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EFT Tapping First Aid for a Nightmare

by Annie O'Grady

Dear EFT Community

EFT practitioner, Annie O'Grady shares how she worked with a client who had experienced a traumatic nightmare. The client recognized that the nightmare was showcasing some of her fears, and she'd tried to change the dream in a meditational replay, but it had got even more terrifying. Annie uses EFT and visualization to tone down the volume of the nightmare.

- Stephanie M

A client I've been working with weekly on Skype emailed to me the story of 'My worst nightmare for a long time'.

She said it had haunted her for four days since she'd dreamed it. It was a series of vivid brutal events, ending with her running away trying to find safety. She recognised that this was showcasing some of her fears, and she'd tried to change the dream in a meditational replay, but it had got even more terrifying.

(This client and I literally tap across the planet, as she is in the U.S. and I am in South Australia. I love how we can do that these days on Skype! To watch her changes on a screen across all those miles seems like magic...as does EFT, in spite of all the scientific studies.)

A day later at our next session, we began tapping on the feelings about the nightmare, but with no change to a 10+ terror. I was considering applying the Tearless Trauma and Tell the Story techniques, or the Matrix Reimprinting process. But because this client lives in constant pain and danger, I switched to more immediate practical issues. She has a horrific history, so I always proceed with caution, yet try to get as much done as possible.

With only five minutes to go at the end of the session, I returned to the nightmare.

I wanted us to achieve some resolution at least, but I had no idea of what would work best for her in such a short time. It was not enough time to do justice to the wonderful Matrix Reimprinting tapping process, as tappers who use it will appreciate. Her nightmare terror was still over the top, but we had no time to tap to zero with that. However, she had been tapping for an hour, and I hoped her lowered anxieties on other matters would help.

What happened next is called 'flying by the seat of your pants' (but I do have many years of transformational work behind me, and I always ask for higher help.)

I dived in and asked if she felt able to close her eyes and go to the start of the dream -- the first brutal scene where a man was yelling while beating his wife. She said she could. (The client has suffered many beatings herself.) 'Now imagine,' I said, surprising myself, 'that in

front of you are two dials with knobs. The left hand knob will enable you to tone down the volume of his yelling.’ She dialled – and said that not only could she not hear it, he had stopped yelling.

Whew, I thought.

I said, ‘OK, that proves that you are the master of this reality. This other dial will enable you to have that part of the dream go the way you would love it to go. Turn that dial and tell me what happens.’ She did. ‘Oh, ‘ she said, smiling. ‘He’s smiling now, and he says to his wife that although she makes him mad he really loves her. He’s hugging her, and in comes their daughter and it’s all great.’

We even had some time left! ‘Good,’ I said, moving into mini-Matrix mode. ‘Now, what else would you like to bring in to make it even better?’

She said she wanted only some spiritual figures, and in came four bright white light beings, filling the scene with white light. I said, ‘Boost up those lovely feelings... bring the picture into your head...’ and we sped through all the steps at the end of the Matrix protocol, leaving her smiling broadly. Finally I said, ‘Think back to that terrible nightmare and tell me what you feel.’

She said, ‘Oh, it’s lovely now, I feel calm.’ ‘Tap with that,’ I said. Our five minutes was up.

Next session I expected to finish neutralising the nightmare, because we had dealt only with its start. But the client reported that our work had somehow ended the terror so completely that she could hardly even recall the rest of the dream story. I love these tapping surprises!

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