



**REBALANCE  
YOUR BODY'S  
ELECTRICAL  
SYSTEM**

**Angela Treat Lyon**

# Rebalance Your Body's Electrical System with EFT



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## Paint Poisoning

I'm going to share with you how I used EFT, the Emotional Freedom Techniques, and visualization to recover from a severe bout with paint fume poisoning that was caused by the solvents in a gold-paint pen, resulting in nausea, extreme pain in my neck and shoulders, an intense headache and feeling mind-numb for over a week.

I was already extremely sensitive to paints, fumes and solvents. I had had a nearly fatal fight with heavy metals poisoning in the 90s, so I don't honestly know what the heck I was thinking by using this paint, but I shoulda known better, that's for darn sure.

Now that I look at the label on the pen, there it is, all the solvents and warnings right in front of me. I guess I was so excited about the painting I had in mind that I just wasn't paying attention. And boy, did I pay! In case you want to know what this gold-paint pen is, it's the gold-paint pen by KRYLON. I'd say avoid it like crazy, and of course keep it away from kids.

How did it happen? I spent an entire afternoon with my face right over the painting, filling in huge areas of gold, painstakingly slowly. I was really excited because I wanted to try a new combination of the combination of the gold color and a flat texture: it

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**Listen** - 24" x 36" - Original Oil and Gold Wash - © Lyon 2009



was to be the gold over a dense matt black. On the left you can see the painting that caused the problem.

Isn't it ironic that I was depicting loving and caring, but wasn't giving it to myself?!

I got the majority of the gold filled in and took a break. I noticed I was feeling a bit numb—my thoughts were sporadic

and hazy—but as I get kind of tranced-out when I paint I wasn't concerned.

Later on, I was just putting the finishing touches on it when my landlady, also an artist, came by and exclaimed, "Angela! What are you using that paint-pen for when you're so sensitive to chemicals? It's loaded with solvents!"

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But when she spoke to me, I barely heard her—by that time, I'd spent about 4 hours sitting there squiggling the pen back and forth, back and forth, filling in all the gold areas. I thought it looked great, and was really pleased with it, and was in a state of half-excitement and half-too-tired to really recognize what she had said.

I looked up at her, shrugged my shoulders saying, "Oh wow—thanks, you're right!" and put the pen down—waaaaay too late. She walked off shaking her head, because she knows how sensitive I've been to chemicals and fumes, and here I was using this stupid paint! Dumb, dumb, dumb!

**It didn't hit me right away.** The tightness in my neck and shoulders snuck up on me by 8 or 9pm. I tried to read for a while before bed, but it was too hard to focus my eyes. I had to stop after a very short time because I suddenly was very nauseous, and I had a headache that felt like it was going to blow my head open, coming in waves like the tide. The tight neck and shoulders got worse and worse. All of it lasted all night. In the morning, I knew I was in deep trouble, because in the past, fume-poisoning only lasted a couple of hours.

Thank goodness for EFT. Each time a wave of headache hit, I was able to neutralize it down to a bearable level. I wasn't so lucky with the tight shoulders and neck, or the nausea.

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Those were pretty extreme all night that first night. I think I got about three hours total sleep.

I am telling you these symptoms not to garner your sympathy. Rather, I want you to know what they are in case you feel like this and think you have the flu or food poisoning. These same symptoms are possible after inhaling cigarette smoke, synthetic perfumes, fumes from paint, gasoline, cleaning or many other industrial products.

**Pay close attention** to what you are surrounding yourself with or what you are breathing. And know, too, that it isn't just inhaling it that gets you—you also take these chemicals in by skin contact. Your skin breathes in fumes just like your lungs do, and the chemical or fumes go right into your bloodstream.

At 8 the next morning, knowing I hadn't slept well, I didn't worry too much about being tired. The pain was pretty much gone, but I couldn't think straight. I rolled over and snuggled in. I figured I'd just sleep an hour more and I'd be OK.

I awoke at 2pm, still groggy and feeling more brainless than before. I couldn't think, had no inclination at all to get up, and didn't give a damn. Believe me, this is not like me! My motto is "it's not what to do, it's when to do it!" I enjoy being really busy and really creatively occupied as much as I can possibly be. To not care was like being in

an alien mind. What was even more bizarre was that I didn't care that I didn't care.

At about 8 that night, I awoke from a doze to realize I hadn't had any water for hours, nor food all day, and I was barely breathing. I felt faint and woozy, and had to force myself to go get something to drink. It was then that it started to hit me how bad it was, because I got about 2 feet away from my bed and had forgotten what I was going to do. I sat back down and waited until I could remember.

It seemed like years between then and my first thought. I repeated, "water, water, water," as I slowly walked to my kitchen, drank some and went back to bed, not waking again until morning. It took an entire week before I began to be able to string two words together and make complete sentences, and even then it was really difficult and very slow going.

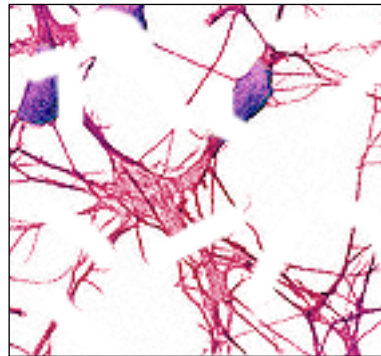
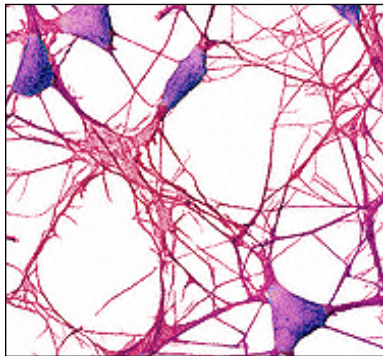
**During all that time, I was tapping.** For the pain, the nausea, the headache, the stupidity of what I'd done, my anger about it, about how irresponsible I was and the paint company was, how sick I felt and how mad I felt, and all the work-time I was missing...lots to tap on! But the one thing I kept tapping on all the way through was how scared I was that I had permanently lost my brain function.

I felt like someone had either removed most of my brain, or simply gone in and cut

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all the usual circuits through which I normally think. I laid in bed, drifting in and out, feeling like a puzzle someone had thrown on the floor in little pieces.

I felt as if I had no internal structure—my bones felt shattered. There was no cohesiveness of connective union of brain synapses, muscles, tendons and organs.



Everything felt broken, wrong. It was truly weird—like I was a toy not quite put together. On the left is how the neurons in the brain ought to look. On the right is how I felt like they looked inside my head—all broken apart and disconnected.

I don't really know how I got through that week. I didn't go anywhere—I was too dizzy to be capable of walking anywhere, much less driving. Somehow I ate, slept, talked on the phone and did a few things. All the time fighting the not-caring. I knew I had to find a way to get my brain back, so I asked Spirit to help me. All I heard was, "lie down." So I did.

As I lay there, I visualized a kind of map, like my body's original blueprint. You know



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those books that have overlays of transparent pages with muscle, fascia and bone and organs? It was like that. And I imagined that there were little energy threads connecting everything. When I saw those threads, I just knew they were the acupuncture meridians.

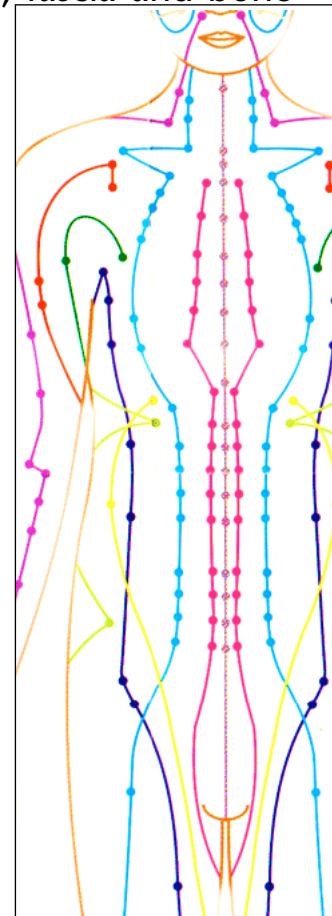
I wanted to feel one, so I did a zoom-in, and it was like sitting in a TV between channels—I was right inside all that fuzz buzzing around. Felt as if I had plugged my fingers in a wall-socket.

Then I saw connective points all through my system that were broken down or failing. I knew I could tap on that, and how I felt about it all. So here's what I started tapping on:



### Even though:

- ❖ I feel shattered
- ❖ I feel scared
- ❖ I don't like how this feels
- ❖ My electrical system is broken
- ❖ My electrical system is completely off balance
- ❖ I don't know how to fix it



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- ❖ That's OK, something bigger than me knows how
  - ❖ I'm choosing to start shifting it now
- Because I like me and want to live, dammit!**

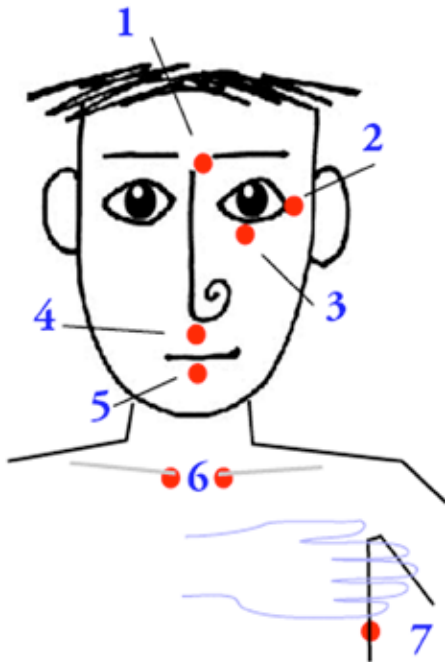
See how I start out tapping on exactly how I'm feeling? People often ask me where to start tapping, what to say.

Remember to look to your body: find a pain or unusual or uncomfortable sensation, see how you feel, and then see how you're feeling *about* the pain (angry, sad, etc.). Start there. Tap along with me and borrow benefits:

### **Even though:**

- ❖ I feel like an insignificant, broken toy
- ❖ Like a messed up puzzle
- ❖ I'm mad
- ❖ I don't want to feel like this
- ❖ I'm so weak
- ❖ I hate this
- ❖ I feel brainless
- ❖ I can't string 2 words together right

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- ❖ I'm choosing to shift this
  - ❖ I choose having a perfectly healthy electrical system
  - ❖ I'm choosing to recreate my body now
  - ❖ If it's true that I really can create my own reality, then I choose to re-enliven and activate my body's perfect, healthy, strong electrical system now
- Because I love and approve of myself**

When I said the word, "approve," I started weeping. I had flashes of my mother and father towering over me as a little kid, reprimanding me.

I could hear their voices saying, "who do you think you are, the center of the universe?"

Well, as little kids, we *are* the center of our own universes. It's *meant* to be that way so we can individuate from our parents! So I tapped like this:

### **Even though:**

- ❖ I think I'm me, and it's OK!

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- ❖ Who do you want me to be, you?
- ❖ I don't want to be you
- ❖ I just want your mature guidance
- ❖ and be loved for who I am
- ❖ and I'm choosing to have my body revert to its original, perfect-for-me, healthy electrical blueprint.
- ❖ and I'm choosing to have my puzzle put back together!

**Because I love myself just as I am right here, right now.**

The second I said that part, another shiver went through me and I could feel clarity start to come back. The occasional dizziness left, I could feel strength come back into my muscles, and the shattered-bone feeling went away.

It's taken more tapping to get where I can write fluidly again without stopping and starting and having to take long moments to find words and the ends of thoughts, but that's OK, I'm alive, and functioning. Could be a lot worse!

One of the nice things has been that I don't have a million thoughts crowding my mind anymore. It's very quiet in here. I'm used to having tons of creative ideas and projects—but now they're all stashed in mental file cabinets where I can access them if I want, rather than being stacked up behind my eyes in a flurry.

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I did one more part that has also made a huge difference for me. We also have an electro-magnetic system.

It's the part, as I saw it, that vibrates our energy in interaction with the universe around us. It's the part that makes what people call the law of attraction happen. I tapped like this:

### **Even though:**

- ❖ I've been feeling broken, tired and weak
- ❖ I don't feel at all attractive right now
- ❖ I've been a broken lump
- ❖ I can feel energy start to run through my body

I stopped here and tapped until I could actually feel energy rushing through my body like waves. Felt awesome.

### **I continued with:**

- ❖ I'm choosing to be healthy and strong
- ❖ I'm choosing to feel great
- ❖ I'm asking and allowing my body to repair my electro-magnetic system
- ❖ I'm asking it to be guided by my own body's original perfect blueprint

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- ❖ and retain any beneficial modifications I've made
- ❖ I'm choosing to feel and be attractive to my highest good, prosperity, generosity, health and wealth
- ❖ I love my electro-magnetic system!
- ❖ I'm choosing LIFE!

**Because I love myself and feeling alive!**

Have you been tapping along with these phrases and borrowing the benefits?

If not, go back and try it, even if you may not be ill, have paint poisoning, or even feel the slightest bit off—you'll still get the energy right where *you*, personally, need it.

I hope this has helped you know how to rebalance your own electrical system. If you get woozy, headachey, dizzy or nauseous, you might ask yourself whether or not you've been online or on your cell phone too much—and then do this tapping to get your system rebalanced.



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## *About the Author*

❖ ANGELA TREAT LYON ❖

*is an award-winning, internationally recognized artist and author who lives and works in Hawaii.*

Angela is trained in multiple alternative healing methods and technologies including Angelic Psychic Healing, Holographic Repatterning, EFT and TBT (Trauma Buster Technique); she is an Avatar Master; and holds EFT trainings and seminars in the US and internationally. She specializes in Success Mindset Coaching for peak performance in business and marketing.

Her site [EFTBooks.com](http://EFTBooks.com) is the premier international source for books and audios for learning materials on and about using tapping with EFT.

You can share EFT with others easily by sending them to [EFTinEveryHome.com](http://EFTinEveryHome.com), where they can find a simple, brief but solid explanation of EFT, an easily understood, short run-through of the process, and supporting ebooks.

Angela's unique artwork is in private collections and galleries from China and Japan to the US, Argentina and Europe. See [AngelaTreatLyonART.com](http://AngelaTreatLyonART.com).

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Angela hosts and produces Daring Dreamers Radio for entrepreneurs, presenting interviews of daring and inspiring guests at [IDareYouRadio.com](http://IDareYouRadio.com) like Quantum Thinking Expert Dr. Joe Dispenza, health advocate Gary Null, Dr. Eric Pearl, Take Action Speaker Wendy Lipton-Dibner, copyright attorney Maria Speth, self-esteem expert Dr. Joe Rubino, diabetes expert Dr. Stefan Ripich, radical people's clinic proponent Dr. Pamela Wible, Olympic Peak Performance Coach Dr. JoAnn Dahlkoetter and many others who have immense spiritual, business and health expertise.

### **MEDIA TRAINING**

As a natural outgrowth of having guests on her own show, Angela created the *How to Be the Radio Show Guest Everyone Wants Back Again and Again Program*.

Her students and clients learn how to be confident presenters who can stay on point despite hostile interviewers, talk about their books or sell their programs without being salesy, and to refine their brand and information so listeners 'get it' right off and take action to connect immediately.

She helps you get your most critical points across to your listeners easily and effortlessly, whether you have 15 minutes or 5 in which to present. Say goodbye to stage fright, being boring, having a too-soft voice or garbled speech, losing your place...



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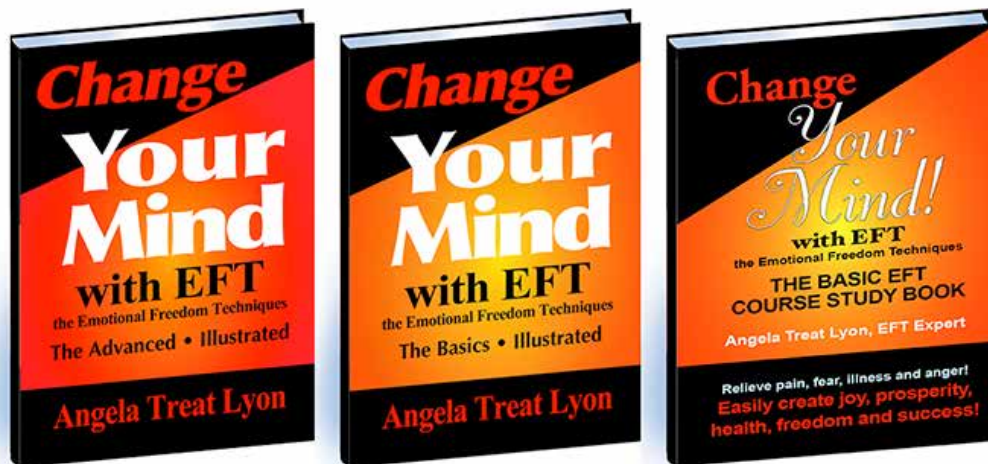
say hello to easy organization, crystal clarity and powerful confidence in your crisp presentation, whether on the radio or in any other venue. (Contact Angela to ask about working with her.)

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**My best aloha to you, your health, Dreams, success,  
happiness, and prosperity!**



Angela Treat Lyon

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