



FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Surrogate EFT for sleeping client clears sexual abuse

BY ROBYN DEAR

I had an international house guest come with some excess baggage, namely her father and two older brothers sexually abusing her from age 9 to 16. She was 49 years old and had never had any professional help with it at all. She called it "the monkey on her back". We had two weeks to work with her before she returned to Sri Lanka. EFT once again came into its own with little time and a lifetime of pain to erase. The core was far too painful for her to even do silent movies on, so we tapped on every issue we could find around the perimeter. We started first with something that appeared totally unrelated but I suspect was tied into this somehow.

Even though I feel car sick and very tired when I am traveling...

Even though I can't stay awake when I am traveling in a car, train, boat or plane...

Even though I feel very unwell when I travel anywhere no matter what time of day it is...

Then we moved to a more general tabletop approach.

Even though I was too young to understand what was happening...

Even though things happened when I was young that should never have happened...

Even though my mother blamed me for what happened, when she found out, instead of my father...

Even though I have several older sisters, they only did this to me...

Even though I pretended to be asleep, but it still happened...

Even though I felt totally helpless...

Even though I had no one to turn to, not even my mother...

Even though I felt very alone and deeply hurt...

After making some progress (this was over a week with four, 2 to 3 hour sessions on the perimeter, one entirely devoted to the betrayal she felt from her mother) I knew that I needed to get closer or I might run out of time.

We started the session and I got road blocked very early so diverted to a safer distance. Then, just ten minutes in she was very tired and could not stay awake (it was only 11 am so this was not a normal tired feeling). I laid her down on my healing table and she went straight to sleep. While she slept I tapped (surrogately on my body for her) on everything I could think of that might relate. Keeping in mind that she had told me very

little of anything, I was mostly guessing.

Even though my father came to my bed while I was sleeping and did unspeakable things...

Even though I didn't understand what was going on but I knew it was wrong...

Even though what my father did to me hurt me physically and mentally...

Even though I was too scared to sleep at night...

Even though bad things happened to me in my bed at night...

Even though my brothers used me...

Even though I didn't know how to make this nightmare stop...

Even though I felt so helpless and alone...

Even though my morning chores were tainted with this unspeakable thing...

Even though I would get into trouble if I didn't do my morning chores...

Even though my morning chores would cause me immense distress...

Even though my whole body still shakes when I think about my morning chores...

Even though I never told anyone about my living nightmare...

She slept for two solid hours and didn't move once. After about an hour of tapping I too could not stay awake and had to stop tapping and just sit with my head resting on the table. I saw this as the universe's way of saying ENOUGH.

When she woke, she was like a different person. She told me of the dream that she had. I kept the conversation to general daily stuff until our next session the following day. In this session I wanted to do some more delving, try and get to the core. She sat there calmly and recounted all the things that she just could not even think about days before, let alone speak of. The rest of her stay was spent on confidence issues and other more current things.

I spoke with her two weeks after she left us to test how she was doing with it all. "Oh that," she said with a laugh, "I haven't even thought about it since I left your place." She had even seen and spoken to one of her brothers. Nothing triggered, no hidden stuff emerged. She felt entirely FREE.

Incidentally, we noticed a marked change in her behaviour, especially at the dinner table. She was animated and engaged, rather than withdrawn and silent. She previously went into her own little world when sitting down to eat. My guess would be that it was a protective behaviour from her childhood.

Three months later, it is still all clear. She is beginning to rebuild her life, this time as a liberated woman.

Thank you for this most amazing tool. I must say that I was beginning to wonder if I had been rather ambitious in thinking I could make such a vast difference in such a short space of time. The surrogate tapping proved that there is more than one way to get the desired results. My guess would be that her conscious mind was SO PROTECTIVE that sleep was the only way to get to the core.