



FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Effects of Gang Rape Cleared by Tapping

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I was attending a workshop in Mexico. A woman sitting next to me shared with the group that she had been gang-raped 13 years previously. She still felt very upset about the incident, and said that she was unable to forgive or let it go. She said that she was growing in bitterness, to where it was affecting her family, her work and her life. The group sent her loving energy, but she still felt very distressed.

At one of the breaks I asked her, *"Do you want to clear this??"* She said she had "tried everything," including reiki, counseling and massage; but was willing to try.

I had her imagine the incident, it was a '10' on a 0 – 10 intensity scale. Then we did some simple tapping, and the intensity dropped down to '0' after four rounds of tapping. I said to her, "Let's get into this deeper: please tell me the story from beginning to end." She started telling me her story, and whenever she came back to a difficult part, it shot back up to a '10.' Each time we then tapped on that particular aspect. After 45 minutes of telling her story and tapping, she was able to tell her story without any fear or crying or emotional charge. She went back to the workshop room, and told the group: *"IT'S GONE!!!"*

I followed up with her a year later, and she reported that it was 'still gone;' she was no longer feeling bitter, and that she had moved on' with her life and family. R.T.