

Mastering the Emotion of Anger

by Stacey Vornbrock, M.S.,
Sports Performance Pioneer

Anger is a very powerful and necessary emotion! Anger can help us take crucial action in our lives. It can be the most useful emotion in certain situations. Experiencing anger and expressing it in an appropriate way is a natural part of our human experience.

We're going to talk about, and tap on, multiple aspects of anger.

The Cellular Addiction to Anger

What if you're someone who is angry all the time? What if anger is your default emotion? What toll are the effects of frequent anger taking on your body?

Anger can:

- Create a greater risk of sudden death and strokes
- Increase blood pressure
- Raise heart rate
- Create blood sugar imbalance
- Suppress the immune system
- Suppress thyroid function
- Decrease bone density
- Cause chronic inflammation
- Impede circulation
- Reduce lung function
- Cause migraines and headaches
- Cause insomnia
- Alter brain function
- Cause muscle tension and tightness

Almost every person has an emotion his or her cell receptors are addicted to. It can be a positive or negative emotion, but it is most likely a negative emotion. You can tell your cell's addiction by looking at the emotion you experience on a regular basis. The most common ones are sadness, fear, guilt, anxiety, jealousy, shame, and anger. Today we're focusing on anger.

Let me explain how our cells become addicted to an emotion:

We have 50 to 100 trillion cells in our bodies!

EVERY CELL in our body has up to one million cell receptor sites. It is the job of these cell receptors to take in nutrients, proteins, vitamins, and minerals to nourish each cell and keep it in balance



AN EVENT HAPPENS

That event can be thoughts we have, something that happens to us, or something we witness happening to someone else



The hypothalamus releases a cascade of chemicals that are called peptides

These peptides are short chain amino acids that we experience as an emotion or sensation; all 32 emotions are simply chemical combinations



These peptides dock on to cell receptor sites throughout the body

Now nutrients, proteins, vitamins and minerals can't enter those receptor sites



If the chemical/emotion isn't naturally processed out of receptor sites it remains there



Eventually these receptor sites shrink up and die and the cell divides



The body then makes more receptor sites for that same chemical/emotion and less receptors for nutrients, proteins, vitamins, and minerals



Our cell receptors become little drug addicts seeking out more and more of the chemical/emotion they crave

Our brain fires hard-wired thoughts that trigger the release of this chemical/emotion on a regular basis so that the cell receptors can get their "fix"



We end up feeling miserable as we experience the same negative emotion on a regular basis, but our cell receptors are satisfied, even happy!

Once our cell receptors become addicted to that chemical/emotion, we end up fighting an internal chemical war and our cells will always win!

When I learned this information, I realized that anyone who has the cellular addiction to anger is wasting their time tapping on every event that makes them angry. You will be forever tapping on something that makes you angry because your cells will always find a way to get their fix.

There isn't a way to go "cold turkey" with the anger. In other words, you can't just say, "well that's it, I'm not going to get angry ever again". You will lose that battle because your cells will find a way to get their fix no matter what.

Dr. Joe Dispenza says that if your cells haven't had their regular fix of their favorite chemical/emotion, they literally send a signal up your spine to fire off thoughts that cause the release of the chemical they're craving.

Instead, we have to tap on the *cellular addiction* to the chemical of anger. You can wean your cell receptors off the anger by interrupting the addiction process with tapping.

Releasing the Cellular Addiction of Anger

What's important to understand is that you are going to interrupt the cell's addiction to anger every time you become aware of feeling angry by tapping on the addiction itself, not by tapping on what you're angry about.

You may be initially surprised at how often you need to tap when you recognize you're angry. In the beginning it may be many times per hour. But as you continue to diligently tap on this, you'll start to notice that your cells go longer in between their fixes of anger.

Let's say that you notice you are angry about four times every hour. So every time you notice the anger, you tap on the addiction. After a few days or a week you start to notice that it reduces to three times every hour. Over time it comes down to two times an hour and then once an hour and eventually you'll go every couple of hours without feeling angry and then a whole day and then several days in a row and then maybe an entire week, you get the picture. It's a process, so be patient with your body.

Please understand this: since anger is your cell's chemical of choice, anger will always be your default chemical. Don't beat yourself up about this. It is what it is, accept it, notice here's the anger, and tap to interrupt the addiction.

Don't be surprised if you go for days or a week or two without feeling angry and then all of a sudden you blow up. Remember your cell receptors haven't had their fix in a while and they may be making up for it! Just notice the anger and tap on the cellular addiction. It's no big deal, you're going to remember this is an on-going process and every day you are making progress.

Using the Tapping Protocol for Addiction to Anger

If anger is your cell's chemical of choice, you will want to tap this entire protocol twice a day, every day, until you notice a distinct difference in your anger. I suggest you tap it first thing in the morning and the last thing before bed.

Then every time during the day you are aware of feeling angry, tap on the addiction to the anger to interrupt the process. I recommend choosing a reminder phrase – a good one is, “My cells can't get enough of this anger” – and just say that reminder phrase as you tap every point. Don't worry about the words, the important thing is that you're saying something about your cells craving anger or trying to get their fix of anger.

Tap through the points at least two times using the reminder phrase and then check to see if the anger has passed. If it hasn't, continue tapping through the points two more times and check again. Every time you notice the anger, tap through the process again.

Let's say you've now faithfully tapped the protocol twice a day and tapped the reminder phrase every time you feel angry, and your anger has subsided and you've quit tapping the protocol because it's really been working. Then all of a sudden...BAM...you're really angry again. Don't worry, you're not at square one. Just resume tapping the protocol twice a day and tap the reminder phrase when you notice the anger. Remember this is a life-long process!

Please Note!

We're focused on the addiction to anger here but remember that nearly everyone has a cellular chemical/emotion addiction. The process is exactly the same for any other emotion. Take the protocol and substitute “anger” for your emotion and follow the exact same process described above.

Tapping Protocol for Addiction to Anger

Tap on Karate Chop Point while saying:

“Even though my cells are addicted to the chemical of anger, I deeply and completely love and accept myself. Even though my cells can't get enough of this chemical of anger, I deeply and completely love and accept myself. Even though my cell receptors have to have their fix of anger on a regular basis, I deeply and completely love and accept myself. ”

EB: My body can't get enough of the chemical of anger

SE: Every cell in my body is addicted to anger

UE: My body feels uncomfortable if I'm not angry

UN: I always find something to feel angry about
CH: Every cell receptor in my body craves anger
CB: I don't feel normal if I'm not angry about something
UA: I have no control when it comes to stopping this anger
WR: My cell receptors need their regular fix of anger

EB: I can be feeling great and then get angry over the smallest thing
SE: That's because my cell receptors are craving their fix of anger
UE: My brain has neural nets of thought that trigger this anger
UN: I can feel calm one minute and fly into a rage the next
CH: That's because my cell receptors cannot be without this chemical of anger for very long
CB: This process is happening beyond my conscious awareness
UA: But I can choose to interrupt this addiction to anger, by tapping
WR: Every time I feel angry and I address the cellular addiction to anger I interrupt the process

EB: I'm holding this addiction to anger in all the muscles of my body
SE: I'm holding this addiction to anger in all the ligaments of my body
UE: I'm holding this addiction to anger in all the tendons of my body
UN: I'm holding this addiction to anger in all the joints of my body
CH: I'm holding this addiction to anger in all the bones of my body
CB: I'm holding this addiction to anger in all the cartilage of my body
UA: I'm holding this addiction to anger in all the tissues of my body
WR: I'm holding this addiction to anger in all the nerves of my body

EB: I'm holding this addiction to anger in all the fascia of my body
SE: I'm holding this addiction to anger in all the membranes of my body
UE: I'm holding this addiction to anger in every cell of my skin
UN: I'm holding this addiction to anger in every cell of my spine
CH: I'm holding this addiction to anger in all the fluids of body
CB: I'm holding this addiction to anger in all the fibers of my body
UA: I'm holding this addiction to anger in all the organs of my body
WR: I'm holding this addiction to anger in every cell of my heart

EB: I'm holding this addiction to anger in all the neuropathways of my brain
SE: I'm holding this addiction to anger in every cell of my eyes
UE: I'm holding this addiction to anger in every cell of my ears
UN: I'm holding this addiction to anger in every cell of my mouth and taste buds
CH: I'm holding this addiction to anger in every cell of my sense of touch
CB: I'm holding this addiction to anger in every cell of my nose and sense of smell
UA: I'm holding this addiction to anger in every cell of my aura
WR: I'm holding this addiction to anger in every cell of my energy body

Tap Karate Chop Point while saying:

“I give my body permission to release this addiction to anger from every cell. My cell receptors can choose to relax and let go of their need for this chemical of anger. I give my body permission to release this addiction to anger from every cell membrane and cell receptor site. I choose to know and understand that every time I feel angry and I tap to address the addiction my cells have to anger, I am helping my cell receptors release their need for the chemical of anger.”

Anger Can Signal a Need to Take Action

The next aspect of anger has to do with what anger may be trying to tell us. Is there some particular issue you're always angry about? Is there some particular person you're always angry with? Do you notice your anger always revolves around the same story? If so, your anger may be a signal to take action on something.

However, it may feel safer and easier to stay angry and complain about an issue or a person than to take action and get involved to change the issue or to have a talk with that person.

The following protocol will help you with this. Tap it as often as necessary until you notice you start to take action.

Tapping Protocol for Anger Signaling a Need to Take Action

Tap Karate Chop Point while saying:

“Even though my anger is trying to tell me to take action, I deeply and completely love and accept myself. Even though it's easier and safer to stay angry than it is to take action on this issue, I deeply and completely love and accept myself. Even though it's easier and safer to stay angry with this person than it is to take the action I need to take, I deeply and completely love and accept myself.”

EB: I keep feeling angry about this same issue

SE: No matter how much I tap or how hard I try to get over it, every time I think about this situation, I feel angry all over again

UE: I need to take action about this but it's easier to stay angry rather than take action

UN: It feels safer to stay angry rather than do something about this

CH: I have conversations in my head all the time but I can't take action on this

CB: I'm afraid I'll take the wrong action

UA: Maybe someone won't like me if I take the action I need to take

WR: Maybe things will get worse if I take action on this issue

EB: I'll just stay angry rather than take action because it's easier and safer

SE: I keep feeling angry with this same person

UE: Every time I think about _____ I'm furious

UN: I can't believe what _____ has done, it's unforgivable

CH: I think about _____ and what he/she did and I'm angry

CB: I need to take action with _____ but that feels too scary

UA: It's easier to just stay angry with _____ than to say something about it

WR: I'm afraid I'll say the wrong thing to _____

EB: I'm afraid that _____ won't want to continue to be my friend if I say something

SE: I'll rock the boat if I say something to _____

UE: Maybe things will get worse if I say something to him/her

UN: It feels safer to just stay angry with _____ rather than do something about it

CH: I like being angry with _____

CB: I can always justify my anger

WR: Staying angry with this issue or with _____ is safe and easy, taking action is hard

Tap Karate Chop Point while saying:

"I give my body permission to release this resistance to taking action from every cell. My body no longer needs to hold on to this resistance to taking action and can choose to relax and let it go. It's safe to acknowledge what I need to do and take action on it rather than staying angry. It's safe to acknowledge what I need to say to _____ rather than staying angry with him/her. I give myself permission to take the action I need to take rather than staying angry with this. I give my body permission to release this resistance to taking action with this from every cell membrane and cell receptor site."

There May Be Other Emotions Underneath the Anger

Another aspect of anger has to do with the fact that what we're really feeling beneath the anger is either fear or hurt. It's certainly easier and safer to feel angry than it is to feel fear or hurt. It takes a lot of courage to examine what may be beneath the anger and address that instead of focusing on the anger.

Think about the guy who cuts you off on the road. What's your first reaction? Maybe you scream or give him the finger or feel your blood pressure rise or mutter obscenities to yourself. But the fact is beneath that anger is fear. The chemical that released when he cut you off was adrenaline. It put your body into a fight or flight state – fear. Of course nobody wants to say, "Wow, that guy cut me off and I was scared for my life!" But that's the truth, it has nothing to do with anger, the initial response was fear.

Think about a disagreement or fight you had with a friend or family member. You may feel angry about the situation but isn't hurt beneath the anger? Are you hurt by their words or actions or what they didn't do for you? It may just feel safer to be angry with that person rather than address the hurt you feel.

These two protocols will help once you recognize that either fear or hurt is beneath the anger.

Tapping Protocol for Clearing the Fear Behind the Anger

Tap on Karate Chop Point while saying:

“Even though I’m really afraid but I don’t want to admit it, I deeply and completely love and accept myself. Even though I’m feeling so afraid but it’s easier to feel angry, I deeply and completely love and accept myself. Even though my anger is covering up the fear I’m really feeling, I deeply and completely love and accept myself.”

EB: Beneath my anger is this fear about the situation

SE: I am so frightened by what’s happened

UE: It feels easier and safer to be angry

UN: My mind latches onto what has happened and I’m angry

CH: I don’t want to acknowledge the fear

CB: But beneath the anger is this deep fear

UA: I’m fearful about what was said to me

WR: I’m fearful about what this person did to me

EB: I’m afraid I’ll be abandoned

SE: I’m afraid something bad will happen to me

UE: Every time I think about what happened, I feel scared

UN: My mind goes over and over the same story about what happened

CH: It’s easier to stay angry when I tell the story than to allow myself to feel the fear

CB: I can’t admit I’m afraid because of what they said or did

UA: I don’t want to let go of the anger and address the fear

WR: It’s easier and safer to feel angry than acknowledge the fear

EB: I’m holding this fear in all the muscles of my body

SE: I’m holding this fear in all the ligaments of my body

UE: I’m holding this fear in all the tendons of my body

UN: I’m holding this fear in all the bones of my body

CH: I’m holding this fear in all the joints of my body

CB: I’m holding this fear in all the cartilage of my body

UA: I’m holding this fear in all the tissues of my body

WR: I’m holding this fear in all the nerves of my body

EB: I’m holding this fear in all the fascia of my body

SE: I’m holding this fear in all the membranes of my body

UE: I’m holding this fear in every cell of my skin

UN: I’m holding this fear in every cell of my spine

CH: I’m holding this fear in all the fluids of my body

CB: I’m holding this fear in all the fibers of my body

UA: I’m holding this fear in all the organs of my body

WR: I’m holding this fear in every cell of my heart

EB: I'm holding this fear in all the neuropathways of my brain
SE: I'm holding this fear in every cell of my eyes
UE: I'm holding this fear in every cell of my ears
UN: I'm holding this fear in every cell of my mouth and taste buds
CH: I'm holding this fear in every cell of my sense of touch
CB: I'm holding this fear in every cell of my nose and sense of smell
UA: I'm holding this fear in every cell of my aura
WR: I'm holding this fear in every cell of my energy body

Tap Karate Chop Point while saying:

"I give myself permission to fully and completely acknowledge my fear about this situation. I give my mind permission to release the story I keep telling that makes me angry and I allow my body to release the fear that's beneath the anger. My body is perfectly safe and can choose to relax and let go of this fear. I give my body permission to release this fear from every cell membrane and cell receptor site."

Tapping Protocol for Clearing the Hurt Behind the Anger

Tap on Karate Chop Point while saying:

"Even though I'm really hurt, but I don't want to admit it, I deeply and completely love and accept myself. Even though I'm feeling so hurt, but it's easier to feel angry, I deeply and completely love and accept myself. Even though my anger is covering up the hurt I'm really feeling, I deeply and completely love and accept myself."

EB: Beneath my anger is this hurt about the situation
SE: I am really feeling hurt by what happened
UE: It feels easier to be angry
UN: My mind latches onto what this person has done to me and I'm angry
CH: I don't want to acknowledge the hurt
CB: But beneath the anger is this deep hurt
UA: I'm hurt about what was said to me
WR: I'm hurt by what this person did to me

EB: I'm hurt by what this person didn't do for me
SE: I'm hurt by the lack of respect this person has for me
UE: But every time I think about what happened, I feel angry
UN: My mind goes over and over the same story about what happened
CH: It's easier to stay angry when I tell the story than to allow myself to feel the hurt
CB: I can't admit I'm hurt by what they said or did
UA: I don't want to let go of the anger and address the hurt
WR: It's easier and safer to feel angry

EB: I'm holding this hurt in all the muscles of my body
SE: I'm holding this hurt in all the ligaments of my body
UE: I'm holding this hurt in all the tendons of my body
UN: I'm holding this hurt in all the bones of my body
CH: I'm holding this hurt in all the joints of my body
CB: I'm holding this hurt in all the cartilage of my body
UA: I'm holding this hurt in all the tissues of my body
WR: I'm holding this hurt in all the nerves of my body

EB: I'm holding this hurt in all the fascia of my body
SE: I'm holding this hurt in all the membranes of my body
UE: I'm holding this hurt in every cell of my skin
UN: I'm holding this hurt in every cell of my spine
CH: I'm holding this hurt in all the fluids of my body
CB: I'm holding this hurt in all the fibers of my body
UA: I'm holding this hurt in all the organs of my body
WR: I'm holding this hurt in every cell of my heart

EB: I'm holding this hurt in all the neuropathways of my brain
SE: I'm holding this hurt in every cell of my eyes
UE: I'm holding this hurt in every cell of my ears
UN: I'm holding this hurt in every cell of my mouth and taste buds
CH: I'm holding this hurt in every cell of my sense of touch
CB: I'm holding this hurt in every cell of my nose and sense of smell
UA: I'm holding this hurt in every cell of my aura
WR: I'm holding this hurt in every cell of my energy body

Tap Karate Chop Point while saying:

"I give myself permission to fully and completely acknowledge my hurt about this situation. I give my mind permission to release the story I keep telling that makes me angry and instead allow myself to feel the hurt beneath that story. My body can then choose to relax and let go of this hurt. I give my body permission to release this hurt from every cell membrane and cell receptor site."

Do You Have Trouble Feeling Anger?

This next aspect of anger is near and dear to my heart! I grew up in a family where it was not okay to acknowledge anger. If I was angry about something I had to change it to understanding. I literally learned to intellectualize any anger I felt.

When I decided to become a psychotherapist, I went to see a therapist to work on my own issues. One day he said, "Tell me about what you do when you get angry." In all sincerity I looked at him and said, "I never get angry!" He said, "Stacey that isn't possible, everyone gets angry." And I said, "Well I don't"!!!

The sad thing is I really believed that. Of course he was able to help me recognize what happened in my family when I felt anger and how I learned to change it into understanding, and then I went on to learn to recognize when I was angry and what that felt like.

I remember the first time I felt angry about something after that revelation - I said to my mom, "I'm angry that they've sold out of tickets for David Copperfield." She said, "Oh you're not angry, you can understand that tickets are sold out and you'll have another chance to see him sometime in your life." There it was!!! I actually heard it for the first time ever (of course she'd always been saying it, I just never *heard* it before.) I stood my ground and said, "No mom, I'm angry they don't have tickets."

The problem with repressing anger is that it takes a toll on our body. Remember that anger is a powerful chemical that sits in those cells receptors waiting to be processed out and released. Just because I didn't recognize when I was angry doesn't mean it wasn't there.

Here's some of what can happen when we repress anger:

- Irritability
- Depression
- Grinding teeth
- Passive aggressive behavior
- Over eating or binge eating
- Ulcers and heart burn
- Headaches

I didn't have the benefit of tapping when I was learning to recognize and become okay with experiencing anger. I am happy that you have that benefit now and the following tapping protocol will pave the way to easily recognizing and experiencing anger.

Please note that I've made this protocol all-inclusive to cover many aspects. You may not have experienced all these things. Don't worry about that, just tap it as it's written and your body will ignore what doesn't apply to you.

Tapping Protocol for Learning to Recognize Anger

Tap Karate Chop Point while saying:

"Even though I don't know when I'm angry, I deeply and completely love and accept myself. Even though it's never been okay for me to recognize and acknowledge my anger, I deeply and completely love and accept myself. Even though I learned to suppress my anger and call it something else, I deeply and completely love and accept myself."

EB: It was never okay to be angry growing up
SE: If I felt anger and tried to express it, I had to change it into something else
UE: I was told in so many ways that it was not okay to be angry
UN: Nice girls and boys don't get angry
CH: It wasn't safe to acknowledge anger about anything or anyone
CB: If I was angry and expressed it I got in trouble
UA: Anger was never talked about in my home
WR: If I said I was angry my mom or dad demanded I call it something else

EB: I was afraid of my anger
SE: No one ever taught me how to recognize and express my anger
UE: I was really afraid of my mom's/dad's anger growing up
UN: Every time they exploded I hated it
CH: I decided I didn't want to be like them
CB: I decided I would deny my anger
UA: If I don't acknowledge my anger I can't explode like mom or dad did
WR: I learned to call the anger I was feeling by some other name
EB: I'm still afraid of my anger and I don't like feeling it
SE: I am in complete denial when I feel angry
UE: I don't recognize those repeated thoughts about some issue or someone is angry
UN: I don't recognize when my blood pressure rises that it's because I'm angry
CH: I don't notice my body tightening up because I'm angry
CB: I don't realize my headache is from feeling angry
UA: I don't realize my breathing is shallow when I'm angry
WR: I don't recognize that those stomach pains are signaling I feel angry

EB: I compulsively eat when I'm angry
SE: Sometimes I even binge I'm so angry
UE: I have to stuff the anger because it's not okay for me to have it
UN: I feel so stressed but I never relate that to not acknowledging my anger
CH: I don't recognize my memory problems may be due to suppressed anger
CB: My mind races when I'm angry
UA: I don't want to feel my anger
WR: My anger scares me

Tap Karate Chop Point while saying:

"I give my body permission to release any resistance to recognizing when I'm angry from every cell. I give myself permission to begin to acknowledge when I'm feeling angry. It's safe for me to recognize, feel, and acknowledge my anger. Once I recognize I'm angry then I can do something about it. I choose to fully experience my anger rather than turn it into something else."

Now How Do I Express My Anger?

This is the last aspect and it applies to those of us who've had trouble with anger. We've learned to recognize the anger and acknowledge it but what about expressing it?

The first thing I want to do is to clarify what I don't mean by "expressing" anger. I'm not talking about throwing things, yelling at someone, hitting someone or something, throwing a tantrum, slamming cupboard doors, or beating a pillow.

I'm talking about calmly and directly stating you are angry with someone or you are angry about a situation or an issue. You have the right to be angry about something or with someone. You have the right to speak up and say what you need.

I must confess this is still the most challenging aspect of anger for me - to tell someone I'm angry with them or to state my anger out loud. I'm still working on this and I'll be tapping this protocol along with you! Tap this protocol often.

Tapping Protocol for Learning to Express Anger

Tap Karate Chop Point while saying:

"Even though I have no idea how to express my anger, I deeply and completely love and accept myself. Even though no one taught me how to appropriately express my anger, I deeply and completely love and accept myself. Even though I am afraid to express my anger because I don't know how, I deeply and completely love and accept myself."

EB: I never learned how to express my anger because I had to deny it

SE: I either had a parent that flew into a rage or suppressed his or her own anger

UE: No one modeled for me how to appropriately express my anger

UN: I don't know how to tell someone I'm angry with him or her

CH: I'm afraid if I tell them I'm angry, they may not like me any more

CB: I'm afraid I'll say the wrong thing or say it the wrong way

UA: I don't even know how to start a conversation with someone about this

WR: I feel so anxious whenever I think about telling someone I'm angry with him or her

EB: I'm afraid to say the words, "I'm angry with you"

SE: If I try to tell someone I'm angry, the words get stuck in my throat

UE: I feel panicky when I think about expressing anger about an issue

UN: I'm afraid people will reject me if I express my anger about something

CH: It's easier just to keep it in rather than express it

CB: Maybe I could find someone to practice expressing my anger with

UA: I could read some books on learning to express my anger

WR: I can start by writing down what I'm angry about when I recognize I'm angry

EB: I have the right to be angry about an issue

SE: I have the right to be angry with someone

UE: I have the right to recognize my anger about an issue or person

UN: I have the right to express my anger appropriately

CH: I have the right to speak up and say what I need to say

CB: I have the right to take action on something that angers me

UA: I can learn how to express my anger

WR: I know that when I express my anger I am doing my body a favor

Tap Karate Chop Point while saying:

“I give my body permission to release this not knowing how to express my anger from every cell. I can choose to learn how to express my anger. I can be afraid and still express my anger about something or someone. I choose to be patient with myself during this process of learning to express my anger.”

And Finally, One Last Protocol to Help!

When you have an experience or relationship with someone, their energy is infused into every cell of your body and remains held in the cell membrane of every cell. Whenever you're upset, angry, or uncomfortable with someone, or you want to release him or her from your body, tap this protocol, *Clearing the Energy of Someone*, for amazing results.

I usually first tap through all the points once while I'm talking about that person. For example: “I really can't stand her; she's so rude; she always puts herself first; I don't ever want to see her again; etc.”. Then continue to tune into that person and all the things that you dislike about him or her, or that you're upset about with them; put their name in the “blank” and tap through the protocol exactly as it's written. The more people you clear out of your body, the happier you'll feel!

Tapping Protocol for Clearing “The Energy Of Someone”

You can clear anyone's energy from your body by using the following protocol:

Tune into the person while tapping on Karate Chop Point and repeat three times:

“Even though I'm holding ____'s energy in every cell of my body, I deeply and completely love and accept myself.” (For example: fill in the blank with “my mom's”, “John's”, etc.)

EB: I'm holding ____'s energy in all the muscles of my body

SE: I'm holding ____'s energy in all the ligaments of my body

UE: I'm holding ____'s energy in all the tendons of my body

UN: I'm holding ____'s energy in all the joints of my body

CH: I'm holding ____'s energy in all the bones of my body

CB: I'm holding ____'s energy in all the cartilage of my body

UA: I'm holding ____'s energy in all the tissues of my body

WR: I'm holding ____'s energy in all the nerves of my body

EB: I'm holding ____'s energy in all the fascia of my body

SE: I'm holding ____'s energy in all the membranes of my body

UE: I'm holding ____'s energy in every cell of my skin
UN: I'm holding ____'s energy in every cell of my spine
CH: I'm holding ____'s energy in all the fibers of my body
CB: I'm holding ____'s energy in all the fluids of my body
UA: I'm holding ____'s energy in all the organs of my body
WR: I'm holding ____'s energy in every cell of my heart

EB: I'm holding ____'s energy in all the neuropathways of my brain
SE: I'm holding ____'s energy in every cell of eyes
UE: I'm holding ____'s energy in every cell of my ears
UN: I'm holding ____'s energy in every cell of my mouth and taste buds
CH: I'm holding ____'s energy in every cell of my sense of touch
CB: I'm holding ____'s energy in every cell of my nose and sense of smell
UA: I'm holding ____'s energy in every cell of my aura
WR: I'm holding ____'s energy in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release ____'s energy from every cell. My body can choose to relax and let go of ____'s energy. My body no longer needs to hold onto ____'s energy, and I give my body permission to release ____'s energy from every cell membrane and from every cell receptor site now and forever."

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Products by Stacey Vornbrock, M.S.

Sports Performance Tapping Manuals:

- All Sports (for sports without a specific manual)
- Baseball
- Basketball
- Football
- Golf
- Hockey
- Soccer
- Tennis
- Track and Field

Please visit <http://www.byebyeblocks.com>

Tapping eBooks for the General Public:

- Body Recovery, The Ultimate Soreness Recovery Program
- Injury Recovery, The Ultimate Injury Recovery Program
- Travel Recovery, The Ultimate Jet Lag Recovery Program
- Coming Back to Balance, The Ultimate Body and Mind Clearing Program

Please visit <http://www.breakthrougheft.com>



Stacey Vornbrock, M.S. is pioneering the use of Emotional Freedom Techniques (EFT) with professional and amateur athletes to release mental, emotional, physical, and mechanical blocks on the cellular level. She is recognized as the leading expert in the use of EFT with sports performance and has worked with athletes in golf, baseball, football, hockey, track and field, tennis, and a variety of other sports.

Stacey has her Masters in Counseling from the University of Nebraska and worked as a psychotherapist from 1977 until 2003 when she began working with athletes. She has been using Emotional Freedom Techniques since 1999 and believes it is the most powerful tool she has found in her entire career.

Stacey helps elite and amateur athletes achieve breakthrough performance by increasing range of motion by at least 20%; completing the healing of old injuries; speeding up the healing of recent injuries; clearing past performance trauma; eliminating sports related anxiety; and accomplishing mechanical changes in minutes vs. months.

Stacey has appeared on numerous radio shows, including several appearances on Peter Kessler's Pure Golf Show on XM Satellite Radio. She was featured in *Golf Week Magazine* in March of 2006. She is the author of nine EFT *Breakthrough Performance Sports Manuals* and four e-books: *Body Recovery*, *Injury Recovery*, *Travel Recovery*, and *Coming Back to Balance*. She is also the co-author of the book *Freedom At Your Fingertips* with a chapter on sports performance. Stacey has worked with university teams, including the University of Texas Women's Track and Field Team and several University of Washington teams.

Stacey's number one commitment is getting results for her clients. She guides professional and amateur athletes to release the cultural constraints inherent in their sport and rapidly break through blocks, opening up her clients to their full performance potential. Stacey is an innovator in the sports performance field. Most notably, she has pioneered the application of Emotional Freedom Techniques with injuries, range of motion, and sports-related mechanical changes.