

## **EFT – Janet Taps Body Pain Away**

by Annie O’Grady EFT CERT-1

‘I’ve had this for years, my neck and shoulders are so painful and tense, and it’s sore right in here,’ Janet prodded her neck. She added, ‘I have to spend a fortune on it.’

Janet had come to me, a Certified EFT Life Coach, after discovering that this new tapping technique had dissolved a friend’s back pain.

EFT (Emotional Freedom Techniques) is a self help energy healing method in which a person fingertaps acupuncture points on the body while briefly focussing on a problem.

Janet said, ‘I can’t see how tapping on myself could possibly achieve any change, but I’m desperate.’

I showed her how to do the 30-second basic EFT tapping procedure. I tapped on myself while she followed my example on her own body. With our words we targetted ‘this neck and shoulders pain.’

After several rounds she was looking shocked. ‘It’s all fine now,’ she said, moving her neck experimentally. ‘I can’t find any pain. What did you do?’

‘You did it yourself,’ I pointed out. ‘All you did was to balance your meridian energy system, that’s the same system that acupuncture works on.’

While physical pain does not always vanish so fast, often it does, through EFT. Such relief can be permanent, but an unresolved emotional situation can trigger the pain again.

To reinforce this healing, I asked Janet about her emotional state.

Many people use EFT primarily to clear away uncomfortable emotions – anxiety, grief, depression, frustration, etc. It’s not uncommon to find that after they reach emotional peace, some physical ailments fade away.

Here we were involved in the reverse.

Janet had heard the expression ‘carrying the weight of the world on your shoulders’. She agreed she had often felt like that, juggling full time work, family life as a single Mum, housework, shopping, space for herself.

I told her that a new experimental branch of psychosomatic medicine, Meta-Medicine ([www.metamedicine.com](http://www.metamedicine.com)), suggests that neck and shoulder problems are commonly connected with a sense of injustice.

Janet burst into tears. 'That's it,' she said. 'I've felt for years it is so unfair that I have to struggle with all this, while my ex-husband swans around with his girlfriend. I didn't do anything wrong. It really gets me down.'

We tapped on the intensity of her resentful reactions, without judging the situation. She realised that she did have a lot of unresolved issues around the breakup of her marriage.

Although she had done her best to let go of angry and hurt feelings, she hadn't been able to -- because those feelings were justified. Now, with the help of this energy process, she started to discover what 'emotional freedom' means.

'I can hardly believe it,' she said. "All that stuff is just not important any more. And my neck and shoulders still feel wonderful.'

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**She also does EFT Workshops, demonstrations, classes, Certificate trainings.**

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