**Why Energy Psychology Techniques work**

The ‘*Fight or Flight’* response is under the control of the Autonomic Nervous System. Autonomic is defined as “not conscious” and “involuntary”. Why would we even think we can control it with our conscious minds?

The best analogy is the modern automobile. It has a computer, preset at the factory, to control such things as idle RPM, engine temperature, etc., which it is programmed to adjust according to multiple factors it is constantly sensing. Now you may think you are in control of your car, and it should do what you want it to do. But you cannot control those functions that are under the control of the computer, regardless of how strongly you believe you can.

To change anything, you must be able to access the computer, in its own code or language. If the engine temperature is running too cold or too hot, you can move all the levers and knobs you want, you can logically explain why it shouldn’t be doing what it’s doing, you can apply all the force of will you want, you can say all the affirmations you want. None of it will have any effect at all.

But if you know how to access the computer, and you know the code to reprogram it, you can fix what’s not working quickly and easily.

**Energy Psychology accesses the Autonomic Nervous System in its own language:**

**The chemistry of neurotransmitters.**

**Where the Rubber Meets the Road – Changes in Brain Chemistry**

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* **In Sympathetic mode, (Fight or Flight), the excitatory neurotransmitter glutamate is released. Glutamate triggers the release of adrenalin, noradrenalin, cortisol and other anxiety producing neurotransmitters.**
* **Tapping on or applying pressure to specific points on the body’s energy matrix, (i.e., acupuncture meridians), *while focused on the fearful thought or feeling*, causes a global release in the brain of two powerful inhibitory, relaxation inducing neurotransmitters; serotonin and then GABA.**
* **GABA inhibits the glutamate that triggered the Sympathetic Nervous System activation that originally *caused* the anxiety.**
* **This radical alteration of neurotransmitter brain saturation from excitatory to inhibitory rapidly changes the character of a perceived threat to a non-threat.**
* **Anxiety is replaced by relaxation.**
* ***This change is almost always irreversible.***