

Tapping on Family Dynamics – where did the dread go?

by Annie O'Grady

Rilla was about to travel across the world to a rare family gathering. She was dreading spending a few days around a family member by marriage, Alan.

On their rare meetings over a few decades, Alan had publicly treated her with contempt. Previously she had played his game and had felt inferior. She didn't want to do that again, but she couldn't talk herself out of it.

In our EFT tapping session I asked her, 'When you think of Alan, where do you feel this dread in your body?'

'My whole upper chest tightens up.'

We could simply have tapped on this body symptom to decrease its intensity. But I decided to use EFT Master Gwyneth Moss's 'Imagineering' application of EFT. This process works with metaphor, and I thought it might enable Rilla's right brain capacities to offer her a richer experience. *(I enlarge on tapping with metaphor in my book 'Tapping Your Troubles Away with EFT'.)*

I asked her to imagine she was holding a ball of beautiful white light in her palm, then to shrink the ball to fit on her forefinger. Then I suggested she close her eyes and gently place her forefinger against the tightness in her chest.

I asked, 'What do you see in that beam of light? Just say your first impression. The picture might be biological, or it might be anything at all.'

Rilla said, 'I just see tight muscles.' I asked her to open her eyes and we tapped on: *Even though my chest muscles are tight, I accept myself.*

Then she repeated her gesture. This time she said, 'Oh, now I see a meadow in sunlight.'

I said, 'Take a good look all over that meadow, what else do you see?'

She said, 'Oh, there's a little green grass snake, they're harmless, I used to play with them when I was a child.' I asked her to open her eyes, and now we tapped on: *Even though there's a snake in the grass, I accept and love myself.*

Next time when Rilla shone the beam of light into her chest, she said, 'I'm picking the little snake up.'

'What is it doing?' 'It's hissing at me.'

She opened her eyes and we tapped on: *Even though the snake is hissing at me, I accept and love myself deeply and completely.*

Now when she opened her eyes, she said, 'Alan just treats me with contempt to protect himself, that's all it is.'

One more time Rilla shone the light into her chest and said, 'The snake has gone down into its burrow. There's just the lovely field in the sunlight.'

We went on to other matters until the end of the session, when I tested the work by saying to Rilla: 'Alan. Alan. What do you feel?'

She looked at me blankly. 'There's nothing there,' she said. 'Except that I feel a bit sorry for him.'

The dread that had been her companion over years whenever she thought of Alan had dissipated in a few minutes, making way for compassion. With this obstacle out of the way, Rilla could now enjoy her family get-together.

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