Alternative Pain Relief

From Backache to Heartache
Eliminate Pain FAST

by Nicola Quinn
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Introduction

Thirty years ago in my bookshop in the middle of London a man came in to sell me a book called Healing Hands. I ordered 10 copies from him as he seemed such a lovely person and so sincere. I read it voraciously and soon found myself wishing I too could heal myself with my hands but all the pictures in the book were of treating someone else and I wanted to find something I could do for myself.

So I went on to spend 30 years researching pain relief techniques. I studied homoeopathy which is brilliant and used Tachyon Energy which has had some amazing effects along with Reiki, which requires attunements, but what I really wanted to do was collect together some techniques and tools that did not require anything other than myself, my mind, my hands, my intention.

And in this book I present to you my findings, four astonishing methods of pain relief.

- The Gentle Touch
- Noesitherapy
- Emotional Freedom Techniques
- EmoTrance

Each is incredibly powerful and effective and the best part of it is you can do them yourself anywhere, anytime and very discreetly if necessary.

The Gentle Touch works on the premise that pain is caused by muscle spasm and using a very ‘gentle’ touch with both index fingers, one placed on a specific point on the head and the other over the point of pain, the technique relieves these spasms almost immediately for effective fast relief.

Now the Gentle Touch, as efficient as it is, will not relieve certain pain. The pain of a rotten tooth for example, though it WILL quickly relieve the discomfort of tooth extraction, which is how I first came upon it several years ago.

Noesitherapy (pronounced No-aze-ee-therapy) is a fantastic technique too, using a little known mechanism of the body to immediately anaesthetize specific areas of the body and was pioneered by Dr Escudero of Spain who uses it to operate on patients using no anaesthetic whatsoever!

I used this technique to numb a very sensitive area of my body which required three injections for a simple operation and the nurse was stunned when I made no sound, did not wince and thought I had gone into shock though the surgeon was quick to point out that my face still had good colour so this could not be the case.

Emotional Freedom Techniques, EFT for short, created by Gary Craig, is a very simple system of tapping on a few points on the body to relieve bad feelings and emotional pain. This is how I overcame years of panic attacks but it is useful for so many things and we all know how stress can induce a headache so although it is not specifically for relieving physical pain, it often does!
And last, but not least, EmoTrance, which is fabulous and so much more than a technique, it’s a whole way of life. Once you get to grips with the very easy process you start looking at everything very differently from how you experience your relationships, to dealing with insults and personal affronts and even how to gracefully receive compliments instead of fending them off at every opportunity, all beautifully handled with elegant ease.

So let’s get straight on to finding out what each technique is and how it works.
The Gentle Touch

In Paul Newcomb’s book, The Gentle Touch, he explained how his father had taught him a technique to use when he went away to war, a method that would help relieve pain when there was no access to drugs. He used it extensively on his fellow soldiers and colleagues relieving the pain of everything from a broken wrist to a badly cut lip that had almost closed before reaching medical attention using this simple technique.

Pain is essential and keeps us from injuring ourselves further by letting us know when to stop what we are doing. It is normally associated with injuries and illness but is due to alternating pressure on adjacent nerves or elongated muscles that are in spasm. When the body is free from muscle spasm it remains extremely healthy and supple and injuries are quickly recovered from if the spasm is released immediately.

Our bodies are constantly producing spasms throughout the day to correct minor displacements of the muscular-skeletal system but we do not feel pain until the body’s self correcting systems are unable to handle a problem.

The brain is constantly checking every group of muscles to see if they are stretched too far and when they detect a muscle that is stretched beyond its limits a signal is sent to contract that muscle in order to protect the tissue. In this way our body is superb at self correction and we may only experience a fleeting pain as a result.

When we have pain we instinctively move our body, or may rub the area, which helps to relieve the spasms. This may work short term to relieve the pain but if an unnatural stance is maintained which shortens the muscle, which, in essence, is what is giving relief, this can weaken that part of the body and can lead to worsening of the injury.

The Gentle Touch is safe because is does not disguise pain leaving us open to worsening the injury by pushing ourselves when we should be resting. If the Gentle Touch relieves the pain then the problem is fixed, the spasm has been relieved using the natural impulses of the nervous system.

When muscle spasm and pain are relieved the body then sets about healing itself further if necessary though a doctor’s opinion should always be sought for all serious conditions.
**How To Do The Gentle Touch**

**The Basic Technique**

First you need to locate the place you must touch lightly with your left index finger.

There is an indentation either side of your forehead, the place you would gently massage if you had a crashing headache. There is a point there you need to find, the centre of the depression on the left side of your head.

If you feel a slight pulsing, this is your heartbeat, and you need to move your finger, about a quarter of an inch should do it.

Once you have found the point you need to apply very slight pressure with your left index finger and after that all you need to do is lightly rest your right index finger over the point of pain. The polarity of the body then sets up a resonance that relieves the muscle spasm.

And that is all there is to it!

**Finding the Spot**

If you are having difficulties finding the spot, Paul Newcomb’s original instructions for finding it on another person are as follows, though it can quite easily be used on one’s self using a mirror:

“The steps are simple. Place the index finger of the left hand in the hollow above the subject’s ear and the right index finger in the vicinity of the pain. The Gentle Touch is polarity sensitive. The left index is required to be on the skull. On either side of the human head, several hollows or depressions can be felt in the skull above each ear. The depression about 1 inch to 1-1/4 inches above the front of the ear and about 3/4 to 1 inch forward of the ear is by far the most efficient location. Locating this point is the only tricky problem most people have in initially applying the Gentle Touch. The following procedure usually solves any difficulties.
Place your left index finger alongside the front of the subject’s ear, with the middle knuckle touching the point where the top of the ear meets the skull. The top of the finger will probably be just above the center of the depression. Feel around to find the center of the depression. Apply about an ounce of pressure or just enough to slightly depress the tip of the finger. If you feel a pulse in this area, move about one-quarter inch away from the pulse, as this is the heartbeat.”

I actually found the easiest way of getting exactly the right spot was to experiment and see which point worked as I was holding my right finger over a painful area, gently moving my left finger to see where it worked best and from there I knew where to go straight to next time.

In no time at all you get a feel for the right spot and often as your fingers are moving around you may experience a faint pulsing in one or both fingertips which may harmonise. This doesn’t always happen but when it does you know deep realignment is taking place. This pulsing is the natural frequency of the body and is about 70 times a minute, slightly slower than a normal person’s heartbeat.

It is a good idea, if the painful area is quite large, to move the right finger around, about an inch at a time to see if the pulsing can be detected in either finger. And I have to say although I have relieved a lot of pain without feeling a pulsing my most astonishing sessions have occurred with a strong pulsing and feelings of electricity in my hands, this means the left index finger was spot on and the right finger was exactly over the tension so it is worth moving both fingers around slightly to get a really deep action going.

Once you know where the point is you will easily be able to locate it on others and give them almost instant pain relief too.
When All Else Fails!

Simply place the heel of your left hand over the depression itself. The base of your palm should just touch the upper forward part of the ear. The entire hand and fingers are in contact with the head.

This is supposed to be an easier way to instruct others to use the Gentle Touch though I have personally never had problems finding, or showing others, how to use the finger alone.

Placing the Right Finger

When you are happy you have made good contact with the left index finger you can hold minor spasms for around 5 to 10 seconds and larger ones for about 30 seconds. You will soon get to know the difference and get a feel for where to move your right finger to best effect.

If you are dealing with a cut or a swelling place your finger about half an inch away. You may eventually be able to place your finger over the swelling if you still feel a pulsing and if the cut is minor you may also place it directly over, though be careful if it is large enough to need stitching, in this case you may even see the wound beginning to close just by holding your finger on the side!

Unsurprisingly severe muscle spasms, causing a lot of pain, are easier to identify and treat than lesser ones which may only produce a dull ache.

It is just as important to relieve the smaller spasms as these very often block the body’s self-protective healing systems. Once a spasm has been relieved the body kicks into action quite fast to effect healing.
Treating Others With The Gentle Touch

To treat someone else all you need do is find the contact point on that person and put your left index finger there, using a little pressure, then locate the area to be treated and put your right index finger on the point. With experience you will be able to locate exactly the right area as you move your finger around slightly, feeling for the pulse that indicates perfect positioning for best release of the muscle spasm.

N.B. For hygiene reasons, if you are treating someone else, especially if near an open wound, it makes sense to use a latex glove, or finger stool while treating, which in no way interferes with the process. Likewise the Gentle Touch can be given over light clothing.

When To Use The Gentle Touch

Use it on everything! Every little ache, pain or injury that occurs. You have nothing to lose but a few moments of your time, and everything to gain!

For acute problems apply the Gentle Touch immediately, over every sore or twisted muscle, over, or near, every cut or wound, in fact on every twinge you might feel.

For chronic problems, treat the area a few times a day. It may take several weeks to effect a complete cure but this often does happens, even with the most severest of symptoms. You are in essence releasing the spasms that are preventing the body healing itself, so do not be surprised if such ailments as rheumatoid arthritis start responding very positively.

Cancer

The Gentle Touch does NOT cure cancer but can afford very real relief from the pain if used conscientiously. Paul Newcomb records in his book how he gave immense support and relief to many friends and associates in this way. Only the lightest of touches is necessary to afford relief so do not be afraid to try this on extremely painful areas though start from outside the area where touch is acceptable if any extra discomfort is felt from your touch initially.

Back Ache

Many hours of work are lost to back ache and the advice as to how to treat it has changed many times over the years. Once it was total bed rest, now movement is advised. I think somewhere between the two is just right and with regular Gentle Touch treatments the muscle spasms should be relieved and healing well on its way in no time.

There are many areas of the back which can be reached by oneself quite comfortably and effectively although it is always nice to have a treatment from someone else which makes it even more of a good reason to practice on others who will then be willing to return the favour should you need it!
Spinal Realignment

Chiropractors and osteopaths have interesting charts of the spine with comparisons to various parts of the body and the effects the nerves either side of the vertebrae have on our physicality. Many serious illnesses have been successfully treated by correcting spinal alignment which reduces muscle spasm and releases corresponding nerves.

I’ve always found this mechanism fascinating and have used it extensively in my healing work.

With the Gentle Touch we have a way of using this knowledge to release muscular spasms, which need not necessarily be painful to be doing any damage, thus realigning the spine and having a beneficial effect on many chronic problems AND this is an excellent way of preventing new ones by maintaining spinal nerve health with regular treatments.

Have the person you are treating lay face down as comfortably as possible. It is not necessary for the back to be exposed but this often helps to find the right positions initially as the areas to be treated are not always painful.

Now you need to check the two muscles running down either side of the spine for painful or tender spots. Use about 3 or 4 times the amount of pressure you would normally use when treating a spasm to locate these points and ask the person to indicate when they feel pain or discomfort, then use the normal pressure to release each spasm.

You need to feel for the area located between two vertebrae though steer well clear of the spine itself, just touch the muscle, that is where the spasms occur.

I find it easier to treat both sides of the spine as you work your way down, rather than doing one side then the other. If there is pain or tenderness on one side it is usual for the corresponding area the other side of the spine to be painful though this is not always the case so thoroughly check the entire length of both muscles and treat where necessary.

PLEASE NOTE: DO NOT APPLY ANY PRESSURE ON THE SPINE ITSELF, ONLY ON THE MUSCLES ABOUT AN INCH EITHER SIDE OF THE SPINE.
Haemorrhoids

The Gentle Touch is the only alternative remedy I know that completely cures haemorrhoids. A simple touch to the head while wiping with tissue paper after going to the toilet is all that is required every morning. If any tingling or pulsing is experienced the position should be held for about 15 seconds. Once the muscle spasms are relieved the haemorrhoids are quickly absorbed back into the body and inflammation is rapidly reduced thus relieving this extremely painful condition. This often occurs on the first treatment though can take up to five, so be persistent.

It really is quite astonishing how quickly and effectively this works and I have recommended it to countless people over the years with 100% success.

Post-Operative Pain

The secret here is to treat as soon as possible and as close to the wound as possible and observe the strictest of hygiene so as not to introduce infection. Hand sanitiser and latex gloves, always.

Also do not neglect other areas of the patient’s body that may be holding tension due to being immobilized. Ask, Are there any other aches, does your back hurt? The more relaxed the person is over all, the quicker the healing and recovery will be.

Injuries

All injuries benefit from the Gentle Touch whether they are open wounds or otherwise though please, please be sure not to delay getting emergency help by treating first. Call the emergency services and then treat while they are on their way. Be sensible but above all stay as calm as possible.

Babies

Babies respond beautifully to the Gentle Touch and it works a dream for colic. Simply have your baby lay on your lap with his or her head cradled in your left hand with your index finger very lightly resting on the spot and with your right hand on your baby's belly and gently search around with your index finger for any areas of tension, or tightness or where you feel a pulsing.

Children

Children of all ages can be afforded great relief from many minor aches and pains with the Gentle Touch. It is easy to teach them to treat themselves but for younger ones it is always nice to combine a hug with a little Gentle Touch thus also reinforcing the technique's effectiveness which increases their willingness to use it for themselves later on and throughout their lives.
IBS

The Gentle Touch works a dream on the spasms Irritable Bowel Syndrome can cause. I suggest following the whole of the ascending, transverse and descending colon with your right finger to ease any and all of the spasms you will find there. Don't just concentrate on the areas that feel tender or painful, in relaxing the whole of the colon you will be paving the way to the end of the problem completely, not just a temporary reprieve from the discomfort. Treat the whole colon at least twice a day for a week and see the difference. (AS IBS is so often stress related you may want to supplement this approach with EFT as well, see later section.)

Menstrual Cramps

Likewise uterine cramps during the monthly period respond really well to a few short touches and this is a perfect technique to teach to teenage girls. I also taught this to a lady who used to get such bad ovulation pains they would double her up. Ten seconds was usually sufficient to end the pain.

Sciatica and Trapped Nerves

Respond really rapidly to a few well positioned treatments. This is one of those instances where it is not difficult to locate the position for your right finger though please be gentle, the lightest touch is all that is required to treat the offending muscle and release the nerve.

Migraines and Headaches

Can be treated very successfully if caught early enough, at the very first sign. For an impending migraine I also suggest treating the neck, the large muscles either side, check those for spasms too. The cause of the intense pain is the rushing of blood to the head so resist the temptation to lie down for a while, until you have treated the spasms.
When Not To Use The Gentle Touch

When someone specifically asks you not to!

Also, the Gentle Touch is not effective for nerve pain such as from a rotten tooth where the nerve is exposed and is not effective for pain from poisons such as a snake or insect bite.

The Gentle Touch can also be less than effective on someone who has been drinking alcohol or having steroid injections for pain but this should not stop you trying and will not be harmful, just do not let the lack of results discourage you.

Is the Gentle Touch Safe?

I am often asked this and can adamantly say, yes. The only problems I have ever had are when someone has not sought medical advice but tried to completely heal a problem which obviously required outside intervention.

Persistent pain even after repeatedly using the Gentle Touch means the body needs extra help to heal and expert advice should be sought. Indeed for any major trauma or injury you should ALWAYS seek medical help and use The Gentle Touch to relieve the pain in the interim.

Be sensible, broken bones need setting, the pain caused from an ulcer may need a course of antibiotics, or surgery, blood coming from anywhere that does not stop after a short while needs investigating!

In short, use your head, follow your instincts, you know deep down when it’s time to visit the emergency room though the Gentle Touch can help in the meantime.
Noesitherapy

Noesitherapy is incredibly effective once you get your head around it! And the key, I feel, to making it so is knowing a little about how it works, not necessarily believing it but having enough information to make it viable, for there to be enough reasonable doubt that it just might work, if that makes sense!

So you can start off completely not believing it will work even though Dr Escudero has operated using this method on hundreds of people without anaesthetic. It is easy to pass some patients off as being very suggestive, hypnotized, with very strong wills or thresholds of pain etc. etc. etc. but there comes a point when you cannot ignore the evidence, the explanations, your own experiences, and at that point when all objections have gone and you’ve had your first positive experience, your confidence just grows and grows until it can be called upon at any time and it just works.

Remember, it doesn’t need total belief in order to work just a willingness to accept it can, that is all.

To see someone being operated on while awake and talking quite calmly and happily is an extremely powerful post hypnotic suggestion and makes simply numbing your arm or your stomach seem relatively easy by comparison. This is a great place to start.

This may all seem like wishful thinking but once you have achieved this a whole new area opens up in your life and I have found many who have gone on to use the technique to achieve tremendous goals in their lives that had otherwise evaded them.

You don’t have to believe it works, my job here is to introduce enough reasonable doubt to make it possible for your mind to allow this technique ‘in’.
Dr Escudero’s Philosophy

On the Importance of Maintaining a Positive Attitude

Dr Escudero firmly believes that a willingness to live plays a huge part in disease and recovery. He cites the case of cancer as an example, explaining that cancer is an error produced inside the DNA of some cell due to many variable physical, chemical or biological influences. This may happen many times in a person’s life but we have inner control mechanisms that most times will establish normality and automatically correct these errors. He maintains that should this happen when the natural zest for life has been compromised or the will to live is at an all time low then these mechanisms fail to correct these events, the genetic immunity mechanisms are depressed, the errors persist and the reproduction of cells continues without control. That is cancer.

This ties in very nicely with my own threshold model of disease where I believe that at least three different stressors must be present for an illness to take hold and manifest.

I believe happy positive people are definitely healthier than their sadder counterparts. You could say this works the other way around and that healthy people have little to worry about and of course they are more positive but this idea falls apart quite readily. Everyone has stress in their lives, it is completely relative and idiosyncratic, one person’s drama may be another’s idea of an adventure and even healthy people have their fair share of challenges, it is how they approach them with a more positive attitude that makes the difference.

Now when the desire to fight for life is stimulated or encouraged it is possible to reestablish these mechanisms which then can correct the errors in the DNA. The cells will stop their uncontrolled reproduction and the cancer is cured.

So the best cancer prevention is to maintain these self correcting mechanisms and we can do this by making determined efforts to keep a positive outlook and we do this by taking rigorous control of our thoughts.

Noesitherapy gives you a very powerful and positive sense of control over your mind, thoughts and body and this is a huge help in maintaining excellent health.

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1 This can be traced back in a patient’s clinical history and is not just supposition.
2 See also ‘Cultivating a Positive Attitude’ in the Appendix
On Pain

An amoeba does not have a nervous system so does not feel pain but will take defensive action when threatened, will know when to get out of the way of an aggressor.

Pain is an unpleasant sensation produced by a negative biological response caused by an irritant or threat (somatocortical pain), or by a thought which produces remembered sensations from a previous similar experience (corticocortical pain).

Dr Escudero believes that pain is an unnecessary response to an aggressor or aggressive attack. Acute pain is useful and alerts us to the initial threat but Dr Escudero believes chronic pain is an illness in itself, one that can be successfully treated.

If a single cell creature can survive without the need for pain then it should be possible for a complex intelligent human being to identify the aggressor then take evasive action without experiencing further pain.

When a being understands that an intervention is for their own good and a positive biological response is maintained then no pain is felt. He has direct experience of this and came to this conclusion when he conducted an emergency operation on a dog that was awake and did not struggle in the slightest as Dr. Escudero cut into him to remove a foreign object from his intestines. The dog maintained calm all the way through and went on to heal rapidly.

Pain gives us useful information that something is not right and needs attention. In the case of the dog, the pain was caused by the brush it had swallowed that needed removing. The dog knew that Dr Escudero was not the aggressor, but was there to help, so felt no pain whatsoever while Dr Escudero conducted the operation to remove the brush.

So why do humans need to maintain the pain while fighting off the aggressor? They don’t and Dr Escudero believes it is possible to reprogram the brain so it is enough to know there is an aggressor and take the appropriate action without suffering any pain.
The Positive Biological Response

A positive biological response is the reaction produced by a positive reassuring thought which provides us with peace and well being and gives us better health and happier lives.

It is important to keep the right balance between the sympathetic and parasympathetic systems and nowadays, with the stressful lives we all lead, it is all too easy to become unbalanced which produces sympathetic dominance. With a positive biological response the balance is once more restored by activating the parasympathetic system.

It is important to know the signs of a positive biological response and a negative one and how they affect the body and mind.

When we are calm, relaxed and with a positive outlook we have vagal predominance which is characterized by the signs of a positive biological response which present themselves in our body and experience as follows

- A pleasantly moist mouth with plenty of thin fluid saliva
- Contracted pupils that respond appropriately to light
- Dry skin with a good pinkish colouring
- Regular steady heartbeat
- A good arterial pressure
- Relaxed muscles
- Calm demeanour with increased feelings of self control

As a bonus when you have vagal predominance you also get

- Normal blood clotting with minimal blood loss during operations
- Rapid healing of wounds
- A healthy, strong immune system

And as you might expect a negative biological response gives the opposite of these signs – a dry mouth, pale, sweaty skin, racing heart, high blood pressure, dilated pupils, tension through the body and a feeling of foreboding and anxiety as adrenaline shoots around the body. Not nice. And you can also bet that you not only don’t get the bonuses mentioned above but all these beneficial side effects are severely impeded.

The signs of a positive biological response are global, in the whole body, and indicate a vagal predominance and the beauty is that if you give your mind the idea to fill your mouth with saliva, the one sign you have control over producing, this activates the parasympathetic system and then ALL the basic signs of a positive biological response kick in, resulting in a sensation of peace and relaxation. Beautiful!

This is very much the way controlling your breathing can quash a panic attack instantly if you direct your breathing in a certain way (breathing being the only symptom of a panic attack you have physical or mental control over) then the rest of the positive biological responses MUST follow suit thus reducing the adrenaline being produced and bringing the body and mind back to a state of calm very quickly.³

³ See my book Life Without Panic Attacks
We know from work carried out at the Peto Institute in Hungary with brain-damaged children who cannot walk that it is possible to influence another system positively. In their work, called Conductive Therapy, the therapists repeatedly move limbs of the children manually which eventually creates new neural pathways which enable the children to be able to walk by themselves. All we need to find is one leverage point, the one thing we can control, to make profound changes to a whole system. And to create a positive biological response we need to consciously make our mouth fill with saliva and this alone is enough to trigger a positive response in our entire system.

Dr Escudero theorises that a substance is produced by thought, (just as anxious people produce masses of adrenaline daily purely with their thoughts) which he has called noesin, which has a different action from chemical anaesthesia, which floods the whole system and impedes electrical impulses. With psychoanalgesia it is possible to control sensitivity and switch it back on instantly when required.

He postulates that this substance, noesin, is analgesic, anti-inflammatory and is able to rapidly produce a positive biological response with all its inherently good side effects such as increased wound healing and rapid recovery. For a more detailed explanation of the theory of the mechanics of the process please see Dr Escudero’s book.4

So now you understand how taking charge of the one aspect of the positive biological response we have direct power over, creating saliva in the mouth, can influence the entire system and bring it to a state of calm relaxed clarity. And this is the secret of the success of Noesitherapy so now let us proceed to the technique itself.

4 Curacion Por Pensamiento by Dr Angel Escudero (English version is called Healing by Thinking)
Noesitherapy – The Technique

Before going any further I want to make sure you have read the previous sections and not skipped ahead. It is important that your mind has taken onboard the information even if you do not either understand, or agree with, it consciously.

Until recently I would have said that it was not possible for someone untrained in hypnotherapy or who had not had years of experience to teach someone else to use this technique. I was sure it must require hours of relaxation practice and building confidence in order to make it work for someone else, and in the beginning Dr Escudero certainly spent an inordinate amount of time preparing his patients for surgery without anaesthesia, but we now know the key points of the process and these are very simple to explain and have allowed many people I know to use this remarkable technique in no time at all.

A Demonstration

This first exercise is also on an mp3 for you to listen to. Here are the written instructions so that you can see for yourself how easy it is to apply this simple yet profound technique to numb any area of your body for however long you choose.

Fill your mouth with liquid saliva, as much as you can in the first stages so you can almost feel the saliva bubbling between your lips. To start with you will need to speak out loud which is sometimes a bit tricky with a mouth full of saliva but do your best to keep your mouth full while speaking loudly and firmly.

Now rest your left hand on your thigh or a hard surface so it is supported.

NQ: Do you wish for psychoanalgesia of your left hand?

You: Yes I do!

NQ: Look at your left hand and say – MY LEFT HAND IS NOW NUMB, COOL AND HEAVY.

You: MY LEFT HAND IS NOW NUMB, COOL AND HEAVY.

MY LEFT HAND IS NOW NUMB, COOL AND HEAVY.

MY LEFT HAND IS NOW NUMB, COOL AND HEAVY.

Now pinch the back of your left hand quite hard and you will feel nothing!

To test the difference you can pinch the back of your right hand and you will feel pain.

You can now deprogram the numbness by saying, All feeling is now back in my left hand, and you may feel a slight ache where you pinched yourself a moment ago, often
you will not. This is where the programming is so useful as you can direct the anaesthetic effect to remain in that area until all healing has taken place if you wish.

It is also very important that you use words that are right for you. For example when I am having an injection in my gum at the dentist I like to think of my gums as warm and soft as I associate warmth with softness so the syringe will be easier to insert. However you may be more comfortable, as many are, with using cold and firm, it is really up to you.

For heartburn and indigestion I use cool and relaxed which works very well.

You need to find two words that match exactly the feeling you want that area to have and combine them with numb to make a tailor made statement for each treatment.

**So if you did not have success with the demonstration it is because MY words were not appropriate for YOU. Try it again using your own.**

This is all you need to do in order to obtain an instant anaesthetic effect, anywhere in your body though you do need to practice it to gain confidence so that you can do it at any time you need to.

When I first started using the technique I went for a blood test and spent all morning numbing my right arm, keeping my mouth full of saliva and constantly looking at my arm and saying over and over, my right arm is cool, relaxed and numb. Then when I was finally in the surgery the nurse could not find a suitable vein in my right arm and I panicked slightly when she asked me to roll up my left sleeve to take a look.

I regained my composure as quickly as I could, filled my mouth with saliva, looked down at my left arm and said, My left arm is numb, cool and relaxed. I looked away while still keeping my mouth full of saliva and saying to myself, My left arm is numb, cool and relaxed and waited for the worst.

I thought the nurse was still having trouble finding a vein and looked back to find her labeling the blood sample! I hadn’t felt the slightest thing, not a pinch or a sting. Brilliant! I started laughing and thought it best not to try and explain what had just happened so thanked her for the painless intervention and left.

Now some may say this is just distraction but I say, if that works for you, so what! The thing is I don’t think that argument holds up as it works just as well if you are actually looking at the blood being taken, as I have done subsequently to test this theory. It still works, in fact Dr Escudero makes his patients watch him push a needle through pinched flesh in their hands to make sure they are aware of exactly what is going on.
Noesitherapy – The Complete Procedure

1. Choose an area of your body that you would like to be anaesthetised, and insert in the instructions where necessary.
2. Choose two words that describe how you would like that area to feel, as well as numb, some suggestions are, cold, warm, soft, smooth, flexible, yielding, relaxed, and have them ready to insert into the instructions when necessary.
3. Decide how long you would like this area to be anaesthetised, remember you can bring back sensitivity at any time just by saying it is so.
4. Fill your mouth with as much liquid saliva as you can manage and keep your mouth like this for the whole procedure.
5. Say out loud and in a confident upbeat voice –

   I would like psychoanalgesia for my <insert body area>
   My <body area> is now numb, <insert your own two words>
   My <body area> is now numb, <insert your own two words>
   My <body area> is now numb, <insert your own two words>
   And I wish my <body area> to be numb for <specify length of time required>

That part of your body you specified will now be numb and anaesthetized until the time you have programmed or whenever you decide to bring back sensitivity by simply saying -

   My <body area> now has all feeling and sensitivity restored.
**When To Use Noesitherapy**

The most obvious uses for Noesitherapy are primarily for injections, taking blood, operations of all kinds, before and after to control post-operative pain, but there are also some other surprising applications for this ingenious technique.

I have also used it with many people who are anxious and fearful, those who are scared of the feelings they may get in certain circumstances and who have second fear of their panic attack symptoms.

**Fear and Anxiety**

Fear and anxiety is always caused by feelings of being out of control, not being able to cope in any situation and Noesitherapy readily hands this control back. If you KNOW you can control how your body feels then there is nothing more to fear. Simple.

This is not repressing anything, there will be no backlash, as the cause for the fear has been eliminated altogether.

For one client who felt extremely unpleasant sensations in their stomach before going out I had them numb their stomach with the command -

**My tummy is now numb, soft and relaxed.**

**Indigestion**

And with that incident in mind I used the same approach when I was on holiday recently, had slightly overdone the food, and felt extreme acid in my stomach on lying down in bed. I was very tired and really couldn't be bothered to get up and get a remedy so simply said to myself, **My stomach is now cool, relaxed and numb**, and that did it, instantly.

**Overwhelm**

I have also used the technique to help a client with overwhelm during the middle of a hugely important project. The stress was getting to her, she just couldn’t see what step to take next and had started to display extremely hardcore stress symptoms. Her heart was pounding and she felt enormous pressure on her chest. I asked her how her chest would have to be for it to feel comfortable and she said, soft, quiet and relaxed so I then got her to fill her mouth with saliva and say, my chest is soft, quiet and relaxed.

Within seconds I first heard a huge sigh of relief then she said, Must go, need to call Joe about getting a quote from the printers, thanks! And she was off, having quite simply accessed the next step required because her stress had been instantly alleviated. That’s a nice story.
Childbirth

One of the most dramatic demonstrations of the effectiveness of Noesitherapy I have ever had was with a client I had been treating during pregnancy with homeopathy to clear miasms before the birth, and as she approached the time of her labour she called me with rising terror in her voice. She admitted she was terrified of the whole process and was becoming increasingly tense and stressed out at the thought of it all.

We did some EFT to calm her down and then I instructed her how to do Noesitherapy and suggested she use it for the birth. She called back several weeks later saying she had practiced intensely on her hand and forearm as I had suggested and when she felt her first contraction she immediately numbed her 'bump', commanding it should remain so until after the birth. She said she felt each contraction as a wave but with little discomfort and the birth itself was very quick and painless. She required no stitches and her baby was born in a very relaxed atmosphere and settled down very quickly for a long nap in his mother’s arms.

Now this is not from some heroic strong woman who has given birth to several babies, this was her first time, and she admitted to me she normally wails at the slightest thing and until then had considered herself to be oversensitive. I believe the positive effect was not only on this lady but her baby too who went on to suckle well and sleep soundly and was an extremely happy little soul.

Please do not underestimate the power of this simple technique. I urge you to practice as often as you can. The other day I stubbed my little toe very painfully and had the presence of mind to instantly numb it, commanding that it should remain so until fully healed and felt nothing more, in fact I had completely forgotten I had even done that until this moment.

You may not need to use Noesitherapy very often but it is well worth mastering for the times when you do!
Emotional Freedom Techniques

This amazing technique deals swiftly with all sorts of emotional pain and has an infinite number of applications. EFT has been around for quite a while and is now used in many hospitals and psych units throughout the world by professional psychologists and psychiatrists who are continuing to get very positive results with severe emotional pain and trauma.

There is no doubt strong emotions can be very painful things and it is now an established fact that emotion follows thought which is why psychiatrists spend years talking about trauma, trying to uncover triggers and thoughts that cause bad feelings, depression, phobias and the like but with therapies like EFT this is becoming less and less necessary.

How EFT Came About

Many years ago a clinical psychologist, Dr Roger Callahan, had the idea that there may be another step in there, between thought and emotion, and he looked at the meridians and our energy system for answers. He observed that tapping on particular acupuncture points had a calming effect on the entire mind and body which then prevented the bad feelings. He first used this idea on a client who had a very severe phobia of water which was instantly cured by simply tapping under her eye. Over 20 years later Mary still has no fear of water which was so bad that she couldn’t even look at a few inches of water in a basin.

Dr Callahan went on to devise a whole system called Thoughtfield Therapy which listed hundreds of different variations and combinations of tapping points for particular problems. Then along came Gary Craig, a Stanford engineer, who wondered if just using all the points, instead of having to have numerous tables and lists, would do the job just as well, and it did and so Emotional Freedom Techniques was born, EFT for short, which was a whole lot easier and accessible to so many more people.
The Complete Emotional Freedom Techniques Protocol

The protocol itself looks complicated at first but is really very simple and is just the meridian points.

What you do is tap lightly on each of them, you get used to doing this very quickly, and when you have been using EFT for a while you can just do a few taps here and there, maybe on your collarbone or under your eye, for rapid relief.

Have a look at the diagram and just touch each point and as you work your way through them you will see there’s a natural progression as you go down the body which makes them very easy to remember.

The EFT Treatment Points
1 The Sore Spot – The area on your chest where you pin a brooch or medal. Gently feel around with your fingers and locate a spot that feels tender or slightly sore.

2 The Start of the Eyebrow (EB) – Where the bone of your eyebrow meets the bridge of your nose.

3 The Side of the Eye (SE) – On the bone at the corner of your eye.

4 Under the Eye (UE) – On the bone just under your eye, in line with your pupil when you are looking forward.

5 Under the Nose (UN) – Between your nose and your upper lip.

6 Under the Mouth (CH) – On your chin just below your lower lip.

7 Collarbone (CB) – In the angle formed by your collarbone and breastbone.

8 Under Arm (UA) – In line with a man’s nipple under the arm.

9 Thumb (Th) – All finger points are on the side of the finger in line with the nail bed.

10 Index Finger (IF)

11 Middle Finger (MF)

12 Little Finger (LF)

K Karate Chop Point (KP) – On the side of your hand.

G Gamut Point (GP) – Just behind the knuckles of your ring and little finger.

UB Under Breast (UB) Please note this is not a classic EFT point, and is not included in a normal round, but I have found it very useful in cases where anger is involved, either my own anger or when reacting to someone else’s, so have included it here for your information.

In EFT these points are stimulated by gently tapping with your middle finger or middle and index finger combined. Tap quite rapidly; a good guide is about 7 to 9 taps while breathing in and out normally. Do not tap too hard, if you were tapping on a table the sound would be barely audible but you do need to feel the tap so do what feels right for you. However you do not want to end up bruised!

While familiarizing yourself with the points you may find that some feel tender and thus are easy to find. For example a lot of women find the point under the arm especially tender and higher than they think.

While you are tapping on different statements you may feel some points are particularly sore to the touch or that you feel different instantly while you are paying attention to a certain point.

Some people find a specific point always helps and this can be a valuable point to remember and use on its own when you are stressed and can’t remember what to do.

And if any of the points feel too tender to tap simply hold them and massage gently instead, taking a deep breath in and out as you do so.

For practice now tap all the points starting from the Eyebrow point right down to the Karate Chop point, breathing gently all the time setting up a rhythm as you follow the sequence down your body. The order you tap in is not set in stone but is a nice way of remembering all the points.
Naming the Problem

In EFT the meridian points are tapped to release the interference and distortions that negative emotions cause and this is done by creating a statement spoken out loud to focus the mind as each point is tapped.

So to begin with it is important to state the problem clearly and as you feel it, in your own words and how it applies to you personally.

Think of a problem, a fear, a pain, something that makes you feel sad or indeed any negative emotion that you would like to clear, the more honest you can be about how it makes you feel, the more profound the change will be.

The following examples are taken from my book Life Without Panic Attacks and may be useful for anxious people.

- I hate the way my heart flutters all the time.
- Not being able to go out on my own really upsets me.
- Having to rely on other people drives me mad.
- This squirming feeling in my stomach.

The Set Up

Now that you have stated your problem you can start the Set Up

You create an Opening Statement by enclosing your problem in the following statement:

Even though (insert problem statement) I deeply and profoundly love and accept myself.

So if your problem is ‘I feel terrible about letting my family down’ this would translate into:

Even though I feel terrible about letting my family down I deeply and profoundly love and accept myself.
Taking a SUDs Reading

Before commencing a round of tapping it is useful to ascertain what level of discomfort you are feeling so that you can instantly see what effect one round has had and whether you need to do more work on it, create a new statement, or if it has been completely cleared in one round. This is called taking a SUDS reading, which stands for Subjective Units of Disturbance or Distress.

Now you have the problem in mind, taking 0 as completely pain free, calm and happy and 10 being the highest amount of pain and distress imaginable, think of a number that would rate your feelings now. Just let the first number that comes into your head be your guide, do not struggle or argue with it.

Testing is a very important part of EFT and is what allows us to see just how quickly changes can be made which gives us enormous confidence in the process as well as ourselves.

Now you have your Set Up Statement, and also a guide as to the level of discomfort you are experiencing, it is time to start a round of EFT.

The EFT Round

Now find the Sore Spot and while rubbing it gently say your Opening Statement three times while really concentrating on what you are saying and even if you do not feel totally comfortable with ‘I deeply and profoundly love and accept myself’ do try and sound meaningful, I promise you in time this will change but if you find it too difficult initially you can create an Opening Statement and deal with that first using:

**Even though I find it difficult to say I deeply and profoundly love and accept myself I deeply and profoundly love and accept myself.**

Now it is time to tap each of the points, starting with the Eyebrow (EB) point and working all the way down to the Karate Chop (K) point while repeating a shortened version of your Opening Statement which is called the Reminder Phrase.

For example a Reminder Phrase for the Opening Statement:

**Even though my boss scares me I deeply and profoundly love and accept myself...**

...would be ‘**my boss scares me**’ which you say as you tap each point.

So now tap all the points saying the shortened Reminder Phrase, as clearly and calmly as you can, while maintaining focus right down to the end.
Feedback

This is now the time to take another SUDs reading and see by how much your level of discomfort or distress has dropped.

Don’t be disheartened if it started at, say, 8 and is not down to 0 completely but is now at a 4, this is progress indeed and you have already reduced your bad feelings by half!

Do another complete round using the statement

● Even though there is still some of the problem left…

OR

● Even though I still have some of this problem…

If there is just a tiny amount left, say you have reduced your SUDs to a 2 or lower, you can use

● I want to completely overcome this problem and I deeply and profoundly love and accept myself.

And that really is all there is to it!

It is very difficult to get anything wrong. You may find it necessary to refine your Opening Statement or create a new one if you find the original problem has not been shifted but all tapping stimulates the meridians and has a calming effect on the entire system so don’t be afraid to try different statements until you find the one that works for each problem you are addressing.
When To Use EFT

Phobias

A nice little example of EFT working brilliantly in a very short time was one Christmas just before dinner was about to be served and I was chatting to my niece and she mentioned that disabled people made her feel uncomfortable, she felt terrible about it but the more she told herself it was mean of her to feel like that towards them the worse she felt. I asked her if she’d like to fix that and she said yes so I did a few rounds with her and by the time the food was ready she felt perfectly fine at the thought of passing someone in a wheelchair in the street.

I didn’t know until much later from my sister that the phobia had been starting to affect her quite badly and at times had prevented her from going out because she felt sick to her stomach at the thought of whom she might encounter. Of course her father maintained she had simply grown out of it, well possibly, but overnight is unlikely!

New Mothers

Something that sprang to mind when I was writing the little piece on babies in the Gentle Touch section was how important it is when you have a crying baby to remain calm. When my daughter was tiny and cried ceaselessly I knew I was making the situation worse by getting het up but I had nothing to help me. Tiredness and just the plain newness of being a mother for the first time kept me on edge. If I had had EFT then things would have been a whole lot different so please, if you know a new mother, tell her about EFT, show her, print out the chart for her, you will be doing her and her baby a huge favour!

Animals and Pets

This was illustrated beautifully to me early on in my EFT experiences when my huge Golden Retriever needed to be taken to the vet. He was terrified and always knew, even before we had pulled up outside, where we were and would refuse to budge and he was far too big a dog to drag anywhere! I did several rounds of EFT on myself prior to setting out with statements like -

Even though I'm scared I won't be able to get Jamie out of the car...
Even though I'm sacred he will run into the road in fear...

and when we arrived, I was calm, and he simply bounded out of the car and up to the vet's door :)

Alternative Pain Relief by Nicola Quinn ©2008
Fear of Flying

EFT is a great way to deal with all fear though you will have to be thorough, really take a look at all the different aspects of that fear and treat each one with a really specific opening statement.

For newcomers I cannot emphasise heavily enough, or often enough, how important it is to really cover all aspects of a fear of something.

Take flying. Dealing with being in the airplane is great but what about the flutters that start happening when you begin packing, suppose EFT doesn’t work when I get into the plane? aaagh! And off the heart goes, and the knees start feeling weak, and it starts to be difficult to take a breath.

See what I mean?

With this is in mind one of the most important opening statements I have ever used with people is -

Even though I’m scared EFT will not work I deeply and profoundly love and accept myself!

So always start there then work your way forward from the very first thing that would make you scared and cover all aspects of a situation.

For flying you may include being cooped up in close quarters with strangers and unable to get out, the noise of take off, the rush and pushing feeling of the force of taking off, the queuing, the lack of fresh air and on and on.

Phobias of all kinds, dentist, needles, spiders, heights, public speaking, however ancient or deeply ingrained they seem to be, can be treated beautifully and effectively AS LONG AS YOU COVER ALL THE ASPECTS!

Stress Related Illnesses

EFT is not going to clear plaque from your arteries but it WILL relieve stress and tension and allow your whole body and all your organs to be more relaxed and so function better, whatever their present capacity.

Adrenalin released into the system because of fear of chronic or terminal disease can often hasten the progress of an illness. The general stress of life, working hard, looking after children or elderly parents, money worries, all can wear you down at an insidiously unnoticeable rate until you wake up one day and can't even remember what it was like to feel well and normal.

High blood pressure, periodic migraines, IBS, all benefit from daily EFT treatments to cope with general stress. The accompanying MP3 should help you deal with that and it's a good idea to listen to and follow along with the exercise at least a couple of times a week, if not every day to begin with.
Tap on Anything and Everything!

EFT is excellent for things like stage fright and writer’s block, use it any time you feel you are blocked, “I just can’t do this!” as well as issues surrounding addictions and low self esteem. It’s also brilliant for anger and you may want to add the UB point for that, I’ve found it helps enormously.

Here are a few opening statements to inspire you and get you going -

Even though my mind is blank…
Even though I can never write, sing, compose, another word…
Even though my legs are jelly…
Even though I can’t stop eating biscuits…
Even though I feel so tired I can’t go on…
Even though my father never loved me…
Even though I hate my body…
Even though my boss makes me so angry…
Even though my partner/boss/mother-in-law doesn’t understand me…
Even though this weather is depressing me…
Even though my life is rubbish…
Even though this backache is killing me…

It’s Come Back!

People sometimes say, EFT used to work but it doesn't any more, it came back. Well there are two different reasons for this. Either you didn't tap down to zero in the first place in which case there is room for the feeling to increase again OR it is a different aspect of the same problem that has come up and needs dealing with in exactly the same way but with a different Opening Statement.

Also bear in mind that just because you get a headache again it doesn't mean paracetamol doesn't work, you take another one when you need to and the same with EFT, it is there for when you need it and takes only minutes to do, so use it whenever and wherever necessary!
EmoTrance

I love EmoTrance, and not just because I helped create it back in 2002 with Dr Silvia Hartmann, but because it is so elegant and feels so natural, even kids can do it, and they love it!

EFT is brilliant if you can be very specific with the opening statements but a much easier way to get rid of a bad feeling is to use EmoTrance. You don’t need to identify what it is or where it comes from, you just need to know where that pain, or bad feeling, is in your body.

Through years of research, and just good common sense observation, Dr Hartmann reached the conclusion that our emotions are simply a feedback device to let us know how we are doing. Simply that and nothing more.

When we feel as if we have been kicked in the stomach when told bad news that is just our energy system responding. If we let the energy of that bad news flow out and away, as nature intended, we would not retain that bad feeling, or feel it again when we remembered that same news at a later date, in fact we would be energized by it.

One of the main discoveries that led Dr. Hartmann to creating EmoTrance was realizing that it was not just trauma that created deep emotional disturbances but things she called Guiding Stars as well. Now Guiding Stars can be likened to peak experiences, moments in our lives when we think we have never had it so good and that it could NEVER be that good again.

When these happen we can just as easily get trapped there and find ourselves literally creating events to have that same experience over and over again. This can be very destructive and led Dr Hartmann to believe that all energy is just energy, neither good nor bad as it is just as important to let go of the good as it is to let go of the bad.

And from this comes the now famous EmoTrance maxim

**It’s only an energy!**

People get hung up on holding on to the good stuff and in doing so prevent a free flow of energy creating blockages in the energy system which cause pain. Letting go of all energy is definitely the way to go and with EmoTrance there is a way to practice doing this easily.
Simple EmoTrance Demonstration

Try this now (or you can listen to the mp3 demo).

Think of something that would make you feel bad. If you can’t think of something yourself straight away use -

You are a useless waste of space!

Now write it down on a piece of paper.

Now notice where you feel that in your body, place your hands there, and now soften that feeling and with your intention, as intention alone moves energy, decide to move that energy out of your body and now watch where that energy starts to flow, notice where that channel is.

There is a natural exit point for that energy, that feeling, to leave your body, so just notice where that is as the energy smoothly, easily and cleanly flows out of your body.

When you feel the energy has completely gone look at the statement on the paper again and let that feeling flow in and out once again. Now make it quicker, energy in and out, in and out, until it is really zipping through you.

When you end up feeling a lightness, to some a tingling, and when you are laughing as it flows quickly through you, then you have reached the energized end state. A marvellous feeling that once experienced, with even your worst fears, makes you invincible!

Now give yourself a big pat on the back, well done!

So from the top...

You have a bad feeling. Show me with your hands

Where does it want to go?

Soften and flow
It’s only an energy!

If you have any problems getting started I really do recommend consulting an EmoTrance practitioner5. Just one session can get you going and once you have experienced ET in action and achieved the energized end state, where the energy is literally zipping through you and energizing your whole system, you will find it happening quite automatically on occasions.

5 Visit http://emotrance.com for full listing of all certified practitioners
When To Use EmoTrance

Any time you get a bad feeling! BUT the brilliant thing is EmoTrance goes much much further. Once you have mastered the basic technique you can use it for all manner of things. Just think energy nutrition, sucking in all the energies around you and experiencing the energy of a sunset just as greedily as eating a beautiful nourishing meal!

Allergies

I have personally treated many people for allergies using EmoTrance. Once you get the hang of energy nutrition you realize every energy that you allow in, through and out is having a profound effect on the energy system which in turn affects the physical. So, and in a safe way please, no touching or tasting things that could cause a dangerous reaction, you can experiment ETing the energy of substances you are allergic to and then very tentatively try a little when, and only when, you have reached the energized end state.

Again, please be careful with this and do not put yourself or anyone else in mortal danger by trying this with a substance that is known to cause anaphalactic shock and ingesting it afterwards thinking you are now perfectly safe.

Addictions

You can have great fun with this one. A client was addicted to buying shoes and refused point blank to try EmoTrance saying she would be appalled if it worked and couldn’t imagine life without new shoes regularly. I pointed out to her that should she try, and succeed, she wouldn’t lose her love of fine shoes but would be in control of her buying. She finally gave in and still has a wonderful collection of shoes but no longer feels compelled to buy every pair she comes across.

Whether it is food, drugs, shoes, jewellery you can suck up the energy of the items, with outstretched hands if you like, and let your whole system bathe in the energy which in most cases is what you crave for, the energy, the experience of the thing. Try it and let me know how you get on, I have a growing list of very unusual addictions that EmoTrance has stopped.
An End To Fear

While EFT works on very specific fears with EmoTrance we can work more globally. What if you weren’t scared of anything? What if there was something that could make you invincible?

With EmoTrance we have found that when you locate a channel for a certain feeling, energy, to flow away, it is always the same one, so if you were to find the channel that fear flowed away through, and I mean every single time you had that feeling of fear and dread, where would that be? And how useful would that be?

Fear is at the bottom of most of our pain. Fear of failure, rejection, injury and illness but if you have a way of treating fear, of ridding yourself of it, how would that then make you feel and how differently would you see your life and change your decisions and actions?

If you knew you would never feel fear again how would that change your life?

If you knew you could never fail how would you act differently?

If you knew you had all the love in the world how would that change your relationships?

Relationship Pain

As an illustration of the speed and effectiveness of EmoTrance here is a short article I wrote after a quick telephone call a few years ago.

A lady phoned me the other day about EmoTrance. She wanted to know more about it after reading an article in a magazine about relationships which had mentioned the technique and she was desperate to know what it was and how many sessions she would need as she had been suffering for so long.

Now normally I would have directed her to the website for more information and recommended a practitioner but on this occasion I asked her what the problem was and she said she had this terrible feeling since she found out her husband was having an affair and then left her two years ago which she just could not get rid of, whatever she did, it was there day and night despite her best efforts to get on with her life.

She couldn’t put her finger on what it was, anger, guilt, sadness or the sheer terror of being on her own now and raising 3 small children.

I asked her where she felt it in her body and told her to put her hands there and she instantly said, my chest, like an enormous weight which just won’t lift and some days feel it is going to squash the life out of me.

I told her that the feeling was only an energy as there obviously wasn’t a heavy weight on her chest at this moment and that because it is only energy she can move it with her intention.
I asked her where she thought the energy might like to go and within moments she said, Oh my god! It’s gone up and out the top of my head!

I then asked her how her chest felt now and she was astonished and said absolutely fine. I told her to think about her husband and she said she still felt nothing, it was gone, and there was such relief in her voice as she started to laugh.

Oh my god that’s amazing, I have my life back, thank you so much! were the last words I heard from her as she put the phone down.

Now I know EmoTrance is quick but that conversation was about two minutes long, absolute maximum, and with a woman who had had no experience of energy therapies in her life before.

I think we were both equally astonished at the end of that call and I just shook my head and smiled at the wonder of this extraordinary technique and how much suffering can be relieved so simply and quickly.

**Better Sex**

And here is a very nice little story about how I helped a friend to a better sex life!

A while back a friend called round and after a while chatting she started moaning about sex not being as good as it used to be and that she had got into a bit of a spiral of not wanting it so much as her partner was now getting all frustrated and bitchy with her which of course was making her want it even less.

I asked her what the problem was and she said she wasn’t having orgasms anymore, she was reaching a certain point of fairly intense sensations but was not quite getting there and the whole effort involved just didn’t seem worth it.

When I asked her what would have to happen next to achieve orgasm she thought for a moment and said the feeling would need to spread upwards in her body which immediately made me think of a time, way before EmoTrance even had a name and I was still referring to it as the Gorgeous Pattern, when I had used the idea of moving energy to overcome a serious attack of feet tickling I was being subjected to.

I have always had extremely ticklish feet but instead of writhing around trying to get away I concentrated on pulling the feeling up my legs, thinking all the time, it’s only an energy, let it flow where it wants to go. I found the feeling changed from an intense overwhelming sensation to a most pleasurable tingling as the energy flowed up my legs.

So I told my friend to take off her shoes and started gently tickling her feet getting her to consciously pull the feelings upwards until she could do it without wriggling and screaming wildly.

I wasn’t sure this was going to be the answer to her problem but it’s a pretty neat thing to be able to do anyway.
I hadn’t heard from her for a while and thought nothing more of it until she phoned yesterday apologising for not being in touch sooner saying that she had been fairly busy, namely being all over her man. She now couldn’t get enough of him and said that the technique had been extremely successful giving her the most powerful, satisfying orgasms she has ever had.

She also said that she had taught her partner the technique and he had used it to delay ejaculation which had also added enormous pleasure to the whole proceedings!

When I put the phone down I must admit I had to EmoTrance through a rather large amount of envy but then set about using the same technique to quietly dissipate the pain of a tooth extraction.

**EmoTrance and Physical Pain**

EmoTrance was primarily developed to deal with emotional pain, and it does that beautifully, and all EmoTrance practitioners are told not to treat physical illness or disease. However, many people have found that if they EmoTrance the feeling of an actual physical injury, there and then, on the spot when it happens, that the pain immediately diminishes and the healing of the injury is extremely fast.

I make no claims about this but it is worth trying the next time you crack your shin on the coffee table!

**Frustration**

Interesting on the spot case here. I’ve just finished a conversation with a friend on the telephone who sounded fit to burst. She had been on the phone to some incompetent customer service people, 6 in all, and still had that characteristic head about to explode feeling. I helped her let the energy flow away where it wanted to, in this case out of her ears, so the danger of her head actually exploding under the pressure was averted, mercifully, but she not only felt a lot better, during our subsequent chat she had a eureka moment and knew exactly what to do to resolve the situation. Excellent!

**Children**

EmoTrance is excellent to teach to children and can give them a real sense of control over their environment in a world that often tries to make them feel powerless. I have taught many children to ET insults and a lot of bullied kids, often physically bullied, have been able to turn the situation around using EmoTrance.
How Do I Know When To Use EFT Or ET?

As a rule of thumb EFT prepares you up front for any eventuality, you can tap and really get down every fear to zero.

ET works on the job, where you are, dealing with things as they are happening, letting all the energy of every situation just flow through unhindered to experience everything at its fullest and best. With ET we are definitely dealing with the here and now. You can ET feelings of overwhelm and then the blissful feelings of relief afterwards! Both can energise you, both are only energy.

This is an oversimplification as EFT and ET can be used in all situations but for beginners it’s a way of separating the two and getting used to using them.

PLEASE NOTE: It’s possible to EmoTrance feelings when you are doing EFT and many people tap points to release energy when they are using EmoTrance!
Final Words

So there we have it, four astonishing techniques to cover all eventualities. I do hope you’ve tried them all and have started to see how valuable they are.

It’s difficult to categorise the variety of situations to use each of the four techniques in as they so often overlap, just trust your intuition and use the first one that pops into your head.

In the end you may find you favour one technique over another and prefer to use that, and that is fine. Often when stress is released physical pain quickly subsides so you may find using EFT for a headache works better for you than the Gentle Touch.

There are no hard and fast rules though I do recommend mastering them all to begin with and then trying them in different situations as they arise.

Blessings to you all and best wishes for a long, joyous, painfree life!

Nicola
Addendum

Cultivating a Positive Attitude

The easiest way I know to create a positive attitude is to count your blessings. I know, I know, that may sound like old hat, you’ve tried that a hundred times, you think there’s nothing to be thankful for but look closely, chunk down and start really small.

If I was to do that and think of five things I am grateful for now I would say -

This comfortable chair I am sitting in right now
The sun shining in on me
The pleasing feel of this keyboard
The tasty cup of coffee I have steaming next to me
The soothing sound of waves rippling onto the beach

Ok, so this may not seem much but at this present moment all those things please me enormously and I am truly grateful for them and until I thought about them individually I had no idea that it was those elements that made that moment so pleasurable.

Now do that three times a day, it only takes moments, you can write them down if you wish. First thing in the morning, lunchtime and before bed. Make it a rule and do it for at least a week.

First of all concentrate on small things then you will find them extending out, past the current moment. For example I could have said in my list above, the thought of a loved one visiting later, that was definitely there in my mind as I looked around for current blessings.

Remember, start small, if you have beautiful strong nails, list those, if you like the way your old slippers keep your feet snuggly warm, list those. Become aware of the tiniest pleasures throughout the day and mentally add them to your list.

Do not be fooled, this is not a trivial exercise, or a distraction from present problems.

It is easier to improve a good situation than it is to fix a problem.

So the goal is to create an attitude of gratefulness, for what you DO have, and in this way you open the floodgates for a whole lot more of the same. Whatever your beliefs on the subject it is an inescapable fact that like attracts like, whether that is misery or joy, so you may as well choose joy!
Cultivating a Positive Attitude - 2

A friend and I have found a really easy way to increase our good feelings about ourselves which undoubtedly contributes to an even more positive attitude. Not long ago we started catching ourselves when we found we were making mental judgments about ourselves and our actions and the way we were thinking.

So now when I hear harsh judgment calls about myself in my head I immediately turn them around. When I mess up and hear myself calling myself an idiot, I say, No, I’m extremely competent that was just a momentary lapse. If I berate myself for sitting watching TV instead of getting on with something, Lazy cow, turns into, You deserve a break after the productive morning you’ve had!

So a fleeting first thing in the morning thought of, God, another day stretching interminably ahead of me, might turn into, Wow, wonder what interesting things I’m going to experience today?

Urgh, this bedroom is a state and needs tidying might turn into, Hey, this is going to be fun, I’m really going to enjoy making my room a great place to be!

Again this may sound like a very simple (and for that you may have read, not very profound! :) technique but I can assure you that once you get going with it, it can literally turn your life around. It may take a while to get into the habit of doing it but if you catch yourself often enough (and sometimes you have to be very quick, a lot of the ingrained judgments are like lightening) and reverse those negative thoughts instantly it can have an enormously profound effect in a very short time!

This is not just positive thinking in the traditional sense, like, I am going to be a better brighter more compassionate person today, this is breaking things down into very personal pieces and dealing with them on the spot for an immediate result.

In meridian energy therapies if you muscle test a person who is loathed to pick up a box or feels awful at the thought of washing up you will get a negative response, the muscles are literally screaming, NO! And how much more effort will that be to actually complete that task? Enormous! So if you change your thought to be not only willing but actually delighted to do such a thing then your muscles will be 110% with you and the task will be completed effortlessly. Doesn’t that sound a whole lot better and more enjoyable?

Try this, you have nothing to lose, but a lightness in your step and ever increasing feelings of joy if you do!
Recommended Reading

**Life Without Panic Attacks**  
**By Nicola Quinn**
Find out how I used EFT to completely eradicate my panic attacks within weeks, after 15 years of misery. Also an excellent resource for loved ones too and those seeking to help others with anxiety. Follow the title link for more techniques and help with anxiety and panic attacks including a ten minute calming meditation.

**The Love Clinic**  
**By Sandra Hillawi**
THE manual on relationship pain from Master EmoTrance Trainer Sandra Hillawi. Sandra not only shows you how to overcome the grief of separation but also how to attract a true soul mate. A beautifully written very sensitive and informative book by an extraordinary woman whose life was completely changed around using EmoTrance.

**Adventures in EFT**  
**by Silvia Hartmann**
I cannot recommend this book highly enough, it is the definitive work on EFT and lists many hundreds of applications for this amazing technique to treat a wide variety of problems. It is practical and packed with information and helpful tips and is the bestselling guide for beginners in Gary Craig's Emotional Freedom Techniques (EFT).

**Oceans Of Energy – The Techniques and Patterns of EmoTrance Vol.1**  
**by Silvia Hartmann**
I love EmoTrance and I love this book and not just because I co-developed the technique! I use EmoTrance every day and this book explains comprehensively how to use this simple, brand new healing modality which extends far beyond cessation of pain and into nourishing yourself from the world around you. An absolute essential.

**Project Sanctuary**  
**by Silvia Hartmann**
I use Project Sanctuary daily, not just as a personal growth tool but as a quiet place to go and be calm, sort out problems, develop my creativity and just listen to my heart.

**Online Distance Healing Trainings**  
**With Dr Silvia Hartmann and Nicola Quinn**
Learn with me online how to use EFT and ET in depth. These are practitioner certification courses but many take them to learn these techniques more thoroughly which makes them easier to apply in every day life. And you never know, some who have taken these courses for their own personal interest have gone on to make a career change and become successful practitioners!

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About Nicola Quinn

Nicola Quinn is an Author, experienced international AMT Trainer, Sidereus Energy Healer, Reiki Master, Environmental Energy Consultant, Tachyon Energy Master Practitioner and a Homoeopathic and Nutritional Consultant with a particular focus on women’s health issues.

She is a Director of The Association for Meridian and Energy Therapies and co-founded The Sidereus Foundation and co-developed EmoTrance with Dr. Silvia Hartmann and has worked closely with her for a number of years researching human energy fields.

She is the creator of Etherium Keys, Tachyon Dichroic Activators and the revolutionary Tachyon Energy Chakra Alignment Series that achieves verticalisation of the energy system.

Nicola is also an abstract artist and has exhibited locally in her home town in East Sussex, UK. Nicola is a classically trained pianist and has recently started writing pieces to create certain states and as inspiration for specific paintings and projects.

Books and Papers
Life Without Panic Attacks
The MET Chakra Protocol
Tachyon EmoTrance Self Healing (with Dr. Silvia Hartmann)
The Easy Grape Cure
Bob Beck Protocol (Editor)

Trainings and Presentations
MET Practitioner - Online course
Advanced MET Practitioner - Online course
Energy Healing for Animals - Online course
The Story Teller - Online course
EmoTrance Practitioner – Online course
Reiki Practitioner – Online course
Project Sanctuary – Online course
Advanced EmoTrance Practitioner
Sidereus Energy Healing
Tachyon Energy
Reiki Master
Alternative Pain Relief by Nicola Quinn

NicolaQuinn.com

For energy products, information, articles, ideas and free downloads.

**Tachyon Energy Products**
Tachyon products channel and focus Tachyon Energy, also known as chi, into the energy system to relieve pain, heal your body, protect from EMFs and generally give you loads of energy. A perfect way to supplement the effects of the techniques in this book. As Tachyon Energy is non-hertzian anyone can use it safely as the body only takes what it needs and is never forced or pushed out of balance as can so often happen with frequencies.

Personally created products include Tachyon Energy Chakra Alignment Kit, Tachyon Dichroic Activators and Etherium Keys.

**Reiki 1 Online Training**
Experience my unique quantum distant attunements for self healing as well as to heal others with the touch of a hand. Full certification and practitioner training.

**Free Resources**

**The MET Chakra Protocol**
A lovely technique to balance and energise the chakras. Can be used with Tachyon.

**Bob Beck’s Protocol**
A free download with full instructions on how to make a blood electrifying machine which neutralises all known viruses (theoretically). Also instructions on how to make colloidal silver.

**The Easy Grape Cure**
A shortened and much simpler version of the classic Grape Cure Diet that completely cured Johanna Brandt of an aggressive stomach cancer over 80 years ago. Also excellent for detoxing and weight loss.

**The I Ching Online**
A perfect resource for when you are stuck and feel a little input may help a decision.

**Remedy Finder**
A quick way to find a homoeopathic remedy by simply answering a few questions online.

**Health Blog**
Keep up to date with what’s going on in the health field and related areas or just generally what’s currently getting under my skin, aka my personal rants on various topics…
Find out more by joining a newsgroup to discuss, ask questions and share experiences.

For EFT and all meridian energy therapies –
http://health.groups.yahoo.com/group/meridiantherapy/

For EmoTrance
http://health.groups.yahoo.com/group/emotrance2/

For Anxiety and Panic Attacks -
http://health.groups.yahoo.com/group/Anxiety-Help-With-Nicola