

**Special Confidential Report**  
**How To Crush Anxiety**  
**&**  
***Get Your Life Back!***

**17 Proven Secrets To Destroy  
Worry, Anxiety, Fear & Panic FAST,  
Without Harmful Drugs or Endless  
Therapy"**

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## In this research report you will discover:

- The little secret therapists (and the drug companies) don't want you to know and why you haven't heard of NLP, EFT and other advanced rapid change techniques
- *The first thing you forget to do in a moment of fear and what to do about it*
- What the ancient Toltecs of Mexico and Taoists of China knew that modern psychologists totally overlook
- *A three part method that can totally change the way you feel in an instant*
- Why affirmations don't work and what you can do instead that does work
- *The one critical thing you must not do and what you must do instead*
- Why talk therapy makes anxiety and phobias worse
- *How to "reboot" your emotional "hard drive" when the going gets rough*
- A highly effective... yet unbelievably simple and rapid process to virtually eliminate anxiety
- *5 more things you can do immediately to stop anxiety*
- 8 critical questions you must ask before you choose a coach or therapist for your anxiety or phobia.
- and much more

**Disclaimer:** The information in this report is designed to provide useful tools and resources for people who are interested in personal growth and development and who are willing to take responsibility for generating positive changes in their lives through the use of NLP, self-hypnosis, Time Line Therapy™, EFT, creative visualization and other techniques.

This program does not claim to cure anything or heal anything and is not a substitute for normal medical care. You are advised to seek the counsel of the appropriate medical and psychotherapeutic practitioners available to you. Additionally you should continue any present medical treatment and consult your regular medical practitioner for treatment of any new or old illnesses. Ultimately **you** (not your therapist) are in charge of your change.

Dear Friend,

In this special report I'm going to take you on a fantastic journey through the world of leading edge rapid change techniques. I'm going to share with you just a few of the little known but powerfully effective techniques I use everyday to help anxiety and phobia sufferers "clear the fear fast;" often in as little as a single day.

A shocking number of psychotherapists have never heard of many of these techniques and the giant pharmaceutical companies obviously would prefer that you buy their mind numbing drugs (with all the potentially harmful side effects) for the rest of your life.

As you read this please have a pen in your hand and a few sheets of paper by your side. This is because you're about to discover a treasure trove of immediately useable ideas and techniques... and... you'll want to make detailed notes as you go along.

**In my personal opinion, these techniques more powerful than any drug.** They should be taught as part of the curriculum of every life. Once used to "Clear The Fear Fast," you can also use them to create anything you want in your life: more money, health... even love.

So sit back and relax, and let the learning begin! Here's a bit of background:

**The Little Secret Your Therapist and The Big Drug Companies  
Don't Want You To Know  
And Why You (And They) Haven't Heard Of  
The Rapid Change Techniques Of  
NLP, EFT, Time Line Therapy™ And Ericksonian Hypnosis**

I have talked to innumerable therapists who have never even heard of many of these advanced techniques. Yet I use them every day to assist my clients to get the rapid changes they want to make in their lives, often clearing severe, lifelong phobias in less than a single day. I have numerous books written by the "so-called" anxiety and phobia "experts" on my shelf that make no mention at all of these techniques:

*NLP (Neuro Linguistic Programming)*  
**EFT (Emotional Freedom Technique)**  
*Time Line Therapy™*  
**Advanced Ericksonian Hypnosis**

Ultimately I believe most talk therapists want to help their clients. However, I finally figured out why they choose to remain ignorant of methods that are

proven to work so fast.

**They make more money if you take a long time to get better.**

I apologize if that sounds blunt. The research that my work is based upon indicates that your unconscious mind (where all change and learning happens) works quickly but not necessarily in “50 minute hour” increments spaced at weekly intervals (more about this later).

**Also most “psychological research” is funded by the giant drug companies. It is frankly not in their interest for you to know there are incredibly effective drug-free solutions.** I apologize if that ruffles feathers. Many people’s lives have been helped wonderfully by the “miracle drugs.” I definitely know people who “need their meds.”

However, for me personally, using any kind of drug is something I will save for the absolute last resort. I’m not challenging the worth of the drugs, **I’m only challenging the mentality that we have in this country that medicates first and asks questions later** (if at all).

Consider this, one of my clients was actually a scientist at one of these large pharmaceutical companies. She insisted on a drug-free approach. What does that tell you?

My point is there are fast, safe, proven methods that really work. They cost next to nothing to use. If you play full out and really apply them and still haven’t made progress, Then seek the help of a competent therapist or NLP Rapid Change Specialist. If that doesn’t work, then by all means check out the medication.

***All I’m saying is explore the drug free options first! Does that make sense?***

If you’re like me, you probably don’t care where an idea comes from as long as it works and gets results right? So let me give you just the bare essentials about these powerful tools that can be yours to use to end your anxiety and worry.

**What is NLP? (Neuro Linguistic Programming):**

NLP was developed in the 1970's by a physicist named Richard Bandler and a linguist named John Grinder. They went around observing and modeling the best therapists of their day. They tossed out the theory and honed in on the actual techniques that consistently created the most change for the most clients.

Then they studied the best sales people and the best athletes to create a model of human change that enabled people to get peak performance results in all areas of their lives.

Richard Bandler described NLP as "An attitude and a methodology that leaves behind a trail of techniques."

Romilla Read and Kate Burton in their book, "NLP for Dummies" put it this way:

***"...NLP enables you to understand what makes you tick; how you think, how you feel, how you make sense of everyday life in the world around you. Armed with this understanding, your whole life - work and play - can become magical."***

Think of it this way. ***NLP is a model of internal and external communication that enables rapid and profound change.***

Do you have a computer? Has it ever bogged down or run slowly for some reason?

In many ways we are all like our poor overloaded computers. Some little thought virus or annoying emotional pop-ups get in there and soon the whole thing is sluggish and unresponsive (or in the case of anxiety, running on overdrive). All our lives we've been programming limiting beliefs and patterns of thought and behavior into our magnificent brains and bodies and these little "thought" viruses are sabotaging the whole system.

You can use NLP techniques to help you "defrag" or "clean up" your hard drive and clear out these "thought" viruses that are affecting your body and life so negatively.

### **Ericksonian Clinical Hypnosis:**

Unlike the often scary depiction of hypnosis on TV, in the movies and at those stage shows where people do embarrassing things like quack like a duck, Clinical Hypnosis is used by Doctors, Dentists, Hypnotherapists, and Rapid Change Specialists/Coaches like myself to help people like you make the changes they want fast.

People don't realize that we spend a good portion of every single day drifting in and out of trance. Have you ever driven down the highway and "spaced out?" Ever miss your exit because you were "somewhere else?" Almost everyone has! But while you were "somewhere else" who was driving your car?!? **Your Unconscious Mind.**

Through clinical hypnosis you learn how to communicate with your unconscious mind so that you get the results you want rather than what you've been mistakenly asking for.

For example, if you consistently see yourself as fearful and tell yourself so and beat yourself up for being fearful, your unconscious mind gets all these images of you as fearful and goes about giving you what you've inadvertently told it you want – fear.

With the proper use of hypnosis we change those kinds of messages and ask for what we truly want in the correct way that your unconscious mind needs to hear it.

The result is permanent, positive change. Sometimes it happens so easily as to feel miraculous. Most of the time when you make changes with the help of your unconscious mind it just feels...normal! The proper use of hypnosis is based on sound science but without the dangerous side effects of drugs or shock therapy.

### **Time Line Therapy™ :**

Time Line Therapy was created by one of the world's foremost authorities on NLP and Hypnosis, it shares some elements of those techniques but it's distinctly different in some ways.

If NLP is like a laser beam and Hypnosis is like a spot light, Time Line is like all the lights of Yankee stadium suddenly turned on.

We use time line specifically to clear old negative and often toxic emotions like anger, fear, sadness, guilt, shame - safely, easily, painlessly and quickly.

This is totally different from "regression" therapy (which I would advise you against see Rapid Change Secret #10).

We use Time Line to not only clear negative emotions and limiting beliefs but to clear anxiety and to “design” your future. In this report we'll share the time line Anxiety Release Technique so you can get an immediate sense of its powerful potential.

### **EFT (Emotional Freedom Technique) :**

This is a difficult to describe (on paper) yet elegantly simple technique that combines NLP, Hypnosis, Psychology and Acupressure. Often EFT works where nothing else will. The beauty of EFT is you can use it anywhere, anytime and it can save you thousands of dollars on therapy and drugs!

This has obviously been the briefest overview of these Rapid Change tools. To

learn more about these techniques please visit: [www.ModernJedi.com](http://www.ModernJedi.com)

I hope that's enough background for you. If you're like me **you just want to start taking action right now don't you?** Some of the rapid change secrets you'll read about will be somewhat familiar but others may be new. That doesn't matter.

All that matters is that if you use even a few of these Secrets consistently in your life you will be able to feel better faster and easier. If you consistently use all of them, you will be able eliminate anxiety without drugs or years of therapy and create the kind of life, career and relationships you've always dreamed of.

Ready? Here we go!

Oops! Gotta have a disclaimer!

**DISCLAIMER:**

Every effort has been made to accurately represent our Clear The Fear NLP processes and their potential. Any claims made of actual results can be verified upon request. Any testimonials or examples used are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her background, dedication, desire and motivation. The techniques in this report are provided for information purposes only and in no way are intended to diagnose or treat and physical, mental, or emotional symptoms. You are advised to seek the advice and care of any appropriate health care practitioner where and when appropriate. This report in no way takes any responsibility for your medication or therapy. You are advised to take charge of your change and use whatever works for you. This report in no way is to be construed as a suggestion for changing your medication. You are advised to consult your medical practitioner for that. We accept no liability for your results positive or otherwise using these techniques. This report is for informational purposes only.

Okay. Now, on to the 17 proven secrets to Crush Anxiety...

## Crush Anxiety Secret #1:

# The First Thing You Forget To Do In A Moment Of Fear Is... Breathe!

The challenge is, when fight or flight mode is triggered and we unconsciously pick "flight", the most natural thing to do is to hold your breath. It's just something we are hard-wired to do. Perhaps it kept us quiet so our predators couldn't hear our loud breathing and find us. Or perhaps holding our breath enabled us to hear better because we weren't panting loudly. This makes evolutionary sense.

But the first thing we need to remind ourselves to do if we are in panic mode is to BREATHE. Now this is no secret. Every therapist and book on anxiety tells you to breathe.

However, this particular, specific way to breathe: "Circular Breathing" comes from Ancient China and is especially suited to calming you and giving you access to your resources.

**Step 1** - Imagine your breath coming into the tips of your toes and then flowing up the back of your legs, up your spine, over the top of your head.

**Step 2** - With your lungs full, pause for a count of 3 "Mississippi's" right in front of your forehead.

**Step 3** - Release the breath down the front of your body.

**Step 4** - Pause for a moment (3 seconds) with empty lungs before breathing the next breath in through the tips of your toes and up the backs of your legs and spine. You're making a circle with the breath.

**Step 5** - Repeat ten times or as long as you can stay focused on the breath. As you breath in imagine bringing in relaxation and as you breath out, imagine letting go or breathing out any stress, tension or fear.

Next, we explore a simple technique that has been used for 1,000's of years by people from ancient China to Mexico...



## Crush Anxiety Secret #2:

What The Ancient Toltecs Of Mexico And The Taoists Of China Knew  
That Modern Psychologists Totally Overlook...

### Roll Your Eyes!

**Roll Your Eyes** - rolling your eyes slowly around in your sockets and then rolling them in the reverse direction is a powerful "pattern interrupt" that has been used for thousands of years by cultures as diverse as the ancient Mexican Toltecs and the Ancient Chinese Taoists.

We now know that the eyes are linked to different areas of your brain. For example when someone looks up they are usually accessing the part of their brain that controls their internal pictures.

Moving the eyes to the extreme right or left accesses your internal sounds.

Looking down to the right is usually where we access our feelings (for some it's the opposite side)

Looking down and to the left usually accesses our self talk and logical thinking.

Rolling your eyes forces you to move through the parts of your brain that process pictures, sounds, feelings, self talk and logical thinking.

When you get stuck in a fear loop chances are you may be constantly accessing a particular part of your brain. You may be stuck in your feelings or stuck in your pictures or stuck in your self talk. Maybe you are experiencing the "paralysis of analysis" which means you are stuck in your logical channel.

So let's interrupt it now so we can re-boot our internal hard drives!

Roll your eyes! Nice and slowly, go around twice in one direction and twice in the other.

Scramble those patterns. How do you feel? Do it again. Do this from time to time during the day whenever you think about it. Just twice in one direction and twice in the other. Do it slowly.

Then go about your day and notice the difference. Sometimes it's subtle and sometimes it's dramatic.

## Crush Anxiety Secret #3:

### Notice & Change Your Internal Pictures

**Please Note: The Next Three Rapid Change Secrets Are Related. Used Individually They Can Help Reduce Anxiety A Lot. Used Together They Can Transform The Way You Feel In An Instant!**

The following methods are from NLP and are called Submodality Shifts. I've share the least you need to know here to get you started. We do a lot more with this in my workshops and one on one coaching.

Your unconscious mind is programmed to create physical responses and reactions based on your interpretation of your five senses. One of the most influential channels of awareness is the visual.

Anxiety is about the future. Think about it. When you are anxious you are imagining what you don't want to happen. Right?

Phobias are "one time learning events." They are about the past. A phobia is usually triggered by a picture of some present situation that resembles an intense negative experience in the past. Because your unconscious mind does not know the difference between what's real or what's imagined, the current situation triggers those old pictures which then "freak" you out.

So if you want to change your experience. Change your pictures!

Ready?

Okay. When you think about the situation that triggers your stress, fear or phobia, anxiety or panic, do you have a picture? (keep breathing!)

What is it a picture of? Chances are it's a visual representation of the worst thing that could happen in the future (anxiety) Or of a traumatic triggering event from the past (phobia).

What happens when you:

Fade that picture out to a blank white screen? How do you feel? More comfortable? or not?

Shrink that picture down and towards the lower left hand corner of your awareness until it's a tiny dot and disappears? Check in now. Better? or not?

Push the picture out to the horizon until it becomes a tiny dot and disappears? Notice how you've changed or not.

But wait there's more! Now imagine what you WANT to have happen. For anxi-

ety, see everything turning out better than you can possibly imagine. For Phobias see yourself easily doing the thing that used to frighten you or at least see yourself dealing with it appropriately.

Here's an example: I had a client who was afraid of flying. I asked him what picture he had when he thought about flying. He said, "I see the plane going down in flames."

I had him fade it to white and replace that picture with one where he saw himself arriving at the terminal after a successful flight and finding his luggage! Personally, I'm fine with the flight. It's losing my luggage that "freaks" me out! So I consciously run a picture of my luggage being right there (and in one piece) at the baggage claim.

Have I simplified this? Yup. But play with this today. Think of something that might trigger you a little bit. Fade out the old picture, shrink it down, push it out. Now, replace it with what you DO want to have happen. Pull that in closer. Make it brighter, clearer, more pleasant and enjoyable in every way.

Oh one more thing! Play with your perspective:

See yourself in the picture. Look down on yourself as an observer.

Make yourself huge and powerful looking down on the person or situation and see them really small. Really tiny.

Now try the opposite: make yourself so small and insignificant that whatever it is you are afraid of takes no notice of you.

Here's an example: I had a friend who yelled at me about something. Intellectually I knew it was because he'd had a bad day and was going through some tough times. But I felt really hurt and upset and fell right back into my own childhood fear place (I literally had a phobia about people being angry at me...long story)

So I stopped, did my circular breathing, then imagined looking down at myself in the situation from above. That gave me a bit of relief. Then I made myself huge and my angry friend really small. I was like the Jolly Green Giant. Then just for fun I made myself so small that I was totally beneath his awareness. I was like a grain of sand in a crack in the sidewalk. So when he walked over me I was too small to even smooch. And he was so big he was beyond my comprehension.

Then, I remembered to roll my eyes and I kept doing my circular breathing. Poof! I felt fine. In the past I would have just slunk off and never shown my

face again. I also would have run it over and over again in a mental loop and lost sleep over it for a couple of weeks.

Of course my friend was fine too. I walked into the house and said to him, “bad day huh?” He nodded. “Yeah,” he replied, “Really bad!”

**It had never been about me. It was only my own interpretation system that made it about me.**

Next we explore how what you say to yourself affects you and how you can change it to get better results in your life and work...

## Crush Anxiety Secret #4:

# Notice & Change Your Internal Sounds/Self Talk!

Your unconscious mind is programmed to create physical reactions in response to what you say to your self.

In other words, WATCH YOUR LANGUAGE!

Count how many times a day you say: "I'm afraid..." or "I'm worried that..." Consciously replace it with "I'm concerned". Notice "I'm concerned" has less charge than "I'm afraid."

Ever say, "I'm anxious to get started"? How about changing that to: "I'm excited to get started!"

Here's another thing to watch out for – "HOPE". "I hope I don't freak out." Not a powerful thing to say. When you hope for something you are actually thinking like a victim...

Most of the people I work with are surprised when they notice how nasty they are to themselves. They say horrible, demeaning, cruel, hopeless, defeatist things. Things they would never say to their friends or children or their family pet or even their car! Have you ever noticed; **many people treat their cars better than they treat themselves!**

Okay, so first we have the content, the "What". Stop saying hurtful, mean things and start saying kind things. What do you say to yourself? Take one of your favorite "mean" things or "fearful" things you say and imagine it written on an "Etch-A-Sketch". You know the red toy with the two knobs?

Now shake your mental Etch-A-Sketch and watch the words disappear. Good!

That's a great start. We also have the tonality and quality of the voice. You can say a mean thing in a nice way and it can change everything. Or you can say a nice thing in a mean way and do damage.

Also, it depends on who is speaking doesn't it? Whose voice is it anyway? Is it your mother's voice or your father's voice? Your 10th grade English teacher? Your Uncle Harry? That's a common one. We often internalize the critical parent or authority figure and then take over the job far more cruelly and critically than our poor parents or teachers could ever do it.

Using some advanced techniques one on one or in a workshop we can usually clear the old voices and programs. But for now let's just see if we can interrupt the patterns enough to get you some immediate relief.

Here are some things you can play with:

- a. Turn down the volume of that inner voice.**
- b. Change the tonality so that the voice is soft and smooth, even "sexy."**
- c. Now make the voice very fast and very high, like Mickey Mouse.**
- d. Now slow it down and make it really low like a tape being played back too slowly.**
- e. Play it backwards so that it is unrecognizable "garble-dee-goop"**

In each case, how do you feel? More comfortable or not?

But wait there's more!

Now speak in a loving encouraging, soothing, supportive tone of voice. How does that feel?

Next, we explore how to notice and change your physical feelings to bust through stress and anxiety even more...

## Crush Anxiety Secret #5:

# Notice & Change Your Physical Feelings!

A lot of times people respond to their negative pictures and self talk with a physical sensation that is usually unpleasant and often downright uncomfortable or even painful. It surprises a lot of my clients that they are not victims of their physical body's reaction to stress or fear triggers.

You actually have the power to change what you feel.

So go ahead and STOP for a moment.

Think of the situation or person or trigger that usually brings up your stress or anxiety (excuse me, "concern" ;o). Check in with your body.

Where do you feel it?

In your gut? In your legs? In your throat? Where else? What's happening in your pinky toe at the moment? (Bet not too much huh?)

Now, pay attention to what color the feeling might be. See if you can change it to something more pleasant and comfortable. Notice how big or small it is. Can you make it bigger or smaller? How does that affect the feeling? Sometimes bigger makes things more comfortable and smaller makes the sensation too intense. Sometimes it's the opposite so pay attention to what happens for you.

Does it have a shape or a texture? If it's rough, make it smooth. How does that change it?

Does it have weight or density? If it's heavy, make it lighter. If it's dense make it fluffy like a bag of feathers or like a Styrofoam ball or vaporous like a cloud.

Can you move the sensation to your pinky or your left earlobe? Can you push it a few inches or a few feet off of your body? All the way to the horizon? For many people this is enough to make whatever they are feeling change, often permanently.

At the very least it gives you an alternative to just suffering doesn't it? Once you can change the feeling you know you have a choice. It's something you've

created.

Now we don't always want to hear that do we? We want some one else to "fix" us. Oh well! You're actually going to have to take action on your own behalf.  
;o)

When you think of taking on your own behalf do you have a feeling? Where is it in your body? Does it have a shape? How big is it? Does it have a color? Does it have a texture? Does it have a density? Can you move it or shrink it down or make it bigger or push it back or forward or can you change the color? Can you change the texture?

Get the idea?



## Crush Anxiety Secret #6

# Why Affirmations Don't Work But What Does Work...

There are a lot of people out there who suggest saying and writing affirmations because it helps to reduce the negative thinking patterns we all have and fill your mind with positive thoughts. This makes a lot of sense if you think about the fact that it's estimated we think something like 60,000 thoughts a day. If that's all negative and fear based thinking yikes!

But here's the problem with affirmations: in the face of 60,000 negative anxiety thoughts, a little affirmation is like a thin bit of frosting on a giant cake of glop or the tip of the iceberg. It's not very effective and the negativity begins to show through. Plus there's that little (or not so little) voice that seems to get a thrill out of contradicting affirmations.

Example:

Affirmation: "I am feeling calm and confident"

Little Voice: "NO YOU ARE NOT! WHO DO YOU THINK YOU'RE FOOLING? I KNEW THIS WOULDN'T WORK. WHAT A JERK I AM TO THINK SOME STUPID AFFIRMATION COULD MAKE ME FEEL BETTER..."

However, your unconscious mind is designed to automatically look for answers to "how" and "why" questions. You see, the brain tends to function like a computer. When you ask any question, your unconscious mind begins to look for supporting evidence and answers. It's the old garbage in, garbage out deal. Ask an anxious question and you get an anxious answer!

Ask an empowering positive question get an empowering, positive answer. For a non-empowering example: I was once assisting in the production of a national radio jingle. The producer was a lovely and wonderful man who was a delight to work with and who was probably making deep into the "six figures" income-wise. There was some snag with the advertising agency or clients and I heard him whisper under his breath: "Why is it never easy?"

I heard shortly thereafter that he left that business, depressed and frustrated. The point I'm trying to make is that we are already asking ourselves questions all the time. When we ask questions that presuppose or assume a negative answer that is what we will get.

Your unconscious mind is programmed to go about answering the questions you ask it. Unfortunately most people ask crappy questions, like "why does

this always happen to me?” or “Why am I such a loser?”

Your unconscious mind doesn't know the difference between a disempowering question and an empowering one. It just begins to innocently build a case to fit the question. So if you ask “why am I afraid?” Your unconscious mind will filter out anything that doesn't explain and justify your fear. If you ask “why am I safe?” Then your mind goes to work noticing all the reasons you are safe.

So ask better questions! Engage your physical and visual senses by writing the questions out long hand. See if you can fill a page of positive why and how questions today. Speak them out loud. The more enthusiasm, the better! Here are a couple of examples to get you started. Write them. Say them. Repeat.

- **“Why does it work out better than I can possibly imagine?”**
- *“How can I find a way to turn this situation around?”*
- **“How can I clear this fear faster and more easily than I ever thought possible?”**
- *“Why do I deeply and completely accept myself?”*
- **“Why am I safe?”**
- *“Why is this fear or anxiety, temporary?”*

Please note: I cover why this works at more length in my “Clear the Fear Fast” Home Study System as well as in my NLP Practitioner Certification Training.

## Crush Anxiety Secret #7: The One Critical Thing You Must Not Do! What You Must Do Instead!

**Stop focusing your thoughts and energy on what you do not want.**

**Focus instead on what you do want.**

Why is this absolutely crucial to defeating Anxiety?  
Because, your unconscious mind does not process negatives.

Check this out: **“Don’t think of a blue tree!”**

You thought of a blue tree right? Me, too.

So if you don’t want to react in a certain way in a trigger situation, telling yourself “not to” is literally programming yourself for failure.

It would be more helpful to focus on what you want yourself to be wanting.

For example, instead of saying “Don’t be afraid!” or “Don’t freak out!” or “Don’t screw this up!” you might want to experiment with telling yourself something more useful like: “I can do this!” Even better, put it into a “why” or a “how” question (see Rapid Change Secret #5) such as “Why can I do this?” or “How can I move through this temporary blip of discomfort?”

If you want to get on an airplane but are afraid, **is it more effective to visualize the plane going down in a burst of flames or picking up your luggage after arriving safely?** Your unconscious mind does not know the difference between what’s real or imagined, so we want to always present your unconscious mind with what we want it to do and what we want it to experience rather than what we don’t want it to do or experience.

**Anxiety really boils down to thinking about what you don’t want to have happen right?** If you are worrying about your kids aren’t you thinking about bad things happening to them? Why would you do such a thing?

Again, Your unconscious mind does not “get” that it is something imagined. It thinks the pictures your running through you mind are real. So it responds by squirting a bunch of fight or flight chemicals into your body.

**So imagine your kids arriving home safely. Visualize picking up your luggage after landing safely. Imagine the conflict resolving in a win-win.**

So many of my clients come to me all twisted around inside with anxiety and every other phrase out of their mouths is “I don’t want to feel like this...” Well what do you want?!?!

Describe that! Focus on that! You’ll be surprised what happens.

This leads us right into the next secret...

## Crush Anxiety Secret #8: Why Talk Therapy Can Actually Make Anxiety And Phobias Worse

I really am not here to bash talk therapy. I know it may sound that way. Sometimes it is hugely healing to be able to just vent, to say things you've kept inside for so long that the very act of speaking them is a relief. So in that sense talk therapy is worth every penny. **But with Anxiety and Phobias, talking about them can often reinforce the pattern and make it worse.**

Some of my phobia clients are so phobic that just thinking about their triggering situation can cause them to faint. Just talking about it can cause their palms to start sweating and their mouths go dry, their stomachs churn...

As I pointed out in the previous secret, your unconscious mind tends to work in pictures. If you are telling someone about something bad that happened or something that frightens you, you are often unconsciously seeing the experience through your own eyes. Again, your unconscious mind doesn't know the difference between what's real and what's imagined. So for anxiety sufferers, an hour every week focusing on your problem is not just crazy, it can be excruciatingly painful and upsetting.

**Another technique used a lot by therapists is “desensitization.” This is a process where you are gradually exposed to the thing that frightens you.** It takes a long time and it can be quite traumatic particularly for the severe phobic. If you can faint just from thinking about a bridge, the very idea of going to a bridge and putting your big toe on it one week and then your second toe on it the next week and so on for week after week until you can actually stand on the bridge without freaking out, can be unspeakably horrible for the client (not to mention expensive).

**Still another unfortunate and even dangerous approach, is when a hypnotherapist regresses you to a root cause event and has you re-experience it looking through your own eyes.**

I'll say it again. Because of the way it's designed, your unconscious mind thinks the event is happening...now. If it was a really terrifying, traumatic event...Jeez! You've just re-traumatized yourself. **A better idea is to stay up above the event and look down upon it as an observer.**

Try that right now. Think of some situation that is mildly anxiety provoking. Please use a mild event!

In your imagination, float above the event and look down on it as an observer. See yourself below you. Now float waaaaaaay up! Until the whole situation is so teeny and small below you that you almost lose sight of it. How does that feel? For most people it really helps to “get some distance” on their problem. That idea is pretty simple right? Can you tell me why it’s not common knowledge?

We should be learning this in kindergarten.

**The 50 minute hour.** This one really bothers me. Granted, sometimes an hour is enough time to make Rapid Changes. The way traditional therapy seems to work though is you spend a few minutes catching up, then bitch about something that happened that week that is bothering you... all too soon you hear, “well, our time is almost up for this week. Let’s pick up right here next time okay?” Then a week goes by and you do it all over again.

Unfortunately your unconscious mind does not work in neat little 50 minute segments. You can spend almost an hour opening up and getting to a place where you are really ready to make a change but then get stopped because somebody back in the day (was it Freud?) decided therapy should only take an hour. I find with a lot of my clients that they make significant changes and progress after the first hour, in the **next** 30 to 45 minutes.

## Crush Anxiety Secret # 9

# How To Reboot Your Emotional Hard Drive With The "Mellow" Anchor

**NLP Anchoring. This is the perfect antidote to being stressed out and full of anxiety.** Anchoring works on the same principal as Pavlov's dogs – Conditioned Response. As you will remember from high school biology class, Pavlov showed his dogs a steak and then rang a tuning fork. Then he did it again and again. In a very short time, all he had to do was ring the tuning fork and his dogs started drooling for steak! Now we are not going to anchor drooling in you! No way!

What you need is a pre-set in your neurology for being...MELLOW! CALM! RELAXED! Right? Here's the very least you need to know. *We do a lot more with this in my Modern Jedi NLP Practitioner training & my Clear The Fear Fast Bootcamps.*

**Recall a time when you were totally mellow. See what you saw. Hear what you heard. Feel what you felt. As you are remembering that time as vividly as possible... Firmly (but gently) pinch your earlobe (make sure you pinch it in the same specific place each time).**

*Recall a time when you were totally relaxed. Hear what you heard. Feel what you felt. As you are remembering that time as vividly as possible... Pinch your earlobe in that specific place.*

**Recall a time when you were totally loved. Hear what you heard. Feel what you felt. As you are remembering that time as vividly as possible... Pinch your earlobe in that specific place.**

*Recall a time when you were confident and knew you could have whatever you wanted, a time when you knew you couldn't fail, when you could have it all. Hear what you heard. Feel what you felt. As you are remembering that time as vividly as possible...Pinch your earlobe in that specific place.*

**Recall a time when you were grateful for the small things in life. Hear what you heard. Feel what you felt. As you are remembering that**

**time as vividly as possible...Pinch your earlobe in that specific place.**

*Recall a time when you knew you could do something well. Hear what you heard. Feel what you felt. As you are remembering that time as vividly as possible...*

*Pinch your earlobe in that specific place.*

**Recall a time when you laughed and were happy. Hear what you heard. Feel what you felt. As you are remembering that time as vividly as possible...**

**Pinch your earlobe in that specific place.**

Now, pinch your earlobe in that specific place in that specific way and know that you can recall those feelings any time you fire the “mellow” anchor.

From now on when you have naturally occurring states of calm, peace, contentment etc., “stack” them on top of the ones you already have on your earlobe. The more you build this and tune it, the more powerful a tool it is for when you need it most. You can also use other unique triggers, like a certain song playing on your CD player (or the CD player in your head).

**How to use this:** When you are feeling yourself starting to slip in to a “*not so mellow state*,” “fire” the anchor by pinching your earlobe in that specific way. This will instantly recall that mellow, relaxed, positive state. Please be patient! It may take a moment to load...



## Crush Anxiety Secret #10: Time Line Therapy™ Techniques – An Unbelievably Simple And Rapid Process That Enables You To Virtually Eliminate Anxiety

Imagine your life stretched out in a line. The past in one direction and the future is in another. We all organize time in our own way. Most people can easily imagine a timeline. You can't you?

In my anxiety clearing work we use the ability to visualize floating up above your time line in a number of powerful ways. We can float back into your past and literally clean up the old emotional baggage you've been dragging around with you. We can neutralize and even eliminate traumatic events and limiting beliefs systems.

We can also go out to the future and use our time line to set precision goals that come true so regularly as to be mind boggling.

**We can also use our time line techniques to eliminate anxiety.**

I have to admit it is a bit of a challenge to just describe this in writing, it would be better if you were able to attend one of my seminars and see and feel this for your self. However, since every client of mine who has ever done anxiety was already good at imagining the worst things out along their time line in the direction of their future, I'm going to share this with you. At the very least it will start you thinking.

**Warning: This may be simple. But do not underestimate its power.**

**Step one:** Think of that event or situation that was making you feel anxious. Got it? It's something you think about in the future that is unpleasant right?

**Step two:** Float up above your time line and out over your future so that you are looking down as an observer on that event or situation that you thought you were anxious about...Okay?

**Step three:** Now float farther out along your time line so you are looking down and back towards now, 15 minutes after the successful completion of the event about which you thought you were anxious. Okay?

Now where is the anxiety? Is it totally gone? Or just vastly reduced?

*Please note in my workshops and private practice I normally do not use this technique until after the client has released Fear from their past. We typically then have a 99% elimination of anxiety. Since this technique has been shared with you for educational purposes only your results may vary.*

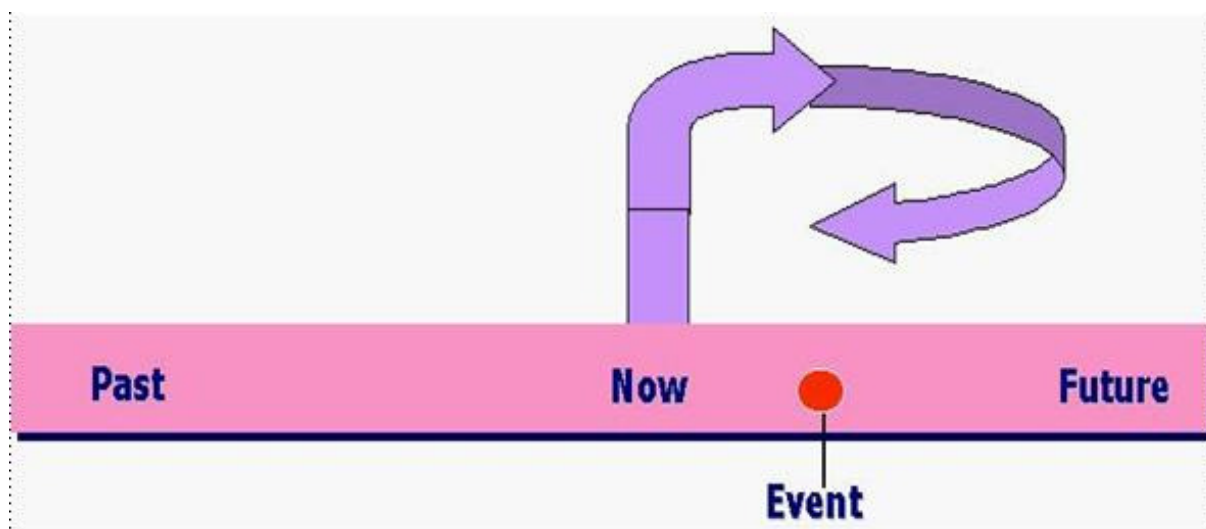
***Realize this: anxiety is literally thinking about what you do not want to have happen. When you start seeing things work out well instead, the old pattern can't run.***

For example, a lot of parents worry about the safety of their children. What they usually do is imagine something bad happening to their kids. In one sense it's like a negative prayer.

We know from ancient history as well as quantum physics that thoughts have power. So imagine your kids coming home safe. For me, I imagine hanging out with my kids when I'm in my 90's and they are in their 70's. Since that's what I'm focused on and putting out into my future. That's what my body is reacting and responding to.

Try this! It works.

This technique is also available in video visit <http://www.ClearFear.com> to see it.



## Crush Anxiety Secret #11:

### Don't Just Sit There... MOVE!

Okay so it's not so much of a secret. It still works! Your mom knew this. I include it here because it works and it's so simple most of us in our very sedentary society forget it.

Get up and move! Look up and stretch. Swing your hips and let your arms flop back and forth. Shake your hands out. Now your feet (one at a time works best ;o)). Remember to SMILE! Moving the muscles of your face into positive emotions has been proven to affect your body.

Earlier in this report we experienced how Internal Representations (pictures, sounds and feelings) affect our physiology. But it can work the other way as well.

How we move our bodies affects our state of being as well as the internal processes that enable us to interpret the world. It's all interconnected. Physiology affects state (Fear is a state). State affects physiology. In other words the mind affects the body and the body affects the mind. Yup! It's the Mind/Body connection!

So if you want to change the way you feel (state), change the way you are moving. Pretty obvious, huh? But why aren't you doing it? So, right now I want you to look up at the ceiling, and do your circular breathing (Rapid Change Secret #1). Your eyes should be right at the top of your sockets. Your posture should be straight.

Okay, now. Stand up and do it.

Now stretch your arms up to the sky as well. Stand on your tippy toes.

Now check in. How do you feel? better? or not? Keep breathing.

Now combine it all. Stand up, look up, stretch up, breathe. Now roll your eyes in one direction. Now roll them in the other (Rapid Change Secret #1).

Ask yourself, "Why does it work out better than you can possibly imagine!" (Rapid Change Secret #6).

Okay? Now ask your unconscious mind to remember this like a pre-set on

your radio. Pinch your ear lobe to anchor this feeling. We'll come back here in a minute (Rapid Change Secret #9).

Do you smell popcorn? Just curious.

Now, do the opposite or what we were doing before. Tense all up. Slump over. Look down. Tighten up your shoulders, crease your brow, "squinch" your face, hold your breath. Imagine the worst ("Staying the Same" Secret #1). ;o)

Now, how do you feel? Better? Not very likely.

Okay, stop. Go back to standing up. Looking up, breathing. Now, roll your eyes, see yourself as a giant, happy, powerful being of light. Everything fitting perfectly into place. Everyone you love safe (even you!).

The other part of using movement is to get out there and move. Dance. Walk. Run. Do some yard work. One day I was so frustrated and full of fear that my stomach was churning. I was running all kinds of negative pictures. I finally went out into the backyard and cleaned out the shed. Jeez! That was a project I could handle. It totally moved me out of my funk.

Now I make sure I have movement scheduled into every day. I walk a lot, very briskly. Looking up at the sky as much as possible. Doing my breathing. I go to an African drumming class twice a week. After drumming for three hours, I can't describe to you how good I feel!

So, now, take action in your life. Make a list of ways you can move that make you feel good. Go to the gym. Play basketball, Frisbee, leapfrog, tag. Wrestle and tickle your kids. Make love. Do calisthenics. Practice yoga. Sign up for salsa classes. Get a garbage bag and go out picking up litter. Get the idea? MOVE!

"Moving" right along...

## Crush Anxiety Secret #12: Turn Off the News!

One of the greatest causes of Anxiety (fear of what we do not want to have happen) is imagining bad things happening. This is so obvious that I almost hate to call it a secret but to most people it seems to be.

They watch the nightly news either during supper or before bed (or both). Then they wonder why they toss and turn all night worrying about crime, war, global warming, the coming stock market crash, inflation etc. Then bleary eyed from a troubled night's sleep the first thing they do is turn on the news in the morning...

The news media feeds off of our fear and our addiction to the dramatic and the horrible. Stop feeding the beast!

If you are serious about leaving anxiety behind fast, **TURN OFF THE NEWS!**

In addition:

Avoid "bad news" people. Hang out with upbeat positive people!

Avoid passing along bad news to others. If others are talking about how bad things are or are going to be, change the subject. Ask them, "do you smell popcorn?" Enjoy everyone testing the air to see if they can smell it!

Notice people being kind, honest, generous and peaceful.

Turn off harsh or depressing music. Play tunes that make you feel great.

If you must watch news, watch "The Daily Show" or "The Colbert Report."

## Crush Anxiety Secret #13: Eat Consciously

A lot of people eat when they are anxious. Some people can't. Either way, anxiety and our digestive systems are linked. Your gut has been called the "first brain" because it often reacts faster than the brain in our head.

In addition, the way we as Americans eat it's no wonder anxiety is a huge problem! We eat on the run, we eat while we are doing twelve other things.

Here are a couple of quick tips that on their own aren't going to stop your anxiety but used with all the other practices I've already covered can contribute to your overall well being.

- Chew Your Food...slowly!
- Breathe! Your nose is involved in making food taste better!
- Take smaller bites
- Allow each bite to reach your stomach before taking the next bite.
- Pay attention to the flavors of your food.
- When eating, just eat. Stop multi-tasking while masticating!
- Sit down to eat.
- Stop eating in a moving car!
- Cut way back on stimulant foods containing caffeine
- Eat more high protein food and foods with healthy Omega Fats so that you have less blood sugar roller coaster through out the day.

## Crush Anxiety Secret #14: Cultivate An Attitude Of Gratitude

Notice and appreciate what you have to be grateful for in this moment. If you are focusing on what you are grateful for you are not focusing on what you are afraid of right?

Focus in on right now

You are alive

You can breathe

You have eyes to roll

You can see

You can hear

You can feel

You can imagine good things coming to you

You can move

You can sing (even off key is cool)

You can eat

You are living in a house rather than out on the street.

You probably have a computer (to even get this report).

You probably had enough food today. There is probably enough food in your freezer or cupboard to sustain your for days, right?

You probably have at least one set of decent clothes.

There are probably people who love you.

You probably have a set of dishes and salt in your salt shaker right?

Got water that runs in your house? Indoor plumbing is great isn't it?

Make a list...After writing the list check in and notice how you feel better...

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## Crush Anxiety Secret #15:

### Sing!

Ever get a song stuck in your head? The part of your brain where that happens is closely linked to movement and action. So singing is not just entertainment. Songs are basically auditory anchors (See Rapid change Secret #9). Can you think of a song you love? Do you remember where and when you first heard it? A lot of couples have a song that means a lot to them because it was playing when they fell in love.

Listening to songs that motivate or uplift you is another way to change your state and reboot your hard drive. I use my original songs in my workshops and seminars as well as through out my Clear The Fear Fast Self Study CD Set for this very reason.

My own anxiety kept me from sharing my original songs with the larger audience they deserved. Using these techniques has enable me to make quantum leaps forward as a performer and artist. To explore my “Life In Song Project” where I’m uploading all 30 years of my songs to the web, click here: <http://www.MarkShepardSongs.com>

Singing songs yourself (rather than just listening) takes it to a new level because you are working your core muscles (Rapid Change Secret # 10: “Move!”) and breathing more deeply and fully (Rapid Change Secret #1: “Breathe!”)

So on your piece of paper, list a few songs that make you feel good. Hear them in your head. Start to sing or hum one of them.

How do they make you feel?

Just in case you can’t think of any on your own, try this one that everybody knows: (it actually uses a lot of the concepts I teach in this report...

**My Favorite Things by Oscar Hammerstein II and Richard Rodgers**  
**Raindrops on roses and whiskers on kittens;**  
**Bright copper kettles and warm woolen mittens;**  
**Brown paper packages tied up with strings;**  
**These are a few of my favorite things.**

**Cream-colored ponies and crisp apple strudels;**  
**Doorbells and sleigh bells and schnitzel with noodles;**  
**Wild geese that fly with the moon on their wings;**  
**These are a few of my favorite things.**



**Girls in white dresses with blue satin sashes;  
Snowflakes that stay on my nose and eyelashes;  
Silver-white winters that melt into springs;  
These are a few of my favorite things.**

**When the dog bites,  
When the bee stings,  
When I'm feeling sad,  
I simply remember my favorite things,  
And then I don't feel so bad.**

## Crush Anxiety Secret #16:

# EFT (Emotional Freedom Technique)

**A single technique that puts it all together (so you can keep it together).**

This one technique combines a lot of what we've already covered but in one handy technique that you can basically do anywhere. What's cool about this is that it is fast, easy and powerful!

You can download the EFT manual from [www.emofree.com](http://www.emofree.com) for free. They also have a number of excellent DVDs available as well.

This is one of the techniques that I use on a daily basis.

Try it, you'll like it!

For the technical-minded it combines, anchoring, affirmations, singing, and Acupressure. You can use it to get rid of negative stuff as well as to support and reinforce positive stuff. ("Stuff," by the way, is a "technical" term referring to anxiety, fear, phobias, anger, sadness, guilt, shame, etc!)

## **EFT in a Nutshell**

Memorize the basic recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup Affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

## **The Underlying Principle**

"The cause of all negative emotions is a disruption in the body's energy system."

## **The Basic Recipe**

The Setup...Repeat the following **Set Up Affirmation** three times While continuously tapping the "Karate Chop" point of either hand (fleshy part of hand facing down if thumb is up).

"Even though I have this \_\_\_\_\_, I deeply and completely accept myself."

Example: "Even though I have this anxiety, I deeply and completely accept myself"

**The Sequence...**Tap about seven times on each of the following energy points while repeating the **Reminder Phrase** at each point. **The Reminder**

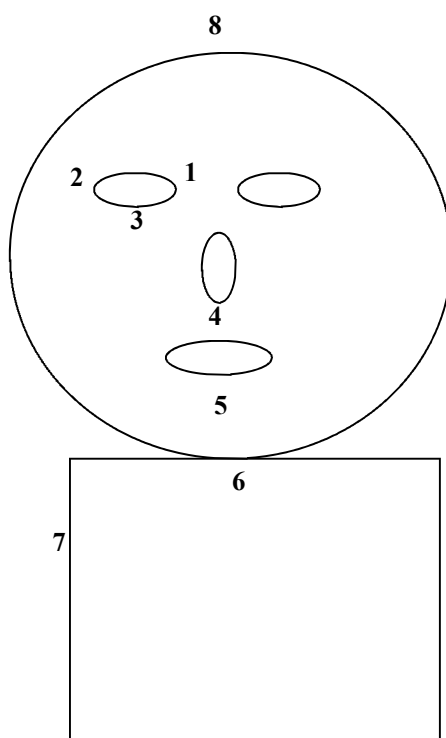
**Phrase** is a short word or two to keep you focused on the problem you are clearing. It could be “this Problem” or in example of someone clearing anxiety It would be: “this Anxiety”

Eye Brow(the point where your nose and eyebrow come together), Side of Eye, Under Eye, Under Nose, Dent of Chin, Collar Bone, Under Arm, Top of Head

**The Sequence (again)...**Tap about seven times on each of the following energy points while repeating the Reminder Phrase at each point.

Eye Brow, Side of Eye, Under Eye, Under Nose, Chin, Collar Bone, Under Arm, Top of Head

Note, in subsequent rounds, the Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the *remaining* problem. Also, try adding “how” or “why” to your statement to create an “affirmation.”



1. Eyebrow & bridge of nose
2. Side of eye
3. Under eye
4. Under nose
5. Dent of chin
6. Collarbone
7. Underarm
8. Top of head

## Crush Anxiety Secret #17

### Work With An NLP Practitioner

To the general populace NLP is virtually unknown. It is definitely a “**Secret.**”

Working with an NLP Practitioner may or may not be a viable option for you. Getting help from a professional is not always solution to your anxiety problem because ultimately you are the one using your mind to create it. There are positives and negatives to getting help or to doing the change work yourself. You need to make a decision that's right for you.

#### The Pluses:

**You'll capitalize and leverage the years of experience a top NLP Master Practitioner has attained (so you'll save time).**

*A good practitioner will also have a network of mentors and associates you may never be aware of who can be tapped to help him or her get you results*

**Sometimes it is a quantum leap forward just to have someone else who can see things you can not see about yourself**

*Once you've cleared your fear, phobia or anxiety, a good NLP practitioner can also assist you to become a peak performer. A number of my anxiety clients went on to break all records in growing their careers and incomes*

**You'll have a mentor to learn and model. This is a biggy. The fastest way to learn anything is by modeling the success practices of somebody proficient in the area you wish to know about.**

#### The Minuses

**A good NLP practitioner is expensive and usually not covered by insurance. Quality doesn't come cheap, not in this field. So be prepared to commit yourself financially if you are serious about making rapid changes.**

*You'll be giving away some of your power. You'll be forcing yourself to be held accountable. Your excuses will not be as easy to use. A practitioner who knows his or her stuff will very likely expose your secondary gain (what you get out of having the problem). That can be*

*uncomfortable.*

**A good NLP practitioner may be hard to find (unless you live in California or the UK). You may need to interview several before you choose one that feels right to you. You may have to travel a ways and even take time off from work in order to make your appointments.**

These are some of the pluses and minuses I can think of.

Before you start your search for an NLP Practitioner, you must ask yourself one very important question:

### **Should I Learn How To Do It Myself?**

My honest opinion is you eventually must learn how to “do it yourself.” The way you run your brain is too important to abdicate to any professional. But the fastest way to learn how to do it yourself is to **work with a professional who believes teaching you to fish is better than giving you a fish.**

I first began exploring NLP on my own (as I’ve said before, I had significant anxieties and a number of phobias) and was able to make some pretty dramatic changes by myself. Then I got even more curious and serious about clearing my “stuff” as well as helping other people, so I pursued NLP certification by attending training courses with world renown Dr. Tad James, NLP Master Trainer and creator of Time Line Therapy™ .

I have to admit, even though I’m extremely self motivated and self directed, the times I’ve worked with a good practitioner have been the times I made the most progress.

That’s why a good coach can help an athlete to break records. It’s that ability to see a pattern in another that you are too close to see yourself. I also use coaches in my business who save me a lot of time and money. They’ve been there before me. They keep me on track.

### **I highly recommend learning as much as possible about this field.**

Read books, seek out workshops and seminars, certification training courses, CD sets. Google NLP and your local area and follow your heart as well as your good sense. You can checkout my courses and self study tools at [www.ModernJedi.com](http://www.ModernJedi.com)

Take whatever action feels right to you. If you do find you need the help of a professional pay close attention to the next section of this report.

# 8 Critical Questions You Must Ask Before You Choose An NLP Coach Or Therapist For Your Anxiety Or Phobia

1. **Do they practice NLP or just dabble in it?** If they do more than dabble, on what level of mastery? NLP training comes in 4 levels.
  - a. Practitioner
  - b. Master practitioner
  - c. Trainer
  - d. Master Trainer.

You want to work with someone who is at least a certified Master Practitioner or Certified Trainer of NLP as well as Hypnosis and Time Line Therapy™. What other tools and techniques do they have? If they are a hypnotherapist did they take more than a weekend intro course? What kind of hypnosis do they practice? Ericksonian? Elman? Krasner? Authoritarian? Permissive? Have they ever even heard of Time Line Therapy™ or EFT? How many years have they been in practice?

If they do not know about NLP or Time Line Therapy™ get out of there!

Contact the American Board of NLP or the Time Line Therapy Association for a referral to a list of qualified practitioners in your area.

2. **Are they congruent? In other words, have they used their own techniques successfully?** A lot of therapists suffer from the inability to actually walk their talk. Often they can be tremendously helpful to their clients even though they may be miserable themselves. However, I personally feel that any coach I hire should be actively using in their own lives all the tools that they teach or use with their clients. I once went to an NLP practitioner who was grossly overweight.

This is not a judgment against overweight people, it's just that he obviously was not applying his own tools to his own life. Why should I trust him? Would you hire a piano teacher who didn't know how to play? Or would you go to football coach to become a better baseball player or golfer?

**3. Have they ever experienced and cleared their own phobias or anxiety?**

I'm a much better coach for anxiety and phobia clients than for smoking cessation clients because I have struggled with and overcome my own fears and phobias. I was never a smoker. It doesn't mean I can't help a smoker (I've helped a lot of them - often in one session) but I tend to not have a lot of sympathy for them. Sorry smokers!

I tend to really enjoy working with phobia and anxiety clients because I can see myself in them and I know their pain. I also know how fast I can help them to feel better. So you do not want to be with a therapist or coach who doesn't "get" what it's like to be crippled with heart pounding gut wrenching anxiety or panic.

I can't tell you the number of horror stories I hear from my clients about spending a fortune week after week on therapists who basically told them to "Just get over it!"

**4. Do they have clients they've been successful with who you can either speak to in person or see testimonials from.** Let's face it. You don't want to be anybody's guinea pig. Unless they are a trusted friend who is in training and needs a subject to practice on (for free) you want the best. Right? I do not want some amateur messing around with my mind.

**5. Are they expensive?** Don't laugh at this one...it can be a very real accurate way to assess the quality of any professional. After all you probably do it now without being aware of it. Which is a better car? A Chevy or a BMW?

**The BMW!**

**Which is a better lawyer? One who can command \$500 per hour or one who only charges \$75.00 per hour?**

Admittedly there are exceptions to this and both cars will get you to the grocery store. The difference may not show up until you take a long trip or have a split second to avoid a dangerous road hazard in wet or slippery conditions.

Similarly a "cheap" professional can cost you. A low priced attorney may be fine for a simple will or real estate closing, but can cost you a lot if there are complications he doesn't know about or if she misses something due to a lack of experience. Or if they have do a great depth of

knowledge, why do they value themselves so little?

So when thinking about getting help for you or your loved ones, consider this: What is the real cost of the problem? What is it stopping you from doing? How is it negatively impacting your health? Your career? Your relationships? How much have you already spent on this problem? How much will it cost you if you don't get it handled now?

I frequently work with clients who have spent upwards of \$30,000 trying to get help. At first it seems like I'm expensive but when they walk out of my office having cleared the problem (usually in less than 10 hours), they all agree it was worth it.

**Consider a year of talk therapy:**

50 sessions at \$125 per hour (the going rate in my area) = \$6,250 plus, consider what your time is worth.

Now compare that with 10 hours at \$500 for an NLP master practitioner and you've saved \$1,250 out of pocket and 40 hours of your own time (what's your hourly rate?), not to mention actually solving the problem.

**6. Do they charge by the hour, by the change or by a value based fee?**

If a therapist charges by the hour it is not in their best interest to get you fast results. I have a therapist friend who mentioned he'd been working with a client for 8 years (\$50,000)! The issue was one I believe I could have solved in a single session. I just bit my lip. Then he gave me a hard time about my fees!

I've experimented with many different fee structures and what I've found that creates the best win/win for both me and my clients is a value based fee that covers a time period of 1, 3 or 6 months.

For example I offer a "Foundation Process" to clear the problem and a "Follow Up Period" of 1, 3 or 6 months to make sure the changes stick. Many of my clients never need the "Follow Up Period". Others need every bit of it... It's impossible to know who will be done fast and who will need more time... So if I can help you fast I've earned my fee because I got you the results fast. That's worth more. Right?

If you need more support or follow-up then you shouldn't have an anxiety attack about how to pay for it, don't you agree?

This set-up motivates me to work efficiently and it also protects you from un-expected, ever mounting charges if for some reason it takes longer.



For clients who choose my 6 month program I also offer a conditional guarantee that as long as they have done their part, (completed their assignments and kept their appointments) I will work with them as necessary beyond our agreed upon time frame to get them the results.

So if you are working with a coach or therapist who charges by the hour, see if you can negotiate a cap or some kind of arrangement where they will stand behind their work enough to continue working with you at no charge past a certain point until you get the result.

The client should definitely make a commitment to the process and be willing to play “full out” but the therapist or coach should be committed and accountable as well. That’s my opinion.

- 7. Are they in demand?** I was once working with a client for weight loss who had a pain in her foot. She thought it was gout. But when she went to see the doctor, he discovered a piece of a needle that she’d stepped on as a kid was stuck in her foot. She was referred to two surgeons. One of them had an appointment the next week and the other one couldn’t see her for 6 weeks.

Which surgeon did she choose?

The one who couldn’t see her for 6 weeks!

By the way, I gave her hypnotic suggestions that her unconscious mind could shift the needle to where it was no longer hurting. She ended up not needing the surgery at all. A year later she still had no pain...

**Now sometimes I am able to see a client sooner because a spot opens up on my calendar due to a cancellation or another client making a change faster than anticipated.** So use this one with a grain of salt. The practitioner’s availability may be the Universe making sure you get the help you need now that you are ready to take action and make a change. Now!

- 8.** The ultimate question you have to ask yourself is **“Do I feel comfortable with this coach or therapist?”** If you do not, then get the heck out of there. You must feel good about them, trust them and believe in their skills and abilities to help you.

## If You've Read This Far, You've Earned A Free 30 Minute Consultation! (\$250 Value)

*(Available For A Limited Time on a first come, first served basis. This offer may expire and I reserve the right to withdraw it at any time without notice)*

At this point, I want to congratulate you for reading this far. I hope you've actually tested each of the Rapid Change Secrets I've shared with you. You would be surprised how many people who say they want to change their lives, never bother to put in the effort to even read this far.

Because **you have**, I would like to offer you the opportunity to speak with me or one of my highly trained associates over the phone...I'll do my best to answer your questions, give you some suggestions. I'll give you as many recommendations as to what options are available and as much guidance as I can fit in...absolutely free!

Maybe I can save you some money and some time. I've actually been able from time to time to give suggestions right over the phone that have done the trick.

You might want me to consider working with you one on one. At this point I have a lot of demands on my time so I choose my clients carefully. I can't work with everybody so there is an evaluation process.

Or, you might be just as well served through my **Clear The Fear Fast Home Action System**. You may prefer attending one of my workshops. Both options are less expensive than working with me one on one.

If I don't feel you and I are a fit to be working together I will also do my best to refer you to someone who would be a better fit to help you.

Free consults are available for a limited time, by appointment only, scheduled on a first come first serve basis usually 3-6 weeks in advance. We do require a credit card to hold the appointment but will only charge you for the 30 minutes (\$250 - based on \$500/hr) if you fail to give us at least 24 hours notice for rescheduling. If you don't make your appointment and fail to notify us in advance that means you've taken away the spot of someone else who could have used it. Is that fair or not?

## Conclusion

I want to acknowledge you for working your way through this special report. In the course of the day you find yourself using whatever “Stop Anxiety Now!” Secret feels most appropriate.

You may breathe up the back of your spine and over the front of your body. Breathing up on the in breath and down on the out breath...

You may stop and roll your eyes....

You may remember to tap on as many of the EFT Tapping points that you happen to remember

You may catch yourself saying under your breath... “Why does it work out better than I can possibly imagine?” Then give yourself permission to say it louder and with more power...

You may notice a certain picture of feeling or negative self talk and play with changing it...play with the size, the color, the texture, the volume, the location, the distance, etc...Any way you want to think about the old trigger situation in a different way is fine as long as you know you have the power to change your pictures, sounds and feelings at any time...

You may go back and watch the Stop Anxiety Video series at:  
<http://www.ClearFear.com>

You might find yourself accessing resources and information about my NLP Trainings and Coaching at:  
<http://www.ModernJedi.com>

You may find yourself singing one of my songs from  
<http://www.MarkShepardSongs.com>

or one of your own favorite inspirational songs.

You may find yourself heading to the gym for a great workout or just dancing around the living room when no one is home...

You may find yourself making better food choices and taking the time to eat consciously...

I'm not suggesting that you can fully and completely use every thing in this book to change your old patterns now.

I mean, who am I to say "Change Now!" And have you go ahead and make the changes and improvements you want right now?

I personally believe you should have the right to choose whether you'll change now and change easily or change over a certain period of time like a day or a week or even as long as a month...integrating all the ideas, all the resources you need to make the changes you want to make in your life...now.

All the best to you for a confident and courageous life!

A handwritten signature in black ink that reads "Mark Shepard". The signature is written in a cursive, flowing style.

Mark Shepard, NLPT,  
Former Anxiety Sufferer, Singer, Songwriter, Storyteller, Visual Artist, Healer, Author,  
Speaker, Coach, Consultant, Master Practitioner and Trainer of NLP, Ericksonian Hypnosis,  
Time Line Therapy®, EFT...

P.S. Why does it work out better than you can possibly imagine?