

EFT SPREADS AROUND THE WORLD – GLOBAL CASE HISTORIES

Presentation to 500 delegates in Romania

Recently EFT Contributing Editors Tam and Mair Llewellyn from the UK gave a presentation to 500 people in Romania and, even though there was a language barrier, it was greeted with substantial enthusiasm. As Tam writes it...

The presentation of EFT in Arad Romania went very well. We gave a short presentation to the plenary session of about 500 and were scheduled to do a longer breakaway session in a smaller hall, but by popular demand, we were asked to give the full presentation in the plenary hall to the full 500 delegates.

It went very well. As part of it we demonstrated live on a line up of 15 volunteers with a variety of problems. All had their problems significantly reduced and most reduced to zero - there were no failures. At the end of the presentation by "borrowing benefits" almost 50% of the audience reported significant improvements to their personal problems even though the entire process had to be done via an interpreter (we had taught the interpreter EFT a couple of years ago and that helped).

EFT ON RTL - GERMAN TV

Allergic reaction subsides on Prime Time German TV

Hi Everyone,

I was fortunate to meet Joachim Schubert, a multi-lingual EFT'er, during a Florida Borrowing Benefits workshop that I conducted several months ago. He is a student of Gwenn Bonnell's (of Fort Lauderdale, Florida) and has developed EFT material in Spanish (including a Spanish EFT web site) and is soon to produce similar material in German. He has an EFT practice in Miami Beach, Florida.

Joachim was recently in Germany where he conducted a fascinating EFT session ON PRIME TIME TV with **young lady who had a severe allergic reaction to cold temperatures**. In his letter to me he says...

"Her reaction, in front of the camera, was immediate. The swelling and redness on her hand and mouth was very evident for the camera. The symptoms were very intense and visually obvious, a 10 on the 0-10 intensity scale; she could not even close her hand due to the swelling. Using EFT and related tapping methods, I was able to reduce the redness and swelling down to a 2."

The complete letter is given below.

Hugs, Gary

By Joachim Schubert

Dear Gary,

I'm very glad to tell you about an EFT presentation we produced for RTL, a major German TV station. The segment was broadcast in prime time, during the evening news, in a regular segment called "Healthier Living."

This came about as a result of a very productive EFT experience I shared with a client of mine named Monica, who is the producer of the show. The first part of the segment is an interview between Monica and myself where I explained EFT (this was in German). The second part of the segment is a one-on-one session between myself and a client (this was in English). The TV station requested that we apply EFT to someone who had physical symptoms so the TV audience could see the reduction of those physical symptoms during the session.

For this segment, EFT was performed to alleviate an allergic reaction to cold temperature. The client, a young lady, would experience swelling, itching and redness on her skin when exposed to cold. **The client was willing to experience the allergy on one of her hands and on her lip by exposing them to ice cubes as this would bring about the allergic reaction to cold temperatures.**

Her reaction, in front of the camera, was immediate. The swelling and redness on her hand and mouth was very evident for the camera. The symptoms were very intense and visually obvious, a 10 on the 0-10 intensity scale; she could not even close her hand due to the swelling. Using EFT and related tapping methods, I was able to reduce the redness and swelling down to a 2.

I would like to acknowledge Gwenn Bonnell for her amazing work in teaching EFT. I'm proud to be one of her students, and this accomplishment has been possible largely because of her commitment and love in spreading the word.

Love and light,

Joachim

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My Spanish EFT Web Site
www.SeLibre.net

Gwenn Bonnell's Web Site
www.tapintoheaven.com

LACTOSE INTOLERANCE

(including a 6 month follow-up--see below)

Hi Everyone,

This experience is reported by newcomer Larry Stewart, D.C.H. Shirley (Larry's wife) has had severe lactose intolerance for over 10 years. However, after Larry helps her with a few minutes of EFT she is able to eat all kinds of milk products with no problem whatsoever.

To my understanding, lactose intolerance is considered impossible (or nearly impossible) to alleviate using conventional means. The conventional understanding (I got this from an encyclopedia) is that once an adult has lost the ability to digest lactose (a kind of sugar found only in milk) s/he must stay away from milk products for the rest of his/her life....or....suffer from diarrhea and gastric distress in a big way. This has been Shirley's plight. Until recently she wouldn't go near milk products.

The nice thing about it, though, is that we can continue to achieve these heartwarming successes while trying to figure out what is really going on

Hugs, Gary

P.S. Even though some of these events are personal, both Larry and Shirley are willing to share them, without disguising identities. They do this, of course, in the interest of helping others. Gratitude to them both.

Gary,

EFT has worked for so many things, why not try the impossible. For more than a decade, my wife has had severe lactose intolerance. Even small amounts of lactose cause diarrhea, gas, pain and embarrassment. I've tried hypnosis for the problem, to no avail. So we decided to give EFT a try.

I told her to buy some ice cream (she hasn't had any in years because of what it does to her). We chose Friday morning (Christmas Eve) for the tapping so that if it didn't work, she would be close to the toilet for three days.

We dished the ice cream and I had her look at the bowl of "Chocolate Truffle". She rated her anxiety about eating it at an 8. We tapped until that was zero. Then picked up other aspects (fear, silliness, etc) for another 5 minutes. Once it seemed as though we covered everything, she enjoyed that bowl of ice cream and braced herself for the worst.

The first hour passed. Wow. No problem.

Then half the day passed. Double Wow! Still no problem.

In the afternoon, she went out and ran some errands. That night for dinner, she had ranch dressing, and ice cream for dessert. Still no problem. Now it has been four full days, and she's had cream of broccoli soup, more ice cream, milk chocolate, and more.

Shirley and I didn't expect to have any results with EFT, based on what we've been told about the condition. As we understand it, a person only has "so many" enzymes in their life time, and once you use them up, that's it. Your body can't produce any more. Based on this belief, I knew EFT probably wouldn't work, but it only takes a few minutes, so why not try it?

Those of us without this problem take these things for granted, but my wife has been set free. I hope this inspires someone else to become free of unnecessary pain, discomfort and embarrassment.

Larry Stewart, D.C.H.

Follow-up 6 months later

Hi Gary!

Almost six months ago I reported our success using EFT for my wife's Lactose Intolerance. She had this dreaded problem for about a decade before addressing it with EFT. Since then, she has had no more problems with lactose. She still is careful not to overdo milk products (just out of common sense), but regularly indulges in foods that used to cause her much distress, such as pizza, pancakes, ranch dressing and a multitude of seemingly innocent foods that contain milk products or byproducts.

However, there have been some occasions where she has had a similar problem (diarrhea, gas, pain and embarrassment) but after tracking it for several months, there was no connection to lactose. Upon discussing it with her physician, she realized it might

be food preservatives. Sure enough, the major culprits turned out to be french fries (most precooked and frozen types that you buy at the store or are served by restaurants), and vegetables (especially salad bars at restaurants). We had her go a couple of weeks avoiding these foods to make sure we knew what the problem was, and then had her test it by eating the suspected food. Sure enough, 20 minutes later, the trouble started. She had the usual "blow-out".

Once we narrowed down the problem, we knew what to tap on. Again, we got a sample of the trouble food (a bag of french fries from the golden arches) and tapped for "the anxiety about the reaction" and for the allergy itself. Once we had the anxiety and concern down to zero, she ate the whole bag. No problem. It's been a week and still no problems. I'll need to follow up this report after a little more time has passed, but it appears that EFT eliminated this food allergy too. You don't know what a relief this is to my wife, and me too.

Thanks for making this powerful therapy available to so many. I've used EFT in my professional practice with hundreds of clients, and have had tremendous results, some dramatic, some that seem common place now. However, none of these seem as significant as being able to help the person you live with.

By the way - in a previous message, I also mentioned my daughter overcoming car sickness with one 5 minute EFT session. Now - six months later, we've purchased a mini-motor home and are traveling around North America. Laura rides in the back of the van conversion, sometimes with the curtains open, sometimes closed, sometimes looking out the window, sometimes reading or watching TV. She has not had a single incident of motion sickness, not even a complaint since that day in November, seven months ago. I don't think we would have even considered this trip if motion sickness was still an issue for our daughter. Thanks again!

Hugs back to you Gary!

CHILDREN - UNBEARABLE HATRED TOWARDS CLASSMATES

Using EFT with Children

Hello Gary,

I have included an excerpt from our book, Getting Thru to Your Emotions with EFT, that could be included on your web site section about using EFT with children. I was excited to hear about this section and enjoyed your account of the boy and his grandmother.

Best Regards,

Phillip Mountrose

"Phillip has used EFT with his teenage students in the group home where he taught for many years. This is a home for severely emotionally-disturbed teenage boys who have not been able to function in the normal school system.

One of the main reasons they are in this setting is to learn to get along with others. One boy, whom we will call Jerome, came to the group home from Juvenile Hall because of drug abuse and criminal behavior. Despite his own shortcomings, Jerome protested loudly about being around some of the other boys, who were also there because of criminal offenses. He considered his classmates unforgivable, and felt that they should be severely punished.

By the end of the first week, Jerome completely refused to participate in the class, choosing to stay in a secluded time-out area. He wanted to transfer out of the school, even if it meant returning to Juvenile Hall. Phillip decided to have a talk with Jerome, hoping the boy would gain some insights into his judgmental behavior. He tried to help Jerome distinguish between a person's actions and his or her value as a person.

After listening to Jerome, Phillip introduced him to EFT. The emotion Jerome chose to clear was the hatred he felt toward his classmates, which he described as unbearably high. After a few rounds of EFT, Jerome said he felt better. Phillip also noticed that the boy's body, tone of voice, and breathing were more relaxed.

The weekend passed, and on Monday, Jerome was back in class. Phillip noticed that he was much friendlier toward his peers. After their softball practice, Jerome came over to Phillip and told him that his unbearable hatred toward the other boys was completely gone. He felt optimistic about being in the school and about his future. Jerome even mentioned that he had been practicing EFT on his own over the weekend and felt it really helped. This extraordinary turn-around could have a dramatic impact on this child's future.

Fortunately, you do not have to do EFT perfectly for it to work.

Jerome began to experience success with EFT after only fifteen minutes of assistance. He continued to use EFT on his own and got along better from then on."

SEXUAL PLEASURE AND THE SINS OF EVE

Hi Everyone,

Sandy Miniere gives us the details of her successful work with a client's deeply rooted sexual intimacy problem. The central part of Sandy's work involved discovering a core religious issue which, once discovered, allowed clearing to occur quite easily. This detective work by Sandy is part of the "art of delivery" that separates the masters of these procedures from the rest. We can do excellent work by merely applying the mechanics of EFT. This has been demonstrated repeatedly. But if we want to make the process sing--I mean really sing--we need to follow Sandy's lead and uncover core issues.

Hugs, Gary

FROM SANDY MINIERE

Hi Gary:

Thank you for the pioneering work that you and others are doing in Energy Psychology. I am having such fun experimenting with the ingenious techniques emerging from this new discipline. I was happy to meet you in Las Vegas and have just completed viewing The Ultimate Therapist tapes.

Before sharing with you a significant healing experience with a client, I have a few general comments about EFT and the meridian-based energy therapies. **I have been in private practice for many years as a mind/body intuitive (a label my clients use) and professional counselor.** Once I anchor a client into their physical body energetically, the body and soul speak to me. In the therapy session I help them move through the energy blocks underlying emotional and physical symptoms with focusing and breathing. I call this an "energy clear out." However, this approach lacked something. Considering the depths we were reaching in the session with the subtle

energy, permanent change was not happening fast enough for me. I was searching for a tool that would involve the physical body more directly in the healing process. I believe **Energy Psychology is the magic bullet I have been seeking. I am using it on myself with great success as well.**

EFT in combination with TAT is working wonders with my clients because:

1. EFT is a tool that clients take with them. It puts success in their own hands where it belongs. Once they have been tapping for a while, it is easier for me to help them release unconscious complexes, habitual CORE patterns of thinking, feeling and behaving. When working with a client at these depths, I feel as though I am pulling a thick energy substance from their bones.

GC COMMENT: This is important for everyone to recognize. After doing some tapping, many clients start to bring up other issues--sometimes as if they were remembering them for the first time. Sometimes they bring up different aspects of the original problem that somehow were "invisible" at the start. This is where the "art of delivery" comes in. It provides an avenue down which one can address all kinds of important issues. Sometimes this avenue becomes a freeway toward emotional freedom that releases even the most difficult of "intractable" issues. In times past I have called this process "finding the boil beneath the pimples."

2. EFT is a technique that forces the client to get anchored in the body. The people I see are loosely connected to their bodies and have difficulty being present in the moment. For this reason I hope the ultimate energy healing technique will not rely solely on the mind and bypass touching the body.

3. Much emphasis is being placed on where to tap for success. In my work I find that a core issue being uncovered may lead to a miraculous outcome. After tapping for several rounds on surface symptoms or issues, I often discover the core issue lurking beneath the symptoms. When this happens, the client and I feel like we have been hit with a thunderbolt. The BBBZZZZZ jumps out at us.

GC COMMENT: Yes! There seems to be two avenues of exploration for improving our procedures. One avenue is to diagnose the proper place(s) to tap or to make other adjustments in the mechanical protocol. Many people are pursuing this. The other avenue (which I am pursuing myself) is to search for core issues. **Once a core issue is uncovered and the client is really tuned into the REAL issue (the biggie) then the healing seems to unfold quite well irrespective of which protocol one uses.** So does finding the core issue represent the major road down which we must travel in order to improve our delivery? Who knows? We are still learning here. I have great respect for everyone's pursuits. We will all improve together.

This leads to a success story I would like to share. Uncovering a core religious complex I labeled "The sins of Eve," I was able to help a 30 year old female client free herself from a deeply rooted inhibited sexual desire.

She had difficulty enjoying sexual pleasure since adolescent. She was now in her first year of marriage **struggling to achieve emotional and sexual intimacy with her husband.** We worked on this problem for several months before the wedding and took it up again recently in therapy. Before using Energy Psychology techniques I tried everything I knew: Traditional approaches, Ericksonian hypnosis, body energetics, etc. We uncovered her personal and family sexual history, early traumatic events, and obstacles to intimacy as well as reduced feelings of shame and guilt. Her personal history did not match up to the pervasiveness and intensity of the symptoms. Although we were making progress, I was hoping to help her achieve the sexual ecstasy she deserved to experience with a loving mate. Persistence did pay off.

Three months of tapping for a variety of issues including intimacy and sexuality led to the following:

The session before the breakthrough I did TAT with her for sexual shame and tapped with EFT for "fear of sexual pleasure." At the beginning of this session I arm tested her for "I want to experience sexual pleasure." She was reversed; however, at the end of the session she tested strong on that statement.

At the beginning of the breakthrough session she reported being taken out of a sexual mood by some tangible circumstances. We tapped for, "The sins of Eve."

At the follow-up session she reported having great sex and felt herself getting emotionally closer to her husband. We then tapped for tooth and jaw pain as well as anger that was revealed in a dream with her father. Two weeks later she reported with a big grin, "I can't believe sex can be like this. I feel sexually and emotionally connected to my husband." A month after the breakthrough session she is enjoying emotional and sexual intimacy with her husband.

This is the kind of work I love to do. Being an instrument that enables others to free themselves from the core beliefs, emotions and behaviors that hold them captive. **EFT and the meridian-based therapies are tools of personal transformation, and I am excited by the results I am experiencing with my clients.** My admiration and thanks to everyone who has contributed to this dynamic field and put these tools in my hands. Gary, thanks for your dedication in spreading the word.

Sandy Miniere, M.Ed., LPC

LOW LIBIDO

Hi Everyone,
Jeni Jones and I spoke on the phone a couple of weeks ago regarding a client of hers with low libido. The tapping was apparently "not working" for this lady so Jeni and I discussed getting down to some very specific aspects (this is frequently the best avenue to take). As might be expected, there was substantial sexual trauma in the client's history so digging up specific instances was not difficult to do. Jeni had more sessions with her client and found that being specific led to success where, previously, EFT "wasn't working."

Here's how she tells the story.

Hugs, Gary

Re: Low Libido

The client I am referring to is female and as I have said, has had several sexual traumas as a child--one at 18 yr. She has been in therapy with various methods for about 10 yrs. **She has experienced healing in terms of integration with dissociated parts of self.** I think that because of the previous work she has done with integration that is why the treatments with EFT were successful after two sessions. I say that because when using EFT with less integrated clients, they will regress into a childhood feeling state, usually. Since I am working mostly with dissociative clients, I use other therapeutic skills to complement EFT when this happens.

Back to the Low Libido person - She started by working on her fear of being in another relationship which was actually her fear of being pursued sexually. We tapped on that and the SUD only came down by 2. We then tapped on the trauma with the most charge

which was an experience of being sexually assaulted at the age of 18, where the attacker was chasing her. That brought the SUD to 0. Then we checked back on the SUD level of the fear of being in another sexual relationship and there was still some charge - about a 3. There was a feeling of fear of having less sexual drive than her partner and that was actually about fear of feeling body memories of nausea and then of a feeling of being overwhelmed with a final fear of particular smells of several bodily secretions. She finished the session feeling lighter and when she called later that week reported that she was feeling energized with a lot of sexual "kundalini energy" in her everyday activities and was being assertive in her new relationship and having no fear about pursuing it.

One week later (last week) , she called me to come in to work on the fear of phoning her new interest because he hadn't returned her call. She used EFT on her fear of feeling rejected by him. It only took these two rounds to bring her to a peaceful state. She called him, and even though she still hasn't heard back from him, she is happy and confident with herself and is still able to feel her own sexual energy and be comfortable with it, without it being dependent on him. She says she has reclaimed her Kundalini life force energy and is sleeping less, eating less, and is more active and enthusiastic in everything she does!

Jeni Jones

TAPPING BROUGHT US CLOSER AND MADE ME UNDERSTAND

Hi Everyone,

Deborah Mitnick shares with us an insightful, warm and spiritual case involving her mother. I ask you to read it several times because there is much value within it.

I cannot think of a more diligent student of these procedures than Deborah. She studies everything that comes out in this field with the enthusiasm of a child and the critical eye of a seasoned pro. I know this first hand because Deborah and I have spent hours and hours and hours on the telephone. Questions, questions, questions. I love inquisitive students. Through this diligence she has elevated her delivery of these procedures to a highly intuitive level (anyone can do this who wants to, by the way). She has watched ALL of the EFT tapes SEVERAL times and has digested every nuance within them (and there are LOTS of nuances). This should be apparent as you read her message below.

By contrast, many students watch 2 or 3 tapes to get the idea of it and then begin applying EFT. They completely ignore the treasure chest of procedures, phraseology and approaches that are contained within the remaining tapes. One can do great work with the EFT mechanics, of course. This has been demonstrated repeatedly. But those who take the time to truly study the "art of delivery" (mine and others) contained within those tapes (including the advanced tapes) are the ones who rise above the pack and become the masters in this field.

So here's Deborah's message. Please notice her ability to discern the underlying issues and her artful use of phraseology.

Hugs, Gary

P.S. There is a BIG spiritual element in this case. It is one person touching another. There are tears and togetherness that add measurably to the quality of this experience. I know the client is Deborah's mother and I am also aware that there are some professional and licensing no-no's regarding "getting too close" (my term) to the client. I will leave the importance of that to you. For me, however, my best successes have been where the personal connection is strong enough that I recognize healing within myself as

well as the client. There is a phrase in A Course In Miracles that says, "The ark of peace is entered two by two."

My 84-year-old mother has Alzheimer's Disease. She's confused and scared, but tries to keep doing all of her normal activities. She continues to go to the theater and the opera and has lunch with her friends.

I've not been very "big" about accepting her mental decline. I keep waiting for her to be the sharp, bright, interesting woman she used to be. But she's not anymore. **And I've kept my distance and have felt internally critical of her for mentally changing.** (Of course, I know she can't help it, but we're not talking rational here.)

She's been in physical pain for the last month since she injured her leg while bowling. (Because of the leg pain, she's even had difficulty driving her stick-shift silver Datsun 300 ZX!)

She's tried all kinds of medications and she's needed to use a cane when the pain's been severe.

I asked if she wanted to try some tapping on this pain issue and she welcomed the opportunity. She asked me to do the physical tapping for her because it's difficult for her to follow directions now.

During our first session, we tapped on the "leg pain," but there was no reduction in the pain. I then asked what the pain felt like. She said there was a "heaviness and a weighty sensation" and that it was a "strain."

We tapped for "emotional leg pain," the "weighty sensations of getting old," and "the heaviness and burdens that are now on me." Mother cried when we tapped on these issues. We tapped for "There has been strain in my life." And the pain diminished.

But it wasn't gone.

I asked her if she carried any judgment about this injury. (She's always been a perfectionist.) She said, "I may have done a foolish thing when I was bowling and I shouldn't have done it. I'm worried that I won't be able to walk anymore."

We tapped for "Although I've always prided myself on being perfect, sometimes I'm just human. I do the best that I can and sometimes things just happen."

With that, the pain disappeared! She felt wonderful, and she felt cared for by me! And I felt close to her and tender and gentle.

The pain was gone for about four days, but it returned. I wondered why. She said she didn't remember anything we had tapped for, but she remembered that it had helped. (Did the pain return because her memory for what we did vanished?)

Mother asked if I'd help her again, and yesterday I did. In my assessment phase, I asked her to describe the sensations she was having. She said, "It hurts the most in the crease behind the knee and in the mushy area below that. There is a weightiness and I need to keep it supported (with a pillow). Sometimes I put two fingers under there (applying pressure) and then it feels better for a while."

The metaphors in all of that began to jump out at me!

We tapped for "Even though there's pain in my leg and my brain feels mushy..." She nodded. Yes. That's it.

We tapped for "Even though there's emotional weight that comes with aging..." More nodding. More awareness.

And then I thought about the two fingers. What did they mean?

I thought about how difficult my mother's decline has been for my sister and for me. I thought about how we don't want to deal with this. We just want our Mommy back!

And I asked her to tap for "**Even though I need support from people who love me, and even though that's sometimes hard for my daughters to give, I deserve support. I gave it out all those years, and now I need it from the people who love me.**"

Mother began to weep and weep and weep.

I said, "I'll say the words for you."

But I couldn't. I was weeping with her. And I cradled her head on my shoulder and I held her and hugged her and patted her while she made the noises that I remember making when I was a scared little girl.

And I began to remember that I had once needed her and she did her best to be there for me.

Now she needs me. Tapping helped me realize that. I want to be there for her now. I'm now ready to forgive her for whatever perceived hurts I've still been carrying around. I'm now ready to be emotionally closer to her.

Tapping brought us closer.

Her leg pain is gone for now. I'll go back and work with her again, if it returns.

But mostly, I just want to be with her now. I want us to have whatever quality time is left to us while she can remember me. I want to reminisce with her. I want to cherish her. **I want to be at peace with her.**

Deborah Mitnick, LCSW

EFT AND CHOLESTEROL

Hi Everyone,

Here is yet another report of impressive physical results that are attributed to tapping. A thank you to Buzz Johnson for providing us with "before and after" statistics regarding tapping and his cholesterol/triglyceride levels.

Hugs, Gary

Hi Gary,

Thought you might be interested in this. I'm also sending copies to my daughter who is a nurse-midwife and TFT/EFT practitioner in England, my brother and my friends, the Bowlands.

Cholesterol and EFT

On 6-11-99 I had some blood work done to test my PSA. I did this at the urging of a friend who had recently been diagnosed with prostate cancer. My PSA checked out OK but the physician said my cholesterol was too high, especially the triglycerides. He suggested that I switch to a very low fat diet, get plenty of exercise and come back for a re-check in one month. If it was still high, he wanted to put me on medication. I decided instead to experiment with Tapping. Below are the results.

Buzz Johnson's before & after cholesterol statistics

6-11-99 Normal 7-16-99
cholesterol 206 (140-240) 182
triglycerides 237 (35-160) 179
HDL chol 47 (27-67) 51
LDL chol 112 (62-185) 95
VLDL chol 47 (0-40) 36

As you can see, everything went down except the HDL which went up slightly.

The nurse called me on 7-23-99 with the latest results and said that the doctor was very pleased. I had her make me copies of both medical records and I noticed that on the 7-16-99 copy she made the following note. "He would like to talk to you about this 'method' of chol/trig lowering." Hopefully he, (the Dr.) may be curious.

Regards,

INTENSE BACK PAIN AND NUMBNESS

Hi Everyone,

Larry Stewart, D.C.H., a newcomer to EFT (about two months), reports this instructional experience with his wife's back pain. My comments follow Larry's message.

Hugs, Gary

Hi Gary,

Two weeks ago, at 8:00 on Saturday morning, **I awakened to hear my wife's cries of pain.** Shirley had picked up a stack of magazines, and in the process, **had pinched a nerve in her back (she's done it before) and was lying on the ground, crying from the pain.** I almost called an ambulance, but I decided to see if I could offer some immediate relief from some of the pain. **She rated the pain as a solid 10, and numbness in the toes, an 8 on the big toe and 10 on the small ones.**

We tapped, no change. We tapped again, maybe a little relief. About 15 rounds of tapping and we had her to a 1 on the pain, 0 on the numbness in the big toe, and 2-3 on the smaller toes. She rested and continued to tap every few hours through the weekend. We finally got her to the doctor and the Chiropractor on Monday.

For the next few days, anytime the pain crept up, she would tap. She continued to tap for the numbness. Ten days later, she is starting to be able to walk normally again. When this has happened before it meant days in bed followed by months of pain and numbness. I'm convinced EFT helped, at least to relieve the neuro-muscular tension that accompanies the injury.

Larry Stewart, D.C.H.

GC COMMENT: When speaking with Larry on the phone I commented favorably on his persistence (he kept at it for 15 rounds). This sometimes makes the difference between impressive results and no results whatsoever. Many people give up after 2 or 3 rounds despite my repeated pleas in the EFT Course regarding persistence. They are looking for "one minute wonders" and become disappointed when they don't appear every time.

It was Larry's thought that EFT helped to "relieve the neuro-muscular tension that accompanies the injury." That's my observation as well. I don't know if we actually repair any physical damage (it's possible that we do, though) but I have seen numerous cases where pain that appears to emanate from obvious physical damage is either substantially reduced or eliminated through tapping. It's as if some form of unresolved emotional issue is creating muscle tension which, in turn, pushes and pulls on the joints, ligaments, etc. in the damaged area. Once the emotional tension is relieved, physical relaxation often occurs along with the client's report of relief from the pain.

The EFT Course is loaded with examples of this and, along this line, students may wish to review again the session with Cathy on audiotape 1B in the EFT Course. As you recall, she suffered from a back injury for 24 years before using EFT. She tried every known intervention she could think of and nothing gave her relief until she started tapping.

Also, it's often worthwhile to look for specific emotional issues that may be contributing to the pain. To this end I often ask....

"If there was an emotional contributor to this pain, what would it be?"

This often leads me straight to an issue which provides dramatic relief from pain. Here's an example.

3 years ago Adrienne and I were giving a workshop for therapists. To test us, some of the therapists brought their "tough clients" for us to work with us--one of which was a middle aged **lady who had been in a severe automobile accident two years prior. I remember her telling me that she had a metal plate in her neck and that her right arm was beset with pain that was ALWAYS at a 9 or 10. I mean ALWAYS. It never let up.**

We used two rounds of EFT on the arm pain. No result. I then asked her,

"If there was an emotional contributor to this pain, what would it be?"

She didn't hesitate even an instant to come out with an angry tirade about the driver of the car that hit her, the incompetence (her view) of her physicians and on and on. There was nothing subtle about her anger. Her face took on a red complexion and the veins stood out on her neck. If she was a volcano, I would have evacuated the room.

So we did two or three rounds (about two minutes total) on the anger and she quickly calmed down. She spoke of the incident in much calmer terms AND....THE PAIN IN HER ARM WENT TO ZERO. Further, her therapist phoned Adrienne two months later and reported that the arm pain had remained at zero.

The intense anger was apparently manifesting itself as arm pain. Some might consider this link between anger and arm pain to be mere coincidence. That is, we "just happened" to do something for the anger and the arm pain "just happened" to subside. That argument might hold some water if this type of thing only happened on rare occasion. However, we do this repeatedly with EFT. Our web site is loaded with examples. It ain't coincidence.

This link between physical ailments and emotional issues is obvious. In fact, the link is so clear to the experienced practitioner that in many cases a client can be helped by coming in through either the physical door OR the emotional door.

It's nice to have choices.

Cheers, Gary

SINUS PROBLEMS

Her sinuses opened like a floodgate.

Hi Everyone,

Sometimes we see some truly dramatic physical changes in people as they clear emotional issues with EFT. I've seen wheelchair bound people stand up and walk around. I've seen people's vision suddenly become clearer (even though we didn't tap for it--a positive side effect). I've seen people effortlessly lift their arms over their heads when previously it was painful to lift their arm just enough to apply underarm deodorant. For a fascinating trip through the physical relief gained by these procedures just enter the word "pain" (without the quotes) in our website search engine.

In recent correspondence with Ken Botwinick I learned of yet another physical relief related to emotional clearing. This one had to do with his client's sinuses. He wrote it up for us--including A follow-up. Here is his message.

Hugs, Gary

FROM KEN BOTWINICK

Hi Gary,

I've recently had a wonderful experience with EFT that I thought you and the rest of the group might be interested in.

About a year ago I had a client who came to me with **incredibly incapacitating allergies and sinus problems. Her sinuses were so bad that the doctors wanted to perform surgery and scrape them out.** I was able to help her with Touch For Health and some herbal combinations that provided much relief. She went for an entire year without problems, until recently, which is why she decided to come for another appointment.

Since I am now fairly proficient with the EFT techniques, I decided to try and apply them to her problem. The first question I asked was, "When did this first become a problem for you?", and she answered in junior high. So I then asked if there was any traumatic event that happened to her at that time, and her disposition changed immediately. She became very sad and close to tears, nodding her head yes.

It was so painful that all she could tell me was that the event also happened to her brother and mother. It seems that they both had major, yet different, health problems that started at the same time, possibly as a result of the traumatic event. My client described the feeling that came over her as a heaviness in her heart that made her whole chest sink, as well as a tightness and almost nauseous response in her stomach. She said she felt sick just thinking about it.

To make a long story short, after 75 minutes of EFT my client could easily recount the entire traumatic event without any of the emotional pain that caused the physical responses detailed above. She said she didn't feel sick any longer, but instead felt lighter. In addition, before the session she mentioned how she always felt nervous or anxious, especially so at the moment because of a job interview coming up that she was really interested in. After the session I asked her about this out of curiosity, and just as I had expected, **that anxiety was gone and she felt very confident about the job interview.**

Now remember, the original problem she came to me for was her sinuses. What I haven't mentioned yet is that only a few minutes into the session her sinuses opened like a floodgate! I had to run to get her some tissues as her nose was running uncontrollably.

GC COMMENT: I wasn't there, of course, but in my experience this is an obvious sign that we are clearing something substantial. It is a bodily manifestation of "getting rid of some emotional garbage." Conventionally trained healing practitioners might be concerned that something was wrong and thus stop what they are doing. To me, this is an ideal time to keep at it. The floodgates have started. Get some Kleenex and keep going.

KEN CONTINUES: **To demonstrate the power of the EFT techniques I'd like to share with you what her traumatic experience was.** It seems that her sister was shot in the head and killed by the boyfriend, leaving behind a newborn baby. The baby has since become an adult and fathered his own child, but has many problems, including drug addiction. To completely release the emotional pain and negativity of this trauma within 75 minutes is nothing short of a miracle.

The client wants me to work on the rest of her family, so that they may all overcome this tragedy once and for all.

Ken Botwinick

FOLLOW UP BY KEN BOTWINICK

Hi Gary,

Here is the follow up I promised you in our phone conversation. **I just saw my client whose sister was killed and whose sinuses started to drain during EFT. It's been three weeks now and she says her sinuses have been absolutely trouble free since the session. And of course her disposition is still upbeat. She still has no intensity about the trauma.**

Before the EFT she was also very nervous about a job interview and whether or not she was qualified to do the job. I'm happy to say that she went through the interview without nervousness, got the job, and feels confident that she is capable of it. What a nice side-effect!

Ken Botwinick

MIGRAINES; PAIN AND OTHER ISSUES

18 month migraine headache follow-up--"no more lying down in the middle of the day."

Hi Everyone,

In her message below, Dr. Carol Look gives us an 18 month follow-up on a client who **suffered from DAILY migraine headaches**. Along the way she provides a professional look at the details of the case. My hope is that this article is passed along to healing practitioners from every discipline. Migraine headaches are among our most disabling ailments and are a mystery to most of the healing professions. In the typical case, the client is given medications in hope of some temporary relief. However, complete cessation of the problem using conventional means is hard to come by.

On many occasions I have seen EFT wipe out headaches on the spot--some of them migraines. Evidence of this is in our EFT Course videotapes and audiotapes. Some headache cases are "one minute wonders" while others require more diligence and skill. Overall, the clinical results are impressive, especially when one considers that neither drugs nor negative side effects are part of the picture. This is not to suggest, however, that one alter their use of medications. That is for one's physician to decide. It IS to suggest, however, that dedicated healing professionals need to take a serious look at what is happening here.

Here is Carol's message.

Hugs, Gary

Dear Gary,

About 18 months ago I had a session with "John," a New York City doorman, who described **searing pain at least once a day from migraine headaches**. He had finally returned to work after months of medical treatment following an incident where he ended up in the middle of a street fight. **He had been hit over the head with a lead pipe and ended up in the hospital with his skull split open**. He has no memory of the accident. After weeks of hospital procedures and recovery, his final surgery was to **place a metal plate in his skull**.

In my office, John's current headache was only a "4" with pain and aches traveling down his neck to his shoulders. His eyes looked watery and he was clearly uncomfortable. He said a "4" wasn't too bad since he lived with "8's", "10's" and "off-the-chart" pain on a regular basis. In fact, he was a little disappointed that my SUD's scale [0-10 intensity] only went to a "10." We tapped as follows:

"Even though I have this dull headache...

"Even though my head always hurts...

"Even though my neck and shoulders are tight/sore...

"Even though my head is throbbing...

"Even though I can't see when I have these headaches...

We "chased the pain" in regular EFT fashion as it moved locations and changed either quality or texture. [GC: This procedure is described in our tape set, Steps toward becoming The Ultimate Therapist.] I used the exact words John used and tapped on myself at the same time. When John's current headache was reduced to a "1" we moved to work on the trauma of the accident. Since John had an amnesic period of about 3 days, he couldn't "tune in" to rate the trauma on a SUD's scale. I asked him to follow my words and tap for it anyway, knowing that aspects of the trauma were stored somewhere, even if currently inaccessible by normal channels of recall.

"Even though I'm upset that I got caught in the fight...

"Even though I don't remember what happened...

"Even though I got hit over the head and my head still hurts...

"Even though I suffered from the accident...the surgery...and my headaches...

Then we talked more about John's recent headache patterns and why he never took anything stronger than Advil for the pain. He said, "All my life I've never gone near a painkiller..." I asked, "What do you mean, 'all my life...'" To my surprise, John told me that, **BY THE WAY, he had suffered from migraine headaches since he was a little kid! He said that when he first had migraines, no one knew what they were and he would tell his mother he "had one of those fevers again." I had mistakenly assumed his headaches were a direct result of the accident, and had missed this HUGE aspect. We continued tapping:**

"Even though I've always had migraines..."

"Even though my head has hurt me since I was a little kid..."

"Even though I have no idea why I've had migraines all my life..."

"Even though I don't know the SOURCE of my migraines...(This phrase seemed to hit a target as evidenced by facial movements and a sigh or two.)

Of course we couldn't rate these issues on the SUD's scale, but I listened to that intuitive "pull" to use these phrases.

John left the office looking and feeling much better (no glassy eyes) **but was still skeptical about the strange treatment. He knew nothing about acupuncture and didn't "believe" in therapy, so the analogy of EFT being a form of "Psychological Acupuncture" fell on deaf ears.** I gave him the homework assignment of tapping every morning for "Even though I've had migraines all my life..." and tapping each time he felt a migraine beginning to brew.

When I spoke with John last Thursday for a follow-up discussion, he reported that he hadn't needed to do any tapping other than during the first two weeks since our session because his migraines were totally gone. His friends had mocked him [re: tapping] during that first two week period, but since he was able to effectively reduce any pain to a "1" or a "0" each time, he didn't care. John was beaming about the success of the treatment and the empowerment it gave him, and of course, he was enormously grateful for the pain relief. "No more lying down in the middle of the day." John explained that he used to take unscheduled breaks from his doorman shifts to lie down when his migraines became unbearable.

I asked several questions, checking and testing for details about his symptoms. "No more headaches whatsoever?" John said, "Well, once in a while I get a little headache if I've stayed out too late or if I don't get enough sleep..." (don't we all...) "but nothing like what I used to get."

Love, Carol

Carol C. Look, C.S.W., D.C.H.

EFT INCREASES SALES PERFORMANCE

Hi Everyone,

Deborah Mitnick worked with her son Jonathan (I've met him--delightful young man) on **sales reluctance and his results increased several hundred percent.** Not everyone who "hates to sell" will have an improvement this dramatic, of course, but this true story gives us **unmistakable insight into our unused potential.**

Hugs, Gary

FROM DEBORAH MITNICK

Sales Performance

I have full permission to talk about the following case. This involves my 23-year-old son, Jonathan. Jonathan works for a banking company as a Customer Service Representative. He's the guy you talk to when you call about your credit card. He takes about 120 calls during his shift and helps resolve issues for customers regarding late fees, interest rates, lost cards, credit limits, etc.

He finds the job to be fun and challenging. ...Except he hates to sell! One of his responsibilities is to offer eligible customers the opportunity to accept a "balance transfer." This means that the customer can transfer his balances from other credit cards to Jonathan's company and get a very low interest rate for a six-month period.

The banking company encourages its people to offer balance transfers. In fact, they offer monetary incentives to people for achieving a 20% rate of successful balance transfers a month. That would mean averaging about 10 balance transfers a day for the entire month. Jonathan was averaging about two a day.

On his own, he'd managed to "force" himself to get about 6 a day, but he hated every minute of it. **He felt stressed out. He had a headache. He hates to sell!**

Four days before the end of the month, when he realized that he was eligible for a monthly bonus in every other area of his work, but would not achieve that bonus because of his statistics in balance transfers, he asked me to help him.

So, I asked him to tell me what's been his "hang up" in this area. (Right from my unconscious! I just realized as I'm reviewing my notes of the session to write this, that by using the phrase "hang up," I was tuning in to his worst fears--that his customers would "hang up" on him!). Anyway, he told me the following:

"I don't like selling."

"No one wants to hear about it."

"I think about asking when I'm on the phone with a customer, but I just don't do it."

"People are upset when they call about a late fee and they don't want to hear about anything else."

"I get rejected when I ask."

"I'm afraid I'll get rejected."

"I wouldn't want someone to do this to me if I were calling in about something else."

"I'm pissed at this aspect of the job."

"I don't think it's fair that I have to do this in order to meet incentive."

We tapped for each of these "tail-enders." Actually, some of these ended up in just long, complex sentences and re-frames. He loved the session and laughed a lot as we worked.

And then I decided to do some energy testing with him. I asked him how many balance transfers he thought he could accomplish now. (Remember, he's never gotten more than seven in a day and usually gets about two.)

He said he now felt confident that he could achieve 40 balance transfers a day. I asked if I could ask the body about that. He gave me permission. As I tested his arm, I had him say, "I can easily achieve 10 balance transfers a day." The arm stayed strong. I had him say, "I can easily achieve 15 balance transfers a day." Still strong. "Twenty" was strong, too. "Thirty" was strong. The body took us to 36! The body said that Jonathan could achieve 36 balance transfers a day!

I reminded him that having a goal does not always mean that we "get" exactly what we've pictured, but that our goals "move us in a direction." He was very satisfied with that observation.

The next day, Jonathan achieved 37 balance transfers! Every day until the end of the month, he averaged about the same number!

He met incentive and received a bonus for his work.

He said, "**What have you done to me? I'm blowing them away here! They [the bosses and his colleagues] can't get over the change in me! This is amazing!**"

He's set a new goal for himself for this month. I'll let you know how it goes.

Deborah Mitnick