

# Carol Look, LCSW, DCH, EFT Master

## ATTRACTING ABUNDANCE WITH EFT

**Accomplishments:** A pioneer in the Energy Psychology field, Dr. Carol Look has brought unprecedented innovations to the application of **Emotional Freedom Techniques (EFT)**, and has produced outstanding results for her clients around the world.

**Goal:** To help people effectively release resistance and limiting beliefs so they have the freedom to enjoy the lives they want.

**Business:** Energy Psychology

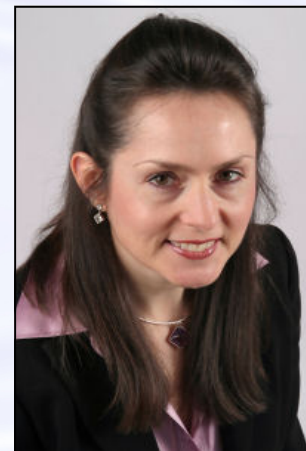
**Qualifications:** EFT Master  
Doctoral Degree in Clinical Hypnotherapy  
Licensed Clinical Social Worker

**Radio Interviews:** Host for "Attracting Abundance: The Energy of Success"  
Interviewed on WSB in Atlanta, GA  
ABC News Radio  
Gary Null Show, WWRL in NY, NY  
KDKA in Pittsburgh, PA

**TV Appearances:** "The Natural Health Show with Mary Mucci"  
"Talk of the Town" WHHI Interview, Hilton Head, SC

**Workshops:** Attracting Abundance Teleclasses  
Workshops around the US and Canada on abundance, anxiety relief, weight loss, and general EFT methods.

**Products:** *Attracting Abundance with EFT* - Paperback and e-book  
*Success and Abundance with EFT* - Audio CDs  
*How to Lose Weight with EFT* - Audio CDs  
*The Key to Successful Weight Loss* - e-book/internet instruction  
*How to Lose Weight with Energy Therapy* - Manual  
*Quit Smoking Now with Energy Therapy* - Manual



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## RISING TO THE TOP

With a distinguished background in traditional psychotherapy, Dr. Carol Look discovered that combining energy healing methods with her classic training brought incredible results to her clients and unlimited success to her practice. Although Carol has experience with several energy healing techniques, **Emotional Freedom Techniques**, or **EFT**, has delivered the strongest results, and is now the primary energy method she employs.

Trained as a Clinical Social Worker, then earning her Doctoral Degree in Clinical Hypnotherapy, Carol's earliest results with **EFT** were in the area of addictions and eating disorders. By releasing the physical and energetic factors that can prevent emotional healing, she began delivering the results that would change her clients' lives.

Since discovering **EFT**, Carol has been a pioneer, bringing unprecedented innovations to the application of the technique, and publishing her work for the benefit of other therapists. Carol is the author of two of the field's classic **EFT** training manuals, *How To Lose Weight with Energy Therapy* and *Quit Smoking Now with Energy Therapy*. She is also the senior author of the new computerized **EFT** program, *The Key to Successful Weight Loss* with co-authors Dr. Patricia Carrington and Sandi Radomski.

Coincidentally, the basic emotional conflicts behind destructive behavior are the same issues that block people from higher levels of success, and Dr. Look eventually shifted her focus towards prosperity work. By applying and teaching **EFT** to clear limiting beliefs, release resistance, and build prosperity consciousness, Carol Look's specialty has become empowering clients to **attract abundance** into their lives.

Her new book, *Attracting Abundance with EFT*, is also available as an e-book with companion audio recordings. She offers a wide variety of *Attracting Abundance with EFT* teleclasses, "live" seminars, and a new **Abundance Package** for clients who are ready to break through any barriers to prosperity and expand their comfort zones. Carol hosts the popular internet radio show *Attracting Abundance: The Energy of Success*.

Dr. Look maintains a private practice in New York City, although her schedule does not allow for new clients at this time. She continues to lead **EFT** workshops around the country on the topics of *Attracting Abundance*, *Anxiety Relief*, and *Weight Loss*, in addition to teaching approved **Level 1** and **Level 2 EFT** classes.



## FREQUENTLY ASKED QUESTIONS

### What is your definition of **ABUNDANCE** and *Prosperity Consciousness*?

For me, **Abundance** is an attitude, a level of consciousness, that when turned on, brings the money, relationships, vitality and the joy and health you are looking for into your life. Technically, the word **abundance** means plenty, overflowing, more than enough. It is not just about money. **Abundance** is actually a *feeling* about prosperity and a trust that there is enough right now and that there will be enough for all of us. Once your consciousness is pointing in the right direction, you will get what you have been “asking” for. If you have **limiting beliefs** about your ability to attract financial resources into your life, your life will reflect those beliefs.

### Why do you think so many people have difficulty attracting abundance into their lives?

We all have comfort zones, or artificial limits, which keep us from expanding. Between comfort zones and limiting beliefs about what *is* possible, there are many hurdles to attracting abundance.

### Why would you use an energy technique such as EFT to help people attract more money?

The blocks to prosperity are in our emotional and energetic system, not in the outside world. EFT is the premier tool to neutralize these blocks and release the emotions that have been limiting abundance.

### Have you seen EFT work on expanding someone’s Comfort Zone?

Absolutely! I have helped many clients expand their comfort zones with EFT. I expanded mine so that I am now earning 4 times what I earned when I discovered I had one of these artificial ceilings.

### Why do you think EFT is so powerful for attracting abundance?

Because the “problem” is usually a limiting belief, an emotional conflict or an attitude of scarcity. EFT is the best tool to target and neutralize these issues.

### What is a Limiting Belief?

A **limiting belief** is a thought or conviction you have about how the world works, about what’s right, or about how your life is going to work out, based on previous life experiences that you claim are “true.” These life experiences may indeed have happened, but if you draw entire life conclusions from them, they will limit you. It’s not about the economy, it’s about your attitude, your beliefs, your confidence, and what you can attract to yourself when you clean up these **limiting beliefs** and vibrations.

### What are some typical examples of Limiting Beliefs?

One might be “I don’t deserve to earn more money.” Another belief might be “I won’t be able to trust anyone if I’m wealthy.” Two other common examples are “I’m afraid I won’t be able to maintain my success” and “I’m convinced I won’t feel safe if I am prosperous.”

Please see “What Is EFT” for more detail on Emotional Freedom Techniques.



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## WHAT IS EFT?

**EFT** is a unique form of “psychological acupuncture” that accesses the ancient Chinese meridian system to relieve psychological stress and physiological pain. **EFT** balances the energy system with a tapping procedure which stimulates designated meridian endpoints on the face and body. Restoring the balance of the energy system neutralizes emotional conflicts at their source which then allows the body and mind to resume their natural healing abilities. **EFT** is safe, easy to apply, and is non-invasive.

Designed by Gary Craig, a personal performance coach in California, **EFT** belongs to a new class of treatments referred to as *Energy Psychology*. Gary has dedicated his work and life to teaching people how to overcome emotional and physical blocks to success and has been emotionally, spiritually and financially generous with his discoveries. **EFT** is one of the most effective, efficient, gentle treatment techniques I have come across since joining the mental health field over seventeen years ago.

As Gary neatly summarized in a recent article on his web site, all scientists agree that the body is an “energy configuration” made up of positive and negative electrical charges in the form of atoms, the basic “building blocks of all matter.” Einstein informed modern scientists that all matter lies somewhere on the same energy continuum. This was captured in his famous *theory of relativity* which states  $E=MC^2$ . If we view the human body as an energy configuration rather than separate organs, parts and equations of chemicals, we will understand why and how **EFT** works.

The *discovery statement* of **EFT** states that “the cause of all negative emotion is an imbalance in the energy system.” All reactions, feelings, responses or physical symptoms can be addressed by balancing the human energy system with **EFT**. Once the energy system has been balanced, the depression lifts, the anxiety is neutralized or the physical pain is alleviated.

To date, minimal side effects have been reported from using **EFT** other than occasional temporary fatigue. However, this does not mean that you will not experience adverse side effects. If you intend to use these techniques, you must agree to take full responsibility for the results and for your physical and emotional well-being. You may wish to consult a trained **EFT** practitioner for professional application of these techniques.

(Q) Can I treat myself? (A) Absolutely, and with the likelihood of a high success rate. If you are motivated, emotionally stable and use good judgment in the problems you address with **EFT**, you should be successful. It is important however, to know your limits. Sometimes it is difficult to be both patient and doctor. Many people consult **EFT** practitioners for the objectivity and experience necessary for successful treatment.

(Q) How long will the treatment last? (A) It is difficult to predict this outcome in each individual case, however, long-lasting results are routine when **EFT** is used properly and aimed at the right targets. If the practitioner successfully treats the core of the problem, permanent relief is the norm.

(Q) Why does **EFT** focus on the negative so much? (A) In order for **EFT** to work, you must be tuned in to your problem, for example, actually feeling some of the anxiety. This allows the treatment to be “aimed” at the problem, which is then neutralized as a result of using the tapping.

To find out more about **EFT** and related treatments, consult the **EFT** website, [www.emofree.com](http://www.emofree.com). In addition to finding a complete tutorial for **EFT**, you will find hundreds of case histories, philosophical studies, a support e-mail list, and a series of superb training tapes for sale.

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## IN THE PUBLIC EYE

### Attracting Abundance: The Energy of Success

Dr. Carol Look interviews EFT experts on popular subjects as host of her weekly internet radio program.

Archives available at <http://www.carollook.com/voiceamerica/>

### Radio Interviews

- WSB in Atlanta, GA
- ABC News Radio
- Gary Null Show, WWRL in NY, NY
- KDKA in Pittsburgh, PA

### Television Appearances

“The Natural Health Show with Mary Mucci”

“Talk of the Town” WHHI Interview, Hilton Head, SC



**Live Workshops** Carol conducts workshops in the United States and Canada on *Attracting Abundance with EFT*. Below you will find a list of recent appearances and upcoming events.

#### **How to Attract Success and Abundance with EFT**

7th Annual International Energy Psychology Conference

April 27, 2005 in Baltimore, MD

#### **Attracting Abundance with EFT: Magnetic Attraction with the Energy of Love and Gratitude**

Toronto Energy Psychology Conference, Pre-Conference Workshop

November 9, 2005 in Toronto, Canada

#### **Emotional Freedom Techniques: Cutting Edge Techniques to Transform Your Practice**

National Institute for the Clinical Application of Behavioral Medicine (NICABM)

December 5-7, 2005 in Hilton Head, SC

#### **Success and Abundance Unlimited with Carol Look and Steve Wells**

January 26-29, 2006 in Dallas, TX

#### **Magnetic Attraction: How to Attract Your Desires with EFT, Love and Gratitude**

8th Annual International Energy Psychology Conference

May 3, 2006 in Santa Clara, CA

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## THE REAL RESULTS

*"Let me make this abundantly clear. Look no further than Carol Look's book, **Attracting Abundance with EFT** to find your personal road map to all that you ever wanted to be, do or have. This book provides the how-to missing link you've been searching for to clear the path on your journey to fulfilling your dreams and desires. "*

Patricia French Crilly, R.N., Author of *Tap It and Zap It! A Grownup's Guide to EFT for Kids*

*"A few months ago I discovered Carol Look and her Abundance CDs. I so resonated with the CDs that I ordered her e-book, **Attracting Abundance with EFT**. Wow! Things have really shifted for me! I have attracted a **huge** opportunity which includes writing an article, two speaking engagements and the opportunity to work with a prominent physician. I can't wait to see what comes next, thank you Carol!"*

Deborah Hawkins, Coach and EFT Practitioner

*"In my opinion, from several years of witnessing, Carol Look is the smartest, clearest, best organized and most effective teacher of **Emotional Freedom Techniques** that we have. The quality of her work is consistently high, and she delivers it with such an unassuming, openhearted grace and style that it invites immediate results. Her teaching style is intuitive, energetic and witty, full of shrewd observations and illuminating stories."*

Rue Anne Hass, M.A., [www.IntuitiveMentoring.com](http://www.IntuitiveMentoring.com)

*"Prior to Carol Look's **Attracting Abundance with EFT** book, I invested considerable time, effort, and money into learning a range of so-called "metaphysical" approaches to attracting and receiving wealth. Then I learned **EFT**. Then I read and began using Dr. Carol's new book. Inside a month, my financial situation had dramatically improved! When the student is ready the teacher appears."*

Sincerely, Tom Bratland

*"As a successful business owner, I am open to ways to take my company to the next level... and that is just what attending Carol Look's seminar on **Attracting Abundance with EFT** did for me. Carol's energy and insights helped focus my attention on the key areas in my emotional make-up that were still holding me back. By releasing the resistance using **EFT** and Carol's guidance, I left with a strong feeling of calm confidence that has directly lead to the introduction of an exciting new program for my clients. Thanks, Carol!"*

Rick Wilkes, [www.Thrivingnow.com](http://www.Thrivingnow.com)

*"Carol's e-book **Attracting Abundance with EFT** is FABULOUS! I continue to experience amazing shifts in my practice: I am now attracting more students and clients without more marketing efforts. As I tapped on the issues brought up in the book, other issues that I wasn't aware of surfaced and I had the opportunity to do more healing on myself. The exercises are simply fun and enjoyable to do. I have such a great time raising my abundance vibration. I recommend that you use this e-book, and get ready to see amazing shifts happen in your life!"*

Christine Metawati, Energy Therapist

### **Attracting Abundance with EFT- e-book and paperback**

Carol Look has been a pioneer in the development of EFT, especially with abundance work. Here she has assembled her very latest examples of EFT application designed to conquer the most common blocks to abundance. With easy set up phrases, engaging exercises and step-by-step instructions, Carol has brought the *American dream* back into reach.

Paperback \$24.95 (through Amazon) / E-book plus audio recordings \$39.95

### **Success and Abundance with EFT - Audio CDs**

Working one by one in a group teleclass, Carol addresses individual blocks to abundance and uncovers a wide variety of common issues. As she demonstrates and applies EFT in each case, the rest of the group has the opportunity to identify with each issue and tap along with the session to reap the same rewards. By using the recorded version of this teleclass, you can tap along as part of the group at your convenience, and replay any segment you like. 4 CDs \$75 plus S&H

### **How to Lose Weight with EFT - Audio CDs**

In the same teleclass format as the Success and Abundance CDs, Carol uncovers and addresses many of the emotional drivers behind addictive food cravings, destructive body images, low self-esteem and future relapses. As she demonstrates and applies EFT in each case, the rest of the group has the opportunity to identify with each issue and tap along with the session to reap the same rewards. By using the recorded version of this teleclass, you can tap along as part of the group at your convenience, and replay any segment you like. 4 CDs plus Bonus CD \$75 plus S&H

### **The Key to Successful Weight Loss - Interactive Software and e-book**

*The Key to Successful Weight Loss*, the first program ever to use the new technology of **Electronic EFT**, is a combination e-book and computer program that leads you step-by-step as you apply EFT to a variety of issues that affect your relationship to food. Developed by three leaders in the Energy Psychology field, Doctors Carol Look, Pat Carrington and Sandi Radomski, this program covers all aspects of handling emotional blocks to weight loss. Destructive food cravings are automatically reduced to a minimum and often eliminated entirely through the use of EFT. You can now eat effectively for weight loss – and even enjoy doing this! \$89 plus S&H

### **How to Lose Weight with Energy Therapy - Manual**

This product is a training manual that teaches mental health practitioners and lay people how to apply **Emotional Freedom Techniques** to their unique challenge of losing weight. It is full of training exercises, information, insights, suggestions and helpful hints for how to conquer a weight problem with EFT. 97 pages \$30 plus S&H

### **Quit Smoking Now with Energy Therapy - Manual**

This product is a training manual that teaches mental health practitioners and lay people how to apply **Emotional Freedom Techniques** to their endeavor to quit smoking. 75 pages \$25 plus S&H

### Borrowing Benefits for a seemingly unrelated issue

From the [www.emofree.com](http://www.emofree.com) archives

Hi Everyone,

A thank you to EFT Contributing Editor Dr. Carol Look for this insightful [Borrowing Benefits](#) case. Carol recently conducted a weight loss class wherein the tappable themes centered around such issues as cravings, body image, deprivation and the like. However, one client had issues (pain and a limp) that were seemingly unrelated to any of those being addressed during the group sessions.

As it turns out the pain and limp were associated with 9/11 traumas and completely disappeared as she unknowingly "Borrowed Benefits" for her 9/11 traumas during the session. This, of course, made the process relatively pain free and, apparently, complete.

The details are given in Carol's article.

Hugs, Gary

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A week ago I taught a one day EFT class for weight loss. "Tappable" themes included cravings, body image issues, feelings of deprivation, self-sabotage and fear of success. I used three separate groups of volunteers throughout the morning. After our lunch break, Louann (her real name), who had not been involved in any specific demonstration, raised her hand and told the class about her remarkable experience.

On 9/11, Louann had been traumatized by hearing that her husband was reported "missing" for several hours. Even though he was found alive and well several hours after the attack, she has suffered from chronic pain in her back and hips and has been bothered by a limp since that week. The range of pain over the past 18 months had been between a 2 and an 8.

Louann informed the class she had consulted top specialists including neurosurgeons and orthopedic surgeons, visited an acupuncturist, underwent two unsuccessful surgical procedures, and scheduled and committed to approximately 400 hours of physical therapy. All of these treatments were aimed at healing her official diagnosis of a slipped/ruptured disc near "L3" in her back. She estimated the cost at about \$15,000-\$20,000 and told the class that nothing had made a dent in her pain other than occasional relief from pain management.

# Carol Look, LCSW, DCH, EFT Master

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After our group Borrowing Benefits session, Louann announced to the class that her pain and limp were completely gone, even though I had not focused on pain or trauma during the in-class demonstrations. Please note, the following words were NOT mentioned during Borrowing Benefits: pain, trauma, disc, back, limp, September 11th, etc...We were all pleasantly astounded.

I caught up with Louann 48 hours later and asked her about her symptoms and her theories about what had happened. She had remained pain free. Obviously the principles of "Borrowing Benefits" were operating, but we tried to reconstruct the morning's setup phrases and themes to connect some emotional dots and find specific answers as to why she had experienced such a response. What stood out to Louann was my brief focus on guilt issues, and the themes of suffering and punishing the self. I had used such phrases as "Even though I've been suffering long enough, I deeply and completely accept myself" and "Even though I keep punishing myself for what I did, I choose to release it now" and "Even though I keep sabotaging my progress, I deeply and completely accept myself and I'm worthy of success." (We were supposedly talking about weight loss, of course.)

Louann told me "this whole thing was about self-love and love in general." Since we had easily recited the affirmation of the setup phrase "I deeply and completely love and accept myself" dozens of times, it was no doubt that the benefits had been accumulating. In addition, Louann made it very clear that she had been praying to be open and had believed she could get healed. She thought the tapping had created an opening for the total integration of her healing. She pointed out that some of my language had taken her off the hook so that she realized "I don't have to be God and do it all alone...I don't have to find the answer by myself."

I had also added CHOICES statements such as "I choose to feel happy, successful etc." Louann realized that she had made herself suffer with her somatized responses of pain for two psychological reasons (1) because she felt guilty over her husband's trauma and suffering, and (2) because she wanted to feel closer and to connect to him. She said she finally felt freed to "Let God do it...cause I don't have to."

Stay tuned...

Carol Look

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### Using EFT for Abundance Releases Limiting Beliefs

From the [www.emofree.com](http://www.emofree.com) archives

In her recent EFT/Abundance oriented teleclass, Dr. Carol Look dealt with a participant over the phone on various limiting beliefs. What follows is an example of what is possible when EFT is expertly administered. Notice the many insightful concepts Carol brings to the table.

Gary Craig, EFT Founder

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By Dr. Carol Look

Karen participated in my 90 minute Attracting Abundance with EFT teleclass last week. She wrote me to tell me of all that had improved for her. While you may call the changes “coincidences” she knows that EFT helped neutralize her limiting beliefs which in turn, changed her energy and allowed her to attract more abundance into her life.

#### BEFORE THE ABUNDANCE TAPPING:

Karen had been feeling quite stressed out. She had been laid off from her job of 7.5 years a few months ago, and was caught in a *limiting belief* that told her there was no way for her to get a new job that included a high salary without suffering from incredible stress and pressure from her boss about meeting monthly sales figures. In her words, her last job had been extremely “dysfunctional.”

Karen stored her stress in her body, and had been very diligent about getting regular massages when she was employed. Since she no longer traveled for work, she could not go back to her favorite massage practitioner who was 3 hours away, along her work route. Despite her efforts, she had yet to find a good practitioner nearby, and was feeling the negative effects of the build up of stress in her body.

Karen also had put on weight since being laid off, and was feeling very uncomfortable about it.

#### DURING THE ABUNDANCE CALL:

During the abundance teleclass, Karen was one of the callers who took an individual turn with me while everyone else participated in *“borrowing benefits.”*

# Carol Look, LCSW, DCH, EFT Master

In an email before the call, Karen had written me that she was afraid she could never “be successful again.” During the call, she told me that she was afraid she wouldn’t be able to get the “right job” for her, and that she associated success with being controlled, unhappy and stressed out. When I asked her to rate the “fear of being successful again” because she couldn’t attract the “right job” she said it was a “7.”

While everyone else was tapping and **borrowing benefits**, Karen and I tapped as follows:

*Even though I'm convinced I won't attract the right job, I deeply and completely accept and love myself ANYWAY...*

*Even though I'm afraid I won't attract the right job for me, I've decided to relax about the whole issue...*

*Even though I'm afraid I won't attract the right job this time, I've decided to relax about this employment issue and accept who I am...*

Then as she tapped the sequence of points, I asked her to say the following phrases:

*What if I don't attract the right job for me?... That really scares me... What if I lose it again?... What if I'm all stressed out?... I feel so much pressure... This pressure to attract the perfect job... No wonder I'm overeating... Too much pressure... I have to do it right...*

*Too much pressure... This anxiety... I'm going to release the anxiety... I choose to feel calm and peaceful...*

I asked Karen to take a deep breath after the tapping before measuring the intensity of the fear again. She said “It cleared pretty quickly.” When I asked her to rate the stress that had been at a “7” she said “the stress about not attracting the right job is now totally cleared and is at a 0.”

When I asked if any other issues came up, she said that her recent weight gain since being laid off had surfaced. **I asked her what might be the “upside” of this weight gain, and how it served her in a positive way.** “The weight is making me feel safer, and allows me to hibernate from people... blocking out feelings... insulating me from my feelings and from others.”

Then I asked her, “If you lost the weight, what would be the strongest feeling that would come up?” She immediately answered: “Fear of freedom.” We tapped as follows:

*Even though I'm anxious about the freedom I could have, I deeply and completely love and accept myself anyway...*

*Even though I'm afraid of the freedom I might be able to enjoy... no wonder I'm overeating... I've decided to calm myself down...*

*Even though I'm afraid of the freedom that's possible... I choose to accept myself anyway...*

# Carol Look, LCSW, DCH, EFT Master

*Even though there's so much anxiety around freedom and how powerful I really am...I choose to accept and love who I am...*

Again, I "rambled" (as Gary likes to call it) and suggested phrases while she tapped on the sequence of points:

*I'm afraid of my power...Afraid of my freedom...What if I had divine freedom?...I am so afraid...I'd rather feel safe...It feels good to hibernate...I like blocking my feelings...I had no idea I was afraid of freedom...What if I could feel free...and enjoy it...And feel safe...I choose to feel safe...I love feeling FREE AND SAFE...Ok, what if I don't lose this weight?...I don't know what to do with the time and space...I might be so anxious...I don't know what to do with my freedom...I don't know what to do with time and space...I can feel the anxiety...I am releasing the anxiety...I choose to release the anxiety and embrace my power and make new choices...*

## THE WEEK AFTER THE ABUNDANCE CALL:

During the week following the abundance teleclass, Karen experienced some delightful changes, and told me she feels confident that clearing her *limiting beliefs* with EFT influenced the outcome of her week tremendously. She experienced a "huge release of body pressure" and got "the buzz" she normally gets after doing EFT. She felt wonderful after the physical release and felt peaceful and at her "peak" energy level.

*The day after the call, she received a fantastic job offer!* The boss's attitude was to "make money, have fun, and not experience any stress"...a totally win-win situation. Karen told me that the job description fits her desire perfectly --- no pressure from the boss, minimal training, a real "natural fit" suited to her abilities. *Also on the day following the call, Karen sold her boat slip for \$36,000!* It had been on the market for 2 months. AND...the man who purchased it is allowing her to continue to keep her tiny boat there at no charge. This is a huge "plus" for her.

And, after searching for an excellent massage practitioner since she had been laid off, her friend introduced her to a place nearby that offered her a new, special kind of table massage *FREE every day for a month* before she is required to sign up or pay for anything! She was thrilled.

*Then she was able to find a cell phone service for half the price and twice the minutes...* but she hadn't been able to "find" this plan for the last few months...and the list goes on and on...

Here is a "p.s." from Karen regarding the "freedom" issue that we tapped on:

... Long story short, after our abundance tapping call, I have been almost *overloaded* with the **desire** to get things done that I have been avoiding for the past two months. I have been going, going, going and doing things out of the house with no anxiety at all --- doing returns at the stores --- (not usually something you look forward to), going to the gym, getting my car washed, buying groceries, meeting up with friends for lunch, getting my hair cut/colored, it is just amazing! And in the last three days or so my newfound freedom has allowed for so much "movement" that I now have to slow down and find some balance and get things squared away "around the house."

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... The other insight I gained through this is that so much of my "busyness" of making messes and cleaning them up, or buying things and not installing them, or making lists and not finishing them is just another coping method for "filling in the spaces" and keeping so busy that you don't miss having fulfilling relationships, or you don't feel "safe" and allow people into your life because you are so "busy" .... This was a thought in my head frequently but it was reinforced by something someone else said during the teleclass. Again, *borrowing benefits* is so amazing --- so often we have the same issues and someone else is the one to bring up an aspect that unlocks another clearing. Looking forward to more ABUNDANT LIVING!!!

In gratitude,  
Karen :)

Thanks to everyone who participated in the call...so many benefits were borrowed by everyone!

Carol