

EFT ***Shorties***

Got the
ENTREPRENEUR
BLUES?

Colleen Flanagan,
EFT Adv

Edited by
Angela Treat Lyon

EFT for Entrepreneurs

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This book designed and constructed
by Angela Treat Lyon
AngelaTreatLyon.com
EFTBooks.com

Published by
Out Front Productions, LLC
Kailua, Hawaii • 808-261-0941

Back Pain is Gone

After Doing EFT for Entrepreneurial Worries

Hi Everyone,

This classic example from Colleen Flanagan shows how emotional issues show up physically. People spend loads of money every year on meds for back pain. They are unaware that a skillful application of EFT can often do the job beautifully.

Here is how Colleen describes the situation with her client BEFORE using EFT, “As we discussed our entrepreneurial challenges over lunch, Bernadette’s back pain worsened....”

Hugs, Gary Craig (Founder of EFT)

My friend “Bernadette” visited me and mentioned she’d been having daily lower backaches.

Earlier in the year Bernadette had left a secure corporate job to start her own business.

Like many new business owners, she felt uncomfortable experiencing the emotional roller coaster of feeling overwhelmed with too much business and then, at other times, not enough.

As we discussed our entrepreneurial challenges over lunch, Bernadette’s back pain worsened. After our meal, she tried to

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rise from my dining room chair but the excruciating pain caused her to sit back down. She said she'd never had lower back pain this severe and would have to wait for the holiday weekend to end before she could visit her chiropractor.

I suggested an EFT session.

She insisted it wasn't emotional but physical, as her spine must have shifted out of alignment.

I opened Louise Hay's book, *Heal Your Body A - Z* and showed her the entry for lower back pain: *Fear of money. Lack of financial support.*

She agreed to tap with me, as she didn't want to spend the rest of the weekend in pain, which she described at level 9 on a scale of 0 to 10.

We started with setup statements on her fears of financial failure:

Even though:

- ❖ I'm afraid my business will fail and I'll have to return to a stressful office job.
- ❖ I'm afraid I'll fail to repay the loan because my business isn't doing as well as I'd expected.
- ❖ I've made many business mistakes, I forgive myself and choose to think of them as steps to success.
- ❖ I'm afraid I won't survive this emotional and financial roller coaster
- ❖ **I now accept these feast or famine business cycles and I release my fears of failure.**

Bernadette tried to stand up again and said her back pain

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was now at level 7 out of 10. She couldn't think of any other conscious financial worries. Using surrogate muscle testing (SMT), I identified subconscious fears of rejection and success causing the remaining back pain.

We continued tapping, starting with rejection fears:

Even though:

- ❖ I'm afraid of being rejected on cold calls when I market my business to others, I now believe that I'm offering a helpful service that people need.
- ❖ I'm afraid that prospective customers will reject my marketing materials and I'll never get another chance with those prospects.
- ❖ I'm afraid that customers will use my services once then reject me for a competitor.

At this point, Bernadette's back pain was at level 3 on a scale of 0 to 10. Muscle testing indicated that her fears of the consequences of success remained.

So we tapped,

Even though:

- ❖ I'm afraid that I might become so successful I'll mismanage my finances and lose it all.
- ❖ I'm afraid family members will ask to borrow money from me if I'm too successful.
- ❖ I'm afraid I can't handle the stress of too many customers' demands and I might not have enough free time or privacy.

Bernadette said that after tapping on the last setup statement, she'd felt anxious when she recalled being assigned several difficult projects at the same time during her previous employment.

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With muscle testing, we'd uncovered a three year old fear trigger of feeling overwhelmed with too much work which contributed to her current anxiety. We tapped with this setup statement.

Even though:

- ❖ I felt overwhelmed and unable to cope with the stresses of all those projects at my last job,
- ❖ **I release all negative feelings from then and remember that I am now a safe, empowered and successful entrepreneur!**

When muscle testing indicated all her financial fears were at level 0 out of 10, I asked Bernadette how she felt about the financial issues she'd previously feared. She replied that:

she felt confident that she could handle anything and a bit silly to be worrying about things that never happened.

Next, we tapped in positive Law of Attraction affirmations about how she'd envisioned her income and bank account growing, her business succeeding and helping many people.

I then asked her to slowly stand up. Bernadette gingerly rose from the chair, expecting to feel at least minor pain.

She straightened up, flashed a big smile and exclaimed,

“I don't believe it! The pain's gone!”

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A common question that new clients ask me is, “Why can’t I get EFT to work like the cases in the newsletter articles?”

I reply that they may not be aiming EFT at the core issues and/or they stop tapping before they reach level 0.

Anyone who has problems identifying core issues may want to use Louise Hay’s book, *Heal Your Body A - Z: The Mental Causes for Physical Illness and the Way to Overcome Them* as a guide. This book will point those who doubt their intuition in the right direction to uncovering core issues and tapping success.

Colleen Flanagan, EFT-ADV
EmoRescue.com



With InTention
the Money will come