

# Stress Free In 7 Minutes with Kay Grace & Guest Brad Yates

Transcript of Tele-Seminar with Kay Grace & EFT Wizard Brad Yates

## *Music Intro*

**KAY GRACE:** Hello everyone! I'm Kay Grace, and welcome to Stress Free in 7 Minutes, with our special guest, EFT Wizard Brad Yates. Before I start the interview with Brad, I'd like to remind you to have your notes sheet in front of you to help you get the most out of this call.

If you haven't downloaded the notes for the call, you can still get them by going to [www.stressfreein7minutes.com/yates\\_thankyou.htm](http://www.stressfreein7minutes.com/yates_thankyou.htm). This is the thank you page with the dial in details and you just scroll down to where it says "click here" to get the notes. If you are listening to a recording of this call and would like the notes, just send an email to [kgrace@energyexpress.com](mailto:kgrace@energyexpress.com) with "Brad Yates" in the subject line and I'll send the notes to you.

And if you don't have them, that's okay – just follow along and still give yourself the gift of no distractions while you are listening tonight. Just turn off the cell phone, close the door, and take this time to focus on giving yourself a lifeline out of stress and overwhelm.

This tele-seminar is the first in a series of 12 interviews with experts and it's designed to give you tools to lift you out of stress, get rid of negative thinking, manage emotional pain, or just help you when you are feeling stuck, and it's designed to help you in seven minutes or less.

I like to think of it as a permanent path to more peace and happiness, because these are tools you can use over and over again, wherever you are and whatever your life situation might be.

I'm a holistic healer myself. I graduated from a four-year certification program in energy work, and did two additional years specializing in sound healing, and I'm just fascinated by techniques of all kinds that help people shift out of negativity and old conditioning called emotional overwhelm, stress and mental gridlock, especially if they work in just a few minutes.

Although there is always a place for deeper, longer healing work, I really wanted to offer these shorter techniques because I needed them so desperately myself. There is nothing quite like instant results to give you hope and momentum and fresh energy to take your life and work to the next level.

So when you are trying out these techniques, the important thing is not how many times you lose it or get stuck again, the important thing is grabbing the tool, grabbing that lifeline and using it in the moment to bring yourself back.

So Brad, I want to thank you again so much for being here, and some of you already know Brad and you are already getting his newsletter, you are taking part in classes or sessions, or home study  
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courses, and this call will be a chance for you to get to know Brad even better and to practice using EFT, the Emotional Freedom Technique – it will really help you move out of negative thinking, stress and all of that.

Others of you here on this call are totally new to Brad or to EFT, and we have on the call people from all walks of life; I've heard from artists and business owners, entrepreneurs, musicians, we've got an electrician, nurses and other holistic healers – all kinds of people – but we're all here tonight to learn how to use EFT to quickly erase negative thinking and handle painful emotions to overcome those little voices of doubt, or judgment or fear, and to help us generally to get unstuck. We'll also hear a couple of stories about how this has worked for other people. And finally, we'll have a live mini-session with Brad to practice what we've learned.

Some of you might be wondering how did I find Brad? Well I found Brad through a book written by Joe Vitale called Hypnotic Writing. Now, Joe has written a boat-load of books including The Attractor Factor, and he was one of the stars in Secrets. Now, Joe thought enough of Brad and his work to joint-venture with Brad in a home study course called Money Beyond Belief, which uses EFT to break down beliefs and negative thinking around money, to let go of whatever is blocking you from prosperity and abundance.

So I visited his website at [www.bradyates.net](http://www.bradyates.net), and I found his course along with the free videos and other courses, and lots more. What I did next was book an individual session with him. It was so amazing, the results were so huge for me, that I can tell you he truly is a master and a wizard of EFT, and you are in for a treat tonight.

So welcome Brad, and thank you so much for being on this call.

**BRAD YATES:** Well, thank you so much for having me, and for that very kind introduction!

**KAY GRACE:** You are welcome! Well, we're going to dive right in so we can get as much value out this time together as possible. I've just got a few questions for you Brad; we have some people on the call who don't really know what EFT is. Could you please give us a brief idea of what it is and how it works?

**BRAD YATES:** Certainly. Emotional Freedom Technique, shortened to EFT, is derived from a technique called the Callahan Technique, or Thought Field Therapy. Roger Callahan was a psychotherapist who was looking for ways to deal with phobias and sort of stumbled upon this technique of tapping on meridian points.

So, tapping – it's based on thousands of years of Chinese medicine and acupuncture – which says that there's a flow of energy through our bodies, and when this flow of energy is going smoothly and is balanced, we experience wellness.

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And when it gets disturbed or disrupted, then we experience illness. So acupuncture most of the time is used for physical issues, and Dr. Callahan found that by working with different clients, by tapping on these meridian points, these points where in acupuncture you would stick needles, but in this case he was tapping with his fingers, he could balance out the energy and also clear up negative emotions that were disrupted in this energy system.

So what we are doing now is tapping these key points and balancing the energy, and finding it a very quick way to relieve stress and clear out a lot of negative emotions, as well as physical issues.

**KAY GRACE:** Well that is amazing, and I know that for sure it has worked for me, and I am really excited to share it with people. So to kind of get an idea, a picture in their minds of how it works since we'll actually be doing a little tapping later on, many of the people do have the notes sheet which does have a picture of a face, and of the tapping points, but some may not have it.

So if you would just be willing to walk us through the eight or nine points so that people could set it on a piece of paper or number their picture, it would be a good idea for them to get the name of the tapping points next to the number, so that as they are following along or looking at it again at home, trying to do it on their own, they will have a little bit of a guide, if that would be okay with you.

**BRAD YATES:** Certainly, yes, I will take you through the different points. Here is where we came up with EFT: Dr. Callahan had all these different points, and for different issues would tap them in different sequences, and one of the first students was a gentleman by the name of Gary Craig who was trained as an engineer, and he thought "Well, let's throw out what doesn't work", and he thought that by tapping the point in a line from top to bottom, he got the same great results without having to figure out which point to tap, when.

So once I've shown you the points, all you will do is go through those points in order. And as we go through the tapping I'll tell you which points to tap, but it's very simple to learn because, as I've said, it goes in a straight line.

So the first point we're going to tap is on the **side of the hand**, what we call the karate chop point. So if you were going to karate chop somebody, that knife edge of your hand between the wrist and pinky is the first place, and you can tap with either hand, either your right or left hand, usually we tap with our dominant hand, so if you're right-handed you will be tapping with the index and middle finger of the right hand, tapping on the karate chop point on the left hand, and that is what we call the set up.

And the next point we are going to tap is the **eyebrow point**, so right at the beginning of the eyebrow, right towards the middle of your face, is the first point we'll tap, and we'll tap seven to ten times, or if I'm making a statement you just keep tapping in sort of a tap-tap-tap rhythm, until I tell you to move on to the next point.

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The next point we're going to tap is the **side of the eye**, and that is the outside corner of the eye, right there in the edge of the corner of the eye socket.

The next point is **under the eye**, right below the middle of the eye, again right on the edge of the eye socket.

The next point is right **under the nose**, between the nose and the upper lip.

The next point is the chin point, or **under the mouth**, and it's right there in that crease, right at the top of the chin.

The next point is the **collar bone point**, and if you feel where your collar bones come together, right in the middle – there is that little U-shape right at the base of your throat where the collar bones come together, and if you use an open hand or a fist you can get both inside ends of the collar bone.

The next point we're going to tap is **under the arm**, and that's about four inches below the armpit, and I usually tap with all the fingers there to cover a larger area.

And the last point we're going to tap is the **top of the head**, or the Crown Point. And if you open your hand as though you are holding a tennis ball, and sort of move your fingers around on the top of your head, cover that, that is called "The Meeting of a Hundred Roads", and all of the meridian points sort of cross through that point up there.

**KAY GRACE:** Thank you Brad, and I hope that helps everybody. And of course none of us need to worry about it obsessively, as Brad said, it's pretty easy to follow along and he'll let you know when it's time to switch when we get into the actual tapping.

**BRAD YATES:** And don't worry about whether you are missing the point. It's a very forgiving process and most important is the intention. So you're probably going to get in the right area - if you are using two fingers it's pretty easy to hit the right points.

Don't worry about getting it wrong. If you can see the picture, that's helpful. But most important is intention, and I always say the healing comes from Spirit, and Spirit never says "I'm sorry; you were off by two centimeters. There's no healing for you!"

**KAY GRACE:** Well, that's good to know (laughing)! Well, thank you – that is wonderful. Now Brad, some people are curious – especially those who may not have been exposed to you before.

Could you give us an idea of how you came to be doing this kind of work, and maybe even tell us one of the best things that have ever happened to you, or a client, because of using EFT?

**BRAD YATES:** Oh wow. Well let's see – I started out as an actor, and I was a struggling actor in Los Angeles, and I stumbled into becoming a hypnotherapist, and from being a hypnotherapist, which was great, because doing that if my audience fell asleep on me it was a good thing! So I was

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enjoying that and then I decided to retire from Hollywood and move my new family up to Northern California.

I learned about an energy conference and met Gary Craig and learned this EFT process, and I thought “Wow, this is really amazing!” So little by little my practice shifted from being based in hypnotherapy to being based in EFT.

One of the most profound things was that first workshop where Gary had us tapping on chocolate cravings, and I was a bit of a chocoholic at the time, and we tapped on Hershey’s Kisses, and I don’t think I even touched a piece of chocolate for several years after that. And at that point, that day, I would have just as soon eaten the foil wrapper as the chocolate, so that was a pretty tangible experiment for me.

**KAY GRACE:** That’s really powerful.

**BRAD YATES:** And, I mean, it would be hard to zero in on just one example of where EFT has done an amazing thing, whether it is working with people who have had traumatic past issues that they could barely even talk about without crying, to where a matter of sometimes minutes later it’s like “Yeah, it happened, now it’s like a movie that I saw once”, and that sort of ability to have emotional freedom from that, to physical issues where someone has been in extreme pain and in a matter of minutes are able to move around freely, it’s-

**KAY GRACE:** That is amazing!

**BRAD YATES:** It is phenomenal what can happen sometimes. And admittedly, it doesn’t always happen that quickly or that profoundly. I believe EFT always works, but sometimes it is very subtle and takes a lot of persistence.

**KAY GRACE:** I have noticed that as well, that there are things that go quickly and there are things that take more rounds and more time – and I’m a big believer in perfect timing too.

**BRAD YATES:** There are some things we are not ready to let go of. For whatever our highest good is, for whatever experience we are here for, it’s like, well, I’m going to keep trying. You know, I never say “Well apparently you are meant to still have this problem, so give up.”

**KAY GRACE:** That is a very important point, not giving up, and just keeping open the intention that healing is there for you eventually.

**BRAD YATES:** Absolutely.

**KAY GRACE:** Great. Well, let’s move into some of the things that we wanted to learn especially on this call. I’ve kind of promised on this call that we would talk about quickly erasing negative thinking. I think we’ve all had the experience of just going into a downward spiral, thinking negative

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thoughts, whether it's our own inner critic after us, or if we just can't get out of a funk of negative thinking. How can we use EFT to help us with that?

**BRAD YATES:** Well EFT is a great tool for this because that negative thinking, these negative thoughts have that negative energy flowing through our body and it becomes, well you could even say addictive. You know we sort of get a feel of it and we sort of have this expectation that it is sort of the human condition to experience this, and it sort of feeds upon itself, and as you say it becomes a downward spiral.

So EFT, when we start tapping on these meridian points and balancing out our energy system, we start to break that pattern. In NLP they will talk about thought patterns and interrupting those thought patterns, and EFT is a very powerful way of interrupting those thought patterns because it does it in a mental way as well as a physical way.

**KAY GRACE:** We're kind of breaking the connection between whatever we've trained our bodies to do as a result of that negative thought – is that what you are saying?

**BRAD YATES:** Yes, absolutely. We have learned behaviors and learned patterns of thinking and feeling, and expectations. It's like the old computer programming, the "If-Then" statements in computer programming. If I feel this, then I must feel this. We have to break that up. Just because it's learned doesn't mean it's true. So we will say "If this happens, then I must feel negative."

I've often talked about the fact that we have rules – we have rules for being happy and rules for being unhappy. Unfortunately, our rules for being happy tend to be a lot more difficult to fulfill than our rules for being unhappy. "In order to be happy I must be making \$1 million a year and have the most wonderful person in my relationship."

"In order to be unhappy it has to be hot today." Or "Someone looks at me strangely." Or "It's a day that ends in 'y'." We tend to stack the odds against ourselves in terms of being happy, so I talk about breaking those rules. There are no hard and fast rules about when we can be happy or when we can't be happy, or what we need to do.

You know, we say "Well, I should feel bad when this happens." Well, you can feel bad if that happens, but whether or not you should – you are certainly not required to no matter what anyone thinks.

**KAY GRACE:** I guess what you are saying is that we really do have a choice, and EFT is one of the ways that we can bring ourselves back to the realization that we do have a choice.

**BRAD YATES:** Absolutely. Because we have these programmed thoughts, and those programmed thoughts lead to programmed feelings, and with EFT we can reprogram ourselves to saying "Oh wait, I don't have to."

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If something bad happens to us, or something we perceive as bad happens to us, and we're feeling negative about that – let's say we have a conversation with someone and they say something that either was not nice or we misconstrue as not being nice. There is a part of us that starts reacting to that, probably because of things that happened to us in the past that tell us that is a reason to feel bad.

As we start tapping we can interrupt that and say, "Oh wait a minute, I have a choice here; I don't have to feel badly about that." And we can reprogram ourselves to say "You know what, I can say that that person is in a bad mood, or maybe I can recognize that maybe that person didn't intend what I perceived."

**KAY GRACE:** Yes, and that is very important. So would handling painful emotions work in a similar way? Maybe you could give us an example of a phrase that you would start out with, or just a story about shifting a painful emotion, that someone might be in, grief, or just be feeling that sense of "I am so hurt right now, I feel rejected", or something like that, that doesn't even have a thinking piece to it, but a feeling piece.

**BRAD YATES:** And very often it is just getting in touch with the feeling. I'll ask people – well I don't want to take you off track, I was thinking maybe we should do a round right here.

**KAY GRACE:** Well, you know what, let's do that Brad, because this is a living, breathing tele-seminar that wants that to happen in the best way for everybody. Whatever you feel is going to work is wonderful.

**BRAD YATES:** Let's do this. So everybody close your eyes; take a deep breath... and let it go. With your eyes closed, breathing comfortably, go ahead and feel your feet on the floor and allow yourself to feel connected, allow yourself to be present – right here, right now – and allow yourself to get in touch with some painful emotion, some negative emotion that has been keeping you from experiencing the joy that is your birthright.

Some reason that you have as to why you can't feel good right now, something that you've experienced, something that someone said, something that happened to you or to someone you know, just allow yourself to notice what that feeling is.

If you can, identify where in your body you might be feeling it – maybe a lump in your throat, a gripping feeling in your stomach, a headache – very often we can feel these things viscerally. Rate it on a scale of 0-10.

Take another deep breath – and then Kay, if you will be my echo voice, tap along, and everyone go ahead and say the words out loud and repeat the words and tap the points.

Starting at the side of the hand, the karate chop point, tapping there and repeat the words that I say:

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(Tapping at karate chop point)

“Even though I have this bad feeling, I choose to love and accept myself. Even though I have this bad feeling, I choose to love and forgive myself. Even though I have this bad feeling, for whatever reason, maybe it’s something that happened recently, maybe it’s something that happened a long time ago, but some part of me feels obliged to feel badly right now. And even though I’m feeling that, I choose to deeply and completely love and forgive and accept myself, and anyone else who is involved in this bad feeling.”

(Tapping the eyebrow point)

“This bad feeling”

(Side of the eye)

“This bad feeling”

(Under the eye)

“All of this bad feeling”

(Under the nose)

“All of this negativity”

(Under the mouth)

“All of this hurt”

(Collar bone)

“All of this old hurt”

(Under the arm)

“Some of it may be very old”

(Top of the head)

“I can still clear it”

(Eyebrow point)

“Even if I’ve had this all my life”

(Side of the eye)

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"I still have the opportunity to heal"

(Under the eye)

"And maybe it's fresh"

(Under the nose)

"And I can still heal it"

(Under the mouth)

"Allowing myself to heal"

(Collar bone)

"Allowing myself to be free"

(Under the arm)

"Letting go of this pain"

(Top of the head)

"Part of me thinks I need it"

(Eyebrow point)

"I choose to know"

(Side of the eye)

"It's safe to let it go"

(Under the eye)

"If there is a lesson I need to learn"

(Under the nose)

"I choose to just learn it"

(Under the mouth)

"Without hanging on to the pain"

(Collar bone)

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“Letting go of the pain”

(Under the arm)

“Letting it go at a cellular level”

(Top of the head)

“All of this pain”

(Eyebrow point)

“All the sadness”

(Side of the eye)

“All of the anger”

(Under the eye)

“All the fear”

(Under the nose)

“Letting these go”

(Under the mouth)

“Any shame or guilt”

(Collar bone)

“I’m letting it go”

(Under the arm)

“It’s not serving me”

(Top of the head)

“It’s not serving anyone else”

(Eyebrow point)

“I can’t feel badly enough”

(Side of the eye)

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“To do any good”

(Under the eye)

“I can’t make anything right”

(Under the nose)

“By being in pain”

(Under the mouth)

“I choose to set myself free”

(Collar bone)

“If there is something good for me to do”

(Under the arm)

“I’m going to do it a whole lot better”

(Top of the head)

“If I’m free”

(Eyebrow point)

“Letting go of the pain”

(Side of the eye)

“Letting go of the hurt”

(Under the eye)

“Letting go of the negativity”

(Under the nose)

“Releasing it at a cellular level”

(Under the mouth)

“Giving myself permission to feel good”

(Collar bone)

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“Releasing any blocks to that”

(Under the arm)

“And setting myself free”

(Top of the head)

“In body, mind and spirit”

**BRAD YATES:** Now take a deep breath... If you were aware of a painful emotion before, and were able to rate it on a scale of 0-10, go ahead and rate it again now and see if it's shifted. Hopefully it will have come down in intensity. For some folks it will have hopefully gone down to a zero and just been released, and for some people it will take a little more persistence.

**KAY GRACE:** Well I am certainly feeling mine having been released. Thank you so much.

**BRAD YATES:** My pleasure – that's what I'm here for.

**KAY GRACE:** There is nothing quite like experiencing it, and what's nice about it is there will be a recording for people so if they want to do this over again to take that deeper, or to take it all the way to zero if they didn't get there, they will be able to do that, so that is quite a gift.

**BRAD YATES:** Yes, whenever you can take it to zero, that is quite a gift. I'll do rounds with folks and they'll say “Well, I'm down to a 2 or a 3 – that's good.” And yes, it's good, but why stop there?

**KAY GRACE:** Yes, thank you. Another common problem people have, and I know that all of them work in a similar way, but you may have different stories to say about it, but something that I hear all the time when I talk about releasing stress quickly or releasing mental gridlock, or whatever it is, is that people talk about a feeling of being just plain stuck.

People say they are just “stuck” – they might mean a pattern, procrastinating, not getting something done that would be so easy to do – it would bring so much good into their life but they stop just short of doing it. Or they might attract relationships that are not good for them, or just not being able to move forward in a particular area.

What would you recommend, as far as EFT, to help people with that?

**BRAD YATES:** That's called False Expectations Appearing Real, also known as fear! We are stuck because we are afraid of not being stuck, for whatever reason - and sometimes we can't put a finger on it. Someone was talking the other day about someone being lazy, and I don't believe in lazy. I think it's always fear. And it doesn't make sense because the person just sitting there on the couch doesn't seem afraid.

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But I believe that we have God-given gifts and talents and abilities, and a desire, I believe we have a desire to make a difference and to do what we can while we are here, and I think that the extent to which we are not doing so is the extent to which we are resisting it, because we are afraid of what other people will say, we are afraid we aren't good enough, we are afraid that we will fail, we might be extremely afraid that we are going to succeed.

Gee, what happens if I put together these tele-seminars series and suddenly...

**KAY GRACE:** Okay, I'm outed – I've been outed! It's true - the session with Brad - at least one of them, was deeply working on my great fear of success. This is a dream I've had for a long time – I really want people to have these tools – I don't want fear and stress and emotional pain to stop people because it has stopped me in the past.

I have a lot of things that I'd like to bring to the world and I know every one of you listening has a tremendous gift that you are meant to bring to the world, and if these crazy things – fear and all that – stop us, then we don't get to give that gift and that's painful – not just for us but for the whole world.

**BRAD YATES:** In our unconscious mind, our unconscious mind is so clever that it's not going to make it obvious that it's fear. We don't sit there and go "Oh yeah, I'm stuck because I'm afraid that I'm going to be successful." No, so often we are absolutely clueless. We find ourselves indulging in junk food and television, and all kinds of mind-numbing behaviors, and we are clueless as to what is really going on. There is that part of the mind that is so afraid, that has learned that fear because of what happened to our parents or other people. We've gotten some sort of example as to why it would be dangerous to our well-being to be successful.

Because everything our unconscious mind does is designed to protect us. Its ideas about what protects us can be totally crazy, but it is designed to protect us, so there is a part of our mind saying "Oh don't worry, just relax. Just do this, just do that, just do something to feel good right now. Don't worry about making a difference – that will happen later."

It just sort of lulls us into this place of being stuck, and we just stay in our comfort zone. We don't want to change – we are so afraid of change and having to face things that are not familiar to us.

**KAY GRACE:** Definitely true. Learning to move beyond that I have to say has been just a powerful experience, using a lot of the tools I know, but adding EFT has been a wonderful help. There are all kinds of little voices in our heads. We have all sorts of parts to us that want to weigh in and keep us small – you've talked about fear, and there are doubts and judgments.

I have quite a powerful inner critic myself and sometimes she goes on a rampage – "You idiot! Why did you do that? You should have done this, or you should have done that! My God, you are not enlightened yet, and why is that?"

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So what I'm interested in letting people know is, all right, you are in the soup. What is a good way to grab a hold of it and actually work with it? Because sometimes the resistance you have to using the tool that you've just gotten – you know – EFT might work, but how do you get yourself to grab that lifeline?

**BRAD YATES:** Well, that's the thing. I tell people to tap every day. It's like you have dental floss, but it's no good if it just sits there in your medicine cabinet – you've got to use it! It's not just a matter of "Oh, I feel like I've got stuff stuck in my teeth; I'll go use the dental floss now." No – it's having a regular routine.

It's like the old line, "I take a bath once a month whether I need it or not." You bathe daily. You know, you don't sit there and check yourself each day and "Oh, can I go another day?" So, we do that with our own self-care in many other ways, you know? It wouldn't be an effective way, if you were trying to develop a healthy body, if you were to go "Well, I'll work out after I have a really fattening meal."

We don't limit it to that – we have a routine – going to the gym daily or whatever it might be, in order to take care of anything. Many people with their finances, they pay their bills every Friday, or whatever it might be. We set up routines like that. So the key is to set up something with EFT, and I've been very gratified by the number of emails I get from people who say they start every day watching the "Tap O' the Morning" video.

**KAY GRACE:** Absolutely.

**BRAD YATES:** So it's getting that thing so that we don't get to the point. Because if we get into those negative places where we spiral down, it's very difficult to tap. It's like, "Oh, the last thing I want to do is tap. I just want to feel miserable." It becomes very self-indulgent. So if we have that daily routine it keeps us from letting that stress build up.

**KAY GRACE:** And I'd like to let people know where they can find that. For those who haven't yet seen it or heard of it, Brad has some wonderful videos. You can find them of course on YouTube by typing in "Brad Yates" and you might add the word "Tap", and you will get a series.

You can also go to his website at [www.bradyates.net](http://www.bradyates.net) and you can find the "Tap O' the Morning" video there. There are a few others that have been added, that I've also enjoyed very much, and I highly recommend that be a part of your every day, that you start your day with it. "I intend to have a great day," and it's been very successful.

I've even managed to use it for one of my clients whom I've helped in my other hat, with team building at their company, and they started to do that every day for five days in a row, and it was just powerful what occurred as a result. Highly recommend it.

**BRAD YATES:** Thank you.

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**KAY GRACE:** Well the series here is called “Stress Free in 7 Minutes”, but it’s really broader than that. As we’ve seen so far, EFT can be used effectively in lots of different ways, and we were talking about doing a live mini-session. We have done one already, but I’m wondering if you might be willing to do one more short one for us Brad?

**BRAD YATES:** Well of course I will! It’s play time for me!

**KAY GRACE:** Yeah, you hate that (laughing)!

**BRAD YATES:** Yeah, alright, twist my arm (laughing)!

**KAY GRACE:** Well thanks. I’m just going to let you go ahead and guide that wherever you’d like.

**BRAD YATES:** Oh wow! Open forum!

**KAY GRACE:** I do have one other piece, if it fits for you; I do hear the word “overwhelm” an awful lot when people talk. “I am just overwhelmed, I’m like a deer in the headlights, I have a list a mile long, oh my gosh, now what?” That may be a place to start.

**BRAD YATES:** Excellent.

(Side of the hand)

“Even though there is so much holding me back, I choose to love and accept myself. Even though there is so much holding me back, I choose to love and forgive myself. Even though there is so much holding me back, and holding me down, I am overwhelmed by circumstances, by world news, by emotions, by stress. And I’ve got some ideas about what I could do in this world if there just wasn’t so much holding me back. And even though there is so much holding me back, I choose to deeply and completely love and forgive and accept myself and anyone else who might contribute to this.”

(Eyebrow point)

“There is so much holding me back”

(Side of the eye)

“There is so much holding me down”

(Under the eye)

“I have so much on my plate”

(Under the nose)

“I am so overwhelmed”

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(Under the mouth)

"I have so much to deal with"

(Collar bone)

"I'm never going to get caught up"

(Under the arm)

"I just feel buried"

(Top of the head)

"And I'm so stressed out"

(Eyebrow point)

"All this stress"

(Side of the eye)

"All this overwhelm"

(Under the eye)

"And all this fear"

(Under the nose)

"All this fear"

(Under the mouth)

"Of what would happen to me"

(Collar bone)

"If I wasn't so held back"

(Under the arm)

"If I really had the freedom"

(Top of the head)

"To move forward in life"

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(Eyebrow point)

“Maybe I’d fail”

(Side of the eye)

“And even more frightening”

(Under the eye)

“Maybe I’d succeed”

(Under the nose)

“So maybe”

(Under the mouth)

“It’s very convenient”

(Collar bone)

“That I’m so darn overwhelmed”

(Under the arm)

“Because as long as I’m overwhelmed”

(Top of the head)

“I’ve got a really good excuse”

(Eyebrow point)

“For not moving forward in life”

(Side of the eye)

“I’m just so far behind”

(Under the eye)

“And I’ve got so much piled on top of me”

(Under the nose)

“Thank goodness”

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(Under the mouth)

“Keeps me safe”

(Collar bone)

“Keeps me safely in my comfort zone”

(Under the arm)

“Like being snowed in at a cabin”

(Top of the head)

“Too much snow outside the door”

(Eyebrow point)

“So I’m trapped in my comfort zone”

(Side of the eye)

“And I choose to release this”

(Under the eye)

“Releasing this sense of overwhelm”

(Under the nose)

“Releasing this sense of fear”

(Under the mouth)

“I can handle life”

(Collar bone)

“I wouldn’t have been put here”

(Under the arm)

“If I couldn’t handle it”

(Top of the head)

“And all this overwhelm”

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(Eyebrow point)

“Is no match for me”

(Side of the eye)

“Part of me really wants to believe”

(Under the eye)

“That this stuff is really real”

(Under the nose)

“This is real stuff holding me back”

(Under the mouth)

“And no one really understands”

(Collar bone)

“Just how hard it is for me”

(Under the arm)

“Except that there are people out there”

(Top of the head)

“Who have had it as hard as I have”

(Eyebrow point)

“And even harder”

(Side of the eye)

“And they’ve survived”

(Under the eye)

“And they’ve thrived”

(Under the nose)

“And if they can do it”

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(Under the mouth)

“Then darn it, so can I!”

(Collar bone)

“Releasing the stuff that holds me back”

(Under the arm)

“Releasing this belief”

(Top of the head)

“That I am so small and helpless”

(Eyebrow point)

“Releasing this fear”

(Side of the eye)

“That I am small and helpless”

(Under the eye)

“Giving myself permission”

(Under the nose)

“To remember who I really am”

(Under the mouth)

“I am pure light”

(Collar bone)

“I am connected to all that is”

(Under the arm)

“I am powerful beyond measure”

(Top of the head)

“Allowing myself to know that”

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(Eyebrow point)

“Allowing myself to feel that”

(Side of the eye)

“In every fiber of my being”

(Under the eye)

“I’m breaking free now”

(Under the nose)

“Releasing the illusions”

(Under the mouth)

“That used to hold me back”

(Collar bone)

“And really setting myself free”

(Under the arm)

“To really live”

(Top of the head)

“In body, mind and spirit”

**BRAD YATES:** Take a deep breath.... Thoughts, comments, questions?

**KAY GRACE:** Oh, that was amazing, as usual.

**BRAD YATES:** Yes, you are!

**KAY GRACE:** Thank you. And I feel amazing, and that’s the most enlightening thing for me about using this – that the proof is in the results of how I feel, how I feel in my body, in my mind, and in my emotions. My heart feels open, I feel lighter, so I’ve got tangible results here. I really appreciate you taking us through that.

**BRAD YATES:** My great pleasure!

**KAY GRACE:** Well thank you. We have a few minutes, and I would like to ask you; you’ve given us so much already, but I want to ask, is there anything else that you want people to know? Some EFT

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tips? Maybe there is a cause you would like to let us know about? Your YouTube videos you want to share with us?

**BRAD YATES:** Well you can find all the YouTube videos right there, if you go to my website it shows “Tap O’ the Morning”, and there are other videos on there, you know, if you go to my YouTube channel, *EFT Wizard*. One of those leads to the website that I have called “Success Thermostat”, at [www.success-thermostat.com](http://www.success-thermostat.com), where people can set little reminders for themselves of what they are striving for, what they are becoming.

As far as causes, my greatest cause is getting people to love themselves, you know, really commit to loving yourself. It’s funny, we are told to love your neighbor as yourself, and the problem is that most people do that, but they treat themselves so poorly that they naturally treat others poorly. So, if you recognize how lovable you are then you will love yourself, you will much more naturally love others in the same loving way, and the world becomes that much nicer.

We are all connected; we are all energy, so I appreciate all the folks who are tapping along tonight because every bit of negativity we clear, we clear for the whole, so the world becomes that much better. So thank you for taking part in that.

**KAY GRACE:** Absolutely. And I really believe that the more we heal ourselves, the more we do in fact heal the world, and the more we are able and willing to get out there and do what it is that brings us joy. And that desire really came from Spirit in the first place, so if you want something very badly, and it makes your heart expand and it does good for others, you can just count on the fact that it came from a higher place.

**BRAD YATES:** Absolutely.

**KAY GRACE:** You need to do whatever you can to uncover it, heal yourself and get out there and do that thing.

**BRAD YATES:** Give yourself permission to enjoy that.

**KAY GRACE:** Yes, definitely! And as we wrap up I do want to repeat your website and let people know how they can find you. And Brad has a wonderful newsletter you can sign up for on his site, and a whole bunch of other things, and I would just recommend that you go to [www.bradyates.net](http://www.bradyates.net), and check things out. Spend about an hour there and you’ll have a lot of fun.

**BRAD YATES:** (Laughing).

**KAY GRACE:** Oh I’m not kidding around! There’s videos, there’s-

**BRAD YATES:** Bring a friend! Pack a lunch!

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**KAY GRACE:** Have a picnic! That is a great site. And I want to also thank, not just Brad, of course, I do thank you from the bottom of my heart for being with us and sharing these amazing ways out of stress and overwhelm, and for helping us find a path to be the people we were meant to be out there in the world.

I want to thank everyone also who has taken the time to be on this call. If you have a story you want to tell about how this technique is helping you or a question you have, or how it helped you even on this call, I would absolutely love to hear about that. You can send an email with your feedback, or story, or question to me at [kgrace@energyexpress.com](mailto:kgrace@energyexpress.com), and just put "EFT Story" in the subject line.

And if you send that to me I'll be sure to share them with Brad. He may not have time to answer all your questions – I'm not making any promises there – because I know he's a very popular guy and it's tough enough to answer individuals, but I'll do my best to give you my two cents, and to run the biggies by Brad, to see if he would have time, and if he does, that's great! But I don't want to speak for him in that.

I just want everyone who has a story to tell to be able to do that, and my purpose in that is that this is the first of 12 tele-seminars, all focused on ways to help people move out of these places that keep us stuck quickly, and EFT is an amazing way to do that, and I want to know what worked well for you, and then how I can do better on the next call – how I might be able to improve your experience.

So your feedback is very important to me, and I value very highly the trust you place in me and in Brad by being here tonight.

I just want to thank all of you, and thank you, Brad, so much! I am going to see if it is possible here to open up the phone lines long enough for everyone to say "Thank you Brad!" And when I do that, everybody just go ahead and shout it out as loud as you can – and then we'll say goodnight! Let me open the lines.

**ALL:** Thank you Brad!!

**KAY GRACE:** Thank you so much everyone, and we'll say goodnight, and I will be sending you an email so you can get the audio recording – and thanks again!

END OF DIALOGUE

Music playing...

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