

*The Power to
Change Now*
*Magic
is in your hands*



Aileen Nobles

Table Of Contents

Introduction	1
Chapter 1: What Is Energy Psychotherapy?	14
Chapter 2: Reframe Your Thoughts	28
Chapter 3: Courage To Change	38
Chapter 4: Letting Go of Stress	50
Chapter 5: Ready for Love	61
Chapter 6: Choosing Financial Abundance	92
Chapter 7: Grief and Sadness	116
Chapter 8: Physician Heal Thyself	138
Chapter 9: Weight/Smoking/Drugs	159
Chapter 10: Set Your Child Free	171
Chapter 11: Pets Love Tapping	180
Chapter 12: Fears and Phobias	182
Chapter 13: Better Sports Performance	194
Chapter 14: The Voice of Intuition	202
Chapter 15: Crossing Over	219
Chapter 16: Becoming Whole	226

Workbook Part One The “How To’s”

Workbook Part One Preface.....	233
The Set Up.....	237
The “Right” Wording.....	240
Examples of Set Up Statements.....	242
Tapping Points.....	245
The Tender Spot.....	246
Face Tapping Points.....	247
The Short Sequence.....	248
Hand Tapping Points.....	251
The Long Sequence.....	252
The 9 Gamut Technique.....	257
The Floor to Ceiling Eye Roll.....	260
Residual Emotion.....	261
No Change.....	265
Psychological Reversal.....	266
Don’t Deserve.....	271
Reversal Statements.....	273
Important Questions.....	276
Reprogramming.....	280

Workbook Part Two

Set Up Statements For Change

Workbook Part Two Preface	287
Abundance	288
Animals	290
Anxiety	292
Allergies	293
Anger	295
Blame/Judgment	296
Confrontation	298
Drugs/Alcohol	299
Fears and Phobias	
Auditions	301
Being a Parent	303
Childbirth	304
Commitment/Love	305
Elevators	307
Failure/Success	309
Flying	311
Freeway Driving	314

Workbook Part Two (continued)

Set Up Statements For Change

Fears and Phobias (continued)

Public Speaking	316
Rodents	318
Snakes	320
Spiders/Insects	321
Water	323
Low Self-Esteem	325
Love	326
Overwhelm	327
Pain	329
Panic/Anxiety Attacks	332
Sadness/Grief	333
Smoking	335
Sports	337
Trauma/Abuse	339
Vision	341
Weight	342
In Closing	346

Introduction

On a sunny cold day in February, as I was in the dental office having a root canal, my husband was in his office suffering a massive stroke. Nobody else was in the office with him at the time. I had switched off my cell phone. When I came out of the dentist's office and switched on my phone, it let me know I had a message. I played the message and a very slurred voice, barely recognizable, said "Call me right away." My own mouth was numb from Novocain, and I felt as if I was not able to speak clearly, and as my husband was always teasing me, I thought he was imitating me with his message. I played the second message... the same slurred speech said, "Call me, something's really wrong."

I immediately got a very sick feeling in my stomach and started frantically dialing his number. There was no answer. I kept calling as I drove as fast as I could to his office. He had undergone surgery for a detached retina a couple of weeks prior, and my thinking was, perhaps something had gone wrong with his eyes.

When I got to his office he was slumped over his desk with a hugely swollen red head and face, eyes protruding. He said “don’t worry, I’m fine,” and slipped into unconsciousness.

As I sat in the ambulance in a state of shock I remember thinking “this cannot be happening.” How could I not know what he was going through! Normally we were so psychically attuned. Perhaps it was because I was not relaxed, as the dentist

worked on my teeth... but how **could** I not know what my husband was going through?

The first hospital, after giving my husband an MRI, told me they could do nothing for him. He was transported to the UCLA hospital where they had some of the best neurosurgeons on staff. Once more I found myself driving in the front of the ambulance with my unconscious husband in the back, I was numb, sick and not believing that this was really happening.

As I sat in the Intensive Care Unit watching over my husband of 36 years, my world had turned upside down, my “Rock of Gibraltar,” my joy, my love throughout many lifetimes was no longer with me in the same way he had been for all these years. He was part of me, how could this be happening? I kept willing him to wake up and talk to me, but the

only movement was the mechanical equipment breathing for him.

Over the next couple of weeks, as I sat outside the operating room anxiously awaiting news, I thanked the universe for my knowledge of the tools that allowed me the strength to carry on. I used the wonderful tapping techniques to release my feelings of fear, anxiety, desperation and sadness. Every time an emotion overwhelmed me, I tapped it down or away until I felt a sense of being strong enough to cope. I knew the stroke was not an accident, even though nobody took his badly torn, detached retina as a waning signal of the build up of pressure in his head. There are no accidents in the big picture of life. How I cope with this trauma is all part of my own Soul's journey. There was a reason this had happened, and it was all part of the

Divine Plan. But it didn't make it any easier. Energy Psychotherapy was my lifesaver.

As I watched him hooked up to life support, I tapped on the negative emotions flooding through my being – sheer terror, disbelief, such pain to see him that way. I continued to tap on various points on my body that are connected to the meridians that hold emotions. As I tapped, I gradually changed the words from feelings of anguish, to ones of strength and courage. As I tapped, my emotions began to change.

As our lives unfold – often handing us unexpected and traumatic events – we need a way to cope. Even if our lives seem fairly smooth we still have a myriad of emotions that emerge throughout the day. How wonderful to have Energy Psycho-

therapy, a tool that we can use on ourselves easily and painlessly to release these feelings.

Day after day I continue to amaze myself. “I cannot believe how well I am coping.”

I have worked with so many people over the years in every kind of situation, helping them cope, strengthen, release past memories, and move on with their lives. Never before for myself have I had to put these techniques to such a monumental challenge.

This is the beauty of unblocking emotions. Energy Psychotherapy (also referred to as “Meridian Psychotherapy) works on such a variety of needs. It is gentle, friendly, and easy for you to use. It works on issues from A to Z, such as clearing fears, phobias, anxiety, depression, guilt, grief, anger, addictions and low self-esteem.

It will empower you in all areas where you need help and strength in your life. Using these techniques, you can improve your golf and tennis levels, run faster, or improve your batting average. You can improve your memory and increase your intuition. It works beautifully on children as well as adults, and even works on your beloved animals. It is the quickest, most user-friendly therapy I have ever come across. It works even if you don't believe it will.

I have devoted many years of my life to finding the quickest and easiest way for people to free themselves from the emotional debris so easily accumulated throughout our lives. It has taken me many years. I started with hypnotherapy and spiritual meditation journeys. I incorporated NLP (Neuro-Linguistic Programming) and had some

wonderful results. I also accessed the energy and guidance of my higher self, yet I always knew there was more.

About ten years ago I used some techniques I found in a book based on energy healing. They really seemed to be promising, but they were also cumbersome; something wasn't quite right. They didn't flow, and I stopped using them. A few years ago I came across Gary Craig's Emotional Freedom Techniques. He had simplified the techniques in a way that allowed laypeople to work on their own issues. At last!!!

It is our Divine right to live lives of Wholeness, to be joyful and happy. To co-create the life we want. The trick has always been to find a way to get beyond our own baggage so that we can resonate in alignment with universal energy. Then,

and only then, can we intentionally attract to us the experiences we choose. I wrote about ways to do this in my book, *Divine Abundance*, without mentioning Energy Psychotherapy. Although the techniques I wrote about in that book were very effective, we now have a quicker way to clear obstructions from our emotional body. By combining both techniques, we now have in our hands a very fast and gentle way to heal and move into Wholeness.

The Power to Change Now... Magic is in Your Hands will lead you step by step through the technique itself. You will be able to resolve your own issues, finding an extraordinary sense of release and well-being as you do so. You will find that almost any issue you want to work on can be resolved. Some phobias, aches and pains can often

be released in minutes. Other issues take more persistence, but will still show dramatic change in a relatively short period of time.

It is with great joy and excitement that I write this book, knowing how powerful a tool you have in your own hands to finally change your life into the life that you dream of.

If you just want to get rid of a spider phobia, improve your golf game or lose weight, this book is for you. If you are on a spiritual search to move into higher consciousness, this book is also for you. Peeling away the layers of negative emotions offers you the opportunity to travel your path in whatever manner you choose...

The Divine Plan

Since I was about thirteen years of age, I have believed that there is a Divine Plan – a Sacred Contract for each of us. Even though our Soul knows we have a higher purpose, we forget so quickly and easily once we find ourselves here in our physical bodies. We all have an agenda. We all have something we set ourselves to accomplish.

This situation with my husband has tested me beyond belief. How could this be part of my plan? If it was my husband's Soul agreement, I surely could not have agreed to it!

I tapped on my resistance to the situation that I found myself experiencing, and re-framed my thinking. I know deep inside, far beyond my conscious mind and emotions that, yes indeed I did agree. We both agreed to have this experience to-

gether. The Divine Plan is unfolding perfectly, even if my personality is kicking and screaming!!!

You too have a Divine Plan that is yours and yours only. If you are not ready to explore that idea, this book is still the fastest way imaginable to see your life change. The techniques explained in this book allow you to release old programs, experiences and beliefs quickly and easily. It doesn't matter whether you are interested in wanting to improve your golf score, or move to a higher level in tennis. You may just want to lose weight, or lose your fear of flying, or stop smoking or drinking. This book is written in such a way that it will work on the simplest of issues, or give you a road map with directions to finally allow yourself to move beyond your accumulated debris and reconnect

with your intuition and higher self, as you continue on your Soul's journey into Wholeness.

Energy Psychotherapy continues to work for me, as it has worked for thousands of clients. No matter what you want to improve in your life... you can!