



Stress and Anxiety Can Ruin Your Life

In everyone's life a little rain must fall but stress and anxiety can be deadly if allowed to build up and consume us without a way to let go of it. Even though some level of stress and anxiety is considered normal components of our everyday lives the cumulative effect damages and kills brain cells. Thousands of studies reveal that stress causes deterioration in everything from your gums to your heart and can make you more susceptible to everything from the common cold to cancer. Stress is the result of frustration, rage, or concern over a particular circumstance. Usually stress is caused by something we feel we have no control over. Anxiety is characterized by fear or apprehension, and in some cases, the cause is not even known. The first clues to the link between stress and health were provided in the 1930s by Hans Selye, the first scientist to apply the word "stress" then simply an engineering term to the strains experienced by living organisms in their struggles to adapt and cope with changing environments. Today unfortunately, the words stress and anxiety are so commonly used that their deadly impact is often overlooked.

Stress is usually situational. The most effective stress management technique is something that you can apply on the spot when you feel your stress level rising. We cannot always change what is happening around us but we do have complete control over our response to it. My proven *PowerTapping* technique is a very effective stress management tool that you can apply anytime, anywhere and rapidly change your state of mind.

What I now know, with one hundred percent certainty, is that *anything* is possible. Do you believe this as well? Do you believe that within the realm of the humanly and physically possible, you can achieve

your heart's desire in this lifetime? Do you believe that extraordinary success, health, and happiness are possible for you, personally, regardless of your current state or your past condition?

Imagine that the power to remake the world is at your fingertips. Imagine that anything you want to accomplish – from the healing of emotional difficulties or physical pain, to the achievement of tremendous success in work, sports, relationships, or creative endeavors – could be made possible by a relatively simple method that has been refined for over thirty years and now known as PowerTapping. Would it surprise you to learn that you are already equipped to perform these techniques, and all you need is some focused time and effort?

Discard all your preconceptions about what is and what is not possible. With your disbelief suspended, consider the possibility that you could possess a magical key – a golden elixir, a philosopher's stone – one that can quickly, easily, and relatively painlessly, make anything possible. It really is right at your fingertips.

With PowerTapping, it is possible for you to lay the groundwork necessary for you to achieve anything you desire. Once you believe that you can succeed at whatever it is – from stress relief to achieving true happiness – it is simply a question of focusing on the mechanics of getting whatever it is done. Along the way there may be doubts, problems, and difficulties, but if you are willing to PowerTap whenever your fears and insecurities arise, or whenever your positive vision falters, you can keep on moving towards the achievement of your goal.

Think of champion mountain climbers. When they get to the top, did they get there by luck? No, they got there through hard work and practice. Of course, there is a certain amount of luck in everything, but good luck is made, not bestowed upon us. Luck is a currency we all have an equal share of, that is, we all have the same inherent chance of being lucky. People who are lucky (also called optimists) expect to be lucky, and expect that things will work out in the end. Luck is a developed skill, a mindset or belief that draws the good breaks our way, and PowerTapping is perhaps the best way to develop that skill. The great golfer Ben Hogan was once asked why he referred to himself as the luckiest golfer alive despite the fact that he obviously had an extremely dedicated practice schedule: "The harder I practice," he said with a smile, "the luckier I get."

Don't wait for luck. Don't wait for things to just turn around by themselves. Don't wait to see yet another therapist: instead, become your own therapist. If there is something you want, or something you don't want, you can make the desired change through PowerTapping, often with a speed that will amaze you. Ask yourself, "What am I afraid of?" and then when you have become clear as to what your fear is, just tap it out (or tap in a positive belief, if that's what's needed). We are, by almost any account, using only a small percentage of our human potential and capacities. I believe that it is possible for anyone to be happy and fulfilled, and to lead an interesting and exciting life. Sure, you'll have to work your way through some fears, and through some negative tendencies, and through some weak beliefs about who you are and what you can accomplish, but isn't that better than living a life of mediocrity?

PowerTapping really is the magical key that I suggested earlier. I am handing *you* that key, and inviting you to put it into the right keyhole and turn it. If you do this, and practice PowerTapping with

persistence and diligence, it is likely that your whole life will substantially change for the better. Sure, you will have to wipe out the negative beliefs that do not work for you, and amplify the positive beliefs that are too weak to serve you, and in the process your justifications for believing what you formerly believed will have to come to the surface. This will not always be pleasant or easy: you will see where you were fooling yourself, and where you were unwilling to risk moving out of mediocrity. But why not risk being happy? Yes, you might fail, but isn't failing at being happy a better outcome than never daring to be happy? Any forward movement will result in your having a better attitude, and a higher quality of life.

PowerTapping, on one level, is simply a set of techniques that will enable you to mechanically remove the energetic impediments in your mind and body that prevent you from achieving greater success. Ultimately, what it boils down to is trusting yourself to use some of the great and amazing power that you are born with. Many people have rediscovered their strength and become aware of their true capacities, and you can too.

All it takes is a choice, and from that choice will flow all of the other steps that you need to achieve freedom from stress and anxiety, enjoy good health, happiness, and whatever else it is that you desire.

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**** For more information about PowerTapping go to www.PowerTapping.com .