PLEASE READ THIS DISCLAIMER BEFORE USING THE PROTOCOL

The information presented in this document is educational in nature and is provided as only general information. In using this protocol, you understand that you will be introduced to a modality called Emotional Freedom Techniques ("EFT") which is a technique referred to as a type of energy therapy. To date, EFT has yielded remarkable results for relieving emotional and physical distress and enhancing athletic performance. EFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that EFT uses the ancient Chinese meridian system to relieve emotional stress and physiological pain and it balances the energy system with a gentle tapping procedure which stimulates designated meridian end points on the face and body. By using this protocol, you understand that EFT could be considered experimental and the author does not know how you will personally respond to EFT and/or whether EFT will help you with a particular problem or issue.

Due to the experimental nature of EFT and because the extent of its effectiveness, as well as its risks and benefits are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this ebook and using EFT as a result of reading this ebook. You understand and agree that the information presented in this document is only for your own personal use. In order to use EFT with others you must become sufficiently trained and qualified as an EFT practitioner. You further understand that if you choose to use EFT, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using EFT, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident.

EFT is not a substitute for medical or psychological treatment. Consequently, using this protocol and using EFT on yourself does not replace health care from medical/psychological professionals. You agree to consult with your health care provider for any specific medical/psychological problems. In addition, you understand that any information contained in the document is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional, even if after using this protocol and using EFT it appears and indicates that such medication or therapy is unnecessary.

The author accepts no responsibility or liability whatsoever for the use or misuse of the information contained in this document. The author strongly advises that you seek professional advice as appropriate before implementing any protocol or opinion expressed in this book, including EFT, and before making any health decision.

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Tapping for the Fear of Death

One of the key things I discovered in tapping for injury and surgery recovery on the cellular level has to do with something the body experiences during serious accidents, injuries, and/or surgeries, and that is the fear of death.

I’m not talking about a conscious fear of death, although you may have that as well...I’m talking about something your body takes on during a serious injury, accident, or during a surgery.

This isn’t something you are usually consciously aware of until you tap to release it from every cell and cell membrane in your body and experience the difference once it’s released.

I’ve been using this tapping protocol to release the fear of death from the cells as part of my Injury Recovery Program for years now. I’m still amazed at the positive shift people experience when they tap this protocol.

Tapping Protocol for the Fear of Death

Tap Karate Chop Point while repeating 3 times:

“Even though I’m holding this fear of death in every cell of my body, I deeply and completely love and accept myself.”

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

EB: I’m holding this fear of death in all the fascia of my body
SE: I’m holding this fear of death in all the membranes of my body
UE: I’m holding this fear of death in every cell of my skin
UN: I’m holding this fear of death in every cell of my spine
CH: I’m holding this fear of death in all the fluids of my body
CB: I’m holding this fear of death in all the fibers of my body
UA: I’m holding this fear of death in all the organs of my body
WR: I’m holding this fear of death in every cell of my heart
EB: I’m holding this fear of death in all the neural pathways of my brain
SE: I’m holding this fear of death in every cell of my eyes
UE: I’m holding this fear of death in every cell of my ears
UN: I’m holding this fear of death in every cell of my mouth and taste buds
CH: I’m holding this fear of death in every cell of my sense of touch
CB: I’m holding this fear of death in every cell of my nose and sense of smell
UA: I’m holding this fear of death in every cell of my aura
WR: I’m holding this fear of death in every cell of my energy body

Tap Karate Chop Point while saying:

“I give my body permission to release this fear of death from every cell. My body is perfectly safe and no longer needs to hold onto this fear of death. I give my body permission to release this fear of death from every cell membrane and cell receptor site.”
Where to tap:

1 = (EB) Eyebrow point, tap both sides where eyebrow begins
2 = (SE) Side Eye point, tap both sides on the temple
3 = (UE) Under eye point, tap both sides under eyes on the bone, dead center
4 = (UN) Under nose point, tap in between nose and top of lip
5 = (CH) Chin point, tap right in the middle where the chin indents
6 = (CB) Collar Bone point, make a fist and tap in the hollow of collar bone
7 = (UA) Under Arm point, take four fingers and tap 4” down from under arm
a = (WR) Wrist point, tap inside of wrists together
b = (KC) Karate Chop point, tap four fingers along side of hand

Please watch a demonstration of the tapping points I use at this link: http://www.breakthroughperformance.net/tappingpoints/, then take a look at the points on “Dot Man” on this page. You’ll notice that each tapping protocol that I have developed will have EB, SE, UE, etc. which tells you what point to tap while you are repeating the words.
Stacey Vornbrock, M.S., Sports Performance Pioneer

Stacey Vornbrock gets RESULTS. That’s why hundreds of elite and amateur athletes have experienced dramatic performance improvements thanks to her work, and why you can too.

As a Sports Performance Pioneer, Stacey’s innovative, proprietary techniques actually define the cutting edge of athletic performance with real results in virtually any sport.

With more than 36 years of experience as a psychotherapist, Stacey consistently helps her client athletes achieve their full performance potential with results such as:

- Better than 20% increases in range of motion
- Faster recovery from injury & surgery (up to 3-4 weeks sooner)
- Mechanical changes in minutes (instead of months or never)
- Reduced soreness and recovery time after competing

Stacey goes beyond the mental aspects of performance by addressing the cellular and subconscious levels. She helps athletes overcome physical, emotional, and mental blocks; performance anxiety; prior poor performances; and limiting “comfort” zones by helping them align their subconscious with their conscious goals and literally changing their biochemistry.

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

Stacey has been interviewed on a variety of radio shows, including Peter Kessler’s Pure Golf Show on XM Satellite Radio and was featured in Golf Week Magazine. She has worked with the University of Texas Women’s Track and Field Team as well as several University of Washington teams. She currently hosts her own radio show, Breakthrough Sports Performance on EFT Radio Online.

She is co-author of the best-selling book, Freedom At Your Fingertips and has authored 9 Breakthrough Performance Sports Manuals, as well as ebooks for the general public, including Body Recovery, Injury Recovery, Travel Recovery, and Coming Back to Balance.

Stacey works with athletes around the world by phone or Skype from her office in Scottsdale, Arizona.

Please visit her website: www.BreakthroughPerformance.net

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