**The Enemy Of Our Imagination**

People who experience panic attacks will often say that they feel out of control as soon as the panic is in full swing. Christian Nevell Bovee once wrote:

“Panic is a sudden desertion of us, and a going over to the enemy of our imagination.”

Doesn’t that sum it up well?

A confident self assured person can suddenly feel powerless and vulnerable as soon as the panic manifests. As the bodily sensations race, the mind jumps from logic and reason to wild fears fueled by the imagination.

The hardest part for most people to get their heads around is why they feel so suddenly powerless during a panic attack?

The automatic reaction for most to the sensations of a panic attack are to fight against it. To shut it down and end it as soon as possible. Coping techniques like deep breathing and distraction are mildly effective at best. When these techniques fail to get results, that is when the person really leaps over to ‘the enemy of their imagination’.

It goes something like this:

“I used all my coping techniques but I still feel very anxious, in fact it may be getting worse!

“What if this keeps getting worse and no help can get to me here?”

Where people run with this type of thinking their imagination will continue to escalate the fear, leaving them feeling more and more vulnerable and out of control.

The secret to regain control and come back to yourself, is to learn how to respond to the panic in an appropriate manner.

The solution is to work with the bodily sensations rather than against them.

Let me give you a small example. If you were sitting on a train and started to feel sensations that indicated the beginning of a panic attack, instead of trying to stop the experience do the opposite.

Acknowledge that you are safe, label the sensations and then tell the sensations that scare you, to get worse. If you are sweating tell your body to sweat more, if your heart is racing, tell it to race faster.

Move into the experience rather than against it.

The real panic only begins as soon as you hand over reason and control to your imagination. By moving into the experience voluntarily, you become the decision maker and therefore retain control. If you’re going to have a panic attack it is going to happen on your terms.

You empower yourself because you are directing the whole experience not handing “over to the enemy of our imagination.”

Learn more about this approach and how to apply it to various manifestations of panic and general anxiety.

[Click Here](http://wwww.panicaway.com/)

Here is a small sample of how Panic Away has helped others:

…learned more from reading your program than I did from all the psychologists and other practitioners I had seen in the 25 years- I must tell you that out of all the items you can purchase regarding anxiety related products on the internet, I learned more from reading your program than I did from all the psychologists and other practitioners I had seen in the 25 years that I’ve had this condition.

I had been on Xanax and Klonopin for about 10 years, but this December, I decided to withdraw from it thinking I didn’t need the pills anymore according to some of the programs I ordered claiming “miracle cures”. That’s when all my symptoms started again. I felt as if I had wasted the past 20 years trying to get better.That’s when I started searching the web for home based “cures”. I ordered so many programs I started to get confused from too much conflicting advice.

Also, I was promised support but I am still waiting replies from some of the more expensive programs! You are a true gentleman, and I am going to post a very positive feedback on a website you might be familiar about called: Tapir? Talk to ya, Andy

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…I DEBATED ORDERING YOUR PROGRAM BECAUSE I HAVE SPENT APPROX. $8,000 IN THE LAST 5 YEARS, I RAN ACROSS YOUR PROGRAM SUNDAY, FEB. 5th. I DEBATED ORDERING YOUR PROGRAM BECAUSE I HAVE SPENT APPROX. $8,000 IN THE LAST 5 YEARS OF MY LIFE TRYING EVERYTHING FROM PANIC SUPPORT CLASSES, MEDICATION, COUNSELING AND THE LIST GOES ON, ALL TO RID MYSELF OF PANIC ATTACKS. SOMETHING INSIDE ME SAID, JUST KEEP TRYING, SO I DID. AFTER 5 YEARS OF OF LIVING MY LIFE WITH THE WORLD ON MY SHOULDERS I AM EXCITED TO SAY THAT I AM NOW PANIC FREE. AFTER ONE TIME OF APPLYING YOUR ONE MOVE TECHNIQUE, I AM A NEW PERSON. ONE OF MY MANY FEARS THAT I DEVELOPED WAS DRIVING. AFTER READING YOUR PROGRAM AT 12.30 AT NIGHT I WROTE DOWN SOME QUICK NOTES FROM YOUR “ONE MOVE TECH.” I RAN OUT OF MY HOUSE AND DROVE TOWARD THE DARKEST SCARIEST ROAD WHERE NOBODY WAS NEAR BY. THIS WOULD DEFINITLY BRING ON AN FULL PANIC ATTACK, WHICH IT DID. WHILE LETTING MYSELF FEEL THE EMOTIONS RUN THROUGH ME, I DID EXACTLY WHAT YOU TOLD ME TO DO, I WAS SCARED AS HELL BUT STOOD MY GROUND.

I INSTANTLY CALMED AND EVEN TRIED TO BRING THE ATTACK BACK ON, BUT COULD NOT. I LITTERALLY LAUGHED OUT LOUD AND SAT IN MY TRUCK AMAZED. AFTER ALL THIS TIME THAT WAS ALL I HAD TO DO. THE COMPLETE OPPOSIT OF EVERYTHING THAT I WAS TOLD. THIS WHOLE WEEK I HAVE DRIVEN WHERE EVER I WANTED,AT ANY TIME OF THE DAY. I AM SO GLAD I FOUND YOUR PROGRAM. THANK YOU SO MUCH FOR ALL YOUR RESEARCH, TIME, AND DEDICATION SO THAT PEOPLE LIKE US CAN NOW LIVE A NORMAL AND HAPPY LIFE. JACKSON CA, AARON ==================================

…I prayed to God to show me what to do I experienced my first panic attack in July of this year and ended up going to the hospital by ambulance thinking I was having a stroke or heart attack! I have had a bunch of attacks since then. Monday morning I awoke to an immediate attack and prayed to God to show me what to do. To make a long story short,I was led to your website but was afraid it was like the other ones where they try to sell you their products. However, your introductory information really spoke to me and I decided to take a chance. I read your book and it gave me the tools I was searching for to deal with my attacks. I could tell immediately that you have suffered from panic attacks yourself because you spoke with authority that can only have come from having dealt with the terrors yourself.

I am 42 years of age and have been noticing the psychological effects of perimenopause (one of which is panic attacks in my case). Thanks again!! Sincerely, Cynthia

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To Learn more about Panic Away:

[Click Here](http://wwww.panicaway.com/)

Barry McDonagh

[PanicAway.com](http://wwww.panicaway.com/)

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