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Bereavement Stress and Body Pain Vanish

by Annie O'Grady

Dear EFT Community,

EFT Intermediate-1 practitioner Annie O'Grady who has 8 years of energy therapy experience shares an encounter with a 70-year-old client who faced a trauma at age 15 that has affected her entire life. After tapping on the event, 3 days later this client was able to "walk up the street and start to laugh." Remarkable.

-Kaiya Kramer

A special delight for us EFT practitioners is seeing clients healing right in front of us. After 8 years of specializing in this energy therapy, I still feel wonder at the fact that – even at the most basic level of EFT, as this account shows -- its rewards are out of all proportion to the small amount of effort required.

My 70-year-old client sat tensely on the chair for her first EFT session. Her blue eyes looked worried. She'd forgotten to bring her hearing aid. 'Marigold' was there because she had read an article of mine on EFT and relationships. "That sounded so good," she said. "I've had abusive relationships."

She had rung me on the 33rd anniversary of losing a 12-year-old daughter, who had been abducted on her way home from netball, and was never found. "I can't get past it," Marigold said. "I'm seeing a psychiatrist and a psychologist, they've been so kind."

By means of a raised voice and gestures, I managed a brief intake form with Marigold. She spoke of the present, of one of her 4 adult children rejecting and abusing her, spoiling Marigold's relationship with the little grandson she adored.

She spoke of the past, repeating the words her own mother had told her were her response to Marigold's birth: 'I didn't want a girl, throw her in the rubbish.' Marigold said now, "I still can't look at myself in the mirror, I feel totally displaced."

I said (loudly), "After talking about all this, what are you feeling?"

She said, "Sad. I'm often afraid this sadness will choke me."

So I taught her the basic EFT release process focussing simply on 'this sadness', which Marigold rated at 10 plus.

After the first round, Marigold looked surprised, because her intensity dropped to 8. After the second round it went to 6. After the third round she gasped, 'Five.' Her body visibly sagged and she curled over so I was seeing the top of her head.

Was she fainting? Not quite. She was simply overcome with relief.

She said, "Oh, I feel like jelly, oh, it's a lovely feeling."

We tapped the next round and she folded over again, saying, 'It's like going down in a lift. Thank you, thank you.' (We were both thanking EFT.) She reached zero and looked stunned, still sagging in the chair.

A little later she showed me a hard lump of flesh at her midriff, painful to touch, that she described as a calcium deposit that showed up on X-rays. It had grown 55 years ago when she was 15 years old, after her father had punched her there so hard that she had flown out through a door and lost consciousness.

He did it to punish her when she arrived home from work, for having refused that morning -- when Marigold was about to run for the bus to get to work on time -- to make her abusive mother a cup of coffee .

"I feel I lost myself when he punched me, he took my soul, does that sound crazy?" she said. "Now I think if I say no, someone will kill me. I've let people walk all over me."

"Is the lump painful now?" I asked.

"When I touch it, it's a 5," she said.

We tapped:

Even though this lump is painful, I love and accept myself deeply and completely.

She bowed her head again, dizzy this time, as the pain shot up to 10. As we tapped another round the pain went to 2.

"That's so nice, the relief, that's so nice," she kept saying. Testing by prodding her midriff, after the next round she could not find any pain. She was astonished. She said, "Could that have anything to do with the cough I've had all my life?"

I said that the pain might return, as we had not dealt with the trauma that had caused it, but for this, and for help with other traumas, she would need to return with her hearing aid.

She said she certainly would, adding, "I feel so relieved, I could sleep for Australia."

I explained that now she herself could repeat the basic technique whenever she felt uncomfortable. She left with a tapping guide and my DIY EFT book. I'm going to be busy,' she said.

FOLLOWUP 3 DAYS LATER

"After that session," Marigold said, "Walking up the street I started to laugh. And I can't stop writing light-hearted poetry, it's pouring out of me. And something else strange happened. For years I've had such pain in my hips and back, and I tapped, and it has lessened so much!"

She gave me permission to share her experiences because she had come to EFT from reading an article.

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