

## SESSION WITH HILAL

Andy: So, welcome. Thanks for coming. So you have some dental fears.

Hilal: Definitely.

Andy: So I'll want to find out what's going on. Apparently you have one appointment coming up soon?

Hilal: Mm-hmm. Monday. A couple of days.

Andy: Okay. So, just less than a week away.

Hilal: Mm-hmm.

Andy: And, is that like a follow-up thing? Or is there something to be done...

Hilal: Yeah. I just had laser surgery, and so this is part of the procedure. Another checkup. And probably could be a deep cleaning.

Andy: Okay. And how do you feel about this one coming up?

Hilal: Anxious.

Andy: Okay. Zero to ten, how anxious do you feel?

Hilal: Eight.

Andy: Okay. All right. How do you know? What goes on?

Hilal: Well, I'm just very fearful about, are they healing? Are they getting better?

Andy: They being the lesions?

Hilal: My teeth. Yeah, the gums.

Andy: The gums, themselves.

Hilal: And I have a lot of bones that are exposed now. And I'm very, very anxious about air. The air that they use when--if they have to file or drill or...

Andy: Or they blow air on it?

Hilal: The air puts me through, yeah. Puts me through the ceiling.

Andy: It's like, okay. So it's an intense...

Hilal: So I can't really—I haven't even been able to do that yet.

Andy: Are you also feeling some sadness, like a bit teary?

Hilal: I guess I'm just really...

Andy: You're really feeling the anxiety and the fear of it. Okay.

Hilal: Yeah. Yeah. I haven't really cried over this yet. It's just sort of all in there.

Andy: Right. Okay. Well if you do feel like it, you know we honor that.

Hilal: Thank you.

Andy: And you may notice a difference between just talking about this and tapping while we talk, all right? So I know that you're new to it, to the EFT, to the tapping. So I just want you to relax. We'll do some tapping and you just follow me.

Well first of all, let's just think about this appointment on Monday. It's about an eight right now, and the anxiety—where do you feel that? Do you feel anxiety in your tummy or do you tighten up?

Hilal: I think a lot in my gut.

Andy: Okay, so like right in this third chakra kind of area? All right. And does it...

Hilal: My neck. Extreme.

Andy: Really tight in here?

Hilal: Mm-hmm. Extreme.

Andy: Okay. All right. And you're feeling that now?

Hilal: Yeah.

Andy: Out of ten?

Hilal: Five.

Andy: Okay. And here, in the tummy? Zero to ten...

Hilal: Um, just talking about it makes it like eight.

Andy: Mm-hmm. Good. Okay. All right. Let's do some tapping. And repeat after me, if you will. And remember, if it's not accurate or not right, just tell me, and we'll change tack a little bit, okay?

Hilal: Okay.

Andy: Okay, good. So even though...

Hilal: Even though...

Andy: I'm going into the dentist on Monday...

Hilal: I'm going back to the dentist on Monday...

Andy: And I'm anxious...

Hilal: And I'm anxious...

Andy: I'm afraid they'll have to use the air...

Hilal: Oh! I'm afraid they'll have to use the air...

Andy: And I'm just filled with anxiety...

Hilal: And I'm filled with anxiety...

Andy: And my neck is tight...

Hilal: And my neck is tight...

Andy: And my gut is an eight...

Hilal: And my gut is an eight...

Andy: And it's been a long haul...

Hilal: And it's been a long haul...

Andy: Which we'll get into later, okay. And I deeply...

Hilal: And I deeply...

Andy: And completely...

Hilal: And completely...

Andy: Accept myself...

Hilal: Love and accept myself...

Andy: Excellent. All right. Now we'll go at it and tap up here.

Hilal: Does it matter what hand you use?

Andy: It doesn't. And we can tap both hands on the ones that are on both sides if you like. Because I know—is it on both sides, up and down on the gums, or just one?

Hilal: My whole mouth.

Andy: Your whole mouth. Okay. So if you feel good about tapping with both hands, you can do that, okay?

Hilal: Yeah.

Andy: All right. Okay. Going to the doctor. Going to the dentist...

Hilal: Going to the dentist...

Andy: And going back into the dentist...

Hilal: And going back into the dentist...

Andy: You had a change here. I'm anxious...

Hilal: I'm anxious...

Andy: I'm terrified...

Hilal: I'm terrified...

Andy: What if it's not healing...

Hilal: What if it's not healing...

Andy: What if I'm not healing fast enough...

Hilal: What if I'm not healing fast enough...

Andy: Does the fear just...

Hilal: Not really, because I think your body just heals at its own speed.

Andy: Okay. All right. But they might have to use air, and that really hurts?

Hilal: Yeah, that really hurts, when they have to use air.

Andy: So is that where the fear would be, is—is there any other things about going to the dentist?

Hilal: That they're going to have to do extra procedures. Like, I already had to have a plate or a mouthpiece, which I don't have in right now, added to the whole thing. And he said that he might have to do a bridge in the back of my teeth, because this side is stronger and this is loose. And my teeth are not—they haven't really stabilized yet.

Andy: Mm-hmm. Would that be a temporary thing?

Hilal: Yes.

Andy: Okay. But still, not something you're looking forward to?

Hilal: No.

Andy: No. So there's some unknown?

Hilal: Big time unknowns. That's the hardest part.

Andy: Yeah. Not knowing.

Hilal: Yeah.

Andy: Mm-hmm. Yeah. This fear...

Hilal: This fear...

Andy: And this tension in my neck...

Hilal: And this tension in my neck...

Andy: And we're going to use this one too, right?

Hilal: Yes.

Andy: Yeah. And it must be expensive, this.

Hilal: Had to take out a loan. And I'll be paying it back for two-and-a-half years. And even not knowing how I'm going to do that. Eat month by month.

Andy: Right. So there's even more unknowns.

Hilal: Yup.

Andy: So much up in the air...

Hilal: So much up in the air...

Andy: And is it all up to you?

Hilal: Definitely.

Andy: So you're on your own, dealing with this.

Hilal: I'm on my own.

Andy: Has it been painful?

Hilal: It's been extremely painful.

Andy: Yeah. And the laser surgery, you had, right?

Hilal: Yeah.

Andy: Is that painful?

Hilal: Well, I was under so much Novacaine that the actual procedure itself wasn't painful, but thirteen hours later...

Andy: Oh, when it wore off?

Hilal: ...and for six weeks afterwards, I was in constant pain.

Andy: Mm-hmm. Yeah. So, after that wore off for six—how long, six weeks?

Hilal: Seven, six, seven weeks. Yeah.

Andy: Yeah. You were in intense pain.

Hilal: Yeah, I couldn't—I just began being able to eat on this side of my mouth last week.

Andy: Okay.

Hilal: Too.

Andy: Right. Okay. So, and you're going back in on Monday...

Hilal: I'm going back in...

Andy: And there's so many variables...

Hilal: There's so many variables...

Andy: It's getting you anxious in your belly and your tummy...

Hilal: Yeah. I guess also I'm ready afraid about keeping all the teeth. I don't know.

Andy: So there's still no guarantee there.

Hilal: Hmm-mm.

Andy: Mm-hmm. So there's all this time, pain, money, and no guarantees.

Hilal: No guarantees.

Andy: Mm-hmm. I think if you paid a little more, you can get an ironclad guarantee.

Hilal: [Laughing].

Andy: Every time I go into Radio Shack, for a little more, I get a guarantee.

Hilal: [Laughing]

Andy: Why don't dentists figure that one out? [Laughing] Okay. Let's take a little break there. Just check your neck again, and see if...

Hilal: Still pretty stiff.

Andy: Mm-hmm. Okay. Yeah. And your tummy?

Hilal: My tummy's better.

Andy: Okay. Down from—where was that, an eight to—

Hilal: Yeah, I'd say five.

Andy: Okay. So it's down a bit. But this isn't—neck's not quite...

Hilal: The neck was a problem even before I had the surgery.

Andy: Is there where you hold your tension a lot?

Hilal: Yeah. I was in an accident, so I got whiplash. And I think I have arthritis also in my neck. But when I was having to do the Ibuprofen--which I never do any pain pills, ever—I think it sort of helped my neck...

Andy: Yeah. Sure. Yeah.

Hilal: ...so now I'm completely off, and so the tension seems much stronger in my neck, now.

Andy: Okay. Well maybe we can do something specifically for your neck, as well. But since we're starting with the dental thing, let's....Now, how long ago did the laser surgery happen?

Hilal: May 27th, it started. One week they did one whole side, then the next week they did the whole other side.

Andy: So you had the anticipation after the first week, of going into the second week. First of all, you don't know what to expect, but then the second week you knew you had six days of pain before going in.

Hilal: Right.

Andy: Wow! Well, courage isn't a shortage.

Hilal: And it was hell, too, because the first one he couldn't get me numb enough, so he had to keep injecting me. And it took thirteen hours for that to wear off.

Andy: To wear off. Mm-hmm. Now you were saying that, in our brief conversation before that dentistry has been a problem since you were a child. Is there memories there, with your teeth?

Hilal: My teeth, yeah. When I was three years old, I fell down some cement stairs on a tricycle and smashed all my front teeth up.

Andy: Oh! Okay. Do you have any memory of that?

Hilal: I have very strong memories of it. It was a very scary experience. My father was a dentist and he had a friend there that was a dentist and I can just remembering them shoving pills down my throat. Nobody...

Andy: Just tap with me, okay? Just keep breathing. Let me just tap. Yeah. Okay.  
So just starting to tell me about that was really emotional, wasn't it?

Hilal: Yeah. It just brings up so much about not being loved. Nobody helped me [starts to cry]...

Andy: Mm-hmm. So up here...

Hilal: Because my dad just thought teeth were the most important thing in the world, and he wanted us all to be perfect, you know?

Andy: Mm-hmm. So, nobody held you?

Hilal: Nobody held me.

Andy: What did you think about that? Was that like you did something wrong?

Hilal: Oh, yeah! Well, sure, I mean...

Andy: You had ruined his...

Hilal: ...you know, I was only three, but I just remember being terrified!

Andy: Mm-hmm. And not getting any comfort...

Hilal: And not getting any comfort...

Andy: Your dad was a dentist...

Hilal: My dad was a dentist...

Andy: And teeth were important...

Hilal: Teeth were the most important, over any other bone, any...

Andy: And you'd fallen.

Hilal: Yes.

Andy: And you'd messed yours up. [Laughing] Sorry, Dad!

Hilal: It didn't end there. When I was sixteen, I was riding my horse and he came up and smashed me in the teeth.

Andy: His head came back?

Hilal: Yeah.

Andy: Yeah.

Hilal: And it knocked all the front teeth back.

Andy: Just pushed them back.

Hilal: Yeah. Pushed them back, and my father was just so mad at me. And he took me down to the office, and without even giving me any Novocain [starting to cry] pulled them all back out again.

Andy: Keep breathing, okay? Keep breathing. He didn't treat you with care, he was so mad.

Hilal: Yeah. He was furious.

Andy: What did you need?

Hilal: Well, I was scared to even go home, to tell you the truth.

Andy: Mm-hmm.

Hilal: I had to ride my horse across the river and five miles home in that condition [starts to cry].

Andy: Every second being afraid of what...

Hilal: Yeah. I was more afraid of that than what happened to me.

Andy: Right. More afraid of what Dad was going to say. You disappointed your dad...

Hilal: Oh, yeah. He was going to shoot my horse, you know. Which was my total, beloved...

Andy: So you didn't know what was going to happen.

Hilal: No, I didn't.

Andy: You just knew it wasn't going to be pleasant.

Hilal: Yeah.

Andy: Again, the unknown. We spoke about not knowing the results...

Hilal: Right.

Andy: ...and not knowing how you're going to pay for things. Not having a guarantee. Not knowing how mad Dad was going to be.

Hilal: Yeah, not knowing...

Andy: So having teeth—these experiences—it's like failure.

Hilal: Right.

Andy: And letting Dad down.

Hilal: Right.

Andy: Mm-hmm. And you didn't get comfort.

Hilal: No comfort.

Andy: Okay. A lot of emotions to associate with your teeth, isn't it?

Hilal: Yeah. A lot.

Andy: And you haven't cried about this. You were saying about the laser thing.

Hilal: No. Not at all.

Andy: You have to be strong.

Hilal: Just took me a long time to even make the decision to do it. Like I've been told that I need surgery, you know, and I never wanted to have my gums flapped back with knives. So I heard about the laser, and I started studying about it, and I finally made the decision to do it.

Andy: You think it's bringing up these events? Or have you...

Hilal: Of course.

Andy: Yeah. Is it okay that we go back to them?

Hilal: Yeah.

Andy: Mm-hmm. Yeah. So when you had that first fall, as a three-year-old, that would—if you were to rate it then, would it have been--where would it be, zero to ten?

Hilal: When it happened? Ten. Was traumatic.

Andy: When you think about it now?

Hilal: Now? You know, I just started thinking about it. I was thinking about it like a couple of weeks ago. I remembered that, that happened to me, and that how we hold onto childhood...

Andy: Mm-hmm. When you were thinking about it, can you remember, was it so intense?

Hilal: Um, intense enough for me to hold stuff in my body about it, I think.

Andy: Hm. Yeah. And now, we're doing the tapping and remembering it. Is it any different?

Hilal: It feels like it's lightening up.

Andy: Okay. So the memories would be--the intensity is kind of leaning off a little bit?

Hilal: Right. The emotional...

Andy: Yeah. What are the things you remember most about that time, when you were three? You had fallen. And your dad, and was it his friend?

Hilal: Yeah.

Andy: Yeah. And they picked you up? Or what did they—what do you recall?

Hilal: I just think I was probably bleeding like crazy.

Andy: Mm-hmm. Yeah. Because these were broken?

Hilal: They got shoved up. And I don't think they broke. They had to wait for them to come back down again.

Andy: Oh, okay. They were afraid to—oh, okay.

Hilal: So you know, I was without teeth for—I think they—I can't really remember.

Andy: So you had this accident. Made a mistake. And then you had a long period of time where you couldn't forget. It's not like something happens, it feels over, and you carry on.

Hilal: See, I think I did forget as a child because I was so full of life. I had a very strong...

Andy: It didn't stop you.

Hilal: No. It didn't stop me.

Andy: But you never really released those emotions.

Hilal: Yeah. The emotions—I don't think—I think—I just, you know when you're a child, you don't know that that's not normal, or that's not—when you're not getting loved or you're not getting—you just think that's normal.

Andy: Mm-hmm. Mm-hmm. So this is the way life is.

Hilal: Right.

Andy: Mm-hmm. It's hard to create something different if that's the way it is. We make decisions, though.

Hilal: Exactly. Right.

Andy: Okay. And then when you were sixteen, were you jumping?

Hilal: I was barrel racing. And I was going to be in the rodeo the next day.

Andy: Oh, okay.

Hilal: So I was so excited. I was like...

Andy: So you were all ready to come back then...

Hilal: Yeah. I didn't have the thing that holds the neck down. I didn't have it on, and I was going around the last barrel and he—and I was down like this.

Andy: Yeah, and he came up, yeah. How vivid is the memory?

Hilal: Oh, that one is—that was very frightening!

Andy: Clear as a bell? Like when you think about it, is it like, are you in it, or are you seeing it? Can you see it through your eyes?

Hilal: I can see it.

Andy: Is it like, you see yourself on the horse? Or are you seeing like the head coming up?

Hilal: I can recall the whole incident. Just like having to—I was with a friend and she had gone off—she was going up into another place. First of all, it took me like ten minutes to get my horse even stopped to get off, because it scared him too, you know?

Andy: Sure, yeah.

Hilal: And I knew I had really hurt myself, you know? But you go into like, shock.

Andy: Sure. Mm-hmm.

Hilal: And I finally got her attention, and she came back down. And when I saw her face, then I knew I was really in trouble.

Andy: You could read her reaction.

Hilal: Yeah. She was like...

Andy: Because you were probably numb from the shock and...

Hilal: Right. Well, your adrenaline just starts going like crazy.

Andy: Okay. And then you started to worry. Then you knew you were in trouble, from reading her face.

Hilal: Oh, yeah.

Andy: And then you went five miles home...

Hilal: Crossed a river.

Andy: You had to...

Hilal: Swam a river...yeah.

Andy: On the horse? With the horse?

Hilal: On the horse.

Andy: Yeah. So you ford the river, all knowing you're getting closer to the loving arms of your dentist father.

Hilal: [Laughing] Oh, God.

Andy: [Laughing]. Well, a lot courage. Okay. Even though.

Hilal: Courage! You know—what could I...

Andy: No choice, right? You were trapped. Can't go the other way.

Hilal: Well, I guess maybe I could have, maybe, but...

Andy: Okay. So, were you afraid of your father's reaction?

Hilal: Oh, petrified! I was petrified of my father.

Andy: Mm-hmm. Were there any other feelings?

Hilal: Oh, yeah. I was very sad that I didn't get to be in the rodeo.

Andy: So you lost something then. An opportunity. Yeah.

Hilal: Oh, big loss.

Andy: Yeah. Okay. So even though...

Hilal: Even though...

Andy: It was an accident...

Hilal: It was an accident...

Andy: I really hurt myself...

Hilal: I really hurt myself...

Andy: And I saw by my friend's face...

Hilal: And I saw by my friend's face...

Andy: I'm in trouble...

Hilal: I'm in trouble...

Andy: And I rode home...

Hilal: And I rode home...

Andy: Knowing every second...

Hilal: Knowing every second...

Andy: What was going to happen...

Hilal: What was going to happen...

Andy: And how my dad was going to treat me...

Hilal: And how my dad was going to treat me...

Andy: And I was right...

Hilal: And I was right...

Andy: And I deeply and completely...

Hilal: And I deeply and completely...

Andy: Love and accept myself...

Hilal: Love and accept myself...

Andy: Okay. Even though I didn't get what I wanted from my dad...

Hilal: Even though I didn't get what I wanted from my dad...

Andy: And when you were three, you probably didn't know—like you said, it was like, what happens, right?

Hilal: Right.

Andy: But by the time you were sixteen...

Hilal: Sixteen...

Andy: You have an idea of what you'd like to have?

Hilal: Oh, I... [pauses]

Andy: You knew what to expect, but it wasn't what you wanted to.

Hilal: Yeah. It wasn't at all what I wanted, but I...

Andy: Okay. This memory...this vivid memory...

Hilal: This vivid memory...

Andy: The barrel racing incident...

Hilal: The barrel racing incident...

Andy: The ride home...

Hilal: The ride home...

Andy: Swimming across the river...

Hilal: Swimming across the river...

Andy: Knowing every second...

Hilal: Knowing every second...

Andy: Getting closer...

Hilal: Getting closer...

Andy: Getting closer...

Hilal: Getting closer...

Andy: In one way knowing, he's not going to be happy...

Hilal: [Laughing]

Andy: But not knowing how he's going to react...

Hilal: Not knowing...

Andy: How mad he's going to be...

Hilal: Yeah. How mad he's going to be...

Andy: I'm supposed to have perfect teeth...

Hilal: Perfect teeth...

Andy: My father's a dentist...

Hilal: My father's a dentist.

Andy: I'm supposed to have...

Hilal: Teeth are the most important thing.

Andy: Yeah, break anything else!

Hilal: Right. That's what he said. "You could have broke every bone in your body. Your teeth will not heal."

Andy: Right. Oh. My own dad said my teeth will not heal...

Hilal: My own dad said your teeth will—you're going to live with this for the rest of your life.

Andy: Yeah, you got a life sentence.

Hilal: Mm-hmm. Yeah.

Andy: So your dad gave you a life sentence with this teeth thing. Here you are. Just a few years later. Still having a problem.

Hilal: And I did have to have all those teeth pulled, and had to have a bridge, in-between all that and this now, too.

Andy: Right. So that's why I was thinking we have this thing coming up, this appointment on Monday, right? But there's a whole—many chapters before this.

Hilal: Many chapters.

Andy: Yeah. So your dad and your teeth...

Hilal: My dad and my teeth...

Andy: Are kind of woven together...

Hilal: Woven together...

Andy: Your relationship with him. And his anger. His expectation. Is that the only time you disappointed him?

Hilal: Oh, I think it was a constant disappointment. He's passed now, and I got to spend the last two years with him when he was really ill, so I feel like a lot got healed, and I don't even like to bring all this up, but...

Andy: It's okay. We're not blaming him. We just knew that there was a three-year-old and a sixteen-year-old girl who knew what was coming at them. I doubt if he could have done any differently.

Hilal: No, goodness.

Andy: It just would have been nice if he did.

Hilal: Right. [Laughing]

Andy: And if you could put it down, if you could let go of that pain, and not feel bad about bringing it up. Do you feel guilty bringing those things up?

Hilal: I do, sometimes, yeah, especially Daddy's passed and—you know...

Andy: Let's make sure we do this one, because...there's nothing to be done.

Hilal: I talk to him, you know. I say, "Dad, you know, I'm going to the dentist, and, you know, come on. Give me some...give me some energy here, you know?"

Andy: So he was always strong. Until he was sick.

Hilal: He worked right up until he went to the hospital to have—he thought he was going to get a new heart. And it was...

Andy: Not going to happen?

Hilal: No. Three years of just total rest homes, and hospitals and...it was awful.

Andy: Mm-hmm. So you saw him deteriorate? Yeah?

Hilal: I did.

Andy: So this powerful man lost all his power?

Hilal: Yeah. Definitely.

Andy: And we thought we were just going to talk about a dentist appointment.

Hilal: [Laughing]

Andy: How you doing?

Hilal: It's funny, because like, when I just now laughed and I breathed in, and I'm so sensitive to air on my teeth. Other than that, I'm doing pretty good.

Andy: Maybe that's—okay. Then let's just tap through here, a little bit. And lastly, you do some tapping on the teeth now. So when you drink water, that kind of thing, is it sensitive?

Hilal: I bring it right into my mouth to my throat, and I don't even let it...

Andy: It doesn't touch any gums and teeth. Yeah. But the air is more difficult. So if you were to go like that or...then you feel...

Hilal: Yeah. You know when the gums are exposed like that...

Andy: Yeah. Mm-hmm. All right, well, if we could make a reduction in sensitivity with the tapping, would that be a good thing to work on? Okay, so let's—when air touches your gums, which is a fear that they might blow...

Hilal: Or cold or hot.

Andy: ...or cold or hot...

Hilal: Yeah. Any, yeah.

Andy: ...then does it spike up to a ten? Or an eleven? Or a 37? Or whatever?  
[Laughing]

Hilal: I think it's getting a little better. I think it's gone from like a ten to an eight, since the procedure.

Andy: So, in May, it would have been a ten? May, June?

Hilal: Right.

Andy: And now it's—so it's maybe an eight. Okay. And you just went [breathes in] like that to laugh, and you felt it.

Hilal: Right.

Andy: Okay. What do you think that was? Could you rate that...

Hilal: A reminder, just...

Andy: Can you rate it on a scale?

Hilal: Oh, where that was? Eight.

Andy: Mm-hmm. Okay. And does it feel like a stabbing...

Hilal: Um, I don't know...

Andy: Like a flash of pain?

Hilal: Yeah. Yeah.

Andy: It just flashes through there. Okay. Let's do some tapping. So even though...

Hilal: Even though...

Andy: My gums...

Hilal: My gums...

Andy: Are open...

Hilal: Are open...

Andy: Are they?

Hilal: Yes.

Andy: And exposed...

Hilal: And exposed...

Andy: And very sensitive...

Hilal: And very sensitive...

Andy: To heat...

Hilal: To heat...

Andy: Cold...

Hilal: Cold...

Andy: And air...

Hilal: Air...

Andy: Air movement...

Hilal: Air movement...

Andy: I deeply and completely...

Hilal: I deeply and completely...

Andy: Love and accept myself...

Hilal: Love and accept myself.

Andy: Okay. All right. My gums are exposed...

Hilal: My gums are exposed. My bones are exposed.

Andy: Yeah. Everything's open...

Hilal: Everything's open...

Andy: I feel vulnerable...

Hilal: I feel vulnerable...

Andy: Vulnerable to heat and cold...

Hilal: Vulnerable to heat and cold...

Andy: And air...

Hilal: And air...

Andy: Yeah. Air. Breathing in or having a rush of air is like a flash of pain...

Hilal: Flash of pain...

Andy: It's a flash of pain...air on my gums...

Hilal: Air on my gums...

Andy: Air on my gums is a flash of pain...

Hilal: Air, cold and hot, on my gums is a flash of pain...

Andy: Unprotected...

Hilal: Unprotected...

Andy: And vulnerable gums...

Hilal: Vulnerable...

Andy: Open...

Hilal: Open. Sensitive.

Andy: Yeah. Good. I'm afraid...

Hilal: I'm afraid...

Andy: I'm afraid to breathe...

Hilal: I'm afraid to breathe. I haven't been breathing very well. I have a lot of congestion in my chest since this operation.

Andy: Right. Can't breathe the way you used to...

Hilal: Can't breathe the way I used to...

Andy: Protecting myself...

Hilal: Protecting myself...

Andy: Protecting myself from the pain...

Hilal: Protecting myself from the pain...

Andy: Limiting my breath...

Hilal: Limiting my breath...

Andy: Holding my breath down...

Hilal: Holding my breath down...

Andy: Protecting myself...

Hilal: Protecting myself...

Andy: Yeah. I hate that pain...

Hilal: I hate that pain...

Andy: I fear that pain...

Hilal: I fear that pain...

Andy: I'm not even breathing...

Hilal: I'm not even breathing correctly.

Andy: Now I can't breathe...

Hilal: I'm having a hard time taking deep breaths.

Andy: Mm-hmm. This constriction...

Hilal: This constriction...

Andy: Constricted breathing.... Fear. Is it like tight in here, or do you feel it just...

Hilal: Um, I feel it. Like, I cough a lot. That's a good one, too. I've been coughing a lot since this...

Andy: Okay. All right. So one of the things that's changed is that you're not able to breathe as deeply and—yeah, I know that often with flu and pneumonia,

the nurses will get the patients to cough. Otherwise the fluid goes down into the lungs.

So your breathing could really have something to do with this.

Hilal: Yeah.

Andy: Okay. If you were to just close your eyes. I don't—do you visualize okay? Eyes open, or closed, whichever works. If you could imagine the esophagus and the bronchial tubes and just the whole breathing apparatus there to the lungs.

Is it feeling like there is a liquid...coughing...is it tickly?

Hilal: In a few weeks it's like, um, it's gone from like coughing a lot of mucus. And now it's more dry. But I still have a cough.

Andy: Okay. And that tickly, dry—when you think about that, is there a color to the bronchial tubes and breathing?

Hilal: [Pause] Black. I don't see any color.

Andy: All right. Okay. And breathing is limited. Can you take a breath, that's safe?

Hilal: I've been trying to work on this myself, you know, like just laying down. I think I'm stopping at even—like I like to be able to bring my breath into my gut and I realized today when I was out walking that I'm not doing that right now.

Andy: So using your diaphragm, and really bringing it in, that's not a.... So what I want you to do is, take the biggest breath that you can safely take right now. And then tell me, zero to ten, where does it rate, if ten is the biggest breath that you used to be able to get?

Hilal: I think it's up to like five or six.

Andy: So really, forty to fifty percent of a full breath.

Hilal: Of what I know I can...

Andy: Less than a full—forty to fifty percent less than a full breath. Okay. And, if you think about taking more, do you get anxious? Do you feel like, well, I might...

Hilal: Just feels like the capacity's not there.

Andy: Mm-hmm. Okay. The reason I'm doing this, even though we're talking about dental fears and phobias is if—the more oxygen we have in your bloodstream, the more opportunity the blood's going to help you move around and help heal faster.

And just when you need this good circulation, good oxygenated blood, you're breathing less. And it's understandable, because there's the fear of the unknown, there's the pain, and at any time you could breathe wrong and get a flash of pain. Is this okay that we work with this?

Hilal: Mm-hmm. Mm-hmm. Very good.

Andy: Okay. Even though...

Hilal: Even though...

Andy: I'm not getting a full breath...

Hilal: I'm not getting a full breath...

Andy: And I feel restricted...

Hilal: And I feel restricted...

Andy: I don't have the capacity...

Hilal: I don't have the capacity...

Andy: That I used to...

Hilal: That I used to...

Andy: And I'm afraid of the pain...

Hilal: And I'm afraid of the pain...

Andy: Anything else that I missed?

Hilal: I don't know if I'm afraid of the pain.

Andy: Of the...catching the air.

Hilal: Mm-hmm.

Andy: It's not painful when you breathe, but just putting that in there, because if you were to go [takes deep breath]...

Hilal: Right.

Andy: ...is that not be the good...

Hilal: No. That definitely would not be, no...

Andy: No. You would not be breathing like a big, open-mouth gulp of air, right?

Hilal: Right.

Andy: Yeah. So if you're going to take a deep breath, it's all going through the nose in whatever capacity you have there.

Hilal: Mm-hmm. Mm-hmm.

Andy: Yeah? So that's the pain I meant.

Hilal: Right.

Andy: Is that okay?

Hilal: That's okay.

Andy: All right. And I deeply...

Hilal: And I deeply...

Andy: And completely...

Hilal: And completely...

Andy: Love and accept myself...

Hilal: Love and accept myself...

Andy: Okay. This restricted breathing...

Hilal: This restricted breathing...

Andy: This fear...

Hilal: This fear...

Andy: Tight...

Hilal: Tight...

Andy: Restricted breath...

Hilal: Tight, restricted breath...

Andy: Yeah, forty to fifty percent less than usual...

Hilal: Forty to fifty percent less than usual...

Andy: And just when I need it...

Hilal: Just when I need it...

Andy: Yeah. Can't breathe through my mouth...

Hilal: I can't breathe through my mouth...

Andy: I feel restricted...

Hilal: I feel restricted...

Andy: No capacity for a full breath...

Hilal: No capacity for a full breath...

Andy: It's limited now?

Hilal: It's limited now...my breath?

Andy: Yeah? That's a question.

Hilal: I think it's better.

Andy: Mm-hmm. Starting to feel a little different now?

Hilal: Mm-hmm.

Andy: Okay. This fear...

Hilal: This fear...

Andy: Yeah, maybe that's holding me in...

Hilal: This fear...

Andy: Yeah.

Hilal: Makes me not breathe correctly...

Andy: But it's actually safer to breathe, isn't it?

Hilal: Safer to breathe, yeah.

Andy: If you had a choice, would you choose to breathe deep?

Hilal: Absolutely.

Andy: Mm-hmm. Do you have a choice?

Hilal: I have a choice.

Andy: Okay. Let's choose breath...

Hilal: [Laughing] Choose breath...

Andy: Okay. I choose life...

Hilal: I choose life...

Andy: Breath is life...

Hilal: Breath is life...

Andy: And the pain in the life...

Hilal: And the pain in the life... [Laughing]

Andy: [Laughing] Yeah. So you've been cautious...

Hilal: Been cautious...

Andy: And worried...

Hilal: Worried. Worried.

Andy: Worried about how to pay for it...

Hilal: Worried...

Andy: If it's going to...yeah.

Hilal: ...about finances.

Andy: Mm-hmm. Worried about finances. In pain...

Hilal: In pain...

Andy: How could anybody take a deep, free breath with all this on your mind? And probably some of these other memories being triggered along here, but having to keep it together, right? Because you haven't cried.

Hilal: I haven't cried.

Andy: No! You told me at the beginning, "I haven't cried." You feeling a little better about it now?

Hilal: I am.

Andy: Mm-hmm. Okay. Yeah. Would it be safe to breathe...

Hilal: Safe to breathe...

Andy: It's good to breathe...

Hilal: It's good to breathe. Breath is life.

Andy: I choose life. And you choose it, don't you?

Hilal: I choose life.

Andy: I want the best for you. I want the best for me...

Hilal: I want the best for me...

Andy: I want the best out of this surgery...

Hilal: I want the best out of this surgery. The best!

Andy: I choose the best.

Hilal: I choose the best. Want all my teeth to be healthy. I want them to be strong.

Andy: And I can breathe...

Hilal: And I can breathe...

Andy: It's good to breathe... [Laughing]

Hilal: It's good to breathe... [Laughing]

Andy: The alternative, not so good.

Hilal: [Laughing]

Andy: I've been holding my breath...

Hilal: It's not good to hold my breath...

Andy: Yeah. I've been holding my breath...

Hilal: I've been holding my breath...

Andy: I've been holding my breath, waiting for the other shoe to drop. [Laughing]

Hilal: [Laughing]

Andy: What else could go wrong?

Hilal: [Laughing] Oh!

Andy: Yeah. Freeing my diaphragm...

Hilal: Freeing my diaphragm...

Andy: Freeing my breath...

Hilal: Freeing my breath...

Andy: Breathing in health...

Hilal: Breathing in health...

Andy: Breathing out pain...

Hilal: Breathing out pain...

Andy: Breathing in healing...

Hilal: Breathing in healing...

Andy: Because that's what you're doing, right? You're breathing in the good air.

Hilal: Mm-hmm.

Andy: And when we breathe out, we breathe out the waste.

Hilal: Right.

Andy: Mm-hmm. So you're breathing in health...

Hilal: I'm breathing in health...

Andy: The deeper you breathe, the more healing you bring in, and the more you release...

Hilal: The more I release...

Andy: It's a good idea, right? It's not only safe to breathe...

Hilal: Safe to breathe... [Laughing]

Andy: It's a really good idea! [Laughing]

Hilal: [Laughing]

Andy: Okay. A little bit down here. Do you think that it's fair that this kind of thing is happening to you? Do you ever come up with that? Blaming...

Hilal: I can come up with that, but I know it's useless.

Andy: Okay. All right, let's just take a break from tapping. And I want you to just...just take a few breaths, and it's okay to cough. Okay to cry. Let's see if we can expand the breathing. There's a tissue there, if you need one.

Looks like there's definitely more movement in there. Yeah. So if you were going to rate your breathing now, it was five to six, was it? Of a full breath that you know you can do. Where would it be now?

Hilal: I think it's like an eight.

Andy: Okay. Does that feel twenty percent...

Hilal: I can tell that it's better because I feel sort of light-headed...

Andy: Mm-hmm. A little dizzy from too much oxygen. [Laughing] Good. Good. Okay.

Hilal: Mm-hmm. Mm-hmm.

Andy: That's moving through your body, right?

Hilal: Right.

Andy: How did that feel? Looked like a good, deep breath. Okay. Well, let's just revisit some things. Would that be okay?

Hilal: Mm-hmm.

Andy: All right. We've got the visit on Monday. Just think about you're going in there, and they're going to be checking you out. Can you get some anxiety up about that?

Hilal: I feel pretty calm right now.

Andy: Mm-hmm. Pretty calm. Zero to ten, two, one...you were at an eight before, right?

Hilal: Right. Four or five.

Andy: Okay. So that's pretty appropriate, really. I mean it's not going to be like a bowl of cherries.

Hilal: Right.

Andy: Mm-hmm. I think sometimes we suffer longer than we need to, and with being able to tap through the emotion, you don't have to do all the pre-suffering.

And the other thing is, when I feel that—and from my reading—is that there is a biochemistry for every emotion. And mood. So that when you're angry or when you're sad or when you're afraid, each one of those has certain chemistry being produced in your body. And often, when an emotion is extended—like you've had months now of staying within this-- you're having a similar chemistry which is not ever designed to be in your body for that length of time.

Hilal: Right.

Andy: And if we can interrupt that by relaxation, by bringing you back to the moment, rather than ahead or in the past, then your body is being able to produce a variety of chemistry so that you can actually heal faster, or feel better. Which has been an upward spiral, isn't it?

Hilal: Right.

Andy: Okay. So how is your breathing now?

Hilal: It's pretty good.

Andy: Okay. And that's why I was asking you to think about Monday. So we're kind of good there.

How's the neck?

Hilal: It's tight.

Andy: Mm-hmm. Okay. We'll do a bit. And the tummy?

Hilal: It's definitely better. The solar plexus—yeah, it's better.

Andy: Okay. All right. And your breathing is a little easier, freer in the chest?

Hilal: Mm-hmm

Andy: Okay. Well, that's a good move. Still glad you came?

Hilal: Yes. [Laughing]

Andy: Good. Just checking.

Hilal: It's a new experience.

Andy: Yeah. Yeah. Do you think that you can use this...

Hilal: I certainly am going to try.

Andy: Okay, good, because we have people in the area. Abby and Dennis can help, and you can call and get support. So you don't have to do it all by yourself. But it is something you can do. It's a tool that Gary Craig has made so available, and it's really such a gift.

Because most of us don't realize that it's possible to change your breathing and experience like that, so quickly. Yeah. There's a lot of us that aren't eager to go, right?

Hilal: Right. I don't see how anybody could possibly be eager to go to—I was when I was a kid. It was sort of like a privilege to go to my father's.

Andy: Did your father actually practice as your dentist?

Hilal: Oh, yeah.

Andy: Oh. Okay. Let's go back to that three-year-old experience. Can you remember it?

Hilal: The thing that blows my mind the most is I don't know where the women were. I don't know why I wasn't being surrounded by women love, you know?

Andy: So mom wasn't there? All right, so there was no nurturing and...

Hilal: No nurturing through that.

Andy: So you don't recall. What women would be there?

Hilal: The wife to the other dentist. And my mother.

Andy: Okay. So those two, they were absent?

Hilal: If they were present, then the men were too angry, and too upset to let them come to me. And that's how it was, a lot, between my father and my mother. Like, my mother wouldn't dare—I know from just the horse accident—she wouldn't dare say, "You can't treat her like that."

Andy: Mm-hmm. So she wouldn't interfere to nurture you and so...

Hilal: No. Or even to protect me.

Andy: Mm-hmm. Okay. So how do you feel about that?

Hilal: I think it stinks!

Andy: So, yeah? Okay. Even though...

Hilal: Even though...

Andy: I know my mother loved me...

Hilal: I know my mother loved me, and I'm not so sure. Well, yes, she did. She does.

Andy: Love. Okay. I did say that. Let's put it this way. Even though there were times...

Hilal: Even though there were times...

Andy: That I wanted and needed my mother's love...

Hilal: That I wanted and needed my mother's love...

Andy: She was afraid to...

Hilal: She was afraid to give it to me. And, part of it, I think, was that she was a cold woman.

Andy: So maybe she didn't even know how?

Hilal: I think maybe that's correct.

Andy: And that sucks...

Hilal: And that sucks...

Andy: And I was just a kid...

Hilal: I was just a kid...

Andy: But I was her kid...

Hilal: But I was her kid...

Andy: And how could she let that happen...

Hilal: And how could she let that happen...

Andy: She didn't defend me...

Hilal: She didn't defend me...

Andy: And that hurt...

Hilal: And that hurt...

Andy: And I deeply and completely...

Hilal: And I deeply and completely...

Andy: Love and accept myself...

Hilal: [Sighs]

Andy: Is that hard to say right now?

Hilal: Love and accept myself...

Andy: Okay. What's going on? Do you really feel the sadness?

Hilal: Yeah.

Andy: Yeah. What's that like? Being let down?

Hilal: Just always—always felt like a bad person.

Andy: Hm. Unlovable?

Hilal: Unlovable.

Andy: Because your mother is supposed to love you...

Hilal: Yeah, my mother is supposed to love me...

Andy: So if you were lovable...

Hilal: So if I was lovable...

Andy: Your mom would love you...

Hilal: I don't think my mom was capable.

Andy: Hm. As a grownup, we can see these things. But there's this intellectual understanding like she may not be capable. But there's also this part of you that's really hurting, still hurting...

Hilal: Still hurting...

Andy: She didn't step up...

Hilal: She didn't step up...

Andy: When you really needed her...

Hilal: When I really needed her...

Andy: And you ended up feeling unlovable...

Hilal: I ended up feeling unlovable...

Andy: And the question's still there.

Hilal: And it's still there.

Andy: And he didn't--Your father was pretty harsh with you, as well.

Hilal: Very harsh. Self-acceptance is a big one. It's hard to accept...

Andy: Okay. It's hard to accept yourself as you are? Yeah. Love and accept myself...

Hilal: I love and accept myself... [Laughing]

Andy: It's hard to love and accept myself...

Hilal: Hard to love and accept myself...

Andy: Yeah. It wasn't a regular thing...

Hilal: Wasn't a regular thing. I have a lot of—I'm hard on myself. I'm constantly judging myself.

Andy: Yeah. Second-guessing...

Hilal: Yes.

Andy: Criticizing...

Hilal: Criticizing...

Andy: Measuring against a standard...

Hilal: Yes.

Andy: Mm-hmm. I wish you'd be better than this...

Hilal: Yes.

Andy: Never good enough...

Hilal: Never good enough...

Andy: Never good enough. You're a genius at self-criticism... [Laughing]

Hilal: [Laughing] I'm a genius at self-criticism...

Andy: So maybe you could turn that genius somewhere else. You know, it's something I had to do. I actually made a commitment [tapping begins] to myself about—kind of recently, before four or five years ago, that I would be kind.

Because I was, "Na, na, na, na, na. You should have done. You should have done..."

Hilal: You had this in your mind.

Andy: Yeah.

Hilal: Yeah.

Andy: Mm-hmm. And I just said, "I am going to be compassionate to me." It really made a difference.

Hilal: It's a very good idea. I want to be compassionate to myself.

Andy: Mm-hmm. I'm not sure who the quote is. I think it's the Dalai Lama who said, "If you want to bring happiness to others, practice compassion."

Hilal: The Dalai Lama, for sure.

Andy: If you want to bring happiness to yourself, practice compassion. Just not good enough. Not lovable...

Hilal: Not lovable...

Andy: Yeah. Still in question. I'm not three anymore, but I'm still not sure. No evidence is enough [Laughing]. No matter what evidence to the contrary...

Hilal: [Laughing]

Andy: [Laughing] Yeah. It's okay. You get to choose, now? Choose a life from here? Make some choices for you.

Hilal: Right.

Andy: Instead of against you.

Hilal: Right.

Andy: It's an option. At least you can breathe a little better. See that neck thing. It's like...

Hilal: I know the neck thing has to do with inflexibility. Stiffness.

Andy: Yeah. I can't let go. I'm not good enough...

Hilal: Exactly.

Andy: I'll never be good enough, and you can't make me...

Hilal: I'm very stubborn.

Andy: Which is a good thing, unless it's a bad thing.

Hilal: Right.

Andy: Because it can be both, can't it?

Hilal: Exactly. It can really work against you, as well as it can work for you.

Andy: Okay. So you think we've made some progress around the dental issue?

Hilal: I do.

Andy: Okay. We went a little astray, but...

Hilal: We sure did. [Laughing]

Andy: [Laughing] But I think a lot of it, you know, we just followed where things came up, and the emotions, so I'm really grateful that you came, and I hope you feel it was worthwhile.

Hilal: Thank you so much. [Laughing]

Andy: [Laughing] All right.