*
- Insignificant: *I'm not important enough to be noticed or to matter.*
- Weak and helpless/ blaming: *It's his/her fault...I'm a victim.*
- Defective: *Something is wrong with me. I'm too fat/thin/ uneducated/old etc.*
- Can't do things right: *I always screw it up.*

It's not true that you are worthless, unlovable or circumscribed by any of the negative feelings listed above. You are hurt and it's a hurt that you will do almost anything to avoid feeling. It is the avoidance of this hurt that gives it power.

The **Break-Free Fast™ Formula** dissolves and resolves the hurt at its source. To heal this hurt and to be free inside, you need to make the hurt conscious, which is the opposite of fighting it.

WHAT YOU RESIST PERSISTS

As adults, when someone pushes your buttons and upsets you, it is a sure sign that you are resisting feeling a suppressed hurt from the past. The more you repress and resist an old emotional wound, the more powerful it gets. Eventually it can manifest itself physically as minor aches and pains or, worse, progress into a more serious disease like cancer.

It is the automatic avoidance of the hurt that will sabotage your life. Finding and healing buried hurts and hidden feelings is one of the most important things you can ever do.

MANAGING YOUR NEGATIVE EMOTIONS

In addition to the negative core issues we take on board as kids, we find that throughout life we experience loss, grief, vulnerability, anger or fear. Our culture tends to push these emotions into the dark. Collectively we spend millions on distracting or escaping from these feelings using alcohol, drugs, food, work, possessions, sex or entertainment. The truth is you can't find a vaccine or cure-all to eradicate emotional suffering.

In *Healing Through the Dark Emotions*, psychotherapist Miriam Greenspan says there is wisdom in dark emotions. The skill lies in feeling them fully rather than denying or avoiding them.

I tell my clients that *negative* emotions like anger, blame and frustration can be a catalyst to set healthier boundaries for themselves. Anger can *fire them up* to make a move towards what is right and good for them.

COMPOSTING THE GARDEN OF YOUR LIFE

When I was depressed many years ago and working through my feelings by keeping a journal and going to art therapy, I came to recognize that my painful emotions were like “compost” for the garden of my life – slimy, smelly and painful when first unearthed, but given time in the compost heap, they had the potential to provide a rich mulch to bless my life in the future with a garden flowering with wisdom, understanding and love.

Repressing negative emotions is only a temporary solution. Sooner or later the feelings will make themselves known. It takes a lot of your vital energy to repress emotions, and repressed emotions lower your energy and immune system. Emotions that are not felt and released but buried within the body or in the aura can cause serious illness, including cancer, arthritis, and many other types of

chronic illnesses.

Brandon Bays in her book *The Journey* describes how she healed a uterine tumor the “size of a football” in six-and-half weeks by going within and facing the pain connected with childhood abuse. Accessing the buried pain, feeling it fully and expressing it out loud, all helped her release it from her system. She was then able to forgive deeply and heal completely.

MY HEALING JOURNEY

One of the most valuable things I learned by working and training with Brandon was to open up to all feelings. This was something I had not learned to do appropriately as a child. In a workshop one day, she noticed me recoiling when someone was sobbing in floods of tears. Brandon said to me: “*Caryl, open wider, open as wide as the world.*”

She meant, let all feelings arise and flow through you. Once the feelings had been expressed and released and new empowering resources (like courage, confidence, wisdom) taken on board, the feeling of peace, joy and well-being was fantastic and usually led to powerful transformation and clarity in the days and weeks to follow.

THE HEALING POWER OF EMOTION

Above all, I learned how emotions are the *gateway to the soul* because when you feel a feeling fully and then drop through it to the next layer of emotion – and then again through that – eventually you come to a place of infinite peace and joy – what many wise ones have described as enlightenment or awakening, also called (as in my Formula) Source or Soul.

Cellular biologist Dr Candace Pert, explains the power of our

emotions scientifically in her acclaimed book, *Molecules of Emotion, The Scientific Basis Behind Mind-Body Medicine*. She also appears in the movie *What the Bleep*, in which she says that there is a biochemical response in the body for every emotion we experience. When you suppress an emotion it releases a specific biochemistry into the blood stream which will go to certain cell receptors and block them. When they're blocked, they cannot communicate with any other cells in the body and this can result in disease.

Like light, emotions exist both as energy and as matter in the vibrating receptors on every cell in the body. Our bodies are “hard-wired for bliss” because body, mind and spirit are inseparable.

FOR THERAPISTS

It's vital when facilitating a **Break-Free Fast™** session to be comfortable with your client's feelings and encourage expression of all emotions. But first you need to heal your own past pain and stuck feelings of hurt. This will enable you to hold a safe caring space for your clients, where all feelings are welcome and breaking free happens easily and swiftly.



CASE STUDY: JILL HEALED A LIFETIME OF HEART- BREAK

Jill (30), an acquaintance of mine in the UK, was looking visibly upset when I bumped into her one day.

“What’s wrong? You look like you’ve just seen a ghost,” I said.

“Worse,” she retorted, *“I’ve just seen my boyfriend with another*

woman and I suspect he's been cheating on me."

She began to cry. *"We're supposed to be going away for a week together soon. I don't know what to do."*

My intuitive "coach" side kicked in. "Is this a pattern you've had in your life before?" I asked.

She nodded. *"Oh yes, many times. Each time I've been in love and feeling secure in a steady relationship – the man suddenly leaves me or breaks it off."*

I offered to take Jill through a quick process of "tapping and talking" in a **Break-Free Fast™** session. Making sure we would not be disturbed, we began to tap and talk, starting with the shock of seeing her boyfriend with another woman. As she lessened the intensity of these immediate feelings with EFT, Jill began to back-track through her life to other specific memories. This is the process we followed:

STEP ONE: ASK: WHAT IS THE BLOCK?

Jill's block was having any man she deeply loved always leaving her.

STEP TWO: ASK: WHAT SET THIS UP?

Where in her life did something or someone set up this belief or block? This is an open-ended question with which to begin a process. Jill had always been close to her father but, when she was five, he had a heart attack and died. Her mother and the rest of her family were so focused on their own grief that she was left alone to deal with hers.

STEP THREE: THE OUTCOME: A BREAK-FREE-AHA

Feelings of being bereft, abandoned and heart-broken, all surfaced now as Jill accessed and released the pain. Next we set up an imaginary "camp-fire" at which her Adult Self could embrace and console her Younger Self. We also called in her Father to dialogue with both of them.

She needed to empty out her pain, and even express anger at her father for leaving her. Only then could she truly forgive him. In the process he spoke of his love for her and told her he was always there for her in spirit if she would just get quiet and tune into his love. We asked if there were resources that he could give her to take with her now, what might they be? He gave her courage, wisdom, love, laughter and joy.

Jill really got it, that she had been responding to her boyfriend's perceived infidelity from the helpless *victim* level of her Younger Self who was *terrified* of losing her father's love again. Instead, she now felt strong and empowered to live her life with or without her boyfriend and to handle the relationship accordingly.





Chapter 6

YOUR DIVINE LIFE PURPOSE

*“We are continually faced by great opportunities
brilliantly disguised as insoluble problems.”*

—**LEE IACocca**, *PHILANTHROPIST
AND FORMER CEO OF CHRYSLER*

I BELIEVE THAT each of us comes into this life with a personal mission or Divine Life Purpose. When your Ship of Life is on course, things feel good, as if you are sailing with the tide, supported and “in the flow”. But when you go off course you begin to feel unhappy, frustrated and confused. Eventually a crisis may halt your life and it’s as if your Ship is stuck on a sandbar. The pain and frustration will only lessen when you begin to excavate the sandbar and eventually can set sail towards your dreams and goals. Once you’re back in the flow and on track with your Life Purpose, then all is well and **you live the life you love.**

Everything that has happened in my own life – especially being forced to start over in my 50s – proves to me the certainty of this truth. Sometimes, to paraphrase the Bible, you have to “*lose everything to gain your soul*”. Author and medical intuitive Carolyn Myss emphasized this in a workshop I attended in 2000

when she said:

“People say they want to find their life purpose – but they are not so pleased to find out that it does not always come with a corner office and a fancy car!”

In his book *The Breakthrough Experience*, Dr John de Martini says:

“You have a purpose here on Earth. Your purpose is clear when you’re guided by your soul ... Your purpose is the ‘why’ that draws to you the ‘hows’ in order for your ‘whats’ to come true.”

Losing track of your purpose, or your *why*, can often be linked to the reason you get ill, according to Dr Rudolph Ballentine, director of the Center for Holistic Medicine in New York City. As he explains in his book *Radical Healing*:

“When I sit with patients, I really take a lot of time to find out what their lives are about. What is the spark of passion and interest and creativity that is their expression of the divine? And I make it clear that if they’re not moving forward with that, then they will be sick. The first response is: ‘is a doctor really saying this?’ And then there are tears as people realize that yes, this is what’s important to me and it hasn’t been happening for me. And I have to clear away some things in my life so I can really do what I came here to do.”

Dr Bernie Siegel, world renowned author and advocate of treating patients medically with extra love and care, says in his bestselling book *Peace, Love & Healing* that every illness holds a message and meaning that will *“speak to us of our path and how we have strayed from it, so that our life is no longer a true expression of the inner self.”*

Once I show my clients how to use the **Break-Free Fast™ Formula** to break free from their current stuckness and painful patterns, then

they are able and willing to see the bigger picture of their lives and the “metaphor and meaning” of what they have been going through.

Once they release their fears I can then coach them to look for the gift or opportunity buried within the physical illness, emotional pain, chaos or forced change facing them. *And buried in that will be the shiny gem of their Divine Life Purpose.*

WHY IT'S IMPORTANT TO “FEEL GOOD”

Abraham-Hicks in their teachings on the Law of Attraction, emphasize what I have come to call the “feel-good-factor”. They say: *“Nothing is more important than that you feel good.”*

Hearing this revolutionized my life. Why? Because I learned that feeling good is like an emotional compass needle indicating

*Feeling good is
like an emotional
compass needle
indicating precisely
what is right for you
and your destiny!*

precisely what is right for you and your destiny! I used to be so disconnected from my authentic self that I found it difficult to grasp this fully.

I had put others first in my life for so long that I had lost track of my own needs and wants. I didn't know what made me feel good! What I DID know was that I was stuck and unhappy. I was fed up with leading a life that was off-track and going nowhere.

I was sick to death of all the self-help books and workshops that did not result in lasting joy and self-fulfillment. I felt well and truly STUCK.

After discovering the Law of Attraction, I systematically applied it by:

- Learning how to **feel good**
- **Allowing in** all the good that I could summon through my most intense desires.

- **Focusing** on what I *did want* rather than what I *did not want*.
- **Practicing Gratitude daily.**

I discovered a key secret was allowing the energy to flow in from Source or Divinity – a flow that is always available but which gets cut off or disconnected – like having a kink in your hosepipe. I set out to find my own “kinks” and set myself – and others – free.

Once you are connected and at one with your Source you are one with your divine nature as a spiritual-being having a human experience.

If you could feel truly good in every moment, free of negative beliefs and self-talk, released from all negative programming and fully present in the now, then you would be “enlightened”. You would be in touch with the Divinity, Source or Higher Power that guides you and is referred to variously as Divine nature, God, All-that-Is, Divine Grace, Spirit Most High, Divine Spirit, the Universe. Zen Buddhists often call it Big Mind – the field of supportive, pure being.

In my **Break-Free Fast™ Formula**, I refer to the connection to your Source or Diamond Self. Once you are connected and at one with your Source you are one with your divine nature as a spiritual-being having a human experience. You are “awakened” as Dr Joe Vitale puts it in *The Awakening*.

The more I learn about people fulfilling their Life Purpose on a huge scale, the more I am convinced that there is a defining moment when you *know* what you must do on your life path. I am not saying it’s the same for everyone but when you get aligned, inspired and in the flow with the work, action, mission you were born to do—i.e. your life purpose – it feels good (very good).

BYRON KATIE AND THE WORK

For example, when internationally acclaimed author and self-help teacher Byron Katie suddenly woke up with an *aha* that her unquestioned mind was driving her crazy and that simply asking four questions could transform herself and others, did she know at the time her insight would become a worldwide movement called The Work, helping millions of people? Hardly – at first she just wanted release from her prison of pain and found that by following the steps that came to her in her own awakening, she could feel peaceful and connected. Later it felt good to write a book and share her awakening with millions of others.

I met and worked with Katie as her promoter when she came to South Africa several years ago. The wonderful thing about Katie is that she struck me as having little or no “ego”. Whether staying on stage long after her show had ended to speak to people who came up to question her further... or graciously accepting the eggs I made her for breakfast one morning as “just perfect,” Katie never complained or criticized. She lived her truth of loving acceptance of “what is” with pure sweetness and love.

SHE WAS ONCE A “WICKED WITCH”

Yet Katie admits in her books that her family once regarded her as the “wicked witch of the west” because she was such a raging tyrant “filled with self-loathing and constant thoughts of suicide.” Her transformation came through her “awakening” thanks to Four Questions, described in her book *Loving What Is*, that brought her “freedom and joy”. You can learn more at www.thework.com and do “the work” for yourself.

BUCKMINSTER FULLER

Equally inspiring is the story of Buckminster Fuller, who was thrown out of Harvard and at the age of 32 felt that he was a failure who had made a mess of his life. One night he even contemplated suicide by leaping off a mountain. Instead he decided not to end his life but to live his life, from that moment on, as if he had died. Being dead, he could stop worrying how things worked out personally and could live as if he were a representative of the Universe. The rest of his life would then seem like a gift. He decided to keep asking himself one question and to continue asking that question, doing whatever came to him, following his nose, working for humanity as an employee of the Universe at large:

“Pollution is nothing but the resources we are not harvesting”.

**BUCKMINSTER
FULLER**

“What is it on this planet that needs doing that I know something about, that probably won’t happen unless I take responsibility for it?”

By the time he died, he was an international celebrity, inventor, architect, engineer, mathematician, poet and cosmologist, also referred to as one of the most enlightened mystics of the last century. He is remembered for inventing the geodesic dome and for the maxim: *“Pollution is nothing but the resources we are not harvesting”*. Why did Buckminster Fuller do it all? A colleague once said of him:

“He saw our planet as ‘Spaceship Earth’. He secretly took the responsibility of being a ‘ship’s captain’ and with passionate intent made his goal helping to care for the whole planet Earth and its resources; undertaking to protect and advance all life. He found greater effectiveness in his work when doing so entirely for others.”

At the end of the day, you can bet it made him feel good to live and produce ideas that would serve humanity and planet earth. He was following his heart and an inspired vision. Above all, I like the thought that he was playing the game of life as the ship's captain of Spaceship Earth.

BABY STEPS – NOT QUANTUM LEAPS

I am still on a journey to maximize my self-worth, self-confidence and to fulfill my dreams and Life Purpose. But the difference is that the better it gets, the better it gets! Ten years ago when I started my mid-life journey I learned the wisdom of NOT trying to make huge “quantum leaps” towards a goal or vision but instead manageable **baby steps**. This is referred to as “chunking it” in (NLP) Neuro Linguistic Programming.

So take action – no matter how small - after you first clean and clear the blocks and glitches on the path. Once you know what you **don't want** the rest will begin to flow beautifully because you can turn your focus and attention towards what you **do want**. What makes you feel good, moment by moment? Let magic and miracles start to happen. This is what teachers like Abraham-Hicks mean when they say you just need to change your vibration to allow in all the good you desire.

They put it this way:

“The amount of time it takes you to get from where you are to where you want to be, is only the amount of time it takes you to change the vibration within you. Instant manifestation could be yours if you could instantly change the vibration.”

(Abraham-Hicks workshop in San Diego, CA – 23 Aug 2003)

Feeling good is what everyone is calling “the missing secret” when it comes to success with the Law of Attraction.

I agree totally with the sentiments of actress and film star Shirley McLaine when she says:

*“I think of life itself now as a wonderful play that I’ve written for myself, and so my **purpose** is to have the utmost fun playing my part.”*

What I have discovered is that when you feel happy, you attract what is right for you. Success is not about striving or “paddling upstream”. In fact whenever I find that I am taking myself or my efforts too seriously I go out and enjoy myself. It makes me feel good and results in real miracles and magic!

Applying the **Break-Free Fast™ Formula** will clear the way for YOU to begin writing the perfect script for your own wonderful life. . . the life you love.

THE LAW OF ATTRACTION AT WORK & PLAY WITH DR JOE VITALE

Take the adventure of writing this book. For many solitary months I secluded myself at home on the Isle of Wight (my husband was away in the Middle East on a work project) and focused only on writing.

I was following the sage advice of best-selling Australian novelist Bryce Courtney who once told us in a workshop on How to Be a Writer:

“Firstly, you need bum-glue. Put your bum on the chair for hours on end and ...write.

Secondly, you need a dead-line.

Thirdly, you need to say to yourself every day: ‘I AM A WRITER’”

What he didn’t say was what to do when you start to struggle and find yourself like the mythical Sisyphus pushing your book project like a huge rock up the mountain — and then watching it roll back down on you! So like all good EFT therapists I used the tapping on myself to *break-free*

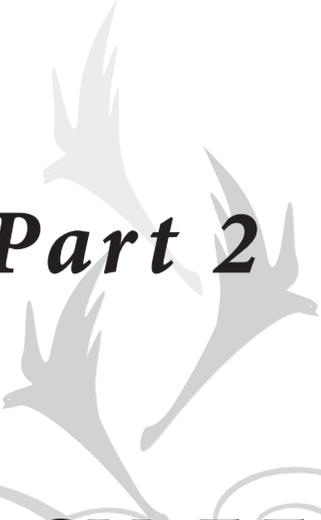
from the drudgery and tapped in a new intent of ease, joy and relaxed focus to finish my book.

I was writing full out, but I now intended to add playfulness and fun into the process. My intentions were answered when I opened an email that asked hypnotically: “Do you want to be in my movie?” It came from Dr Joe Vitale, one of the stars of *The Secret* and many other inspiring movies. He wrote about the Miracles Weekend he was planning later in 2008 in San Diego. The weekend was to be filmed, and included a small Mastermind Class for the first 14 people to enroll.

My heart leapt and all my intuitive senses said YES YES YES! I’ve got to be there! I just knew how good I would feel to be there – that my book was almost finished and needed one final touch: asking Joe to write the Foreword. But I also wanted some relaxation in the California sun and the venue, the Catamaran Hotel and luxury Spa, seemed just the perfect place to unwind while making miracles!

I took inspired action and booked on the spot. I was blown away with elation, inspiration and the feel-good-fast factor at the weekend as Joe and his fellow speakers plus some amazing delegates uplifted and inspired me.

The buzz from that experience has carried me forward exponentially—and all because I chose to follow my feel-good inspiration and the Law of Attraction.



Part 2



EASY EFT



WHAT IS EFT?

“Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools as it is for me.”

—ERIC ROBINS, MD

EMOTIONAL FREEDOM TECHNIQUES (EFT) is the primary emotional-energy releasing tool I use in the **Break-Free Fast™ Formula**. It is a meridian or energy therapy like acupuncture. But instead of needles, EFT uses fingers, thoughts and feelings to help you heal from physical and emotional problems. Some call it “psychological acupuncture”.

TRY IT ON EVERYTHING TO OVERCOME ANYTHING.

Your fingers do the tapping on what ancient Chinese healers called *meridian* or *acupuncture points* while you think of a problem, the more specific the better. This releases the stuck energy in your body’s energy system; a block which was set up when the problem

first started and which is disrupting your body's innate healing power to be vital, strong and whole. Using EFT is like pressing the "delete" button on your body-mind computer and then rebooting.

EFT combines two well known healing concepts:

1. Meridian therapies which focus on the BODY to release stuck energy
2. Intentional therapies using the MIND to heal the body's unseen field and to re-direct it towards health and well-being.

The outcome is a holistic, effective and fast way to heal and grow. It is simple, fast and free! An estimated one million people worldwide have received the benefits of EFT. You can apply EFT on your own, with a friend/partner, or under the skilled facilitation of an EFT practitioner or therapist. Coaches, sports performance trainers, psychologists, doctors, religious ministers, counselors and complementary therapists use EFT for fast effective results.

ENERGY HEALING

EFT falls under the umbrella of a wide range of Eastern (China, Japan, and India) therapies also referred to as *energy healing or energy medicine*. What they all have in common is that they tap into the human energy system. The roots go back to ancient practices like acupuncture and Qi Gong, which utilize and harness the energy flow along meridians criss-crossing the body. Meridians connect to all our nerves and vital organs, delivering a flow of energy to help balance their functioning.

The focus is not on diagnosing symptoms or treating illness but rather on restoring the natural flow of energy within the body, making it vital, strong and healthy.

So when we ask: "What's the block?" in the **Break-Free Fast**™ **Formula**, we are seeking the cause of disruption in the energy flow

in order to restore balance and vitality and total well-being.

What disrupts this flow of energy in the first place can be physical traumas like a car accident or a bad fall and also emotionally traumatic events like death, divorce, rape or feeling like a victim, especially in childhood.

NEGATIVE GLITCHES JAM YOUR SYSTEM

Your body is like an electrical energy field which gets jammed by painful past incidents, causing *negative glitches* which continue to affect you now. As time goes on, you expect, believe and thus *attract* similar events to add to the block.

Eventually this slows you down and cuts you off from your Source and thus diminishes your power, passion, and purpose. You lose touch with joy, love, inner peace, as well as vibrant health, until one day you grind to a halt feeling stuck or sick.

Releasing energetically goes hand-in-hand with healing emotionally. Whichever way you work it, you are letting go of an energy block or disruption containing stagnant or repressed emotion and the results are freeing and empowering.



CASE STUDY: HOW THOMAS OVERCAME FEAR OF INTIMIDATION

One of my clients, a burly Black Zimbabwean, Thomas, was studying for his doctorate in Cape Town. He called me for a session because he was stuck and depressed about harsh, angry treatment by his White supervisor in the doctoral department at the university.

“I dread going into the laboratory every day to face this man and the stress and anxiety is nearly killing me,” he said.

My rational mind might have presumed automatically that this was a “racial” issue because his supervisor was an Afrikaans White man and thus symbolic of apartheid, the abhorrent political regime of racial segregation instigated by the Afrikaans National Party government for more than 40 years until 1990 in South Africa.

Right?

Wrong! When it came to the originating emotional trigger of his anxiety – it turned out to be his domineering mother and her cruelty to him in childhood.

After several “rounds” of tapping he hit this deeper layer of pain. Tears and an almost primal sound emerged from his throat as he let go from his body-memory the daily dread of going up the garden path after school because of the screaming and physical beatings that awaited him from his mother. I watched him literally “cough up” from deep inside his body, the stuck energy.

Once clear of the pain, and after a process of love and forgiveness for himself and his mother, we installed new empowering resources into his mind-body-energy system, just like you would re-programme your computer after deleting a faulty glitch hampering its effectiveness. He left feeling powerful, confident and released from the prison of his fears.



YOU CAN CHANGE YOUR LIFE

“You can change your life” is not wishful thinking or an empty promise but a practical reality thanks to emotional-energy healing with EFT and the **Break-Free Fast™ Formula**.

Your body is more powerful than you can imagine, filled with

life, energy, and a compelling ability for self-healing. Now you can take control of that power! Why should you, or anyone else, live a crippled half-life of pain or quiet desperation now because of events which happened to you in the past?

HOW MODERN TAPPING STARTED

THOUGHT FIELD THERAPY

Today's healing revolution called "tapping" began in the USA in 1980 with cognitive psychologist Dr Roger Callahan who discovered it accidentally. (See Case Study: **How Dr Callahan Discovered "Tapping" to Cure Mary's Water Phobia**).

The discovery of the miraculous power of "tapping" on acupuncture points while thinking specifically of a problem revolutionized Callahan's practice.

"Before, the success rate for curing phobias by psychologists – including myself – was only 5%. Now the success rate has surged to 98%!"

So says Callahan in his book ***Tapping The Healer Within***.

Prior to that discovery he felt that too many of his clients were trapped in years of expensive therapy, talking endlessly about their life experiences but with no change or help. Thanks to Thought Field Therapy and its many off-shoots, particularly Emotional Freedom Techniques (EFT) a healing revolution is sweeping the planet!



**CASE STUDY:
HOW DR ROGER CALLAHAN
DISCOVERED “TAPPING” TO
CURE MARY’S WATER PHOBIA**

In 1980 Dr Callahan had a client called Mary in her 30s who had a chronic lifelong water phobia. She could barely shower; had nightmares about being dunked in the ocean and was terrified when it rained. For more than a year Callahan tried unsuccessfully to help Mary. His methods included: rational-emotive therapy, client-centered therapy, cognitive therapy, behavior therapy, hypnosis, relaxation training, biofeedback, and systematic desensitization ... BUT NOTHING WORKED.

Using his skills for phobia cure, the best he could do was to get Mary in the backyard within sight of the pool outside his home-office. One day, sitting there, she said: *“I’m getting agitated, I feel it right here in my stomach.”*

On a whim, and out of his own desperation, Callahan remembered the acupuncture point on the stomach meridian was under the eye, so he told Mary: “tap there – under the eye – and think about your fear of water.”

After just two minutes Mary stopped tapping and to Callahan’s amazement, declared: *“It’s gone!”* as she jumped up and ran towards the swimming pool, laughing as she splashed her face. Her water phobia was completely cured.





**CASE STUDY:
HOW AMY'S SWIMMING PHOBIA
RESOLVED IN MY WORKSHOP**

During a **Break-Free Fast™** Workshop in which I showed a DVD of Gary Craig using EFT to cure a man of his fear of water and swimming, I took the group through some demonstration tapping. Suddenly, Amy, a 56-year-old woman in the group began to sob and shake uncontrollably. "I've never been able to swim either," she sobbed. It was a shameful secret. As we tapped and talked she calmed down and released the (long forgotten) trauma of what had triggered her water phobia more than 50 years previously.

"When I was 5 years old, my mother was brushing my waist-length hair. I was standing on the table going round and round as she brushed. Suddenly she stopped and screwed up her face in a grimace that frightened me and said, seemingly out of the blue: "The one thing you never want to see is a child who has drowned. It's horrible, terrifying".

Imagine how the emotional brain stores such a chilling remark in the mind of a child. For Amy it was a case of a flight-fight-or freeze trigger that lay dormant throughout her life. With EFT came release as well as a way to "tap in" new empowering choices about going into the swimming pool to play with her grandchildren, at least in the shallow end.





EFT IS SIMPLE, FAST AND FREE!

*To eliminate what you don't want, illuminate
what you do want. — ANONYMOUS*

EFT IS A wonderful tool that firstly helps you DELETE the negative. You can then apply it to TAP IN the positive.

TAPPING IN A NEW REALITY

With EFT, you are tapping into the power of your mind (intention), feelings (emotion) and energy (body meridians). Because you are thinking about the negative aspect of a problem or trauma, some people wonder if this is not *tapping in negativity*. The answer is NO because of your intention to dissolve and resolve it where it is lodged in the emotional brain or energy field.

But amazingly, just as your power of intention acts as a clearing agent it can also TAP IN and reinforce your positive goals and create what you DO WANT in your life.

Lynne McTaggart is an investigative journalist and author of *The Field and The Intention Experiment*. She is also featured in the

movies *Down the Rabbit Hole* and *What the Bleep!?* She uses the analogy of Jell-O or jelly to describe how this works.

“Reality is a little like unset Jell-O ... and consciousness gets the Jell-O to set,” she says.

*Take back your power
and discipline yourself
to tap into what you
WANT instead of what
you DON'T WANT.*

In other words, your thought is a tangible thing, with the power to affect the physical world. She writes:

“The moment we look at an electron or take a measurement, it appears that we help to determine its final state. This suggests that the most essential ingredient in creating our universe is the consciousness that observes it.”

THE OBSERVER EFFECT

Central to all this is something called the **observer effect** theory of Quantum science which states that while you observe something it exists but when you withdraw your attention *it reverts into a state of potential or possibility.*

If you apply this to manifesting possessions or things you would like to have in your life like a car, money or dream home, **then thinking and visualizing your** desired objects with a focused mind and **the power of intention and attention** will miraculously create them in your life, guaranteed!

Remember not to cancel out or dilute your intentions afterwards by focusing on or talking about the negative things in your life or listening to the sensational news that is fed to us by the media.

Take back your power and discipline yourself to tap into what you WANT instead of what you DON'T WANT.

EASY EFT

EFT is easy to learn – even a child can do it. It uses a sequence of tapping on head, body and hands while thinking of an issue, as well as an eye movement sequence. All of these are explained below and demonstrated on my website www.breakfreefast.com,

You can apply it to yourself or another, anywhere, any time.

I have personally used it:

- on a plane, to help a friend with fear of turbulence
- at the gym, to help my personal trainer with an oncoming migraine
- in an office, to calm the receptionist after an armed robbery in the shop next door
- at the negotiating table, when buying and selling property
- going up a cable car, to clear my fear of heights
- in a workshop for street kids who can't read or write

I have taught EFT over the past five years in **Break-Free Fast™** workshops to people from all walks of life. I have helped my clients with physical pain, fear of public speaking, money problems, love and relationships, weight issues, procrastination, panic attacks and much more.

INSTANT HELP

What is beautiful about EFT is that you can use it “in the moment” to get immediate relief and instant help for yourself or someone else who is in shock or upset or simply telling you a story of what has made them angry, sad, fearful or frustrated. Just reach over and take their hand and gently start tapping on the *karate point* (see chapter 9). They may look a bit surprised but will soon feel soothed and appreciative of your gesture.

EFT is a practical way to pay kindness forward especially if, like me, you want to make a difference in the world. Because it is safe and has no reported side-effects, it can be easily learned and practiced.

EFT has been endorsed by noted physicians like Norman Shealy and Deepak Chopra as well as by Dr Joseph Mercola, director of the Optimal Wellness Center near Chicago who calls it a “Cravings Eraser” in his book *The No-Grain Diet – Stay Slim for Life*.

What is beautiful about EFT is that you can use it “in the moment” to get immediate relief and instant help for yourself or someone else



CASE STUDY: CURING MY CABLE CAR PHOBIA

EFT saved the day for me and cured my phobia of heights! At the time I was hurtling into space in what felt like a tipsy tea cup, but was in fact the cable car rotating on its axis as we went up Table Mountain in Cape Town. This is no picnic if you have a fear of flying or heights – you travel up 1085m in less than 5 minutes while the “rotating gondola offers you a 360 degree view of the harbor and city of Cape Town below.”

I had been afraid of heights all my life, but because it was my daughter Lorian’s birthday I had agreed to take her up to the restaurant at the top of Table Mountain for breakfast. It was only when we were actually stepping aboard the cable car that I remembered a cable-car experience 15 years earlier: I had been gripped by terror, felt sick to my stomach, suffered sweaty palms, and had had to control the urge to throw up!

This time I realized it might be even worse because of the way the

new cable car rotated. As the old terror set in, I squeezed my eyes shut, blocking out the views that were fast receding below, and clung to the pole in the centre, telling myself it would soon be over. And then it hit me: “*Why not try EFT?*”

I began to tap like I’d never tapped before. Suddenly I felt so much better. I opened my eyes and was confronted by a gaping crowd in the cable car, no doubt wondering if I had lost control of myself! One man actually began to ape me, mocking me for play-acting (he thought) at being a chimpanzee!

“*Leave her alone,*” said my daughter protectively. But I didn’t care. I have long overcome the reaction people sometimes have when first exposed to EFT. Sure it can look a bit ridiculous – but who cares if it gets results? This time, applying the simple magic of EFT, I suddenly felt a shift inside and allowed calm, peace and self-control to wash over me. The tapping had worked and on my return journey I actually enjoyed the trip without as much as a quiver inside! I admired the breath-taking view spread out below – sunshine on sparkling sea – and gave thanks for my life and EFT.



**CASE STUDY:
REDUCING A RECEPTIONIST’S
SHOCK AND FEAR**

South Africa has a high crime rate where muggings and hijackings frequently happen and EFT is being used by counselors in trauma units attached to police stations in Cape Town to help victims.

I have used it on more than one occasion to help someone who is in

shock or upset.

Once I walked into a ground-floor office, to find the receptionist shaking and ashen faced because the coffee shop owner next door had been held up by gunmen as he opened his shop. Although he was not shot, the incident had spooked her to the core. “It’s scary,” she kept repeating. Immediately I reached over and took her hand and began gently tapping on it while we talked. Of course there were other aspects or branches to her tree of fear but within 15 minutes her color returned to normal and she felt able to go on with her day.



CASE STUDY: HELPING A STREET SELLER OF *THE BIG ISSUE*

In South Africa, as in many other countries, one legitimate way for destitute or unemployed people to make money is via a self-empowerment organization called *The Big Issue*. Vendors buy the *Big Issue* magazine at cost and re-sell it on street corners for a profit. This is a far more empowering way than simply begging, but it still carries all the same potential for rejection and abuse.

One day after I parked my car, I saw a *Big Issue* sales-woman looking tired and dejected, I acted in the moment and took 10 minutes out of my day to give her a brief run-down on EFT, showing her how to release negative feelings and tap in positive thoughts about people buying her magazines.

In the next chapter you will learn the basics of EFT so that you too can unlock the secret to your health, happiness and success in living the life you love.





Chapter 9

HOW TO DO EASY EFT

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

—GARY CRAIG, FOUNDER OF EFT

WE HAVE TO thank Gary Craig, a Stanford engineer and performance coach, for developing and promoting the tapping method millions know as Emotional Freedom Techniques (EFT). Craig simplified and adapted Thought Field Therapy after studying with Dr Roger Callahan. And it is this easy tapping technique, called EFT, which you will use in the **Break-Free Fast™ Formula**.

BACKGROUND INFORMATION

This chapter contains the nuts and bolts of using EFT as a tool for yourself or in a therapy session. This is how I teach it in a one-day workshop to people from all walks of life. If it sounds like I am talking to you as if you are a therapist – it is because I know that you might want to use EFT to help someone you know – like a family member.

At the same time I want to inspire coaches, therapists and counselors to use EFT in their work.

Before launching into the HOW TO of EFT, it is important to understand that EFT works simultaneously on both an energetic **and** emotional level. Just let it happen fast and easy!

During a **Break-Free Fast™** session I often feel suspended in time and space with my client as we engage in a seamless tapping “dance” that glides through the body’s energetic system sourcing and releasing blocks or “disruptions” while at the same time expressing this via emotions – crying, laughter, sighing.

EASY EFT IN A NUTSHELL

STEP ONE: IDENTIFY AN ISSUE OR PROBLEM

Choose one problem or issue to work with. Like a tree, it may have several different branches or memories. Let’s choose spider phobia as an example. At first it may be a general horror of spiders (shudder!) But you will link to specific incidents or memories that come to mind – like the time your kid brother dropped a hairy toy spider on you when you were sleeping.

STEP TWO: WHERE TO TAP

Familiarize yourself with the basic EFT meridian points. These are clearly shown below and on my website. Keep a journal next to you to note your progress.

Your intent is to clear or shift the problem’s negative energy in your body and life, knowing that it will have an emotional component. You will do this by thinking about it as you tap on specific meridian points on the face, hands and body, allowing feelings and memories associated with it to wash clean.

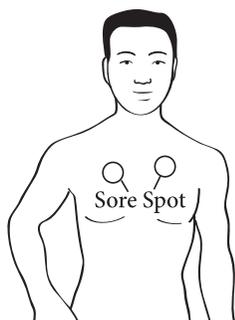
STEP THREE: RATE YOUR SUDS (SUBJECTIVE UNITS OF DISTRESS) ABOUT THE ISSUE

Before you begin, give the problem a rating between 10 (most intensely upsetting) and 0 (zero). Write this down. You will use it later on to evaluate your progress, taking the level of upset to zero where it has no more CHARGE for you.

STEP FOUR: THE SET-UP

Begin with SELF ACCEPTANCE

1. Rub or tap as follows: With the fingers of your right hand rub the Sore Spot on the upper chest or alternatively tap the karate point side of the hand as you say the words that form what is called the “set-up”. Either of these methods will work to send a powerful clearing pulse through your system.



2. Say the following words: “I love and accept myself.” or “I love, accept and forgive myself.” This prepares the body and mind for change. Often there are unconscious benefits to having a problem. So while there may be a part of you that wants to change, there might also a part of you that does not want to change. To reconcile all parts of you involved we repeat the following set-up phrase three times”

*“Even though I have this problem
_____ [be specific] I deeply and
completely accept myself.”*

Versions of this are “I love myself anyway” or “I love, accept and forgive myself”.

Sometimes the result will be tears and an inability to say the words because the person does not love her/himself. We call this a core issue. To counter any resistance, I use the “choices” method, which I adapted from EFT Master Practitioner, Dr Patricia Carrington at website: www.masteringeft.com. It is a brilliant tool to use throughout the EFT process. Without stopping the process, continue tapping along with the words:

“Even though I can’t accept myself, I know there is a way forward”.

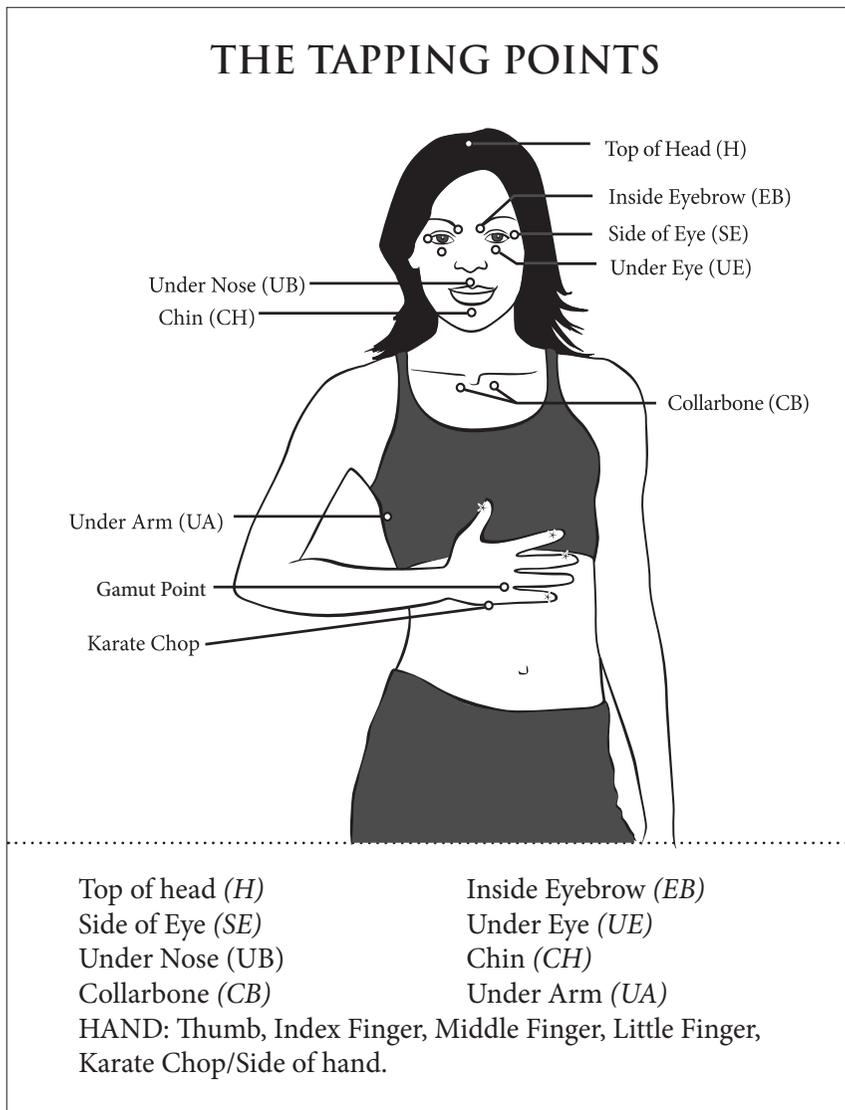
“Even though others may have rejected me, I can choose to do things differently”.

“Even though I have this problem, and I don’t really feel like accepting myself right now, I can choose to change” or “I can choose a new way” or “I am open to the possibility of loving myself”.

And so on until you or your client are peaceful and more at home with the idea of self-acceptance.

STEP FIVE: IDENTIFY YOUR REMINDER PHRASE AND ASPECTS

Take a word or phrase from the specific problem or issue that you verbalized in Step #1 and use it as a reminder phrase or handle as you do the EFT tapping. Be as specific as possible and, as you progress, change the phrase as new aspects come up for healing.



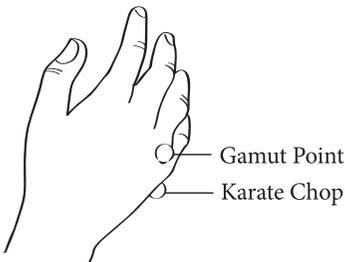
STEP SIX: THE EFT TAPPING SEQUENCE

TAP while you think of the issue or problem e.g. fear of spiders. Using two fingers of one hand, tap about 7 times on each point of the face, body and hands. Tap firmly but not hard enough to cause pain.

ASPECTS

Like branches of a tree, tackle the branches of your issue as they come up and lop them off, one by one. By tackling all the aspects as you do the EFT routine, you give your energy system maximum support to really release and root out the problem thoroughly.

STEP SEVEN: GAMUT 9-POINT SERIES



Now we access the brain via eye movements to make the shift inside even more quick and permanent!

Move to the back of the hand. Find a point in the valley between the knuckles of the ring finger and the little finger and then move about one inch down toward the wrist.

That is the Gamut Point.

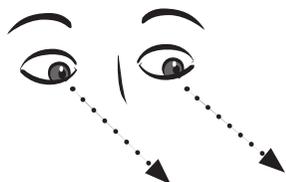
Tapping this point continuously with two fingers of the opposite hand, do the following 9 steps.



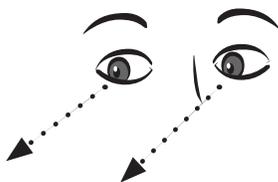
1. Open the eyes



2. Close the eyes



3. Open the eyes and point them down and to the left.



4. Point the eyes down and to the right.



5. Rotate the eyes round in a circle in one direction



6. Rotate them around in the opposite direction.
Rest the eyes

7. Hum a few bars of any tune – Like *Yankee Doodle/Happy Birthday!*
8. Count aloud from 1-5
9. Hum the tune again.

STEP EIGHT: REPETITION

Immediately repeat the round of EFT tapping on all the points as before.

STEP NINE: RATING

Do another rating – the levels should drop until you reach between 2-0. If you have any resistance in getting to zero, keep persisting, even if you just tap while saying “*this remaining problem*”.

USEFUL TIPS

PLAY THE MOVIE

With almost every EFT session I use the technique called *Play the Movie*, asking my client: “If you were to put this memory up on a video screen, what title might you give it?” Then I write it down. Next the client starts to run the movie and slowly but surely taps his or her way through the most intense parts that are described, first rating the intensity (Step #3) and then tapping this down to zero.

DRINK WATER AND BREATHE

Always have plenty of water to drink before, during and after the tapping. Remember to breathe deeply after each round as expelling stale or negative energy as you go will help speed the releasing process.

PROVOCATIVE ENERGY THERAPY (PET) AND LAUGHTER

I am convinced that you can explode faulty beliefs and negative self-talk with laughter as easily as by evoking tears. It helps that I am trained as a Laughter Yoga Leader and skilled with applying a technique called Provocative Energy Therapy (PET). This lets clients laugh at the ridiculous ways they have been keeping themselves stuck. By the end they shift their stuck perspective and leave feeling clear and upbeat.

PET originated with American psychologist Frank Farelly who describes it as:

“humorously playing the devil’s advocate with the client, siding with the negative half of their ambivalence towards themselves (and towards change), seeking to show how they bind themselves in the situation, and doing all this in a way which promotes the client’s self-knowledge and capacity for change.”

“YES, BUTS” OR “TAIL-ENDERS”

Often during a **Break-Free Fast™** session, a client will say “yes” they definitely want to change “*but...*”. That “*but*” which pops up from their subconscious is a red flag. We call it in EFT a “tail-ender”. If they have come to me for help and this inner conflict arises, I know we have to bypass their thinking mind in order to get the results they need. It is no good approaching this rationally and aiming to convince them with words such as “*Of course you’re beautiful, clever and can find a partner...*” You have to find out why they are ambivalent and so stuck even while consciously stating they want change.

THE RAINBOW OF NEGATIVE EMOTIONS – MAD, SAD, ETC.

There are a variety of emotions that may create a stuck state in you or a client. Gary Craig calls these the “*writing on the walls of our minds*”.

MAD

I was once a very angry person and know that anger often covers up hurt and feelings of helplessness from the past. Clients showing anger may be carrying past humiliation or feelings of being let down. They have either been taught to repress the emotion – in which case it is a healthy sign to let it out – or are carrying pain that is simmering deep inside from childhood.

The anger may be projected onto you as a therapist. The “control freak” syndrome sometimes rears its head when clients compare, criticize or blame themselves or you the therapist. Do not take it personally or attempt to justify or convince them rationally. Listen with understanding, but keep tapping! Give them the choice to stop to have a drink of water or go to the bathroom. Then gently reassure

them that it is ALL GOOD and if and when they are ready, start another round of tapping.

It usually releases a core issue relating to beliefs and/or self-worth. Use phrases such as:

“Even though I don’t trust ... I can choose a new way...”

“Even though I think this is all hogwash...”

“Even though you piss me off...”

SAD

It’s okay to cry. Dr John Demartini, author and metaphysical teacher who facilitates a releasing process called The Breakthrough Experience says that when a tear comes to the eye, he knows people have had an internal shift or breakthrough. Releasing sadness brings new possibilities for change.

RESENTMENT

Underneath the emotion of resentment is a feeling of pointlessness, disappointment and being a victim. It can blight attempts to make positive changes.

GUILT

Guilt can create the belief that we do not deserve or are not worthy of freedom or healing from past issues or mistakes. Guilty feelings can stop us giving or receiving support or love. We may consistently blame ourselves or feel things are our fault.

FEAR

Fear may be related to fear of failure as well as fear of success. From a sense of insecurity, we cling to what or who we know and may thus avoid change. A therapist is someone who can point to a better dream or reality, shining a light in a dark place or onto a path where you need to go. The combination of support, guidance and

unconditional positive regard can facilitate a person to love and trust again or to discover love and trust for the very first time.

THE PERSONAL PEACE PROCEDURE

Gary Craig pioneered a Personal Peace Procedure as a way to apply EFT for bringing peace within oneself and so to the world. It involves making a list of all the bothersome specific events in your life and systematically applying EFT to dissolve them. Says Craig:

“Every physician, therapist, spiritual counselor and personal performance coach in the world should be using it (EFT) as a leading tool for helping others (and themselves). By diligently doing this we can pull out every negative tree from our emotional forests and thus eliminate major causes of our emotional and physical ailments.”

Many of us need help in dredging up a full list of our life traumas because we were taught not to feel, think and talk about certain traumatic events – and the only sign they are buried within may be a generalized feeling of anxiety, sadness or rejection.

One way is to draw a timeline on a wall chart or in your Journal and working backwards to early childhood, mark the years of your life off in decades. Then, taking one decade at a time (from most recent to earliest years or vice versa), make notes about significant people and life-changing events in each decade. You may want to do this with a friend or your therapist and give yourself a regular time slot every week – or in your morning or night meditation time to work your way through the decades. Go easy as it may take many months to work through this process, depending on your age! But the benefits are well worth it.



Part 3



THE
BREAK-*free*
*Fast*TM
FORMULA

THE *Free* *Fast*TM FORMULA

ACTION GUIDE

3 STEPS

- 1) What is the Block?
Where Stuck?
- 2) What Set this Up?
- 3) BREAKFREE - AHA {
 - Cry
 - Sigh
 - Laugh

↓
**FORGIVE
LOVE**

3 KEYS

- 🗝 MOTION
- 🗝 ENERGY
- 🗝 EMPOWERED THINKING

All Are
One

Zero Point Field
Consciousness

All Are
One

“4 Ps PLUS” PASSION FLOWER





Chapter 10

HOW TO APPLY THE BREAK-FREE *FAST*[™] FORMULA

THREE SIMPLE STEPS + EFT

“In every process, in the accomplishment of any goal, there is a bottleneck or choke cord that serves as a constraint on the process... if you concentrate all your creative energies and attentions on alleviating the constraint, you can speed up the process faster than by any single thing.”

—ELIHU GOLDRATT,

THEORY OF CRITICAL CONSTRAINTS.

The *Theory of Critical Constraints* is a business model which provides a wonderful analogy for the **Break-Free Fast[™] Formula**. Devised by Israeli management consultant Elihu Goldratt to improve business profits, the theory says that in every process, in the accomplishment of any goal, there is a bottleneck or choke cord that serves as a constraint on the process. This constraint then sets the speed at which you achieve your goal. Therefore, if you concentrate all your creative energies and attentions on alleviating

the constraint, you can speed up the process faster than by any single thing.

Now let's see how we go about doing that effectively with the **The Break-Free *Fast*™ Formula.**

APPLYING THE 3-STEP BREAK-FREE *FAST*™ FORMULA

Set up a quiet safe space where you won't be disturbed by phones or intrusions. Make sure you have plenty of water and a pen, notepad or journal with you.

Begin by relaxing. *Breathe deeply* and keep breathing throughout the process. Before you start EFT and tapping on a problem you may first want to alleviate pain or tension in your body. Do a body scan, checking each part of the body from toes to head while noticing the areas of tightness and breathing in while you “hold” the area and then release.

STEP ONE: ASK: “WHERE AM I STUCK? WHAT IS THE BLOCK?”

Journal or talk this through and also tune into your feelings about it. Name the feelings now. What are you feeling just being here? Then what are you feeling about your issue? Feel where you are tight or tense in your body. Close your eyes and put your hand on your heart – this gesture shows willingness to “tune into” your heart and listen to the feelings it wants to communicate about how things are with you, then about the issue that feels blocked or stuck.

I often ask a client to “feel the whole felt sense” of an issue in their bodies and to expand on it.

Explore, using metaphors “*It feels like...*” “*It's as if...*”

Go into the feelings that come up. Each time refer back to:

- Where are you tight or tense in your body? Breathe into the tension.
- What does your heart need to tell you about what it is feeling? Breathe into the feelings.

Having explored it thoroughly then let yourself...

Wonder: “What do I want instead?” “If I could have it any way I want... attract the ideal situation, scene, person into my life, what might it be?”

This brings you back to the block...

STEP TWO: ASK: “WHAT SET THIS UP?” “WHAT IS ITS CAUSE?”

If there was a memory, person or incident in my life that is the root cause here – what might it be? Don’t try and figure it out now from the thinking mind. Just pose the question.

Let the process unfold now with...

STEP THREE: APPLY EASY EFT (as shown in chapter 9)

THE OUTCOME

*The outcome is a **break-free aha** which is usually accompanied by:*

- *Sound:* emptying out the pain by expressing anger, sadness or resentment – whatever you have buried and tried to forget.
- *Expressing it out loud:* releasing this pent-up emotion with tears, sighs or laughter.
- *Forgiveness:* of others and especially of self: This is a conscious decision to release and “let go”.
- *Rescuing:* your Inner Child from where he/she was “frozen” in the past and reassuring him/her that your adult self will be the

caring parent he/she never had.

- *Re-script*: like a movie director you re-script your past, present and future – any way you want!!

The best part about the **Break-Free Fast™ Formula** is that when you get the *aha*, you can re-parent yourself. You can be the supportive, attentive, caring mother or father to your own Inner Child that you did not have while growing up. You stop feeling like a victim and take your power back to live your best life *now*.

THE BREAK-FREE-AHA

The **break-free-aha** is at the heart of the **Break-Free Fast™ Formula**. It is the signal that you (or your client) have broken through the trance of painful past beliefs and stuck feelings that were blocking the flow of happiness, health and well being.

HOW I HAD THE BIG “BREAK-FREE-AHA” THAT INSPIRED MY FORMULA

In 2003, I had an awakening. I experienced the **break-free-aha** that revealed my formula. I had organized a series of workshops to introduce EFT (Emotional Freedom Techniques) to South Africa and I was participating in the workshops. But, frankly, I was skeptical that I would get anything new out of the training, which involved psychological acupuncture – using fingers to tap on meridian points in the body in order to release past trauma.

We were told to *tap and talk* about any emotive or traumatic incident which had occurred more than five years previously. I chose the story of the devastating fire which destroyed my home and possessions and killed our beloved border collie as described in the Prologue.

I was sure I had gotten over it all by now.

BUT I WAS WRONG...

Suddenly I felt this surge of deep grief overwhelm me and in a split second I was shaking and sobbing. Somehow I continued with the EFT and what happened next was a mind-blowing revelation which still sends shivers down my spine. I recognized that I was still paying a terrible price for the fire. Something had imprinted itself on my brain and belief system that was keeping me shackled to needless suffering.

My **break-free-aha** was that I blamed myself for the fire and so did not deserve to own a home ever again! Sure enough, since the fire I had been virtually homeless, moving gypsy-like into rented apartments as the property market soared out of my reach.

Now there was a way to release that sabotaging belief, and re-programme myself to allow abundance and owning my own home to come into my life. Within two years of that **break-free-aha** I had completely resolved and turned my situation around. Today I am blessed to live in two homes – one on the Isle of Wight in the UK and the other in Cape Town where we spend the UK winters. I enjoy a wonderful life travelling the world with my second husband, financially free, and passionate about sharing my healing gifts with others.

This experience also made me realize that healing past pain is an ongoing exercise consisting of a series of **break-free-aha** moments, like chipping away at the layers of rock concealing a diamond. The diamond is your Soul or Higher Self and connected to your Source.

Your first big **aha** experience will no doubt send you soaring with relief, inspiration and to new heights of enthusiasm. You will feel free in the particular area where you were hopelessly stuck. But it doesn't have to end there because if you continue to address all

areas of your life you reach a point of *awakening* where you live your life in the *now*, whole and free.

One of the key components of this freedom is a feeling of gratitude and forgiveness bringing you to a sense of love and “oneness” with all the people who have played key roles in your life, including those who hurt or betrayed you.

In the next chapter I will expand on how forgiveness goes deep with the **Break-Free Fast™ Formula** with the true stories of two women who had to overcome immense challenges from past pain to break free.



Chapter 11

HOW FORGIVENESS SETS YOU FREE

*“Forgiveness does not change the past, but it
does enlarge the future”*

—PAUL BOESE

THE SAYING “HELL hath no fury like a woman scorned,” is epitomized when a husband betrays his wife and she is obsessed with revenge in the divorce proceedings. As one comedian put it:

“Some people say don’t get mad – get even! My motto is: don’t get even – get everything!”

Forgiveness takes on a whole new redemptive meaning with The **Break-Free Fast™ Formula** because it moves from the realm of being a moral *should* to a powerful *experiential erasing* of the original trauma in the emotional brain.

We are talking about a real shift in consciousness – a movement of energy both within ourselves and throughout the past situation that can work miracles in our lives and in generations to come.

LIFE CHANGING

The life-changing benefit of a **Break-Free Fast™** session is immediately apparent when you look in the mirror afterwards and see a face that looks 10-years younger. Lines erased, a youthful glow replaces the grey pallor and haggard face of stress, anxiety or fear that walked in the door!

Forgiveness releases you to soar beyond your current reality to what I call the *Zero Point Field* – a timeless zone of all possibilities where your perspective changes to understanding and a realization that the person who hurt you was either badly damaged themselves – or doing the best they could with the resources they had at the time.

Forgiveness then becomes a choice to let go of judgement and to move on. Or, as mystic poet Rumi puts it, “*Out beyond all judgements of right and wrong is a field: I’ll meet you there.*”

Biologist Rupert Sheldrake calls it the *morphic* field in which the fields of our minds extend far beyond our brains through intention and attention.

FORGIVING MY FATHER

I had spent most of my adult life finding ways to forgive my father because of his heavy drinking. This involved dissolving the anger, resentment, and hatred that I had stored in my unconscious towards him – and by association most men. I had prayed, done Forgiveness in 12-step programmes like Adult Children of Alcoholics, written and then burned letters, undergone therapy to release my hurt feelings, beaten pillows with a baseball bat to express my anger... and many other ways to heal.

But I was only able to completely forgive my father when I discovered the tools which are contained in the **Break-Free Fast™**

Formula.

Author Scott Peck talks about the dangers of “cheap forgiveness” when we intellectually think and say we forgive but are actually still in denial. The danger is that we have simply buried the anger and pain associated with the person or event that hurt us.

You know soon enough if you have forgiven a past hurt – it no longer holds any charge when you think about it. Or you no longer have unexplained outbursts of anger or worse still, ongoing depression which is “masked anger”.

Gradually I cleared and cleaned the deep-seated memories that were the actual source of my anger and angst. One painful incident occurred when I was three years old and my father, who must have been drunk, was holding me as I screamed. He was threatening to smash a beer bottle over my head while my mother was standing in front of him and pleading for him to let me go – which he did.

Thanks to the processes I share in this book, I was able to release this and all similar childhood memories, one by one. Today, forgiveness of my father – and my mother for putting up with him – is complete. Instead I feel tremendous compassion and love and gratitude for them.

True forgiveness is not “letting someone off the hook” for their offences. The root of forgiveness comes from the ancient Aramaic word meaning “to cancel, untie or let loose”. It is a tool for undoing or changing a reality of mind.

In my experience of working with many clients who suffered seemingly unforgiveable abuse as kids, the reason why the **Break-Free Fast™ Formula** works so thoroughly to facilitate true forgiveness is that it releases the Inner Child where the client is a victim, frozen in the past. The focus is not so much on the perpetrator of the pain but on empowering the victim to a point of letting go of the pain and the associated memory.

Resentment has been compared to holding on to a burning ember

with the intention of throwing it at another, all the while burning yourself.

HEALTH BENEFITS OF FORGIVENESS

Research shows that resentment and a general lack of forgiveness raises blood pressure, depletes immune function, makes you more easily depressed and causes enormous stress to the body. It also causes people to retain weight.

It has been shown that cancer has its beginnings in unresolved grief or trauma that occurred approximately 5-7 years prior to the onset of the disease. Forgiveness can interrupt the energetic progress of the disease into the physical body.

In *The Game of Life and How to Play It* (1925), Florence Scovel-Shinn says that every disease is caused by a *mind not at ease*. She told her students that the chief cause of all disease was unforgiveness. So instead of asking, “*What’s the matter with you*” she would ask: “*Who’s the matter with you?*”

She tells the story of how she called on a woman one day who was ill from having eaten a poisoned oyster. She told her:

“Oh, no, the oyster was harmless, you poisoned the oyster. What’s the matter with you?”

She answered: “*Oh, about 19 people.*” She had quarreled with 19 people and had become so inharmonious that she attracted the wrong oyster. External discord indicates that there is mental discord: “*As within, so the without.*”

It takes an enormous amount of energy to hold on to repressed or suppressed feelings like anger, blame, resentment, disappointment, need for revenge, etc. When you forgive, you release this energy that it then becomes available for creating the life you love.

FORGIVENESS CAMP FIRE

One of the most effective ways to experience real forgiveness I learned as a Journey Therapist. It involves setting up an imaginary “camp fire” with the Present Day Self, Younger Self and a Mentor or Guide who facilitates a dialogue and *emptying out* with the person who caused the pain you still carry and want or need to forgive. Whether they are dead or alive you can communicate, express feelings like anger and pain and come to a powerful inner sense of love and forgiveness.

You can do EFT (Emotional Freedom Techniques) during the process when the emotional intensity of the memory is high.

When at the Forgiveness Camp Fire, you are in a deep inner-directed state, eyes closed to “listen” for what the Parent or Other has to say about why they did or said the things that happened at the time. For added depth, you can link child-to-child and have your Child ask the person’s Child:

“What happened to YOU as a child to make you grow up to behave the way you did?”

Having experienced and facilitated countless such camp-fires as a Journey therapist, I can guarantee this technique is miraculous.

MIS-TREATMENT IN EARLY CHILDHOOD

I have had many clients who were treated cruelly or roughly by teachers when they started school. They could not express this to their parents when they came home. Thus they internalized shame and guilt – and in some cases, trauma and humiliation. One client remembered having her mouth taped over and being tied to the desk during break. Another’s handwriting was ridiculed in front of the class and he was made to wear a Dunce’s cap, and ended up with a severe learning disability throughout his schooling.

Being sent to boarding school when very young can result in deep-seated abandonment issues – really the list is endless how kids suffer at times throughout their childhood.

But the good news is emotional-energy healing can repair the damage, elicit forgiveness, and replace the past memories with new ones like courage, hope and happiness.

How some of my clients survived their childhood brings deep compassion to my heart. One of the most heart-wrenching case studies of abuse I ever encountered was a woman I'll call Pauline who came to me for her chronic loneliness.



CASE STUDY:
**LITTLE GIRL ABUSED DAILY BY HER
MOTHER FOR BEING A “DEVIL CHILD”**

“Devil Child - that’s what you are,” screamed her mother, as she beat Pauline black and blue on a daily basis throughout her childhood and often sent her to bed without any food. The bruises on her body were sometimes so bad that she could not go to school.

To make things even worse, her mother lavished love and care on her younger brother, Michael, who she openly called the “Archangel Michael”. Pauline’s father, a travelling salesman, was seldom at home to intervene so she grew up fearful and isolated, with zero self-esteem. She went to school in hand-me-down-clothes, the toes cut out of her shoes when they got too small – and sat isolated in the playground, an outcast at home and at school.

Small wonder then, that when Pauline (52) came to me for a healing session, she was suffering from social isolation. She said:

“The loneliness is killing me; I’m desperate to change my life.”

Can you help me?"

Following two failed marriages, every night she went home after work to her lonely flat where she knitted or did jigsaw puzzles in front of the television. Weekends were no different:

"Even if I get myself to bowls, which I am good at, and even if I try and socialize afterwards, when I drive away, I am hit by the loneliness. It's with me all the time, together with a deep sadness. For instance, last Sunday evening, the song 'You are my sunshine' came on the radio. I began to cry, remembering that was the song my Dad would play for me to try and cheer me up - when my mother was at Church."

Her mother, it seemed, was the root cause of her pain and loneliness. She could remember being beaten and abused emotionally from about the age of three years. Her mother had joined the Pentecostal Church and decided that Pauline was the "devil's child" and needed the evil thrashed out of her.

Imagine the horror in that home – the little girl cowering in fear when her mother came near her in a room, waiting for the daily beatings for being so "bad" while also watching her brother getting unconditional love and adoration for being an "angel".

After a **Break-Free Fast™** session of tapping, tears of release, and even laughter, Pauline reclaimed her Inner Child and promised to get and give her the help and support she didn't have as a child. She committed to joining an Inner Child therapy group I recommended. She also vowed to have some fun by joining a dance class which she had longed to do for some time.

Pauline needed to liberate and befriend her hurting little girl within, to set her free from the age when she first got "stuck" as a victim, and to love and support her now in a whole new way.

Pauline did NOT CONDONE her mother's behavior. Forgiveness with EFT literally wipes out the intensity of the traumatic memory and facilitates a re-wiring of the brain and memory system to

release the victim from his/her bondage. Pauline could now choose to interpret her mother's behavior as mental instability rather than as proof she was bad and unworthy of love.



LESSONS FROM SOUTH AFRICA

Post-apartheid South Africa has been a fertile ground for applying the principles of healing and forgiveness. Nelson Mandela will forever be an icon of the power of forgiveness after he suffered years of imprisonment for his stand against apartheid until his release in 1990. He later became President of a democratic South Africa.

The legacy of those apartheid years left a trail of trauma in its wake, however.

Through my work from 2000-2003 when I was the representative and workshop organizer for *The Journey* in South Africa, I met and befriended Ginn Fourie who I have come to regard as a shining example of true forgiveness, light and love in the face of traumatic circumstances.



CASE STUDY
**HOW GINN FOURIE FORGAVE THE MEN
WHO SHOT HER DAUGHTER LYNDI**

What would you do if you woke up tomorrow to hear that the person you loved with all your heart, your only daughter, had been killed in a random “terrorist” attack in the name of political freedom? It happened to Ginn Fourie in December 1993.

Her 23-year old daughter Lyndi was in holiday mood the night before New Year’s Eve. She was having a drink with friends in a local pub when the terrorists who called themselves “Freedom Fighters” stormed through the door firing randomly and left her bleeding to death on the floor along with other innocent victims.

That fateful night Lyndi died in what has become known as the Heidelberg Massacre in a pub in the quiet suburb of Observatory, Cape Town, not far from Groote Schuur Hospital, renowned for the world’s first heart-transplant surgery by Dr Chris Barnard.

This random act of hatred seemed pointless. It was done by a cadre of “freedom fighters” who fired indiscriminately on innocent pub-goers in the name of “justice” for the sins of apartheid. They were acting under orders of their commander, a man known as Letlapla (Stone Man). Says Ginn:

“It is difficult not to turn Lyndi into a saint because she had such a big heart, she had a wonderful sense of humor that could defuse any conflict.”

Lyndi was in her final year of an engineering degree and had great plans to bring water and water-borne sewerage systems to homes in the predominantly black community of Khayelitsha, Cape Town. She had also helped to build a church in Botswana. Sometimes she came home in

tears from the pain and deprivation she had seen in black communities.

The **Truth and Reconciliation Commission** (TRC) was a court-like body assembled in South Africa after the abolition of apartheid in the late 1990s to allow victims as well as perpetrators of violence under apartheid to be heard and in many cases granted amnesty from prosecution for politically motivated crimes.

During the TRC Hearing (October, 1997) Ginn felt impelled to find out who had given the order for the Heidelberg Massacre. More than anything she wanted to know why they hated white people so much. She was shocked to the core by the accounts of pain, suffering, discrimination and violence these former soldiers, teenagers themselves, had endured under apartheid.

In the end, her heart ripped open by unimaginable pain at losing her only daughter, Ginn took the purposeful step to finding her own peace and freedom. She sent a message to the men accused of the crime, while they were in the dock awaiting trial to say, “*I forgive you*”.

Since then Ginn has teamed up with Letlapla, who responded to forgiveness by writing a moving poem to Lyndi, in which he describes ‘the guerrillas foraging the bush for herbs to heal hearts swollen with grief’, and together they planted trees to symbolize healing and conciliation. This story of hope shows the world that forgiveness is the only way. She travels worldwide with him for talks and functions on the power of forgiveness. She took early retirement from her job as senior lecturer in Physiotherapy at Groot Schuur Hospital to pursue her message and vision of forgiveness and healing. Ginn says:

“I believe in the power of one, that you can only change the world by changing yourself. So it begins with clearing your own fears and emotional pain — and then reaching out to others.”



A FORGIVENESS EXERCISE

1. Please stop a moment and take a five minute exercise. Think about that person past or present who makes you feel angry, bitter or revengeful i.e. who pushes your buttons? Have your journal next to you to use at any time and at the end. Have the privacy to SPEAK OUT LOUD. Do some EFT to begin with and if your level of intensity is 4-0 then do the Campfire Forgiveness exercise.
2. Call in a Mentor or Wise Person, Angel or Saint, to support you through reviewing, confronting and forgiving the person concerned.
3. When you are ready, set up a camp fire in your imagination with a giant video screen. Play the memory of what they did that you find hard to forgive – at the time it happened.
4. Do some basic EFT starting with “Even though...” For example:
“Even though this person hurt me, I love myself anyway.”
“Even though I’m angry...”
“Even though I’m sad...”
5. When you feel ready, go through a dialogue process, letting your Younger Self and then your Present Day Self dialogue with the Person you find hard to forgive.
6. Ask the Mentor to cut the karmic ties running between you and the person and put them in a bundle to be thrown on the fire. Imagine part of the fire is burning violet. The Violet Flame prayer from St Germaine is a powerful cleansing ritual I often use to help release the connection with someone.
Say: *“I am a being of violet fire; I am the purity God desires”* as you imagine violet light suffusing you both and dissolving all negativity between you and the other Person.
7. Ask the mentor to fill your Younger Self with light, love and confidence and the ability to let go...and to do the same for

Present Day Self.

8. Keep EFT tapping on negative emotions that arise, saying something like this:
“I now release the need to cling to this memory/person and ask that all bad feelings associated with it/them be dissolved NOW.”
“I pray and decree that all karmic debt and ties be dissolved – from this and other lifetimes; and in all dimensions and energy fields.”
9. Finally end by saying
“I choose to forgive and move on...I am whole and free.”
10. Then do a few rounds of tapping using positive affirmations, for example:
“I am feeling strong and clear.”
“All is well in my life.”
“It’s so good to be free.”
“I forgive myself for being stuck in pain.”
“I am pain-free to live my life more joyously.”
“I am thankful to be done with this person and ‘life lesson’.”
“I am happy and free.”
“I am filled with power and peace...”

“When we hate our enemies, we are giving them power over us: power over our sleep, our appetites, our blood pressure, our health and our happiness. Our enemies would dance with joy if only they knew how they were worrying us, lacerating us, and getting even with us! Our hate is not hurting them at all, but our hate is turning our days and nights into a hellish turmoil.”

—DALE CARNEGIE



Chapter 12

BREAK-FREE *FAST*™ FROM MONEY WORRIES AND PROCRASTINATION

*“All I ask is the chance to prove that money
can’t make me happy”*

—SPIKE MILLIGAN, UK COMEDIAN

WITH THE **BREAK-FREE *Fast*™ Formula** you can clear all your negative blocks and issues systematically – including issues around MONEY.

The energy glitches that originate in the past can contaminate your unconscious and emotional-energy field and block you from the Source of all abundance as surely as any phobia or fear.

I recommend that you look to your family of origin, society and even some religious teachings when it comes to sourcing your beliefs around money.

- Do you believe God smiles mainly on the poor?
- Does money simply “run through your fingers?”
- Do you believe you have to “work hard” (like one or both of your parents) to earn money?

- Do you resent people with more money than you? Do you describe them as “filthy rich?”

An actress who was living from hand to mouth could not understand why financial success eluded her. Then she did some inner work and suddenly remembered her father taking her for drives in Beverley Hills, stopping outside the film star mansions and saying with intensity to his impressionable daughter: *“Don’t YOU ever become like those rich bitches . . . they’re trash even with all their money.”*

So she had to erase this negative imprint and create healthier beliefs around abundance, money and success.



CASE STUDY: WHY MONEY SLIPPED THROUGH JENNY’S FINGERS

Several years ago, I worked with a client called Jenny who could not understand why despite having a good job and doing all the right things to create wealth, money just slipped through her fingers. She described a recent incident when she got her year-end bonus.

“In the next post I also received a back claim for my taxes that cancelled it out. It happens all the time.”

What we cleared in her memory hard-drive were two major glitches that had frozen her: two separate incidents occurred, one at the age of 4 and one at the age of 10 years old, which were running her life now.

In the first incident, Jenny had found some coins in her mother’s cupboard. The shiny glittering nature of the coins enthralled her because at that stage she had no concept of money. Her mother, who often used a strap to punish her, came home to find her playing happily

with the coins. The resultant thrashing which was accompanied by her mother screaming at her that she was “*a bad girl and never to touch other people’s money*” left an indelible scar on her emotional brain.

After we cleared the incident, Jenny still had a fairly high score remaining when she associated herself with holding money. This signaled to me that she had another memory connected with, but different from the first, which she needed to clear. So we continued to do the work, asking her inner self:

“If there was another time when I got frightened about handling money... when might it be?”

This time she remembered that when she was 10, her friend from next door came over with the equivalent of a \$50 note, and they went off on a spending spree to the local sweet shop, which soon got back to their mothers. Having being shamed and physically beaten again, it’s understandable why Jenny had such a phobia about money. When I took a note out of my pocket at the start of the session and handed it to her, she acted as nervous and skittish as if I was asking her to hold a spider.

During the session we first coaxed out the shy, frightened, 4 year old – and later the 10-year-old – to do the necessary work of releasing the painful memories with EFT and then encouraging an imaginary dialogue firstly between Jenny and her Mother as a Child and then from her Adult Self. At the end of that, having emptied out her pain, I encouraged the Adult Jenny to embrace her Younger Self and promise her that she would love and protect her from now on. She was also able to forgive her mother from her present day vantage point, acknowledging that she had been doing the best she could with the resources she had. But most important was to re-programme Jenny from her earliest years to feel she loved, deserved and could attract money.



THE MONEY TREE

I realized we needed a way to comfort and re-programme the Child part of Jenny with strong new inner beliefs and attitude of deserving. She needed to believe, deep inside, that there were no blocks to her getting, keeping and enjoying money. I wanted her unconscious to tune into the abundant Universe and realize it was ready to deliver more money than she had dreamed of previously. Thanks to my training as a Journey Therapist, I had the skills to apply gentle hypnosis and various techniques from Neuro Linguistic Programming (NLP) to complete Jenny's session.

I took her back to her early childhood to re-programme her attitude to money via a fairy story, not unlike *Jack and the Beanstalk* in which she learned how to plant her very own money tree from a seed and have money in all currencies bloom in abundance to benefit herself and others. I said to Jenny:

“Let's go and sit in an imaginary garden with your Younger You. Open your hand and how does it feel if I give you a tiny 'money seed?' Could you hold that in your hand?”

She said yes and I encouraged her to plant the seed and water it. She was soon able to sit next to the growing seedling as it grew to her own height.

At every stage of the process we used EFT tapping on face, hands and body, to *tap away* any negativity and fears that arose and to *tap in* positive affirmations about the joy of planting her own money seeds with her talents and imagination.

By the end of the session Jenny was able to sit peacefully under her special money tree. When she needed to shake down some money, it was fun and the tree willingly delivered – and then grew more bank notes in beautiful currencies. She played with collecting an abundance of bank notes and coins in huge bags, boxes and even trucks. As she grew into her present day Adult Self she visualized

taking it to the bank and experiencing in her imagination big smiles and a respectful attitude from the bankers as she put it into her bank account and got a print-out showing she was a millionaire many times over.

As many of us have issues about having money when others are struggling, I showed Jenny how to add the phrase: “*attracting money in abundance – with enough to spare and share.*” She also imagined giving money seeds to her family and friends and showing them how to plant their own money trees.

Later Jenny contacted me to say she felt very positive about money now and was indeed attracting it into her life in abundance. Next she felt ready to tackle other issues in her life – like giving up smoking.

BREAK-FREE FAST™ FROM PROCRASTINATION

Lazy is what “they” call you when you aren’t doing what “they” want you to do: pick up your clothes, put your toys away, write thank you notes, practice the piano.

“They” were your care-givers when you were growing up and may include parents, teachers, relatives, clergy, police and the government.

- Who were your “theys”?
- What commandments did they hand down to you?
- Are you still trying to live by them? It doesn’t seem fair that you should be running your life in the spotlight of one or more of these childhood “theys”?
- Do you continue to suffer the self-recrimination and blame for being lazy and procrastinating?



**CASE STUDY:
HOW TIM HEALED CRIPPLING
PROCRASTINATION**

A client, Tim, wanted to break free of procrastination, which had sucked him into a downward spiral of depression and dwindling finances. He had ‘retired’ from corporate life two years previously, aiming to set up his own financial services business. Instead he had been floundering for months, getting nowhere.

Before his session I had sent Tim an email with directions and diagram on the basic Emotional Freedom Techniques tapping points on head, hands and body, as we would be using these during the session on the telephone.

We began with:

STEP ONE: WHERE AM I STUCK OR BLOCKED?

I asked Tim to describe the issue as best he could while he tapped and talked. I intuitively worked with him as we explored and expanded on his feelings. I often use metaphor to access the ‘other-than-thinking’ part of the brain and so: “*it feels like ...*”; “*it’s as if ...*” are the kinds of open-ended “cool language” phrases I used (cool language was pioneered by NLP expert David Grove in the UK). Tim struggled at first. He said:

“I can’t seem to get going. It’s as if I don’t even want to begin. What’s holding me back?”

STEP TWO: WHAT SET THIS UP?

Obviously neither Tim nor I have any clue at this point what is the

root cause of his procrastination. But we work on the premise that part of him – a younger part – does. *Who* or what might have played a significant role in setting this up? Our job is to continue tapping and talking until this emerges. This is what happened with Tim.

“First, let’s pretend this story is a movie,” I said. “Put it up on a movie screen and give it a title.”

“Oh, Lazy Man,” he said, half laughing.

“Okay,” I continued. “Let’s run the movie. But before we do, let’s measure the intensity of your pain. On a scale of 1 to 10, how upsetting is it?”

“It’s a 10,” said Tim.

Then we went into the process, to help him go back into his life to find and release the root cause of his procrastination. After about 30 minutes, we hit gold.

STEP THREE: TIM’S BREAK-FREE-AHA

In a welling-up of powerful emotion, Tim remembered an incident from when he was 10 years old that took place at an athletics track with his dad. He said:

“He timed me as I ran around the track. At the end he just took one look at the stopwatch and without a word, turned and walked away. His disappointment cut me like a knife. From that day on, I ‘knew’ with utter certainty that I could never hope to measure up to my older brother who was top in sport.”

Intuitively I filled in the rest

“So why would you bother to enter the race of life if you knew you would be disappointed and could never win?”

Thanks to his **break-free-aha**, Tim was able to erase the negative beliefs that were set up at age 10 in his emotional brain – the root cause of his procrastination. Forgiveness of both his dad and himself was part of the letting go. He later reported:

“I’ve accomplished more in my business in the past three months than in the whole of the preceding two years.”





Chapter 13

AWAKENING

*“No problem can be solved from the same level
of consciousness that created it.”*

—ALBERT EINSTEIN

The **Break-Free Fast™ Formula** reconnects you to your own limitless powers of wisdom and intuition and puts you back “in the flow”. You literally “awaken” to your authentic power and limitless potential.

Traumatic experiences throw you off centre; you are caught in the memory of the past and your energy is depleted. The healing process involves a return to centre and reconnection with the wisdom of your core self. You are released from being stuck in the original *fight, flight or freeze* moment that traumatized you in the past, usually in childhood, but also during adult crises like death, divorce, or being hijacked or attacked.

As the therapist my job is not to be “Ms Fix It”, but rather a facilitator to help you to experience your reconnection as part of your **break-free-aha** experience. My role is to create and hold a space that feels safe and nurturing for this to happen.

COAXING OUT THE FAWN IN HIDING

It requires an attitude of caring, love and compassion to do this and reach the part of you that is split off and frozen. I have learned to coax this part out gently as if it were a little fawn hiding trembling in the undergrowth. Beating the bush with noisy talk and coercive tactics will only drive the fawn deeper into hiding or make the process almost as painful as the original incident.

HOW NOT TO DO IT

Watching an actuality television programme about rehabilitating “spendaholics” brought home to me how not to do it. The focus was on a young man in his 20s who was addicted to spending thousands on toiletries to boost his appearance, plus stockpiling things he never even used like roller blades, new clothes and gadgets he bought online. His credit card spending had reached crisis point. It was pointed out to him that in a few months he could lose everything, including his home. His family had called in two “specialists,” namely a money coach and a psychologist to help him unearth the cause of his addiction to spending.

To find a solution as to what was driving him at a deeper level, he was locked into a wire cage first by himself, and later with his mother. This was apparently aimed at forcing him to connect with his feelings and authentic self.

Later in the show he was cajoled to stand in a shop window in a busy shopping centre holding up signs that said things like “*I find it hard to express my feelings.*” and “*I really have ginger hair*” (the crunch that pushed him to breaking point).

The aim was to crack his need to be perfect in the eyes of the world. It reduced him to tears and he actually stormed off camera. What was revealed to us and to him was a deep childhood pain of

being teased mercilessly for having red hair (which he now dyed brown).

This may have made compelling actuality television but I was appalled by the archaic, cruel way of helping someone access and heal past pain. Certainly it held the key to his buried or unconscious need to over-spend in order to feel worthy and get approval from others, and thus boost his low self-esteem. In fact it was his Inner Child's neediness that drove him to purchase piles of "toys" (which he stashed and did not use) as well as outer trappings – like designer clothes and toiletries that promised to make him acceptable and worthy in the eyes of the world.

*If only they knew how to apply the **Break-Free Fast Formula!***

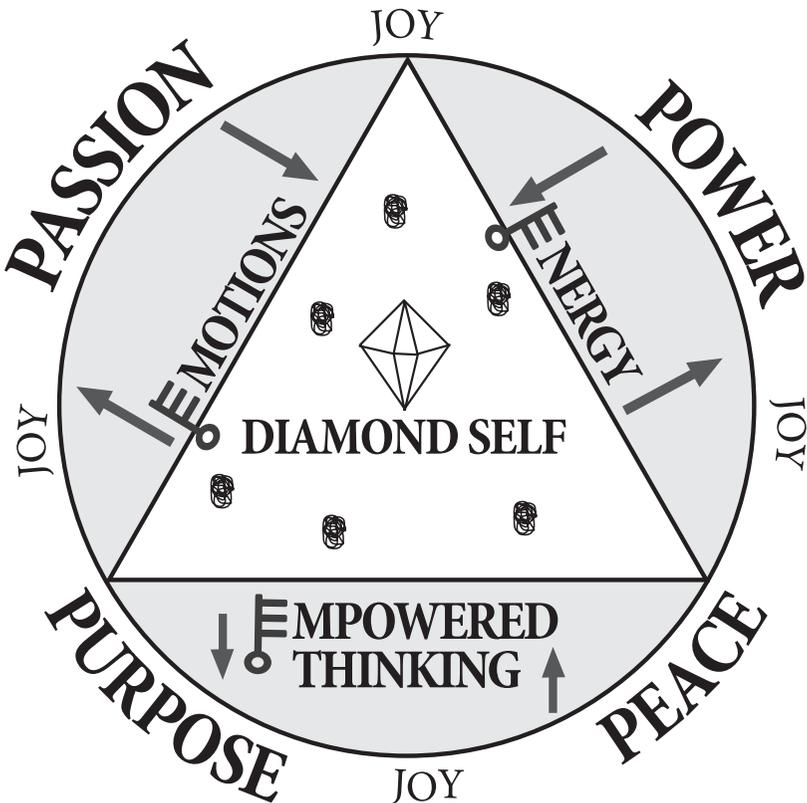
YOUR INTUITION IMPROVES

When we get help and liberate our authentic self to shine its wisdom and energy then we reconnect to higher consciousness which means our *intuition* improves. The holistic view of the Universe says that we are all part of a harmonious flow of being. When the flow is cut off because we are out of balance or our energies are blocked in some way, then we lose access to this intuitive information.

After a **Break-Free Fast™** session people just "know" what the next best steps are to move on with their lives. They have had an "*awakening*". They feel lighter, stronger and more open to hunches and nudges from the Universe. This leads them to follow their hearts and they start feeling supported to fulfill their dreams and Divine Purpose in miraculous and unexpected ways.

THE BREAK-*free* Fast™ FORMULA

E+E+E=F³ (FREEE)



When you remove the black spots/negative "glitches" in your emotional-energy field, you connect with your Diamond Self/Source.



WHERE TO FROM HERE?

EMOTIONS + ENERGY + EMPOWERED
THINKING = F³ (FREEE)

The **Break-Free Fast™ Formula** is one of the most practical, fast and effective ways for permanent change available today. By cleaning and clearing your inner glitches you access your Diamond Self or Soul. This freedom aligns you with the Divine or Source and reactivates your Passion, Power, Peace and Purpose.

Once you are “awake”, clear and connected, you can manifest miracles and attract and live the life YOU choose. At the same time, challenges and change hold no fear, only more ways to expand and grow.

EXPANDING ON THE BASICS

In my talks and ongoing coaching programmes—including the **Break-Free Fast™ Mastery Weekend**, I expand on this in more depth as there are at least six advanced tools I can teach you, especially if you are a coach or therapist interested in using this system to empower your clients. I usually begin by explaining this

by way of a Diagram (above). It contains this “equation”:

$$E + E + E = F^3 \text{ (FREEE)}$$

$$\text{Emotions + Energy + Empowered Thinking = FREEE}$$

- Do you view your life as an adventure with every new challenge bearing a gift for growth?
- Do you look for the pony when a pile of manure turns up on your path?
- Do you look up and enjoy the rainbow that you might have missed if you'd kept your eyes downcast.

If you apply the tools set out in this book—and enjoy more benefits from listening to some of my CDs or participating in coaching programmes, you will not only find the gifts for growth, the pony and the rainbow, but also the precious diamond within YOU when you break free.

SUMMARY IN A NUTSHELL

What I've shared with you here are the 3 Simple Steps, using EFT tools, to get a **break-free-aha** so that:

- You can release the negative beliefs and glitches keeping you stuck
- You can reconnect with your Diamond Self/Source.
- You can expand into the Zero Point Field state of awareness.
- You can experience unconditional love and forgiveness
- You can find and plant the seeds of your unique gifts and talents
- You can grow a “Passion” Flower of Power, Passion, Peace and Purpose
- You can CHOOSE living a life you love

One day I want to die happy, knowing I fulfilled my Life Purpose and most, if not all, the dreams and goals that make me happy serving others and making the world a better place.

You don't have to be a Mother Theresa, Mahatma Ghandi or Nelson Mandela to do that. Just be the best YOU.

LAST WORD

One of my favorite quotes comes from Indian sage Mahatma Ghandi, a great soul who said: “Be the change you want to see in the world.”

Like another great soul, Nelson Mandela, Ghandi lived his life for FREEDOM for himself and others.

What I promised you in the Introduction to this book was a way that: YOU CAN BREAK-FREE FAST.

It is my sincere hope that you have enjoyed the journey with me and are now crystal clear that you can free yourself from where you are stuck or hurting in your life and begin to choose, attract and enjoy the life you love.

Thank you for your time and attention.

Look for updates and free news, interviews and information at my website *www.breakfreefast.com*

Send me your comments, feedback and questions by email to *breakfreefast@yahoo.com*

I'd love to hear from you

I LOVE YOU



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- Byron Katie – questioning the mind - www.thework.com
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HOW BUYING MY BOOKS HELPS YOU TO CONTRIBUTE TO AIDS ORPHANS & VULNERABLE KIDS IN SOUTH AFRICA

This book is about emotional-energy healing for the abandoned or vulnerable “child within”. It’s about nurturing and giving him/her renewed freedom and joy.

So it feels appropriate to remember the 2 million children in Southern Africa where I lived and worked for many years. These kids are orphaned or abandoned by losing their parents to AIDS.

NOAH (Nurturing Orphans of AIDS for Humanity) is a non-profit organization building “arks” or support centres in South African communities most affected by the growing AIDS epidemic and children orphaned as a result.

I am committed to giving a tenth of all sales from my books towards raising \$100 000 in the next five years for NOAH. That’s the equivalent of one-million South African rands. Visit my website ***www.breakfreefast.com*** for more information.

Every bit counts.

\$2 can buy a sack of seed potatoes to plant and help feed a Noah’s ark

\$5 can feed 20 children for a day

\$200 can buy 500 fruit trees to plant in an impoverished community

With your help we can do it.

The Noah site is at ***www.noahorphans.org.za***