

It's About the
Energy!



Angela Treat Lyon

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It's About the Energy!

Why Can't I Lose More Weight?



I thought I Was Fat.... I'd tried every last thing on the planet to resolve what I have, for years, perceived as a weight imbalance. At one point, I weighed over 205 pounds—not good on a 5'6" woman with medium bones. At one point, I dropped about 30 pounds using better-than-usual eating habits and exercise.

Then I got Rebecca Marina's (CelebrationHealing.com) awesome, awesome chocolate/white sugar addiction audio EFT session—it worked like a dream the very first time.

I also worked with an acupuncturist who uses Traditional Chinese Medicinal Herbs to help me drain the edema I have experienced since I was a young teenager.

Still, I wanted to drop another 20 pounds to get to my “natural” weight—where I thought I'd feel light and strong, and have energy without any strain on my heart or muscles.

I carried around the extra weight for so long that I had to actually buy bigger shoes, and I was wearing men's extra large shirts just to cover my large bottom—even after the great strides I made since I learned about EFT!

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Cold foods

The acupuncturist told me that what I was eating exacerbated the problem. I was to avoid cold foods (no yogurt? No protein shakes?) because they encourage a damp condition that makes my whole body swell up. Heck. I love cold food. I felt bummed.



She told me that my heart was weak and very tired. And that I needed to tone down my workouts so my heart rate didn't pop the charts.

I like to work out hard. Feels good. I was bummed again. And scared—my heart is WEAK? And TIRED?

A mini-rebellion

I took the herbs she prescribed—but I ate the cold things I loved so much, anyway. And worked out just as hard. And felt more tired, and more groggy, and even more mentally inept and foggy.

After a few days of this, I had to really ask myself, what am I doing? I'm paying to see her—yet I'm not doing as she recommends for me! *What?*

I wondered why I would rebel against someone to whom I had gone for help—it's like, "Help! My house is on fire, and I'm stuck on the roof! But—No, no, don't help me down the ladder!" Duh! Either s—— or get off the damn pot!

Surprise! Reversed!

I finally realized I must be reversed for actually getting what I want.

Reversed?

I'm sure you've seen people who swear up and down they want to lose weight, stop smoking, make more money....

But then they immediately upon starting a diet go out and gorge, start to smoke even more, *want* to save, but spend until every last penny is gone....

In EFT (the Emotional Freedom Techniques EFTBooks.com) terms, that's called a Psychological Reversal. You say you want it, but your *system* doesn't want it.



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There's more under the surface of your consciousness that wants to stay fat, keep smoking and spending than doesn't—so you sabotage your own grand designs.

It's a very deep—seated, energetic survival mechanism. And—it *can* be overcome by using EFT. So I took myself through a mini-tapping session about it. I tapped:

Even though:

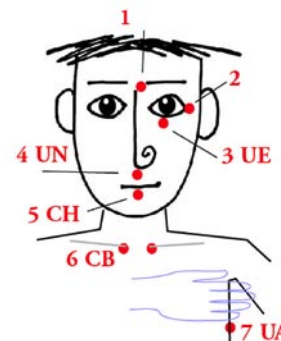
I want to stay heavy
It's not safe to be thin
I hate the way men gawk at me
I'd rather just disappear into crowds
I hate the attention



I deeply and completely accept myself

And I choose:

to feel great
to weigh 135
to look great—even to me
to be able to handle attention without anxiety
to let go of anxiety



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Then I realized I felt contracted around the ideas and words she was using in our weekly appointments. So I tapped again. I tried to be as real with my feelings as I could, admitting the victim part of me.



Even though:

I hate it that I have to cook more to eat "right"

I hate it that I can't eat my favorite foods

I hate it that someone is telling me what to do

I hate it that her words programmed me to think of my heart as weak and tired
she programmed me!

it's all her fault

cooking takes too much time

I have to eat food I really don't want

I have to do what she says

That's OK, I still deeply and completely love and accept myself.

And I forgive myself and anyone else for my having gotten imbalanced in the first place.

I looked deeper.

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I suddenly realized that thinking that my 40+ year problem was her fault was absurd to the extreme—she hadn't even been born yet when it started!

I had to admit that I had a whole bunch of limiting beliefs: I felt like, no matter what I did, it was wrong. That I'd break out or get sleepy or became anxious or had some kind of unpleasant symptom no matter what I ate. I'd rather not eat than go through all this. I'd rather die than hassle all this.

I wondered—was I reversed to LIVING? So I tapped again!

Even though:

it's not my fault!

I want to blame someone—anyone else than me!—for my problems

I'd rather die than have to go through all this

I want to die, I don't want to be here

I'll never get it right

this is too much trouble

all food is bad for me

I can't eat anything or have any satisfaction

That's OK—I still deeply and completely love and accept myself.

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Whoa! *I can't have any satisfaction?*

Whew! That hit deep. I looked at how I had made an artistic career out of being creative and resourceful (Lyon-Art.com), and how I flew from one project to the next without giving myself room for congratulations, or celebrating what I had just accomplished. Why on earth not? So I tapped on:

Even though:

I am *never* satisfied

I have no real idea what satisfaction would feel like

I don't give myself the credit I deserve

I never celebrate my successes



I deeply and completely love and accept myself and I choose to honor every last thing I do and accomplish.

And I choose to stop and congratulate myself and celebrate from now on, even if it's for only a moment, and I'll do it more and more each time, because I deserve validation and congratulations.

I tapped on all those thing for four or five days every time I had a moment I could spare.

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I tapped in bed before I got up, as I went for my walks and as I sat on the beach, on the toilet, in my car....

Then I noticed a pronounced difference in my body. My pants started slipping off my hips—!!! And I suddely felt not just slimmer, but more compact somehow. I could even see it in the mirror, too. And I was down yet another 10 pounds.

I am now even more firmly convinced that it's not ONLY the food that goes in and out of our bodies, or the exercise we get. It's our thoughts, feelings, beliefs and habits. We need to know what we are thinking and feeling—and tap on *all* of it!

It's the energy
It's the energy
It's your energy!

I invite you to keep tapping on all the things you discover about your inner world that limits your life, health and well-being. EFT is amazing—take advantage of it! If you don't know about EFT, get your free how-to book and audio at EFTBooks.com.

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My best aloha to you, your health, Dreams, success, happiness, and prosperity!



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