



FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

SUCCESS STORIES:

Treating Sexual Abuse with Energy Techniques

One of the remarkable things about energy therapies is that they sometimes facilitate very rapid resolution of long-standing issues. In this section you will find a number of success stories and testimonials from therapists, practitioners and "ordinary" people who have successfully used energy techniques to treat trauma and sexual abuse issues. Please note that everyone's issues are different; and not everyone will respond as rapidly as the stories below attest. It is highly recommended that you consult with a qualified practitioner.

All Healing Is Possible

MARTIN LUTHKE, PHD

I always tell my clients: *"All healing is possible."* My experience supports my belief. All is energy, nothing is written in stone, all energy can be transformed and transmuted, on the higher planes time and space do not apply. Thus, all healing is possible.

Effects of Gang Rape Cleared by Tapping

ROBIN TRAINOR, MA

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.

How Tapping Changed My Life

KELLY ROUGHTON, EFT LIFE COACH.

EFT changed my life in such positive ways that it became impossible for me to keep such a secret to myself and not share it with other suffering souls. I began by teaching it and then using it in sessions with clients after that.

The day in 2006 that I took a Level I EFT class, I didn't experience any shifts myself during the class. However, the demo subject, after numerous non-transformative rounds of tapping, finally hit on a phrase that resonated with her and when she tapped on it and it released, I could see the complete shift in the woman's body, mind and soul. It so impressed me that it sent me down this EFT/holistic healing modality rabbit's hole from whence I hope never to emerge.

I went home and bought all of Gary's DVDs and began to tap once in a while. I had some success with a few things but I didn't think to use it very often.

One night, almost 6 months after that EFT class, in the middle of an unhealthy relationship, I awoke with a "ball of twine" (anxiety) churning painfully in my chest. It was 2 am. My options were: call my mother (wake her up, freak her out), call a friend (wake her up, freak her out), I had no therapist, I knew it would take me at least a week to find one... I needed help in that moment. I thought, *"I'll try that tapping, it can't hurt."*

I tapped two, maybe three rounds and went back to sleep. When I woke up in the morning, I realized what I'd done... *"I went back to sleep?!?! Impossible!"* and yet I had. So I started tapping on anything and everything... and anyone who would sit still.

A few years before EFT, I had been in therapy for 4 years. I had made some progress but I still felt like the same person and most of my issues were still in place. With EFT, within 1 or two years of tapping on so many things, I felt like a completely different person. I simply didn't react to so many things any longer that used to upset me or make me anxious or leave me ruminating... it has just been so liberating.

In fact, these issues are SO gone from my psyche that it's even difficult for me to remember exactly what I've been liberated from.

I wish the same for any and all beings (human or otherwise) that are suffering, as so, so many are.

Working With Survivors of Childhood Sexual Abuse

BY JAYNE MORGAN-KIDD

Whenever you get a new client, there is always a possibility that their problems may be related to a history of childhood sexual abuse. No matter the similarities involved in abusive experiences, each person will react or respond in very personal and individual ways. However, there are some *trends* that may be worth looking at. Below are some suggestions and phrasing that could apply to various symptoms as described. This is NOT a blueprint for a session. It is intended to expand your knowledge and repertoire of ideas about working with sexual abuse issues.

Building Trust and Rapport

Some clients will be very open from the beginning. Others may take some time before disclosing the painful and often secretive feelings they have held for years that are related to their abuse experience. Give your client the time needed to make their connection with you comfortable. Helping your client become familiar with this strange and wonderful technique, EFT, is a good way to begin.

Often clients are nervous or anxious about what will happen during the session or at the thought of having to talk about their past. They may have had traditional 'talk' therapy and will likely remember how painful it was to talk about the abuse. Address how your client feels just being at the session and any anxiety or fear about bringing up these upsetting events. Use EFT to 'take the edge off' these fears or anxieties. The tapping will gently diminish the fear (anxiety, disgust, whatever) of the thought about talking about the incidents. In this way you are 'sneaking up on it' as Gary says. And it's a wonderful way to demonstrate how EFT works as you help your client relax and feel more at ease.

Feelings and Behaviors

Clients who have suffered sexual abuse during childhood often have symptoms which may include any or all of the following:

- Feelings of guilt
- Low self esteem
- Depression, anxiety, anger, fearfulness
- Self-destructive behaviors
- Eating problems (including eating disorders such as bulimia or anorexia)
- Feeling different from others

- Relationship problems
- Physical problems, including chronic problems such as headaches, stomach or other digestive problems, vaginal or urinary problems, problems in the reproductive organs, other
- Substance abuse, other addiction or addictive behaviors
- Avoidance behaviors related to anything (thoughts, activities, people, places) associated with the trauma
- Feeling powerless and incapable of asserting self
- Controlling behaviors

Looking for Layers

Find out what their reactions to memories are and how they cope with these upsetting feelings.

"What happens when you start to think about ...?"

"What makes you feel better when you are having those reactions?"

This may open the door to talking about the coping mechanisms the client uses. These may include self-abusing behaviors such as overeating, substance abuse, cutting, and others.

"Even though I numb my feelings with (by)..."

Keep tapping as you reframe the behavior. Use something such as "That is how I have learned to cope with my feelings (cover up, escape, numb my feelings) about what happened to me. It's how I survived. It has served a purpose. It doesn't serve me any longer. Maybe I don't need it anymore." Tapping with these reframes is more powerful than simply saying them.

Ask about feelings of fearfulness. People who have been sexually assaulted as children often have a fearful view of the world.

"Even though I feel afraid of the world (or men or women or all people or certain places or whatever)..."

Victims of sexual abuse which occurred during childhood sometimes respond to the premature sexualization by 'acting out sexually'. Some clients report having been promiscuous. Clients will have enormous guilt about this behavior and even use it to justify the abuse. I view *and reframe* this behavior as the client's best attempt to 'normalize' the event or sometimes chronic abuse and his or her feelings about it at the time.

"Even though I had sex with multiple partners, I deeply and completely accept myself. As crazy as it sounds, it somehow helped me cope with the feelings I was having at the time. I love and forgive

myself. I was doing the best I could at the time.”

Another problem that victims of childhood sexual abuse may have is difficulty being in a relationship that would generally include sex. They may try to:

- 1) *find ways of avoiding sex as much as possible;*
- 2) *find a partner with whom sex is generally not necessary, not possible, or not expected; or*
- 3) *submit to sex because they want to be perceived as ‘normal’.*

“Even though I don’t like sex...”

“Even though I don’t want to have sex...”

Or

“Even though I hide my feelings about sex from my partner...”

“Even though I hide my feelings about sex from myself...”

All of these are likely to lead to deeper feelings and more aspects to tap on.

Once you identify the client’s sexual attitude and their means of coping with it, use EFT to neutralize the feelings they have developed about themselves. As these feelings are released, more normal feelings will begin to show up.

Ask about general feelings such as guilt, fear, anger, sadness, shame, etc. related to the thoughts of abuse.

“Even though I feel angry (sad, guilty, ashamed) about what has happened to me...”

Using EFT in this general way will often take you to deeper layers and/or specific events.

Special notes about GUILT and SHAME:

People who abuse others often blame the victim for their behavior and may threaten and intimidate the victim into silence. Survivors later feel ashamed and guilty about not doing something to stop the abuse or they continue to feel responsible for it. Self-blame creates guilt and shame and can add years of suffering.

Because sexual abuse can occur in pleasure zones, the body can respond automatically to stimulation. Pleasurable physical sensations, lubrication or even orgasm can occur. The survivor’s emotional reactions and physical responses were not in sync which will cause confusion and intense negative feelings. The person ends up feeling guilty or ashamed because they experienced some good feelings at some point during the assault or molestation. This is often the most difficult

area for the client to work on and most clients do not bring it up. Most likely, you will need to approach the possibility of this aspect. You can begin by talking about other survivors who experienced moments of pleasurable sensations amidst the act of violence. Hopefully this will open the door to doing some tapping around this very difficult emotion.

Specific Events

There may be one event or many. You may collapse the problem with one story or it may take several. You can reassure your client that if there are dozens and dozens of incidents, you will not have to go through every single one. As most of the incidents are likely to be related to a general theme, they will have some connection with each other and as one is resolved, others will resolve with it. Sometimes you will come to this specific event in a spontaneous and/or unexpected manner. Other times the client will choose to confront the memory at a specific session. Use tapping to take the edge off before going into the story whenever necessary. Begin tapping on very general issues or address the specific issue in a very global way. Listen to the client's language and use it in your phrasing.

Do many rounds of tapping on generalities to reduce the discomfort of facing and remembering the details which may be coming.

"Even though I don't want to face this memory..."

"Even though I don't want to talk about this..."

"Even though I feel upset at the idea of talking about this memory..."

Helping a man unravel how a childhood molestation affects his current relationship

BY DEBORAH MILLER, PHD.

"Miguel," a 39-year-old Mexican man, didn't know what to do in his relationship with his girlfriend. She loves him and he cares deeply for her. It bothers him that he may be hurting her because of his uncertainty. He feels his past is influencing him.

In addition, Miguel has problems relating to people, things go wrong, everything goes black, and no one comes close to him as if he had a black aura. He can be very cheerful, but gets depressed. He went to neurotics anonymous without success.

His past includes a divorced mother who remarried when he was 5. He was sent to live with his grandparents on their farm after his mother remarried because his stepfather didn't want the previous five children around. His mother had 3 more children after remarrying. He felt rejected from the time he was sent to live with his grandparents.

He never felt welcome at his grandparents' because his cousins treated him as if he was the "bad one." His grandparents basically used him as "help," sending him out to the fields to take care of the

cows. When Miguel was 7-8 years old the teenage boy in charge of the cows sexually violated him. (He had kept this secret until we worked together with EFT). After that experience he felt he never had a choice (meaning sexually and in life decisions).

We tapped on the following childhood traumas:

- His mother leaving him with his grandparents when he was so young.
- Being rejected by her and the new stepfather as well as his biological father.
- Feeling lonely, missing his mother intensely, sadness, self-blame, and fear.
- His grandparents not taking good care of him; he was just another mouth to feed.
- Guilt, being there but without rights, the hurt.
- Feeling marked for life because of his childhood experiences, the sexual abuse.
- He is black; he's not innocent

We tapped on it not being his fault, not being the black one, freeing up the mark on him, being clean, lifting the weight of this trauma, feeling at peace, and recovering his life.

The sexual abuse occurred during the day in the fields while taking care of his grandfather's cows.

The young man was about age 15-16. They were alone that day. It was about 11 or 12 in the morning. The young man started by playing a game that ended up being sexual abuse. Miguel felt dirty so he hid this event from everyone.

There were many occasions with the young man and also with this man's friends. These events haunted him his whole life. He's tried to forget them but they keep returning. Miguel felt fearful, especially during the day. Back then, he only wanted to leave his grandfather's place, but couldn't. He felt he lost something, something important, but he didn't know what. We tapped on:

- Forgetting something, losing something when he was 7-8 years old, but he didn't know what.
- Losing something that day in the field. Losing his innocence. It was his and the young man didn't have the right to steal it from him.
- Even though it happened over and over again, it doesn't mean he is a bad. He was a child. He is innocent. He is free. He can fly. No one can pull him to the ground.
- His power is within him. He is free of guilt, sadness, anger and frustration.
- Forgiveness for himself, the young man, it began as a game and because of his innocence he didn't understand what was happening.
- He was just a child. It wasn't his fault. It was the young man's fault. He didn't get to choose.
- He is still innocent. He can heal himself. He can choose to be healthy and free.

Miguel recognized it wasn't his fault and that the young man hadn't made good decisions. He felt sad that he had been marked for life by the sexual abuse. The young man stole his innocence. We tapped on the girlfriend issues:

- The tenderness he feels for her; he cares but doesn't love her.
- Wanting to respond to her in the way she deserves but doesn't "feel" it.
- She wants to marry him. He doesn't want to hurt her.
- Thoughts that he may be gay because of his childhood experience.
- Feeling embarrassed, marked, and rejected.

Miguel lost friends in Mexico and the US because of the anger, aggression, intolerance, and feeling of guilt he had because he had been marked for life. He felt no one wanted to get close to him because they could see his black aura, the stain from his past. We tapped on:

- His aura changing from black to grey to white.
- Released his need to think of himself as bad, as marked, and that he was clean, innocent, filled with light.
- We worked with his inner child, giving him hugs, acceptance and love.
- Finding his innocence.

Now that Miguel is free of feeling stained, marked for life and has recovered his innocence, he is moving forward in life. The last time we spoke he was content and happy with himself. He was enjoying the shift in his friendships and the relationship with his girlfriend. He knows that he is improving step by step and will come to a conclusion of whether to stay with his girlfriend based on his own feelings not those of the past.

Borrowing Benefits brings up and collapses the “Big One.”

BY BAERBEL FROEHLIN CHT

The issue I tapped on was the most intense issue of sexual abuse very early in my life. This issue had been there for many years and didn't budge, as I tried to get through and over it with hypnotherapy.

After 2 or 3 days of Borrowing Benefits, as I tapped along with a 0-10 intensity of 10, not expecting anything to move as usual, I suddenly "saw" clearly in my mind this large black coffin, wrapped in sadness. The coffin contained my parents, the rest of my family and my relationships with all of them. I just knew that in a flash! It was a powerful metaphor that encompassed the entire sexual issue and all its related aspects.

Today I understand; it completely jolted me out of my obviously suppressed emotions. Borrowing Benefits brought up the "Big One" and collapsed it.

I was experiencing the very last scene in my own painful movie. While feeling chaotic emotions and memories washing over me, the black box in my mind suddenly became very small, broke into a thousand pieces and crumbled into dust, disappearing before my eyes. I could hardly breathe at that moment and struggled for something to hold on to. It felt so incredible that finally that blockage had moved.

Eventually I worked with Pat Carrington (thank you, Pat!) during the break to get through my emotional turmoil. She suggested the following:

"Even though I never felt safe enough to get beyond this ... I choose to feel safe enough to begin to open up now"

And so I did. Since that time I have tapped on other events when I didn't feel safe; it suddenly was easier, successful, made more sense. I was able to improve in many areas in my life. Now, looking back again at that day in Flagstaff I understand clearly why so many times we hear from clients that they don't feel or experience anything at all. It's not that they can't feel it, rather, it is that they won't. They have to protect themselves forever from painful memories; the ways of doing that are as many as there are abuse survivors.

My own experience has definitely helped me to see more clearly through my clients' issues. The combination of EFT and hypnotherapy I use has shown to be very efficient, especially for deep rooted and emotionally painful problems as in abuse cases. The release can be facilitated without the pain of reliving everything. ***EFT enables us to move through with the speed of lightning!***

I'd like to encourage all abuse survivors out there to not ever give up.
As long as you can apply EFT there is hope!

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 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.

‘Miranda’: Repressed memory of child sexual abuse

BY GARY CRAIG

‘Miranda,’ age 51, attended a 3 day EFT seminar. In recent years, she had harbored a haunting feeling of being sexually abused around age 5 but had no specific recollection of any such event. She was made aware of this possibility through a spiritual adviser but her only evidence was this feeling (which was a clear drag on her self esteem) and the fact that her father told her she had a distinct personality change around age 5. She agreed to work with me on stage in front of 20 seminar participants.

Tears came even before we started as she immediately announced she was afraid to find out what had happened. She had a clear expectation of success (and thus a valid fear of finding out) because

she had witnessed a 90% success ratio for the previous 2.5 days for everything from pain to phobias to traumatic memories to sinus problems. This expectation of success stands in contrast to most conventional therapy where it is usually expected to take weeks or months to see even the first signs of progress. This expectation on Miranda's part is a testimonial to the power of these procedures. I applied EFT to Miranda's initial fear and it subsided in moments. She then verified that she was ready to go ahead with the repressed memory and I proceeded to address her "block to recalling the memory." Eventually, she recalled the incident but along the way she went through a series of separate "uneasy feelings" which she was unable to identify with labels such as grief, fear, disgust, etc. These were just intense feelings about the issue and that's all the identification she could give them. However, it was clear that each of these feelings was a separate aspect of the whole problem because each came with its own distinct combination of tears, body trembling and stiffening of the arms. I used EFT for each of these feelings (there were 5 or 6 altogether) and each of them subsided in short order. To my knowledge, no individual algorithm exists for repressed memories or unidentified feelings and that is one reason why the all-purpose EFT algorithm proved so helpful. After about 20 minutes of applying EFT to this multi-faceted problem, she recalled the incident in detail. The abuser was her uncle. She recalled the penetration without emotional charge and even remembered his specific words, namely, *"This is how uncles love their nieces."* She was emotionally free of the issue. No charge whatsoever. We even joked about it along with the audience. In the 15 months since this session occurred, Miranda has successfully used EFT for other issues (such as headaches). However, she has had no need to use it for this incident because it no longer occupies any mental space. She feels free of it and described our session as providing a "clearing of the issue." Except for my recent follow-up phone call and the discussion of her EFT seminar experience with friends, the issue no longer comes up. It is gone as a piece of emotional baggage and she *"doesn't think about it anymore."* When discussing it with me recently, she retained only a normal, mild degree of disappointment about her uncle's behavior.

Jenny's painful breastfeeding had emotional roots

BY PAT FARRELL, MA.

This session on painful breastfeeding had many layers and intertwining situations.

"Jenny" came to me 8 weeks after her son had been born. Nursing had been painful from the very first time he nursed in the hospital. When she went to her primary physician after 4 weeks, he advised her that both she and her son had Thrush, which was causing sore, red nipples and severe burning pain in her nipples during and after breast-feeding. Her son also had white spots on his tongue. A month later, when she returned to a different physician (hers was on vacation) he said she had mastitis. That was on a Friday. Jenny came to me on Monday.

I asked Jenny about her relationship. It seemed that she was very resentful about the father of her baby. She said that "it's all about money. He's critical of my body and that makes me feel icky. My self-esteem has plummeted. I want to get skinny so that I can make him happy. But then I think, 'Why would I want to make a man like that happy?'"

I feel that it is important to start right where my client is rather than asking questions and trying to "figure it out." What we really need to work on always comes to light. We started tapping on her feeling "icky" which was a 10 on a scale of 0 to 10 and her low self-esteem which was a 6 out of 10. The pain which she experienced from the mastitis was about a 6 out of 10.

Even though I feel really icky when Mark talks to me like that...

Even though I feel icky that my body isn't perfect...

Even though I feel really icky when Mark talks down to me like that...

After our first round of tapping on feeling icky, her low self-esteem went from a 6 to a 2 out of 10 and the icky feeling when he criticized her was at a 6 from a 10 out of 10. After a round of tapping,

I always ask my clients to check in with their body and notice any physiological sensations. Sometimes they notice stress or tension being less. Sometimes they notice tension that they were not aware of prior to our tapping. I believe that tapping increases our awareness of ourselves, and our physical and emotional conditions. I then ask if any other emotions came up or any other thoughts.

Jenny noticed a feeling of relaxation while at the same time a fear that "I'll be doing it alone" came up at a 6 out of 10. So we tapped on the fear "that I will be a single mother". Her fear went to a 0 after only one round.

We also discussed "why would I want to make a man like that happy" and her not wanting to be sexual with Mark because of her resentment towards him. If her breasts were sore, he couldn't use them as a means of sexuality. We did one round of tapping on punishing Mark for the way he treated her by not being sexual with him. Resentment that started as a 10 was now a 6 out of 10.

What came up after that round of tapping was anger at her partner that he was so critical and judgmental of her. She was angry that he wasn't nurturing and not at all affectionate. As we tapped on this, it was simply repeating the things that I just mentioned. Then, at one point, I said "anger at myself for being with him". She realized that this was even more significant than her anger at him. The anger was joined by resentment of him for being so critical. We worked first on her anger at herself and 2 rounds brought it to a 0.

When we talked about her resentment of Mark, I mentioned the sexual abuse that she had experienced by her stepfather and asked if she still felt resentment of him. I knew of this because of the Personal Information Sheet that I have my clients fill out prior to working with me. Yes, she was still angry and resentful of her stepfather. We worked on this anger and resentment.

While I most often stay on one subject until it has reached zero, I also will often switch to a new issue which I recognize to be under the original issue, each time getting closer to the core issue.

The sexual abuse of her stepfather was obviously still a core issue with her and her anger and resentment had been living in her body for 10 years and was now aimed at Mark. She realized

that some of her anger was aimed at herself for having let the abuse continue for 6 months before she stopped it. Jenny was fourteen at the time of the abuse.

GC COMMENT: These core issues are often specific events that, when isolated, can be collapsed rather well with EFT. I find that this approach usually gives deeper, more lasting results. We can "get to 0" with global approaches but this approach is less likely to be permanent.

She feared hurting her mother, that her mother wouldn't believe her, and had a love-hate relationship with her stepfather. She cared for him and hated what he was doing to her. This, by the way, is where the original "icky" feeling came from that she was now experiencing in response to her partner's criticism. Her stepfather was very critical of her and wanted her to be perfect. He, too, criticized her for carrying extra weight and that made her feel icky as did the way he was sexual with her.

The icky feeling from having been molested was a 10 and her guilt for not stopping it sooner was also a 10 out of 10.

Even though it made me feel icky when my stepfather criticized me...

Even though it feel guilty for having let that happen...

Even though I was afraid to stop it...

We tapped the EFT points repeating the following phrases.

His touching me made me feel icky

I felt icky but I was afraid to stop him

I was afraid my mother wouldn't believe me.

I hated him for criticizing my weight

I felt icky when he criticized me

I felt icky when he touched me

I hated him for doing that

I felt icky when he criticized my weight

If I was so fat, why did he want to molest me?

I have to be perfect in order to be loved

I have to be perfect in order to be loved.

She was very triggered by "I have to be perfect in order to be loved" (I find this to be a common theme), so we tapped on that for 2 rounds and brought it to a 0.

After 10 years of holding on to this icky feeling of having been criticized and molested, Jenny was at a 0 after just one round. Her guilt had gone down to a 6. We did another round just on the guilt of having been molested and not having stopped him. The guilt was down to a 2. After one more round, both the icky feeling of her step father having molested her and her guilt that it had happened were now 0.

We checked back in with the icky feeling of her partner criticizing her. It was down a 2. Her resentment of her partner was still a 4. One round on each of these brought them each to a 0. After a two hour session, Jenny breastfed her son with no pain and has been pain-free ever since.

In the vast amount of work that I have done with sexual abuse, there is often guilt and self hatred involved for having "let it happen" in the first place. This issue can get very confusing, with guilt and shame being underlying emotions that result in anger and resentment. I work to help my client release the guilt because I find guilt, along with shame, to be two of the most debilitating emotions. The anger and resentment are then usually much easier to deal with. Sexual abuse is insidious and seems to permeate all phases of a person's personality and therefore her (or his) life. EFT can work quickly on sexual issues that they may have been dealing with for years with many other forms of therapy.

Each session we do resembles the idea of peeling an artichoke layer by layer, because inside you find a heart.

Handling a sexual addiction with EFT

BY LEONARD THORNTON, PHD

Just had a very powerful session with a new client dealing with self-abandonment and an intimacy disorder, which essentially cleared in one session.

"Dirk" came to me about a problem that he had had nearly all his life at the urging of his new girlfriend, Carrie. (The names have been changed.) I had known Carrie socially and as a client for about a year. We had a number of sessions using EFT, guided healing and meditation, along with energy healing with great success.

The last time Carrie came to me she was very upset about what she had just discovered about her new man, Dirk. An email had been circulated by a former close associate of Dirk's claiming that Dirk had a sexual addiction and wasn't fit to do the work he was doing, which was conducting apparently very powerful and successful workshops across North America helping others to awaken their hearts. This was a new relationship for Carrie who felt that spiritually and every way this was her true soul mate.

A major trust issue had come up for her as apparently Dirk had had a number of liaisons since meeting her only a few short weeks ago.

I was successful in calming Carrie, using EFT and a guided meditation to help her put the whole thing in perspective. I suggested that she might want to trust her initial feelings and the connection she felt with Dirk and not "throw the baby out with the wash."

Carrie said that when she confronted Dirk he did admit to having a problem and had worked hard at solving it for many years, using all his knowledge and skill and those of the associates around him, with no success. I suggested he might want to try EFT and I would be glad to help him. We made an appointment for Dirk the following day as Carrie indicated she had already encouraged him to come and that he was very eager to overcome the problem.

As we started the session Dirk said he wanted to read me some things, among them the letter circulated to about 300 individuals via email positing the sexual addiction. He also read a letter from a former female contact advising him that he should inform Carrie of all the liaisons he had had

since he first met her. Dirk also read something interesting from a book entitled "The Four-fold Way" about the Visionary (which he seemed to identify with). One of the aspects of the Visionary was self-abandonment, whereby the self was abandoned in order to get love, approval, etc. Dirk started to become very emotional (This was a large six foot 5 inch man, weight probably 250 pounds). I said that I thought we had something to work with here and briefly explained what EFT was and how it worked to release the energy disruptions stored in the energy field. As an important note our job with EFT was made much easier because of all the "homework" Dirk had done. He had come to the realization about the importance of abandonment through his own efforts and that of the other ministers in his organization in the last few weeks. He just didn't know what to do with it.

We started on the setup:

"Even though I have abandoned myself since childhood, I still deeply and completely love and accept myself, and I am willing to give myself forgiveness." Dirk started rubbing the sore spots but was unable to complete the statement before completely breaking down emotionally and sobbing uncontrollably. He seemed ashamed and I encouraged him to let it all come out and that it was really a good thing. At one point I went over and rubbed him gently on the shoulders and back as he sat hunched over and sobbing. I felt he needed the contact. Finally after a good three minutes, Dirk regained control and sat back up. We started the same setup and he was able to complete it three times.

We then started tapping on the top of the head point with the reminder phrase, "Self-abandonment." I suggested he tap and then hold the point to allow all the energies, feelings, pictures, and memories that came up to process.

We both held the point for several minutes. I encouraged him to breathe deeply to help release the energy. Dirk was very calm but I could see he was releasing a lot of energy. When we finally put our arms down on our laps I felt to have Dirk connect energetically to the Mother Earth, feeling the energy from his feet go through the floor and deep into the heart of the earth. I then suggested he feel the warm, loving, powerful energy of the Mother Earth come up in through and around him, allowing him to feel safe, loved and protected. It became apparent why this was important later in the session.

We then proceeded with same reminder phrase through the eye points, again tapping, holding and breathing as he processed. I have found in the past that this tap, hold and breathe procedure works very well and enables client to come to awareness of many things associated with the problem on their own. It also saves having to do many separate rounds as most issues, even difficult ones like Dirk's, can be resolved in one or two rounds.

We did the same thing on the remaining points down to the armpit.

I then asked Dirk how he felt and he said much calmer. "Suppose then," I said, "that when we started you were at a 10 on a scale from 0-10, where would you be now?" He said a five.

We then went to the karate chop point with the reminder, " Even though I have this remaining feeling of self-abandonment, I still love and accept myself completely and I am willing to forgive myself and let it go!" Dirk repeated this vigorously 3 times and we then went to the top of the head

with "This remaining feeling...", followed by under the eye, chin, collarbone and under the arm, tapping and holding, but for a shorter period of time. I closed by having him taping his wrists together, rub them together, then hold, repeating the phrase: "I love and accept myself and I forgive myself for all that the abandoned self created." Dirk repeated this himself ten more times most emphatically! He then smiled at me for the first time and I asked him how he felt and where he was on the ten-point scale. He said he felt very calm and connected to himself and that it was probably a 0.

An hour had gone by and I asked him if he wanted to continue. He said he did and so we went to the original presenting issue, sexual addiction.

I asked Dirk to make the statement, "I have this sexual addiction." He corrected me, saying it was not an addiction, but an intimacy disorder. Making this corrected statement was about an 8 for him. After the setup, "Even though I have this intimacy disorder....." we started tapping on the top of the head.

While Dirk was tapping the top of the head, I felt intuitively to ask him if this had to do with his mother. He said yes, that was where it started, and I could see that he was feeling strong emotion. We added his mother to the reminder phrase and Dirk again broke down emotionally, crying out vehemently with his head in his hands, "Mother, how could you do this to me! I was just an innocent boy! You.....me up for life!"

After this subsided, Dirk explained that when he was around four years old, he had started to go to his mother's bed, because he felt lonely and scared. His mother was in menopause and apparently very estranged from his father, a big man who always scared Dirk with his booming voice. His mother always went to her own separate room early, and did not stay up late or sleep with her husband.

Dirk said it was very innocent for him. His mother was always naked and he had his pajamas on. I asked what his mother did and he said she would hold him and he would touch her breasts but there was no genital contact. This went on every night for many years, until finally at the ripe old age of 12 Dirk himself decided he shouldn't be doing this anymore and stopped going to his mother's room.

He further explained that now, after an emotionally exhausting day conducting a workshop, he would feel the need for comfort and loving contact, and that since he had married women who were in menopause (unbeknownst to himself) and were sexually cold, (this doesn't mean all women in menopause are necessarily this way!) he ended up having sexual encounters with others.

I sensed PR so we went to the sore spot with; " Even though I have this intimacy disorder that began with my mother when I was very young, I still deeply and completely love and accept myself and I am willing to forgive it and let it go!" As we tapped the sequence down from the top of the head, I encouraged Dirk to breathe deeply and allow all the feelings to surface and release. The first round down to the under the arm points reduced the intensity to a 5.

At one point Dirk asked me if I was doing something as he felt something bad had just been lifted out of him. I said I was connected energetically but that I gave full credit to the healing angels I

always invoked for sessions.

We then tapped on the KC point, "Even though my mother was sexually inappropriate with me, I still love and accept myself completely and I am willing to forgive her and myself, and let the whole thing go!"

Dirk repeated this emphatically three times. We then tapped on the top of the head, under the eyes, chin, CB and under the arm. I then had him tap his wrists together saying, "I love and accept myself even though my mother robbed me of my innocence and was sexually inappropriate with me!" Dirk did this many times with strong feeling.

He then looked at me and smiled, his face beaming. I asked him how he felt and if he thought this was clear. He said he had not felt this good with "...myself and my energy in ten years...actually my whole life!"

An hour and a half had gone by and I explained that although these two areas appeared to have been cleared there might be other aspects and nuances that might come up. He said he wanted to see me again and so we set up another appointment for the following week.

I saw Dirk again 5 days later. He looked very relaxed, even happy. I asked how he had been doing and he said great. He explained that he had tried to get in touch with the old feelings and energy that we had cleared but just couldn't feel it. "I almost don't believe it! It's just not there!"

We then talked about related issues, in particular his need to seek comfort outside of relationship and the pattern he said existed in his family of always trying to do the "right" thing even when it went against his heart feeling, which was presumably why he had married the women in his life. We did a powerful round using the set up, "Even though I have this tendency to seek comfort through sexual activity outside of relationship, I still deeply and completely love and accept myself, and I am willing to forgive myself, my mother and anyone else who had anything to do with it!" We closed the round tapping the wrists with the affirmations: "I love and accept myself and no longer need to seek comfort through sexual activity outside of relationship. I can give myself all the comfort I need. I can be faithful and true to myself and my partner."

Dirk said this issue was now completely clear.

We then dealt with what he felt was a very deep problem, not following his heart, but trying to do the right thing, the correct thing even if it meant being unhappy and miserable.

We used the setup, "even though I have this pattern of not following my heart and doing the "right" thing, even if it kills me, I deeply and completely love and accept myself and I am willing to forgive it, my family, and everyone else and let it go!" Tapping first on the top of the head with the reminder phrase, "doing the right thing" I had Dirk tap, then hold and breathe deeply seeing, feeling his whole life around this issue. We added phrases like, "hang in there no matter what...do the right thing even if it kills me, stay in my head, ignore my heart..."

We finished the round tapping the wrists, holding and breathing deeply as I had Dirk say, "I am now willing to follow my heart, no matter what. I am willing to be faithful and true to myself and my own

heart's knowing. I will follow my heart even when it seems hard. I follow my heart wherever it leads me."

Dirk said he felt very clear now and that this was done.

We then discussed EFT and Dirk asked if it was hard to learn and I, of course, said it wasn't and would be glad to teach him, and that there were many good materials available on it.

Dirk explained that he did many workshops in prisons and in other venues and was very good at helping big groups of people open up and be ready to clear deeply emotional issues but he'd always felt something was missing. I agreed that he probably needed something like EFT and he asked me if I would be willing to work with him in groups and I thought,, wow, we can get EFT into the prisons! We left it that Dirk would contact me again. He wanted to come for more sessions saying how impressed he was with how it worked.

Fear of gynecological exams cured with EFT

BY DR. KIYA L. IMMERGLUCK, EFT-ADV.

Survivors of sexual abuse are often a difficult population for traditional psychotherapy. Certainly, the support and comfort of a safe person who they trust is tremendously valuable. Just to be able to tell their story and be respected and believed can be very comforting.

But the PTSD associated with many types of sexual abuse (with adults as well as children) can be very resistant to therapy or psychotropic drugs. EFT is the most powerful tool I have ever encountered in terms of addressing core issues without months and years of "talk therapy."

It may not be generally known that women who have experienced sexual trauma often report an intense fear of routine gynecological internal exams. Some women refuse to go to the doctor for fear of the flashbacks involved with the "invasion" of their bodies.

My client was very resistant at first to this article being published, but I assured her that her identity would be well hidden. She agreed because she felt that the benefits for women far outweighed any initial embarrassment about the issue.

Client "X" is a post-menopausal woman who reported incidents of early childhood sexual abuse. After many years of therapy on that issue, she felt confident that she was cured and did not need to work on those painful old memories from more than 50 years ago.

She was quite shocked when she returned from a routine visit to her primary care physician. "My doctor is a kind and compassionate woman who actually spends extra time talking to me. I didn't realize that she would be doing a routine internal exam (Paps Smear) on that visit, and I became so frightened that she was unable to do the simple internal procedure."

We did some tapping on the old memories, and they were quickly reduced to 0 level of intensity on a scale of 0 to 10. We used the Tearless Trauma Technique and she came up with her own

“nicknames” to represent certain incidents without having to reveal the particulars while we tapped.

Then we tapped on the procedure itself and her shame that she “should be over this by now,” and the fact that there was no reason for her to be afraid of her compassionate WOMAN doctor. At the end of the session, Client “X” reported that she was down to 0 level of intensity on every aspect of the issue and felt confident that she could return to the doctor for her gynecological exam without incident.

In future sessions with this client, I sometimes asked her if she returned to the doctor yet. She told me over a period of months that she hadn’t gone back yet, but that she would very soon. When I asked her if she was still afraid, and might need to do some additional tapping on the issue, she insisted that the problem was solved. She denied that she was avoiding going back to the doctor.

Finally, she admitted to me that she was experiencing “fear of the fear.” She was afraid to let herself down, embarrassed to show the doctor how wonderful EFT was, and then possibly “fail,” and afraid to disappoint me with all the great work we did on the issue.

We tapped on all of those residual issues by telephone the night before her appointment. We also did some more tapping on old memories, and it was clear to her that those old issues were truly resolved.

She asked for prayers before her appointment, which included some surrogate tapping. She called later that day to report that the exam went very well, and that she was completely relaxed during the procedure. She was elated to report that it was the best experience she ever had with a gynecological exam!

Just think how great it would be if all women knew they could tap before a doctor’s appointment and be completely calm!

Psychiatrist relieves sexual exhibitionism with EFT — 4 year follow-up

BY CURTIS A. STEELE, MD

A professional man in his late 40s had a problem with compulsive masturbation which had persisted for more than 20 years. He would do this furtively in public places where he might be seen, for example in department stores, between rows of clothing. His was a very complex case, with many emotional issues in addition to the exhibitionism. He had a high degree of motivation to get over this particular problem, because it threatened his career, it had ruined one marriage, and now it threatened to ruin another.

He had been arrested in the early 1980s, and was sentenced by the court to aversive conditioning therapy, such as being shown erotic images and then painfully shocked. (This type of treatment has since been thoroughly discredited.) He relapsed several years after that, and came to my care when he had been re-arrested. I began attempting to help him, working with him for the next eight

years.

First we tried Depo-Provera, which was in fashion for sex offenders at the time. It "worked" for a brief while, and then once again he reported he was exhibiting himself.

Then there were various trials with psychotherapy, coupled with the use of medications such as the SSRIs. Each new method seemed to work briefly--the placebo effect, no doubt. He was in group therapy for a while; he displayed no psychological mindedness whatsoever.

We could find no discernable pattern to his problem behavior: he'd do it when depressed, when elated, when bored. The only constant seemed to be a relapse sooner or later.

Finally, in 1999, I said I'd like to try out this new therapy I'd been using, and proceeded to introduce EFT to him. A cynical sneer appeared on his face, but he agreed to cooperate with the procedure. The setup phrase was *"Even though I have this problem, I deeply and completely accept myself."*

His cynical smile continued until we reached the collarbone spot, when he got a shocked expression on his face and exclaimed, "It's gone!"

"What's gone?", I asked. He responded that he'd had a peculiar distressing feeling, deep in his chest, ever since the age of 12, when his mother had caught him masturbating and threatened to cut off his penis with an ax!

We then tapped for that traumatic experience and he had no remaining distress. EFT did not need to be repeated after that, nor was any other therapy required. He came back a month later and said he'd had no more urges. He even had gone to one of his old haunts and tried masturbating, but the thrill was gone, so he quit and went home.

I continued to meet with him occasionally after that, and even though he had a number of major life crises he managed them successfully. In the four years since that treatment with EFT he has been entirely symptom-free.

Interestingly, he had reported the threat by his mother years earlier in therapy, but at that time his affect had been dissociated; and he met an effort at psychological exploration with bewildered denial. The use of EFT in 1999 uncovered the emotional experience in its full intensity, which we were able to then dissolve, ending the problem.

Cross Dressing, Depression and Sexual Abuse

BY AILEEN NOBLES

As many of us have experienced, treating a chronic depressive state can be very challenging and frustrating, and change rarely happens quickly. Now and then, it is incredibly uplifting to see amazing changes happen within one or two sessions.

"Andre" came to my office ready to go to work on his issues. He told me he had been chronically depressed as long as he could remember. For years he had been on and off medication without

finding much relief. He had contemplated suicide many times.

As soon as he sat down he told me he felt as if he was a female trapped in a male body. He was bisexual and had been married a couple of times. He told me he was a cross-dresser although throughout his marriages neither of his wives knew about this behavior. He mentioned that he really enjoyed making love with women, and had only experienced one homosexual relationship.

No one knew about the pain and shame that Andre lived with daily. His father was physically abusive, and had constantly told him he was stupid, useless and weak. He felt his father hated him, and his mother was emotionally and physically distant. He felt trapped and hopeless.

We started by rubbing the sore spot saying,

Even though I'm so ashamed and uncomfortable with the way I feel, I would like to love and accept myself anyway.

Even though I've felt this way as long as I can remember...

Even though I'm embarrassed about my secret life...

We then started tapping on:

I'm so uncomfortable and ashamed of feeling like a woman.

But I don't want to be a woman, I want to be a man.

I'm alone and feel life is too difficult for me.

It's sheer hell feeling ambiguous about my sexuality, but most angels appear androgynous so perhaps I'm in good company.

This surprised him, so I explained that was the way I saw angels when I was doing psychic readings. It brought a big smile to his face.

We continued tapping:

Even though I enjoy cross-dressing, I really enjoy good sex with women. He nodded his head in agreement.

If I'm going to be a cross-dresser I would much rather be comfortable with it.

Well-balanced people have both a masculine and feminine side to them.

I am a very gentle man with a well-developed female side.

Many wonderful women have a well-developed masculine side.

Perhaps I'm more balanced than I realized.

Whatever my choices, I would love to be at peace with them so I can enjoy life and be more productive.

Andre left the session with a very different energy than he arrived with.

At his next appointment he told me he had experienced the best week of his life. He didn't feel depressed and was looking forward to positive change. I asked Andre, "What does being a man mean to you?" His reply was that it meant being angry and abusive. Although this image was the one he had about his father, he intellectually understood that this description did not apply to all men.

Andre was very emotional when talked about never being allowed to express his anger. He had been terrified of displeasing his father, and so had stuffed all of his own anger at the injustice he had had to endure. We tapped on:

I am so angry at the way my father treated me.

He called me stupid and weak like a girl.

He beat me every time he got angry.

We did the Movie Technique and collapsed intensity around a few specific incidents of abuse. Then we continued with a few rounds clearing and releasing his anger.

I wanted and needed to answer back, but I was so scared that I just stuffed it.

Even though I'm so angry, it's safe now for me to release it.

I don't want to ever be like my father.

My father is an angry bully.

Not all men are angry and mean.

I don't have to be like my father if I decide to enjoy my masculinity.

I do enjoy being a man and making wonderful love with women.

Perhaps I'm more masculine than I think I am.

Although I still have some anger in me, it's safe to release it energetically.

I am reframing the way I think and feel about being male.

I can choose to be a gentle man.

I can choose whether I want to cross-dress or not from a place of clarity, and not based on my old beliefs.

My old decisions based on the fear of being like my father, don't apply any more.

I can enjoy who I am, whatever my decisions are.

I am gentle and loving.

Coming to terms with the idea of being a man who embraced his feminine side was very empowering to Andre. He had lived his whole life hating his father yet still needing his approval, not able to be the macho little boy his father wanted him to be. He now realized that even if he had been more rough and tumble as a child, his father still would have been abusive.

As he talked about his father at the end of our second session, he no longer held on to that anger and hate. He accepted the fact that his father had been damaged by physical abuse when he was a child, and as an adult re-enacted the same behavior.

Andre talked to me a couple of months later about the changes he was continuing to experience. He had not completely given up cross-dressing, but now on the odd occasion when he did it, he did not feel guilty and dirty.

Although he had not yet found anyone to date when we last spoke, he was feeling more confident and social, and was looking forward to attracting a new woman into his life. His latest e-mail said that when he visited his family in France they were astounded at the change in him. He had a tolerable (not wonderful) visit with them, which was better than he had ever had in the past, and his lifelong depression had gone.

This extraordinary life change in such a short period of time gives us yet another glimpse of everything being made possible with EFT.

Peeling Away the Layers of Sexual Abuse

BY BETTY MOORE-HAFER

I continue to be amazed at how EFT often 'peels the layers' and gets to the heart of the matter where deep healing can occur. In a recent session, my client, a young woman, told me she had worked through her childhood sexual abuse issue in therapy, but still felt that fears and other emotions got in the way of intimate relationships. She said she '*keeps people at bay*' and '*loses her center*' when she gets involved, so relationships have always backfired.

GC COMMENT: I learned something very important early on with these procedures. That is, when a new client (who hasn't done tapping before) says something like, *"I worked through my childhood sexual abuse issue in therapy"* THEY ARE ALMOST INVARIABLY WRONG!!!! They're not lying, mind you. What they mean is, they have learned to cope with it, to repress it, to change subjects when the item comes up. But they haven't resolved it.

"Working through it," to most non-tapping clients, means they have talked about it repeatedly in therapeutic sessions to hopefully gain "insights" and thus "feel better about it." But ask them a pointed question that gets to the heart of the matter and you will often get cringing, tears, physical upsets and other symptoms of a still unresolved issue (in which they have invested years of effort and a wad of money). Betty's client came in the door with sexual abuse issues unresolved, as is indicated by her difficulty with intimacy.

BETTY CONTINUES: I asked how she felt talking about all that, and she said it affected her stomach. *"My stomach feels gurgly and gassy, it's holding onto something, not letting go. Something is not being processed the way it should be."* So we started tapping on *"Although there's something I can't digest and process..."*

GC COMMENT: Superb! The creative turning of a physical symptom toward an emotional issue. This pays dividends as you will see below.

BETTY CONTINUES: Her stomach calmed down with the tapping and I asked, *"If your digestive system could say what it is that it can't digest and process, what would that be?"* The answer she got was *"Too much excitement. I just can't process it. I get overwhelmed."* We then tapped on *"Although I get overwhelmed"* and she said, *"yes, part of me hates that feeling... but another part of me craves it, it's like teen energy, I love the excitement."*

I asked her to just close her eyes and be aware of what that does inside: *"It must set up a tension, an anxiety, to have these two opposing parts."* She said she wanted to learn to contain it all, to enjoy excitement without being over stimulated. So we tapped for *"although I tend to get over stimulated"...* and she began to get images of herself as a child.

GC COMMENT: This is a perfect example of how tapping for broader issues such as "overwhelmed" and "over stimulated" often uncovers more specific items. EFT has a way of unearthing more important issues by "clearing away the protective debris."

BETTY CONTINUES: She became aware that as a child, if she felt good about anything, she couldn't contain it, had to *'go out and burn it off.'* This had been true in adulthood too. Feeling good made her *'want to go out and party.'*

Gary, I thought of what you say about addictions - that there's always underlying anxiety driving the compulsive behavior. I suggested that she close her eyes and think about feeling good. *"And what does that do? Does it give you a calm feeling? Or does feeling good give you anxiety?"* It was as if a light went on in her head. She realized that this was the core of her inability to have successful relationships -- whenever she would get close to someone and begin to enjoy the pleasure of that, the anxiety would be so strong that she would have to sabotage things.

GC COMMENT: Sabotage things??? Why? There's an experience, an event, a core issue behind this which, if you can find it (or them), you can achieve true resolution. Read on.

BETTY CONTINUES: So we tapped for *"Although feeling good makes me anxious..."* And tears welled up. She realized that, as a child, at times *"the sexual abuse felt good but it was bad."* And so she was still carrying that strong inner message that it wasn't ok to feel good. We tapped for *"Although I learned that feeling good was bad..."* and *"Although my child believed that feeling good was bad, I deeply*

& completely love and accept my child and I know she was a good girl and it wasn't her fault." This was all very moving, the first time she had truly felt compassion for how confused that part of her had been. We tapped on "releasing this belief that feeling good is bad".

GC COMMENT: Sexual abuse is among the leading issues that drive people into therapist's offices. While I'm not a therapist, I have certainly had my share of consultations with this segment of the population. When I ask them what emotions they have about it, I almost always hear fear and anger. That's understandable. But do you know what term I have RARELY heard them use (at least at first)? Guilt. The sexual abusee rarely brings up guilt until I prod them about it as the session unfolds.

Of course there's guilt. Of course. Of course. Sexual abuse involves our pleasure zones. Sex is nature's greatest feelie and it is very likely that at least part of the sexual abuse feels good to the abusee. This is not always the case, of course. I certainly recognize that. But if you ask probing questions and have the proper rapport, you will find a majority of such cases have GUILT as the primary issue--not fear or anger. *"It feels good but it's not supposed to. I liked some of it but I shouldn't have."* All this shows up in Betty's client as "feeling good is bad" and it is affecting her everyday behavior--especially intimacy.

Guilt and sex often go hand in hand but yet our social pressures are such that abusees would rather work on their fear and anger rather than their guilt. They don't even want to face the guilt. Who would? Fear and anger are directed outwardly. With fear and anger we get to blame someone else. It's easy to do. Guilt, however, can only be an "inside job." People resist working on their own guilt. However, with many sexual abuse cases it is THE issue to address and complete resolution will not come about it is handled.

BETTY CONTINUES: There was more to the session as we tapped on the pain of how there was no one to tell (about the abuse) and no one to help her... grief for all she had lost by not being able to bond in relationship with others during adulthood. Then, at a certain point, she got in touch with some very positive childhood memories, feeling great about her body while excelling at a certain sport, really in the flow, 'feeling good and calm at the same time.' We 'rubbed in the positive' using the EFT points, rubbing in 'the feeling of being fully alive and not over stimulated, just calm and in the flow.'

When I spoke with her a few days later, she said she really felt different. *"Connections with people feel different. I feel an easiness being with people. I just feel closer. It's like the anxiety all went away. There's a part of me that feels really peaceful now. And I've been really energetic!"* It's so wonderful how the positive life energy flows when the negative that has been weighing it down is removed.

I can't tell you how grateful I am for EFT. Over and over, I have clients who say, *"Therapy helped but..."* And then EFT takes them to a new level. This work does accomplish breakthroughs and profound healing - quantum leaps!

Releasing Anger, Depression and Sexual Abuse Trauma

BY SHELLEY HAWKINS-CLARK

At the urging of his caring and generous mother-in-law, a client came to me recently seeking help for a feeling of being shut down, depressed and struggling in his marriage. He wanted to be able

to communicate better with his wife and daughters, feel more confident and “not be miserable.” He’d become afraid of his own anger. He is in another part of the United States, so we worked completely by phone. He was very skeptical of EFT while also hoping it would help.

In each of 3 sessions, I addressed significant issues with him. As a child, he was sexually abused, forced to watch his sister’s rape by his stepbrother, and sent to a boy’s home where he was further physically and sexually abused. He is now in his early 30s and just over a year ago, his sister was brutally murdered and the one responsible has gone unpunished. You might imagine the soup of emotion that had been stewing over the years.

I asked him what pressed on him the most. He wanted to begin with his sister’s murder. I started with the movie technique to bring the general anxiety down, then we addressed individual aspects of the event; his guilt that he couldn’t do anything about it, anger that the guy got away with it, not able to forgive himself for not helping her when she recently asked, the sadness, loss, the fact that her son won’t know her. This event was completely neutralized in the first session.

In the second session, I followed up with questions about his sister’s murder. He said he had to “make himself think about it” during the week to see if it bothered him. He had no reaction to it. He then wanted to address his anger. He felt he didn’t have a right to feel angry and didn’t trust himself with his anger. He felt guilt for breaking a guy’s nose a few years earlier and not going to jail. I started to address the pieces here: regret, guilt, should have been punished, fear of expressing anger. Each one was coming down in intensity beginning from around 6-8 out of 10. As these came down, the door opened (as EFT has a way of doing) to working on the sexual abuse.

The remainder of the session, we addressed the rape of his sister. I used the movie technique extensively so that he would not have to talk or think about it, addressing the general anxiety at first, which was a 10. When his general anxiety about the “Psychotic Stepbrother” movie was nearly a 0, I moved to each crescendo until each was eliminated.

To test whether any anxiety still remained, I asked if he was comfortable telling me the story of what happened. He thought that would be fine, since running the movie through his mind no longer caused any emotional response. Some slight response arose as he remembered a couple more details while telling it out loud. I addressed each of these remnants and asked him to tell me the story again.

After telling me the story, I asked him if at any point in the story anything still bothered him. Intuitively, I usually know whether there is anything remaining, but I like to double check by asking my clients. It also opens the door for new aspects and avenues to show themselves. It was silent for a long moment and finally he said, "just a minute, I'm still looking for it." Then he remarked that he felt bewildered. "Wow, I've been carrying this all my life and now it's gone."

In the third session, we began addressing physical and sexual abuse that he experienced at home and at the boy's ranch. We started again with a combination of the movie technique and the tearless trauma technique, with titles such as "Freaks R Us," and "The Ranch."

The pain around these events neutralized until we came to a particular occurrence of sexual abuse. It would not budge. Intuitively, I asked if he struggled with addressing this with me, as a woman. Indeed, addressing the issue at all, but especially with a woman practitioner, felt embarrassing and stressful, even though we were again using the movie technique where nothing is being described.

I ignored the sexual abuse event and directed the tapping completely on the aspects of the shame, embarrassment and other feelings associated with even thinking about addressing this with me. Once these pieces were cleared, I went back to address the sexual abuse. Without tapping on any piece of the actual event, the entire event had collapsed. Afterward, he described what took place and was free of emotional charge.

Many weeks later, I started working with his wife as a client and asked how he was doing. We never know exactly how our new freedom will take form when we free up emotional/energetic fuel stores that have been trapped in us. Often it is like an "awakening." Here is some of what she emailed to me.

"Here's my husband's story from a grateful wife's eyes! For the last three years my husband was among the walking dead. He was constantly sullen, unkempt, defensive about every little thing and especially cold to my advances, emotionally or physically. He was never intentionally mean or combative, just very apathetic to the world around him, including me and our infant daughter.

Generally, when he got home from work, he either slept on the couch until dinner or zoned out in front of the television. There was MINIMAL conversation other than 'How was your day,' and he seemed to rarely laugh. As a counselor in the substance abuse field, I easily recognized the 'clinically depressed-

type' symptoms. It was like living with a zombie; he was miserable to live with. [...After his sister was murdered] I helplessly watched him descend into complete despair and hopelessness.

After completing the three sessions in about 3 weeks, he started to act a bit differently. The last few [weeks] have been incredible. He is a completely different person. He is motivated at work, he helps around the house, TV doesn't seem to be a huge interest to him, he helps me cook dinner, he plays with our 14-month [old] daughter and shows great interest in how we're doing while he's at work. He tells really funny jokes and has a great laugh! I never knew he could be so funny! He has started to care about his appearance and at the latest wedding we went to, I didn't have to prompt him to wear his suit!

He communicates with me so much more and on deeper levels than before. I really feel like I'm getting to know him all over again!

He is self-motivated to take care of chores instead of me begging him over and over again to do something. He communicates with me about plans for the future, seems very much more interested in my current pregnancy and seeks me out for dates and intimate time! The depression truly seems to have lifted off of his back and he seems to be able to focus on goals and objectives much better than before. I can't tell you how different he is - it is truly like Dr. Jekyll and Mr. Hyde, except now I have the good guy around all the time!

Admittedly, I wondered if it was EFT that did the trick and asked him what made him change, he succinctly said - 'God brought me to EFT, and EFT opened my eyes and brought me back to God.' Wow. I'm a believer."

Tapping away Severe Abuse Memories

Art therapist and EFT practitioner Marilyn Poore offers a personal account of using EFT to clear the trauma of her severe childhood abuse. Where she has arrived after clearing many of her memories provides hope to others who suffered similarly severe childhood trauma. When memories are triggered now, she can clear them quickly. "What started out as several hours and sometimes days of tapping has now become just minutes," she says.

BY MARILYN POORE, MS, ATR, BSW

I am an art therapist who has been in business since 2002. I have worked with the addiction population from 1991 to the present; have treated individuals with domestic violence issues as well as volunteered at shelters; worked with individuals of childhood trauma, divorce, complicated grief;

and provided support groups for survivors of childhood trauma/couples of victims of childhood trauma.

When I thought about sending in an article about my childhood abuse and how EFT has helped me, at first I didn't think I could do it because it might cause some unresolved memories to surface. That, of course, would be painful. I realized, though, that I was experiencing the "fear of the fear" of these memories surfacing. That is, because of EFT, the charges on these memories would be reduced, or nonexistent. I would simply experience the fear that they would show up again in their usual full-scale intensity. So I wrote this article and thus have even more awareness of how fantastic EFT has been for me.

I was emotionally, physically, and sexually abused by both of my parents. Yet I had no memories of this until I had moved away from my family of origin in my 30s. I did have some awareness that I was constantly on guard around my father. I moved from Kankakee, Illinois, to Topeka, Kansas, in the spring of 1983 with my boyfriend who later became my second husband. I was divorced and left behind three children: my eight-year-old son (I had given custody of him to his father) and my 13-year-old daughter who I also left with him, and my oldest daughter, who was 15 and living at my previous residence.

I felt terrible about leaving my children yet felt that my hands were tied at the time. I thankfully had my girls living with me by the next year. I started attending college in Illinois and continued in Kansas to get BSW/BA degrees. I attended school part-time working full-time with four teenagers at home: my second husband's two sons and my two daughters. It took me eight years to complete my BSW in social work and BA in anthropology, and I loved every minute of it. I started getting emotionally triggered during this period for a variety of reasons. I ended up in traditional therapy, which is all I knew at the time. My second husband died shortly after I started therapy.

The therapy provided me with memories of abuse that were so overwhelming that I felt at times that I was going crazy. I had anxiety attacks almost daily, which triggered asthma attacks that at times put me in the hospital. I began to have problems with high blood pressure, for which I still take medication. Traditional therapy was like opening a Pandora's box that you just had to live with. I truly understood why addicts who had this issue kept using.

Some of the memories have been about my so-called father (who constantly told me I wasn't his) physically and sexually abusing me for my mother's habit of sexually seducing me. He also had the habit of torturing and killing baby kittens that I brought into the house to play with. He did these things from the time I was two until I was eight years old.

The worst memory I had was of him beating me so bad at eight that I almost died. That memory involved me lying in a basement for 10 days with broken ribs, a broken arm, a mangled face, and broken jaw. I don't remember how I got out of there, but one of the other memories that caused me intense emotional pain was seeing my mother on the steps, looking at me then just walking away.

There were other memories of being sold by my mother to strangers, both men and women, at a roller rink. These individuals abused me sexually. There were memories of sexual abuse by doctors, nuns, and priests. By the time I was 13, I was choosing to stay away from home, which left me with feelings of guilt about younger siblings I left behind. I was married by 17 and pregnant with my first child. Of course he was abusive too; that's all I knew at the time.

How I found EFT!

As a counselor, I wanted to find an easier way for myself and my clients to release the past. I started by learning Reiki, eventually receiving the second-degree Reiki training. The Reiki helped me enhance my intuition. I started to trust myself to know what to say to my clients to help them. Reiki would help temporarily when I did get triggered but never released any of the traumatic memories for me. I tried massage to help possibly bring up the body memories to release them but would get so overwhelmed that I would stop going.

Recently, another friend and I started using EFT to release the memories and thus I chose to use it as a counselor. Finally, I had found my answer. I attended a workshop in Chicago. A presentation done by Carol Look at that workshop triggered some of the memories. I worked to release some of those memories of my father's abuse with the help of B. Marianne Niebauer. I knew then that I was meant to teach EFT to other counselors/professionals/individuals who want to allow trauma to be released.

EFT has been my miracle. I no longer have just to endure the memories like before. I have released enough memories with EFT to be able to feel forgiveness for my parents. The EFT has helped me release rage/explosive anger that I was so afraid of. EFT has given me clarity that actually started in Chicago to begin to address my victimization/martyr role.

I have tapped on current issues like communication with my children and grandchildren: my daughters are 38 and 36, my son will be 31 later this year, and I have eight grandchildren: six grandsons ages 18 thru 9 months, and two granddaughters ages 20 and 10. My recovery has progressed at least 75% more with EFT over traditional therapy.

When memories did get triggered (before EFT), I did not operate from my rational/logical mind. I became reactive, operating from my limbic system, which for me was immobilization. I became like that small child who was so terribly abused in childhood. There are still times when it is not easy for me. Yet, with EFT, I am realizing more and more each day that I have fewer episodes of this happening. I am able to tap the rest away in a shorter amount of time. What started out as several hours and sometimes days of tapping has now become just minutes.

I continue to tap daily on the mental "writings on my walls," which are directly tied to those memories. I tap on not being enough, don't deserve to live, will never be loved enough, being abandoned, and can't be myself. I know that, eventually, I will finally get to that place with the tapping and learning/ teaching EFT to be done with the painful body memories. It is because of Emotional Freedom Techniques that this is finally a possibility.

EFT for Sexual Anxiety and Mistrust

Trust is an important part of a healthy sexual relationship based on honesty and willingness to be open. Lack of trust and open communication between partners can create problems with sexual compatibility. Here is a combination of statements by EFT Practitioner, Nancy Morris' client, "Jill" about her mistrust of her husband--then Nancy's responses to Jill as an EFT practitioner.

BY NANCY MORRIS, EFT INT-1

This is a combination of writings by my client, who we'll call "Jill," and comments by me about how we approached resolving her problem using EFT.

JILL:

"Before I contacted Nancy Morris, I was a complete emotional wreck. I was having panic attacks on a near daily basis that were unfounded. These panic attacks and crying sessions started putting strain on my marriage and on my own health. I knew I was WAY over my head and that I needed to get some help...FAST.

After almost 6 years of marriage I began having anxiety that my husband was masturbating rather than wanting to make love to me.

I knew consciously this was completely silly, yet my mind could not get over this concern. I started searching for "clues" that he had masturbated and it turned my life upside-down. Anytime he would use the bathroom, I would start panicking. Finally I had to tell him what was going on and it was not only embarrassing, but one of the hardest problems I have had to deal with emotionally.

I must admit that I was skeptical that EFT could help me "get over" these intense feelings I had about my husband masturbating. However, I had done EFT in the past for a sexual trauma in my teenage years with noticeable improvement, so I wanted to try EFT with my new problem as well. After all what did I have to lose?

ME:

During our First Session, Jill was very nervous and we used EFT to calm her. We then worked on specific events that she remembered from her childhood and a family that was strict and religious.

One event especially held a lot of intensity for Jill: She confided that as a teenager she had been forced to have sex by an older relative.

There were many aspects to address from this event.

She felt betrayed because he'd been her friend, he was a relative which made it "not normal", and it involved being forced to give oral sex. In addition, as is very common, she realized that she loved the attention he gave her and how special he'd made her feel prior to this violation; she wanted to feel loved and he took advantage.

JILL:

"Talking to Nancy the first time I was so nervous, but she has a way of calming you and making you smile and laugh. I knew right away she was a good match for me. We connected very well on the phone, which admittedly I have trouble with sometimes."

ME:

At our Second Session, we addressed Jill's feeling of not deserving love and pleasure because of what had happened to her as a teen. Because of physical problems, Jill had been uninterested in sex for quite a while and felt guilty about that.

She had given her husband the OK to satisfy himself but now she realized she was obsessed with whether he was doing it, when, where, how often, etc. She also admitted that she was afraid she was not enough for her husband and felt guilty for not completely satisfying him.

In our Third Session, we worked on clearing her intense reaction when she thought her husband might be masturbating in the shower. I gave Jill EFT tapping homework after each appointment and this time I added a suggestion that she spend 15 minutes by herself behind closed doors doing something sensual.

A bath, putting on lotion, etc.

JILL:

"After the first few sessions with Nancy, I realized that these feelings actually had nothing to do with my husband and were in fact my insecurities about myself.

We uncovered that after all of those years of marriage, I had neglected to give myself time for ME. I was handing out a lot to my husband, but never took the time to see what I needed. Whether it be a relaxing bath, a trip to the mall or some alone time with my own body."

ME:

At Session Four Jill said it had been "surprisingly more difficult" than she'd thought to take that 15 minutes for herself but she wanted to slow down and become more aware of herself.

Aspects of this we worked on were: feeling selfish, difficulty just closing the door and separating herself from her husband, her impatience with herself, feeling sneaky and dishonest keeping anything from her husband.

Jill realized she had a belief that "your spouse should meet all your needs" which put a lot of pressure on Jill as well as on her husband.

Her EFT homework was to tap on:

"Even though I'm hard on myself, I'd like to be kind and compassionate."

During Sessions Five and Six we covered the following--

Specific events from her past that made her feel she had to be perfect. Body image issues. ;How to develop some independence from her husband and make friends and create interests of her own. Accepting her emotions/her feeling self.

Accepting the mistakes she's made; accepting that, like all of us, she'll make more mistakes in the future and that's OK! Forgiving herself for having a low libido when she wasn't feeling well. Forgiving herself for an eating disorder that may have caused health problems.

I continued to assign EFT tapping homework as well as practical exercises such as doing a visual inventory of her body and noticing what comes up; doing a tactile inventory of her body and noticing how she felt touching different parts of herself.

Jill did her homework and was great about reporting back her responses and resistance which was an excellent guide for us to know what to work on next.

JILL:

"After 6 sessions, I am no longer having panic attacks when my husband wants to use the bathroom. I am now paying more attention to my own needs and making sure I take time out for myself away from my husband. I have even asked my husband to just leave the house for an hour so I can have some time to myself to relax and think.

This is especially important since we both work out of the house and we see each other all the time.

There were many, many other aspects to these problems that I never would have even thought about if it weren't for Nancy guiding me along the way. EFT is a great tool on your own, but I think sometimes you need an expert to guide you through what to tap on. I would highly recommend Nancy Morris if you are having any trouble.

She was very intuitive and often times I'd have to stop her mid-tap and say, 'How did you know that's what I was thinking?' She's absolutely amazing and can't say enough about the sessions I spent with her. In the future I won't hesitate to call her if anything new comes up."

Treating sexual problems with EFT

BY DR. SILVIA HARTMANN

If we consider the billions upon billions people spend on all aspects and areas of their lives related to sex - and let us not forget this includes the entire beauty and fitness industry. It is interesting, yet quite telling, to note how little has been written on the topic of treating sexual problems with EFT.

What I would like to do in this article is to present a gentle progression into this area of every adult's life that is still so very difficult to talk about in public in a rational manner.

It is also my hope that there will be some amongst those who are reading this who will find courage and hope and will decide to lift the lid on this topic for themselves at last.

It really is essentially important in every aspect of everyone's life, whether they wish to acknowledge this or not - our sexual systems have inordinate impact on how we feel inside, of how much power we think we have, of course on our "creativity", no matter how it is expressed; on how much success we might believe we can have elsewhere; and in the end, on how much happiness there can be in our lives.

Please do not think that I am suggesting we should use EFT so we can go out and have more sex; that is not the purpose of this article.

What I want to do instead is for each of us to consider the energetic systems that are related to sexuality; these are systems of life itself and need to be given a great deal of respect and quite regardless of any adult's age or state of health or other circumstances.

I would also like to present a step by step system by which any individual in self help, or a counsellor/healer with their clients in a partnership healing setting, may approach the subject and move through the various layers in safety and without any kind of further traumatising being necessary.

A First Step - Gentling The Systems

Before we even begin with any more specific treatments, a good place for anyone suffering from "shameful" problems of this nature is to tap the following soothing and strengthening statements, for example:

Please remember that EFT treatments are never meant to be something you force yourself or others to have to suffer through; we can start as far back when as we need to in order to make it as easy and gentle as possible to get real healing, change and forward movement into the systems of mind and body.

Once we are beyond the "denial" protection barrier and the issues are really here now in consciousness, the next step might be to simply think about "this whole subject" and tap without any opening statements, simply to take the edge off the tumult of feelings and memories so we can start to think more clearly, target more specific interventions and create change that will actually hold and last "in the field".

This is also a good time to use "tearless trauma technique" approaches and global symbols, numbers, or metaphors to help retain a distance from the problems and memories and still be able to make headway into what is a very serious and very sensitive set of systems.

For example, many women suffer from extreme disturbances in their relationships with their own bodies which often lies at the core of their problems; in many other instances it is a high contributing aspect.

To find a metaphor (such as the Lotus) or even a colour (the root chakra "red" can be used, for instance) and to use EFT treatment rounds about the feelings towards these abstractions can be a breakthrough experience of healing that is truly profound in its repercussions on overall health and happiness in both body and mind.

Getting Specific

On the Meridian Therapy internet news group, a very experienced practitioner and EFT healer mailed for help with a lady client who hated sex following a childhood full of abuse. Now, this lady was married but could not bear to be touched.

She loved her husband very much and lived in a constant hell of wanting to please him and have him be happy and satisfied, yet being unable to control her flinch-back and panic reflexes which would arise automatically and in spite of her husband having "been so patient for all these years".

Not much headway was being made with this lady although she seemed responsive to EFT in other ways; the therapist was wondering where she might be missing something, where she was going wrong.

As I looked over the kind of opening statements they had been using it became clear right away that both this lady and the therapist were backing away from "calling a spade a spade" - and this is the next hurdle when we start using EFT for sex problems, fears, inadequacies, past trauma and bad experiences.

Whether we are working in self help by ourselves, or with other people, it matters not - once we get down to specific incidents or current events, oblique and roundabout descriptions of feelings, parts, acts and happenings can not get to the true core of the problems.

For many people, the whole topic of sex is so shocking, "dirty", unpleasant and generally contorted that there may be a lot of merit to just tap rounds of EFT on "those words" themselves and until they can be thought about and talked about in a rational manner and without the energy system going into instant reversal and even more shame and embarrassment ensuing.

Sex is an area which might really have the very highest and least talked about emotions present, whether they may be in the forms of memories of trauma and abuse, or simply every day experiences of fear and failure.

In intimate relationships, there are a huge array of very specific triggers of physical sensations, of body postures which are never assumed at any other time, of thoughts and emotions, of sights and scents - in short, there are unusually many aspects to sexual sensation or performance problems.

For really thorough and long lasting healing interventions with EFT that will hold up fully "in the field" we likewise need to be thorough with ourselves or with our clients and make sure that we get all the relevant aspects and treat them until the person feels a true sense of release.

This also very strongly pertains to being able to directly deal with causative memories later on; to be able to describe truthfully and without feeling ashamed what really happened, and to use EFT to finally break the hold of the past, once and for all.

This might also mean that counsellors, coaches and therapists might need to treat themselves for feelings of shame or embarrassment so that they may be able to provide their clients with the stabilising influence and confident guidance they need.

Starting From The Outside In

Especially sexual abuse survivors have symptoms that are clearly a direct result of what happened to them a long time ago but which are not necessarily directly related to having sex at all.

Many for example find it nearly impossible (or indeed, entirely impossible) to present themselves for intimate physical exams with a doctor or gynecologist.

They may also experience problems about taking even top layers of clothes off in public (such as at the beach or in communal changing rooms) or other types of symptoms, from being unable to sleep with the window open even a little way or having to sit close to fire exits in restaurants - there are a multitude of symptoms.

Starting on these rather than on the memories or feelings from the causative events directly is often a very good "way into" these frightening mindscapes.

I would make the comment that anyone who either knows or suspects that their sexual problems have been caused by abuse or trauma might consider seeking the aid of a qualified meridian energy therapist they feel really comfortable and safe with. Self help is a wonderful thing but indeed, some things are really better faced with a knowledgeable guide by ones side.

Should this apply to you, there is also the option of pre-treating fear or any reason to NOT go ahead and find resolution for these problems in self help first and use the EFT self treatments to get yourself to a place where you can ring up and make an appointment.

Treating Other Sexual Problems With EFT

This is of course a vast topic. This article is only designed to give you some ideas of what we can do with EFT, and that you can expect to see a real improvement in many areas of your sex life if you decide to use EFT in that centrally important context.

Performance & Relaxation

Whether it is male "performance" or female abilities to feel what the body can feel and flow with the sexual experience as we were designed to by God and the Universe, energy reversals and blockages are always something we can remove, treat and thus, get a great deal more out of our sex life.

We have already briefly touched on trauma and memories that can cause such reversals and energy blockages; here, I am particularly thinking about emotional responses which are indicators of other types of blockages such as:

Fear. Performance anxiety, thinking that you are not good enough, that there is something wrong with you, that you are "no good at sex" or that you don't deserve to have orgasms, that God thinks sex is bad or that you shouldn't be having it at all - these and a million more fears are the first and prime candidates to destroy the flow of energies through the systems and make our bodies cease up, cramp up in fear and panic and stop us from flowing with the sexual experience in an open and natural fashion.

All of these fears, if they are allowed to be expressed and treated with EFT, can and will recede and this really makes a big difference to your sexual experience.

Shame. Shame, guilt, disgust, distaste, embarrassment - these are really of one category and they are very difficult and painful emotions indeed that are guaranteed to keep an individual in sexual hell for their entire adult lives.

Interestingly, these forms of emotions which are very visceral with aspects of real physiological responses such as gagging responses, feelings of nausea and sickness, breathlessness etc,

respond beautifully to the application of EFT and these are excellent self help candidates. In the privacy of your own home and your own mind and body, you can begin to treat such responses with the aid of your own body, or perhaps photographic or artistic representations of what is causing the problem.

I would make the side note that fetishes and strong (but unwanted) desires for certain situations, people or objects can be treated successfully with EFT, even if they have proven entirely untreatable with any other known method or approach; treating issues of shame and guilt about fetishes is also a very, very healing and reconciling thing to do and regardless whether an abatement in desire for the fetish is required or not.

Anger. Anger and feelings of rage at self or at others clearly preclude loving sexual flow in relationships - even with the self. Many people don't even know that they are angry at themselves or at their current partners; usually this is anger by proxy because it wasn't either the self or the current partner who ever did anything wrong to deserve this.

Anger choked down causes big vortices and blockages in the energy system; worse, it causes sexual expression to become of a different flavour than it would otherwise have been. It also precludes honesty and intimacy in sexual relationships with self and others, so to treat anger and rage issues is always a good idea.

Here, I would like to clearly state that to have anger issues in any context, sexual or otherwise, is not a character flaw or some genetic defect but simply always and only a response to painful things that have happened to us in the past - *"It hurts and that makes me angry"* in a very simple cause-and-effect.

EFT is particularly good at healing these old wounds and injuries once and for all, and when that happens, anger simply ceases to exist. It doesn't require a great deal of "forgiveness work" or any hardship other than to just simply repair the injuries in the energy system in the usual way, namely by firstly becoming aware of any issues of anger, giving them expression and doing the EFT treatment as usual with your own words, for example:

Every single anger, rage or hate you can release from yourself with EFT will be a burden released and help you think, feel and flow more freely.

Thoughts Of Shame and Morality

A great area of stopping people from even trying to treat themselves so that they may release their energy blockages and reversals is in "thoughts of shame and morality" - things they were taught or things they believe.

For example, there are many people who think that if they liked sex any better than they did or didn't find it disgusting anymore, that would mean that they would turn into lust driven animals and run around in the streets, doing it with everyone and everything all the time.

This is absolutely not so and nothing but an old wife's scare story.

Someone with sexual instincts which have returned to a state of natural flow will of course seek out sexual partners; but they will not be indiscriminate or stupid about it and much less develop into

rapists or paedophiles. Quite in the contrary - those sorts of behaviours indicate a problem rather than ever representing any form of solution.

"Thoughts of shame and morality", as installed by fundamentalist religions for example, cause the most tremendous problems.

The drive to sexual expression is one of the most powerful forces we have in our adult lives and the fact is that if this expression (with a partner or by yourself) becomes mis-routed or perverted, of course we will have the corresponding powerful disturbances and "perversions", if you will.

Releasing blockages, untangling contortions and generally speaking, allowing the mind-body systems relating to being a sexual being to return to a state of health and flow cannot do anything else than to help make life easier, less stressful and more as it was always designed to be.

Magical Sexual Energy Flow

Discussing truthful opening statements and working together with EFT in a partnership to help both partners achieve deeper, more profound and more exhilarating experiences is a truly magical thing.

There are many variations on "Partner EFT" - just sitting opposite one another and touching the points on each other, mirror fashion, either in silence or whilst both say an affirmation or statement of love or intent to change something for one or both of the partners is absolutely fascinating and more intense than most practised Tantra specialists achieve after years of dour practise.

Allowing each other to help each other remove the last blockages and reservations, fears or contortions to experiencing true intimacy with each other is one of the most extraordinary things you could possibly do in a relationship, no matter how you achieve this; gentle touching rather than tapping can keep this process loving and entirely flowing and non-mechanical.

Including the EFT points in a massage can be used easily and without having to say too much; kissing them is a more advanced version which I particularly enjoy, especially when it comes with an opening statement of, *"I love you and I desire you deeply and completely."*

If you do not have a partner, doing EFT for your own hopes and dreams, fears and limitations in an intimate setting with yourself is a breakthrough experience of learning to love yourself in every way if you will allow yourself to have it.

Celibacy & Spiritual Energy Flow

There are many people who for one reason or the other wish to use sexual energy not for sexual expression in partnership but for other purposes, such as raising energy for healing or spiritual development.

I would point out that we still are in a place where these sexual energies themselves must flow freely first before they can be transmuted into something else. If these energies are blocked or disturbed, they cannot function in the spiritual flow either - no matter what, and no matter how, sexual energies need to flow freely, lightly and cleanly, without contortions and blockages.

In Conclusion

I estimate that having ones sexual systems in order might well account for at least 30% of any one adults effectivity and happiness in this life. This doesn't mean they have to have sex at all; and it doesn't mean they have to have a partner.

What we do need however is to address our injuries and disturbances in these systems urgently and as one of the first and most important areas of enquiry when there is something wrong with our lives. It simply is structurally of the essence for a long and healthy life, and at least as important as are diet or exercise to which so very much attention and thought is being given.

EFT gives us a tool at last with which to do this, without fear, shame or guilt; in the privacy of our own homes if need be, and in so doing, allows us to free up unprecedented energies for health, for activity, for success - for life.

Felicia Dale 2014-08-20 11:52

I might not be alive today without EFT & three other energy techniques- EMDR, TAT and Reiki. Having two gifted & caring therapists didn't hurt, either! But EFT is what started my journey to a much better, calmer, happier life & I wouldn't be without it.

I recommend it to everyone I meet & though very few people try it or work with it very much I've had great success with it in my own life. I've neutralized much of my childhood sexual abuse experience, completely healed a burnt tongue in literally seconds, disabled viruses including colds, flus & shingles, cured a sudden & inexplicable phobia of bridges, cured my severe stage fright, healed relationships, steadied my relationships with horses & dogs, etc.

I'm just a better person in every way due to EFT & the doors it opened for me to healing. I will be forever grateful for this silly, ridiculous-looking & extremely effective tool!

Battling a Giant with Really Small, Surprisingly Effective Rocks

This hilarious account of overcoming depression is one of the most fun case histories I have read. Kari Reed is a client of long-time EFT practitioner Karin Davidson, co-author of the EFT Level Training Resource Books for EFT Universe. You can order the [EFT Level 1 or 2 coursebooks on Amazon.com](#)

BY KARI REED

Tapping is the stupidest thing you'll ever do.

I realize that I just potentially offended an entire, ever-growing community of people, but it's true. Tapping is probably the stupidest thing you'll ever do. Think about it – there are “special places” all

over your face and body and if you bang on these enough, while saying some words and imagining some stuff all your problems will go away.

To make it even more ridiculous, you can imagine banging on the face of an imaginary younger version of yourself and your problems will go away even faster. And let's face it, you know that when you're sitting there, eyes closed, trying to picture your inner 4-year-old, touching your face like a crazy person with a nervous tic, and mumbling that you truly and deeply love and accept yourself anyway – you probably look pretty stupid.

In fact, we can go ahead and remove the “probably” – you look stupid.

The problem with this stupid thing is that it actually works.

That isn't to say that it feels any less silly or ridiculous while you're doing it, and that isn't to say that you'll suddenly stop feeling the urge to sigh and roll your eyes every time your practitioner asks you to “ask your little self how they feel,” and it certainly doesn't mean that all of your issues, problems, and troubles will disappear in a cloud of magic, tapping-dust tomorrow, but it is to say that you will be involved in a process that will help you to slowly, but surely, move forward once and for all.

And what's even better is that you will start to feel a difference, see changes in yourself and various parts of your life, and you will get better – it just takes some time and a whole lot of looking stupid.

Everyone who taps gets to go through the “this is so stupid, I can't believe I'm doing this, this thing can't possibly actually work” phase – and for some it's longer than others – but for those dealing with heavy and complex issues like depression, the experience is a little more complicated.

You see, depression isn't something that happens over night – and I speak from experience.

Depression is something that creeps in slowly, almost elusively, like putting ink in a jar of water. It creeps. It blurs reality. It affects everything. And when it finally settles, everything seems a little darker – actually, it all seems a lot darker.

And you find yourself looking around at all the inky, cloudy water – complete with black ink-sludge on the bottom – and you think, *“Holy !##&*@. There's no way I can clean this up. I don't even have the energy to think about where to begin, I think I'll just sleep instead. This is utterly and terribly hopeless.”*

So you sit inside of your little, inky jar, feeling depressed, and sad, and hopeless, and unmotivated, and wishing things weren't like this and having no idea if you'll have to live like this forever.

Meds might help. Talking to someone might help. Seeing a therapist might help. All of these things help you cope with and rationalize the situation, but none of them make the darkness – the depression – go away.

Enter tapping (cue glorious music from the sky, a video montage of clouds opening, and maybe even the voice of Morgan Freeman!). Tapping is supposed to be able to help!

There's a success rate and testimonials from other people who couldn't get out of their inky, water-filled jars and got better from doing this stupid thing, and suddenly, even though you can hardly

believe it (even though you're terrified to believe it because what if it doesn't work on you?!) there's some hope.

A glimmer through the muck and mire.

And so you resolve yourself, as difficult as resolve feels most of the time, that you're going to try it. You read all of the success stories and watch all of the near-miraculous videos and You Tube clips and talk to as many people as you can and when you finally try this miraculous, godsend of a cure, you realize how **stupid** it feels, how you don't really *wanna* talk to any *#%! younger version of yourself, let alone bang on their faces, you don't *feel* like doing work on your own in-between sessions even though your practitioner highly recommends it, and *my god it's taking so long why is it taking so long??*

It can be defeated. Again, I speak from experience.

Think of tapping like this (I really like metaphors): Tapping is like fighting giants with stones. Some giants are bigger than others (depression is huge, a spider phobia? Not so huge), and some stones are bigger than others.

At first, it's totally natural to look at the pile of stones that you have and think, *"There is no way in #@!! these will ever take down that whole giant,"* but you lob one at him anyway, just because, well, you've tried everything else and you may as well cross this stupid tapping stuff off your list too.

The stone you threw (not very zealously, I might add, because you were too busy being skeptical and convincing yourself that it wouldn't work anyway), hits the giant's little finger. Not exactly deadly, but to your surprise, his little pinky finger disintegrates.

Poof. Gone. Just like that.

You stare at the space where his finger once was in shock. It worked!

These stones may seem small compared to the giant, but they're surprisingly effective. It's easy to get hung up on how huge the giant seems – your depression giant is a big one – he's been binging on chocolate and carbs to make himself feel better and spending most of his days laying in bed – but if you keep lobbing stones, knowing that if you just hit him again, another piece of him will disintegrate, and then another, and another, and so on.

If you feel motivated to tap on your own and you throw some extra stones, great! But if not, it really doesn't matter. As long as you keep going in some fashion, the giant will slowly, but surely, break down, until there's nothing left but a foot, maybe an ear, and you'll think, "Hey. I can live with that!" and it'll be over and you'll be moving on with the rest of your life before you know it.

It takes time. And you'll feel stupid. And it'll feel so long and ridiculous and impossible.

But when the giant's gone, all the stupid rock throwing will have been totally worth it.

Date Rape and Trusting

Dear Readers,

Nancy uses the 'Tell the Story' and Movie Techniques to gently help her client to release shame and embarrassment related to an attempt at rape. She gently leads her through the incident releasing all aspects and re-checks thoroughly to make sure every aspect has been dealt with and cleared. An excellent example of how to make a client feel safe and recover their own sense self-respect.

BY NANCY MORRIS

When clients contact me looking for help with a particular relationship or sexual issue, they usually say that they have tried EFT for this problem on their own and have noticed no change. They say something like this: "I'm having problems with trusting my partner. I've tapped using the phrase *'Even though I have problems trusting, I deeply and completely accept myself'* and haven't noticed any change. I don't know what else to do, can you help me?" The purpose of this article is to show how things that have happened in the past contribute to how we react today. Usually you have to get underneath the symptoms to get results.

When Joan initially contacted me it was to improve her sex life with her boyfriend of 3 years. She found it impossible to "let go" and trust. In this write-up I'll address just one of many specific events we've worked through; Joan had many, many traumatic events starting very early in life. One of them was an attempted date rape when she was 21 years old.

Before she told me the details of this situation, I asked her how intense it felt to her just knowing that we were going to approach this event. She said it was about a 7 on a scale of 0-10. I assured Joan that she was at choice and we could stop at any time, even right now before we started. (NOTE: I always find that I'm more courageous if I feel like I have an "out" if I want to take it. So I always offer that "out" to my clients.) Joan said she wanted to proceed. So just to take the edge off, we did some tapping on the physical symptoms she was feeling that let her know it was a 7 intensity until that intensity came down to a 3 level. She felt calmer now.

Then we proceeded using the 'Tell the Story Technique'. I asked Joan to just start at the very beginning, before anything bad happened and to stop when her intensity went up even a little. She began: there was this guy, we'll call him Jim, who was a friend, a fellow college student who was in med school and everyone liked him a lot. He was confident and a great dancer and Joan and Jim entered a dance contest together, which they won! He asked her back to his apartment to celebrate and she went. Then he came onto her. At this point I stopped her to ask her intensity and it was a 10. I asked Joan what emotions she was feeling and she said "shame and embarrassment". So we tapped on "this shame" and "this embarrassment" (NOTE: these two feelings are so interchangeable to most people that it works well to tap on them together. Usually you would want to tap on only one emotion at a time.) Her intensity came down to a 6 after this round of tapping. I asked her what she was thinking and she said, "Why'd I go over there?" and her intensity went up to an 8.

So we tapped on: *"Even though I chose to go to his apartment, I deeply and completely accept myself. Even though we were celebrating and I went to his apartment after midnight, I was young and a*

little naïve, and I love and accept my young self. Even though I went to his apartment, I love and forgive myself." Then we tapped around the standard EFT points using phrases like these:

"He was a med student; Jim was well liked; I enjoyed dancing with him; it was so much fun; we'd won the contest; I was happy and excited; I wanted the fun to continue; everyone liked him; it was after midnight; I was young and naïve; I love and forgive myself; he took advantage of the situation; he had no right to do that; I liked how popular he was; I felt great dancing with him; I love and accept my young self." By the end of this round Joan's intensity was down to a 2 so I had her continue with the details of the event.

Joan said she may have been open to a relationship with Jim if he had acted differently. But he threw her down and started pulling her top off and her skirt up. She knew right away that, "I could've been anybody; he didn't have a crush on me." So she told him to "stop it, stop it". At this point Joan's intensity went back up to an 8 and she felt queasy in her stomach. We stopped and tapped on this part of the event until she felt more comfortable and then proceeded further into the event.

She was saying "stop it" as Jim was trying to put his penis in her mouth and get his fingers inside her. She continued to say, "No, stop it" and then she slugged him and ran out of the apartment. Joan's intensity was way up again. So we tapped: *"Even though he was a pig and tried to push my head onto his penis, I deeply and completely accept myself. Even though he kept trying to push himself on me, I told him to stop it, and I love and accept myself for knowing what I wanted. Even though he really forced himself on me, I put up a great fight and protected myself and I'm proud of the young woman I was."* Then we tapped on the EFT points using these phrases: *"He was really forceful; he was so popular with everyone; I knew I'd lose my dancing partner; that was a big loss for me; I still said "No, stop it"; I'm really proud of myself; he was going to be a doctor; I liked his confidence; I knew he didn't have a crush on me; I told him "No, stop it", I love and forgive myself for going there; I'd hoped he might really like me; I could tell that I could've been anyone; I love and appreciate myself for knowing the difference; he really used me; he just thought of me as a local townie; but I showed him; I protected myself; I slugged him and got out of there; I love and accept my young self and how I took care of me."*

At this point I asked Joan to run the entire story through in her head (Movie Technique) and report what her intensity was. She did this and reported that it was a 0. Wanting to make sure that this event was completely cleared up because it affected her trust in herself and her own judgment as well as her trust in men (who were they underneath the nice guy that everyone liked?), I then asked her to Tell the Story again from the beginning. Each time a client does this more and more details emerge and when we tap, all these fragments are cleared from the nervous system.

As Joan told the story from beginning to end her intensity went up to a 4 specifically focused on Jim pulling at her clothes, trying to push her face onto his penis, and biting her in the process. She called him a creep. We tapped on all these aspects of the story focusing on: what she had to lose by pushing him away (her status in the group as his dance partner, their friendship, lots of good times); the fact that she could tell that he did not really care for her; to him she was just a female body and she trusted her feelings and was brave enough to fight him off, slug him, and get herself out of the creep's apartment. When we were done with this Joan was at a zero. (NOTE: During this part of the session we used the 9 Gamut routine. When the intensity is low and a traumatic event has been nearly cleared I believe it's important to cement the experience of going through the event and having low/no reaction to the memory by doing the brain balancing of the 9 Gamut procedure.)

By the end of the session Joan said she could feel herself reclaiming and acknowledging her courageous self. She no longer felt like a victim, realized that she did trust her feelings about Jim not caring about her, and that when she was sure what she wanted to do she was able to protect herself and get out of there.

Often our ability to trust others is connected to our ability to trust ourselves, trust our instincts, and trust our own ability to make mistakes and learn from them. My philosophy is that as human beings we are mistake-making machines (I mean this in the lightest possible sense) and that every day we make mistakes and can love and accept ourselves with those mistakes. We'd better; we're going to make more if we're living right!

Big warm hugs,
Nancy Morris

EFT Reignites Bedroom Spark

BY NANCY A. MORRIS

I'm 60, been through menopause and the hot flashes have stopped. So did a lot of other yummy stuff. Sexuality has always been a big interest in my life, both intellectually and physically. If you want the facts, read the following, otherwise, skip to the next paragraph.

In 1988 I began attending "Sex, Love & Intimacy Workshops" through the Human Awareness Institute. In 1992 I became an intern with them and assisted at workshops as I do to this day.

Then in 1993 I learned of More University and their knowledge of and dedication to all things pleasurable; I took many of their classes culminating in taking their "Expansion of Sexual Potential" class which involved a long-term commitment, a lot of money (thousands), and sessions once a week between me and THREE teachers (quite a student to teacher ratio!!).

At this same time a noted Tantra teacher approached me with the proposal that we teach together allowing the ancient Tantra principles and the modern approaches of More University to complement each other.

We taught workshops for women called "Self Ignited", workshops for couples on how to pleasure each other and experience more pleasure yourself, and we taught a Tantra workshop through the Human Awareness Institute with over 100 attendees that received rave reviews.

See, sex has been important in my life.

Even during my in-the-process-of-menopause years when I was having brutal and frequent hot flashes, my libido remained constant. But, about nine months ago things really started to change. No longer did I think about sex every day; my interest was slowing down. Sensual pleasure no longer sounded so appealing. My sweetie and I still felt close to each other and wanted to be physical but found that reading in bed had more appeal than it used to.

When we would make the effort to overcome that lethargy and be sexual; it felt a little too much like work.

Then about six months ago, it became difficult, and then quickly impossible, for me to have an orgasm with intercourse (which has been more than 95% reliable and my favorite way in the past). Oh well, we figured we're getting older and things must be expected to change.

As long as we could have satisfying sex in any way we'd accept that. Oral sex has always been enjoyable and a very reliable source of orgasm for me. That would be fine.

Well, that only lasted a few weeks and then, no more orgasms in any way. Maybe this is normal for someone who's been through menopause and does not take any hormones, even bio-identical hormones, because I've had breast cancer. We talked about this loss; I cried often about this and felt that grieving this part of my life was appropriate, as it was incredibly sad to me.

I grieved with my partner and with girlfriends who were going through similar changes. It felt like the end of my life as I'd known it. It was extremely hard to accept, and yet I tried. Occasionally my partner and I would make love sweetly and slowly but it always ended in frustration for me, and frustration for him because he just couldn't seem to help me.

How could this happen to me, of all people?

Then I thought - I know how to do EFT. I have studied it, taken workshops, obtained my Advanced Certificate and I've seen amazing results in many areas. The founder, of EFT once said, "Try it on everything." So I started investigating my beliefs about sexuality and did some tapping every morning for about 4 to 5 minutes on

Even though I've been through menopause and I don't feel sexual anymore...

After a few days of tapping, I was able to better define what was going on with me and find my own internal language (the words I really use when I talk inside my head) and I adjusted the tapping to,

Even though I'm not horny anymore...

Even though I can't come anymore...

I explored the possible secondary benefits that I might have. Was I relieved in any way now that my sex drive was nil? Did this allow me to prove something to my partner about the times he wasn't interested when I was (I used to tell him we should enjoy every minute while we still had the ability to "do it")? Did I like belonging to the club of menopausal women who all seemed to have a similar experience? If these seemed true to me in any way, I'd tap on them.

About a week into this I decided to add a "choice" statement. Once again, it took a few days to find the right and honest language phrase for me: *I choose to feel beautiful, sexy and horny.*

Then, following the advice from Lindsay Kenny's manual, I decided to ask my body for what I really wanted and added, *I ask my body to have delicious, satisfying orgasms.*

In the morning I do the following in bed before I get up:

One round of

Even though I've been through menopause and can't come anymore...

Then a round of

I choose to feel beautiful, sexy and horny.

Then a final round of

I ask my body to have delicious, satisfying orgasms.

I tap on all the usual tapping points and add one more just above my pubic bone in the center of my lower abdomen. When I tap there I feel the vibration as deeply as I can into my vagina.

During the day I do 3 to 5 minutes while I am sitting and doing Kegel exercises. I do the exact same phrases as in the morning but feel the sensations from the contractions in my vagina as I do the tapping. This seems to help "hook up" the tapping points with the pleasant sensations from the Kegels. Sometimes I do this while I am driving, other times while sitting in meditation. I do one final brief set (2 minutes) when I get in bed at night.

After doing this for less than one month (a total of about 10 minutes a day), I felt confident enough to try lovemaking again (even though I was afraid of disappointment and frustration). This time, lovemaking was easy and relaxed and I had a great orgasm (easily) with oral sex.

Four days later, encouraged by that success, I showered and put on a little white satin bra and thong panties (to support the "I choose to feel sexy, beautiful and horny" statement). When my partner got home I was in bed with candles lit. I again felt relaxed and more confident, and we made love and I had an incredibly delicious vaginal orgasm with intercourse only.

Wow.

I am really excited about EFT's ability to help with libido and orgasm and want to share it. I'm now setting up a small "study" group to work with for one month and will report the results at that time.

EFT Helps Release Abuse-Caused Physical Inhibitions

BY MAIYAH OLIVAS

Here is a fascinating case involving proxy (aka surrogate) tapping which deals with another intense issue: the freedom to enjoy sexual pleasure without guilt.

Roxy was sexually and emotionally traumatized on many levels due to childhood molestation issues, and was uninterested in sexual relations before our two-hour marathon energy session.

After this intensive work, she stated "Ethan and I had more sex in 9 days than we did in our previous 6 year relationship, and I felt emotionally, spiritually, and energetically fulfilled and connected in ways I'd never dreamed possible."

In her boyfriend's words "I have died and gone to heaven. Your passion and enthusiasm and orgasmic response are incredible! I am going to light candles to St. Maiyah of sexual fulfillment."

During this session I proxy tapped for numerous people at different time periods, both past and future, including the client, her parents, boyfriend, ex-husband and children.

All names except mine have been changed for reasons of privacy.

Roxy had reconciled with her former boyfriend Ethan. She planned to see him for nine days over Christmas break, and was tremendously worried about:

- Her fear of having "bad" or "mediocre" sex with Ethan;
- Her fear of "being a bad mother," a "bad woman," and a "bad person";
- Her feeling that she deserved to be punished for her choices because she was "selfish" and "sinful";
- Her anxiety that even energy therapy, which had helped her with other issues, might not be able to help with this, because of her background of being sexually molested by her father after her own mother gave him sole custody after their divorce.

First I proxy-tapped for Roxy, to calm her down somewhat. Then we set some goals for the session:

- I am free of all obstacles to a fulfilling sexual relationship with Ethan;
- I am allowing my 9 day trip to be enjoyable, productive, intimacy-enhancing and fulfilling for me and Ethan in every way;
- We extend all benefits of this work to all others who desire it (I always add in a line like that, to help the general positive vibration of the world).

Not surprisingly, Roxy scored over 10 on a scale of 0 to 10 on anxiety and doubt for all the issues. Then I had Roxy lie on her back on a massage table to trigger her feelings around being in bed (body positioning can trigger people, especially if they are kinesthetic learners).

Then we did tapping rounds on several phrases to address her willingness to change the energy around the situation. Roxy tapped her collar bone point and I tapped her other EFT points for her. (for other clients, self-tapping of the KC point while I do the other EFT points works well - I am intuitively guided about which points are most effective for each client). I also did some other energy work to "soften up" the morphic resonance fields around her beliefs.

Even though part of me is afraid EFT won't work in this situation...

Even though I'm anxious about whether or not Ethan and I will be sexually compatible...

At this point, we shifted Roxy to her childhood time frame to deal with her molestation issues, working with her parents' energy at that time. This process was tiring and emotional. Roxy had a lot

of body twitching, crying, yawning and other releases during the process, and so did I. Then we did positive rounds, tapping in the results she desired to create:

I'm willing for the energy to shift for all these issues;

I'm willing for everything to work out wonderfully beyond my imaginings;

Third, I "added in" the energy of her children, Davin and Lily while Roxy tapped her gamut point (to help release stuck-ness of habits, patterns and emotions in the dysfunctional connections between herself, her ex-husband and her children, so that Davin and Lily would not be unconscious recipients of the power struggle between their parents or take on their parents' emotions around any person or issues):

Even though parts of me can't believe it's possible for me to have a healthy sex life with ANYONE...

Even though parts of me feel like a selfish whore for going to see Ethan and leaving my kids with my friends...

Even though parts of me feel like sex is always twisted and unhealthy...

Even though parts of me are so used to predatory energy in sexuality and I feel tainted...

Even though parts of me feel trapped in negative patterns with men and relationships...

Even though I'm terrified that I'll never be happy because I don't deserve it...

Even though I can't reconcile being sexually fulfilled with being a good mother...

I'm willing to love and accept myself.

I'm willing to allow myself to receive healthy love and cherishing from Ethan in mature, appropriate ways, including sexual fulfillment.

I'm willing to know that I deserve to have a great life.

I'm willing to know that true love, sexual pleasure and spiritual bliss are compatible and enhance each other.

I'm willing to know that I deserve true love, sexual pleasure and spiritual bliss with Ethan.

I'm willing to have a wonderful 9 days with Ethan.

At this point Roxy's body was twitching on the table and she reported feeling "unclenching" and "releasing" sensations in her abdomen. Finally, I did the 9 gamut procedure with Roxy on:

I gratefully accept all the benefits of this session.

I gratefully accept my happiness and personal fulfillment

I give thanks that our energies have shifted in divinely guided ways for highest good for all concerned and that this lasts for the rest of our lives and even better.

During a follow-up discussion Roxy, beaming with happiness and satisfaction, told me that:

- She had a great 9 days with Ethan and he felt that I was a miracle worker - she was so uplifted and free in her own sexuality that SHE initiated lovemaking 3 times every day. He thought he'd died and gone to heaven;
 - She felt spiritually, emotionally and psychologically connected to her own physical being in a way she'd never imagined before - food tasted better, movement was easier, her energy levels were great, all through the trip;
 - She felt spiritually, emotionally and psychologically connected with Ethan beyond her previous imaginings - she was multi-orgasmic for the first time in her life simply from the positive loving intensity of their energetic connection.
-

EFT is helpful when you are afraid to speak up in bed

BY NANCY A. MORRIS, EFT-ADV

Marie contacted me looking for help with her ability to enjoy sex. (These are not their real names; this is published with client's permission.) She's 62 and has a great boyfriend, Nick, who she's crazy about and who really turns her on, but she's been unable to really feel fulfilled during their lovemaking. In our first telephone session Marie said that she'd only been able to have 3 orgasms in 2 years and that was with a vibrator.

Marie said she felt "defective", "like a fool" and "pathetic" when she compared herself to other women, especially how she imagined Nick's ex-girlfriends were. Marie was really beating herself up about this even though she said she had high self esteem in other areas of her life. We worked on this phrase:

Even though I can't compete with other women when it comes to sex... Marie's estimation of the truth of this statement started at 9 out of 10 and subsequently reduced to 7, 5, 3, and 0.

To get this reduction we worked through various aspects of her feelings: (1) Thinking Nick was comparing her (no evidence of this, just Marie's worry); (2) Marie being 7 years older than Nick; (3) Not deserving such a terrific boyfriend.

I asked Marie what Nick thought about her age and his point of view was that she was lucky to have the beautiful breasts and body that she has, so we tapped several rounds on this to remind her that THIS was what he thought, the other negative thoughts were hers. I reminded Marie how, as women, we tend to scrutinize our bodies for their flaws but that most men focus on the things they enjoy about us ... our curves, the softness of our skin, our smell, our sounds, etc.

Men are busy enjoying us; we need not waste our time focusing on our imperfections. She seemed to really "get" the truth of this waste of her energies when she could be paying attention to what feels good instead of being in her head. We tapped in these positive statements: He's enjoying my

soft skin, He loves my shapely legs, I smell really good to him, He loves having his hands on my round ass, my breasts feel good to him, etc. Marie loved how she felt after this round.

Our second session was only a week later and we worked on two specific areas that Marie had revealed during our first conversation that I thought might be causing some of her problem with enjoying sex fully. The first was that she said "I don't know what I want." My experience has shown that often we (both men and women) tell ourselves we "don't know what we want" because we don't know HOW to ask for it and thus are AFRAID to ask. Our fear is so strong that it blocks our admitting to ourselves that we at least have some ideas about what we might like when it comes to lovemaking.

I asked Marie if she felt Nick really wanted to please her. She enthusiastically said yes, he definitely wants to make her happy in bed, but insisted she had no idea what she wanted. I gently pursued a line of questioning about masturbation and Marie's ability to satisfy herself. Since she knew how to give herself an orgasm, it only makes sense that she really does know "what works" and is just unable to put it into words.

After a little more questioning Marie admitted that because this was the best relationship she ever had, she was afraid to experiment and ruin a good thing. Marie admitted "I can't ask for anything. I just let things happen and hope it'll turn out well". She said she wanted spontaneity and believed "it can't work if I ask for what I want". This too is a very common limiting belief.

We tapped on all these issues and I assured Marie that if Nick cared for her the way she's so sure he does that he would be delighted to get some hints about how to bring her satisfaction. I've taught classes that included very specific ways to communicate with your partner during love play to help guide them without making them feel inadequate or causing any upset. I coached Marie in this method and she took notes and agreed that this seemed like something she could do. We tapped this in:

Even though I've been afraid to speak up...

Even though, up until now, I've been afraid to ask for what I want, I love and forgive myself. Even though I've been afraid to ask for what I want, I now have the desire to ask and I love and accept this about myself. Then, tapping the basic EFT tapping points:

Afraid to ask

I've been afraid to ask

Now I know how to ask

I may not always know exactly what I want ... but I can say what I think I might like

I don't have to be sure it'll work

I can make a suggestion, 'I think I might like it if you'd...

We'll feel like we're on the same team

Like we're sorting this out together

It can be fun

It'll probably feel good

Nick really wants to please me

I really want to feel pleased

Now I know how to encourage him when something feels good

Now I know how to ask for what might feel even better

Now I know to appreciate him whenever he does something that feels nice to me

This will be fun

I'm eager to try it

By the end of this tapping, Marie felt enthusiastic about coaching Nick during their next lovemaking. Another issue then arose ... Marie explained to me that when she did start to get turned on she was unable to move around to really enjoy it; she was afraid Nick would stop touching her if she moved. I asked Marie if there was any incident from her past. She said that she is naturally a very kinesthetic person but that growing up there was no touching, kissing or affection in her home.

Then, when she was 16 years old and babysitting for the neighbor's children, they gathered around her and brushed her hair and she liked it so much she didn't dare move. She said she stopped breathing and just sat there and didn't move an inch. She loved their affections so much she was afraid they'd stop if she moved. This incident gave her a level intensity of 5 out of 10. We tapped through it using [the movie technique](#) and got it easily down to a zero.

About 6 weeks later I followed up with Marie and received this email, excerpts are printed with her permission:

"Where I am now is that I speak up. We are learning each other's bodies in a new way because I no longer am afraid that if I move he will stop touching me. That is huge right there. I know what I need to become wildly hot and now I'm willing to guide him and he is just fine with it. Thank you for your kind help and I'll keep you posted."

Marie added that she felt "it has only just begun". I think she's absolutely right. Once communication is opened up so that exploration can begin, pleasure can be limitless.

EFT is the perfect tool for situations like this. All the logic and reasoning in the world sometimes can't seem to get into us, even though we understand and believe it logically. With EFT as a helper we can change the negative thought patterns that have been there for a very long time, and change them permanently. EFT is great!

Warm hugs,
Nancy A. Morris, EFT-ADV

Improving Intimate Moments with EFT

BY DR. FRED FELDSTEIN

This is a nice story that shows how EFT can help with intimacy issues, if open to it. My client, Anna Maria, who I have been working with for over a year with EFT, has had incredible results with a host of challenges including: fibromyalgia, mitral valve arrhythmias, severe menstrual pain relating to severe uterine fibroids, irritable bowel syndrome, general malaise, decreased energy, and tooth pain.

She came into my office on her last visit to show me her cuticles, which she had picked constantly over her life, and had tried to stop many times, but couldn't ... that is, until EFT was applied. Now her nails were polished, her cuticles were beautiful, and have remained this way for the last 2 months since we worked on this issue.

She was so happy, and even her skeptical husband was impressed. He thought this tapping thing was crazy, as she would tap on herself like a madwoman in the middle of the night to successfully relieve her pain relating to menstruation or digestion.

Well, this time she came in with a request from her husband who was starting to become a believer. He wanted us to work on her extreme sensitivity on her neck and upper shoulder area, which had prevented him from sneaking up on his wife and kissing her on the neck, or going near that area in an intimate moment.

Now as many of you might concur, this area is a very sensitive and enjoyable area to give and receive pleasure during intimate moments. Unfortunately, Anna Maria was just too sensitive to have her husband or anyone else over the course of her life go near that area without her completely getting hysterical. So we applied EFT.

Even though I have extreme sensitivity on my neck, and can't bear to have anyone come near this area in any situation...

Even though I get hysterical when someone touches, kisses, blows, licks, or stimulates my neck...

Even though this severe sensitivity limits my husband's enjoyment of our intimate time together...

Then we switched to some [Choices](#) statements:

Even though I get hysterical when someone comes near my neck, I choose to remain calm and relaxed when someone does.

Even though I get hysterical when my husband comes near my neck when we are intimate, I choose to remain calm and relaxed and enjoy the experience.

So now it was time to test it. I always like to test real situations over imagined if possible, so I decided to test. As it was inappropriate for me to do the testing, I called Anna Maria's 5-year-old daughter in from the waiting area to test it out.

I had her try to give motorboat kisses to her mom's neck and see what happened. She did, and her mom was perfectly okay with it. She couldn't believe it. Well, time to go home and have her husband test it.

I got feedback 2 days later that Anna Maria was perfectly fine and enjoyed it when her husband interacted with her neck. He was extremely happy and impressed, so much so that he referred a friend for EFT work.

EFT never ceases to amaze me—how simple it is to apply and make such positive changes in people's lives.

EFT Finds the Real Issues in a "Bedroom Romance"

Problem

BY NANCY MORRIS, EFT INT-1

George came to me stating that he wanted to improve his libido. He's an engineer in his mid-60s. Within a few minutes of talking, it was clear his libido was just fine, but that he did not know how to identify what he would like with his partner when being sexual and that he was unable to ask for what he wanted. It seemed to me that being unable to ask would keep a person from allowing himself to know what he wants.

We explored this; I gave him sample words to say, and he was only uncomfortable saying the word penis. His discomfort was a level of intensity of 7 out of 10. We tapped many rounds on just the word itself and the level of intensity went UP to a 9 out of 10. George said it was a stretch for him to say this over and over again.

I asked if there was an incident in his past where he got in trouble for saying this? No. Was there a time he remembered where anything to do with this word got him in trouble. He said "Not really" and then went on to recall an incident when he was 6 and several neighborhood kids were playing in an orange grove. An older girl directed the boys to take turns playing doctor with each other.

Of course, one of the kids later told his parents and then George's dad had a talk with him and, to his credit, did not scold George but explained he should not do that again. George went on to say, however, that after that event he was no longer allowed to play with his best friend, Sheila.

He said, "I lost my special friend" and got teary-eyed. He was at a level of intensity of 9 out of 10. We tapped on this a bit, and since our time was nearly at an end, I set George up with homework phrases, *Even though I feel sad because I lost my special friend because of the incident in the orange grove...* I purposely did not include the word "penis" in the homework. I told him to do this three times a day and to call me when the intensity went down. George religiously did his tapping and called 3 days later and told me, "The sadness is down to a 0; I'm bored with it." Good news!

I had him say, "I like my penis" and rate his level of intensity and it was a 4 out of 10. So I gave him more homework of *Even though it is hard for me to say 'I like my penis'...* When he came to his appointment his level of intensity on this issue was down to a 0 out of 10.

Since he had a strong libido already, I asked him what he was looking for. "It could be more fun to have sex with my partner or with myself ... I feel anxiety." We talked about his background—being a virgin at 23, meeting a woman, getting married, three children, unhappy married life, and terrible love life with his wife. It was an "awful situation" and he "had to leave."

So, he said, sadness and anxiety are associated with pleasure from this experience. We looked for a specific incident from that time where he felt this sadness and he came up with an event. After they were divorced and his wife moved back to her home country with the three little girls, George would go to visit them every year and take all three girls on vacation somewhere.

One time, all three girls were in bed asleep and he was just reading on the couch when one of his daughters got up and came to the couch to sit with him. She asked him "Daddy, why do you have to leave?" Her question "broke his heart" and he did not have an answer. He somehow associated all the pain of being separated from his children with sex and his penis—IT had "caused all this trouble."

We did many rounds of tapping through the details of his "Couch" movie, stopping at each point when any intensity came up. When he could tell the whole story at a low level of intensity, we did a setup phrase like, *Even though my daughter asked "Daddy, why to you have to leave?" and it broke my heart...*

Then as reminder phrases while tapping through the points: *It broke my heart ... I didn't want to go ... I missed them ... I was so unhappy ... I was doing the best I could at the time ... I traveled a long way to see them ... I wanted to be their Dad ... I was the best Dad I could be ... I did a lot more than many dads would do ... I wish it could've been more ... it must've been enough, I have a great relationship with each of them today* (I knew this from our conversations on the phone). When this "broke my heart" got down to a 0 on a scale of 0 to 10, we moved on to *Even though I wish it could've been different and I could've been there all the time, I love and forgive myself, I tried as hard as I could.*

George left with homework of: *Even though all this shit happened...* and *Even though all this shit happened, I love and forgive myself.* Then, *I choose to feel enthusiastic about the pleasure my penis can bring.* George felt really good about doing this homework.

I received an email from him 4 days later and it said: "The EFT session was an extraordinary time for me, powerfully revealing of connections I had not previously understood or sensed. Dunno if it's related (only kidding), but Gail and I had our best sex ever (my take, but I'm sure she shares it) Sunday night."

I was delighted to hear that our EFT work helped two people for the price of one!

We are such wonderfully complex beings!

EFT for Releasing Sexual Abuse Trauma

BY GLENDA RUEGER PAYNE

This was my second session with Mary (not her real name). A newlywed, she was searching to find more sexual spark in her new marriage. We began examining the blocks to sharing sexual intimacy with her husband.

She described a memory of being molested by her mom's boyfriend just as her sexuality was awakening. Since that event, she has been attracted to men who don't respect her boundaries. I asked her to rate her Validity of Cognition (VOC) on the statement, "I have the right to say no." It was only 50% true for her.

I then asked her to put herself into a memory of saying no to a man and not feeling heard. I asked her to rate her emotional charge according to the SUD scale of 0 to 10 when she remembered the event. She said she felt level 8 frustration. After tapping on the frustration, she found guilt at level 10 whenever she says no.

Investigating the guilt further, we uncovered that she didn't feel safe saying no. I had her search for a childhood event representing the first time she felt it was unsafe to say no. We found one from age 2 when she witnessed her dad dragging her mom by the hair into the bedroom.

We used gentle techniques until she was able to handle the memory with a lower SUD rating. We used the Movie Technique, reducing each spike to 0 as she ran that scene through. I then had her call in everyone she could think of, either living or dead, who made her feel safe. I asked her to take her adult self along with her safety guard, and introduce herself to her 2-year-old self. I asked her to pull her little self out of that situation and into safety.

Upon completing that guided visualization, her VOC on the statement "I *can* say no" increased to 90%. Exploring further, she found "seething anger" at a SUD level of 7. Subsequent emotions that surfaced after each round were "When my husband wants something from me, I feel dirty and shut down."

We tapped on those for two rounds each. Then she was able to access more easily and comfortably the molestation event that happened when she was 15. We used the [Movie Technique](#) on that event as well. I made sure to have her focus on each aspect: noises in the room, the way he smelled, the color and feel of the couch they were sitting on.

At each emotional spike, she was able to access easily exactly how she was feeling in that moment. After tapping each of those spikes down, I had her adult self and her safety entourage go get her 15-year-old self and give her permission to say no and to defend herself. Lots of tears welled up just

knowing she had permission to say no. She felt a huge emotional release and gave her 15-year-old permission to smack her attacker with a bat. Her SUD level had reduced to 2 when we ran out of time, so we did a sneak away and set up another appointment.

EFT for Childhood Neglect and Adverse Childhood Experiences

BY CRAIG WEINER, DC, EFT TRN-3, AND ALINA FRANK, EFT TRN-3

When we are born, we are hard-wired to connect with our caregivers. Human beings mature slowly, our brains learn through social interaction, and we are dependent upon our parents for our survival longer than any other mammal. When those connections, also known as attachment styles, are strong, the result is a more emotionally, psychological, and physically healthy adult complete with a strong sense of self. However, when that fails to be the case, it commonly leads to poor health, fragile egos, and beliefs of not being enough or that the world is unsafe.

Science continues to find evidence to validate the vital link between our environment and our health. Research exploring the role that adverse childhood experiences (ACEs) play on the outcome of adult lives now shows that the result of neglect and abuse in childhood may be a measurable reduction in the size of the hippocampus in the brain. When the hippocampus is smaller than normal, one becomes less able to deal effectively with the effects of stressful experiences. Chronically elevated levels of stress hormones such as cortisol can literally kill off cells in the area of the brain that help to regulate stress. This then leads our nervous and hormonal systems to be perpetually on high alert, which then creates a positive feedback loop. Brain scans of children from abusive households can look similar to those of combat soldiers. These children are vigilant at detecting threats in their environments in the same way a soldier is trained to look for enemy combatants (McCrary, E. J., De Brito, S. A., Sebastian, C. L., Mechelli, A., Bird, G., Kelly, P. A., & Viding, E. [2011]. *Current Biology*, 21(23), R947–948).

There are certain ways in which the most important part of our bodies, the brain, continues to exhibit childhood wounds long into adulthood. This makes the statement “Our biographies affect our biology” crystal clear. Here are some examples:

- Maltreatment that happens in the first 2 to 3 years of life affects the hippocampus (an area that is crucial to emotional reactions and long-term memory).
- Neglect during infancy and sexual abuse that occurs in elementary school-aged children can affect the corpus collosum (the area of the brain that helps process social cues).
- Emotional abuse between the ages of 7 and 9 often affects the superior temporal gyrus (the area facilitating spoken language).
- High levels of the stress hormone cortisol before puberty affect the cerebellar vermis (an area assisting in proprioception, which controls your awareness of your body in space).

- Trauma in the first 7 years, i.e., witnessing domestic violence between ages 5 and puberty, and sexual abuse in adolescence, affect the cerebral cortex (area responsible for judgment and executive function).

One of the most comprehensive and ongoing scientific explorations exploring the correlation between childhood trauma and adult health and lifestyle choices is referred to as the ACE study. This refers to the often replicated Kaiser Permanente study on adverse childhood experiences that included 17,000 people. The original study asked the participants to complete questionnaires about their childhood and adult health and relevant environmental factors. Mind you, these people were part of the Kaiser Permanente health care system, which meant that they carried private health insurance. In other words, they were not on the lowest rung of the socioeconomic ladder, within which demographic these adverse factors would likely loom even larger. The study concluded that the higher the incidence of these adverse experiences, the more likely the individuals were to die younger than their peers. A score of 6 or higher ACEs led them to die, on average, 20 years earlier.

What constitutes an adverse childhood experience? The categories used for the ACE study included abuse (physical, emotional, or sexual), neglect (physical or emotional), witnessing domestic violence, household substance abuse, and a household member that had been either incarcerated or suffered from mental illness or experienced parental separation or divorce.

The high ACE scorers were more likely to be obese, to abuse substances, to initiate early sexual activity, and to smoke earlier in life, all of which are high risk factors for a number of health conditions. The researchers found these individuals to be more prone to depression, pulmonary disease, liver disease, sexually transmitted diseases, and cardiac disease to a statistically significant degree. Follow-up studies have tied ACEs to physical conditions including migraines and a state of chronic inflammation, with findings that even one ACE made the likelihood of migraines higher. Reviewing this research, you might be tempted to conclude that only in these extreme cases of adversity would you be at risk for health problems related to the environment in which you were raised.

Unfortunately, that isn't the case. Big "T" traumas (accidents, abuse, rape, etc.) are indeed physically and emotionally painful, but significant damage to one's ability to live a healthy life (emotionally or otherwise) can also be due to small "t" traumas, such as a critical father, an overprotective mother, a teacher who made you feel stupid, and so on. Those experiences form the foundation for belief systems and worldviews that create major limitations and dysfunctional patterns of behavior.

The most important time in life in terms of building and formulating beliefs occurs from ages 0 to 6. The brain emits four different types of brain waves, each with a distinct frequency: beta (13-30 cycles per second), alpha (8-12 cycles per second), theta (4-8 cycles per second), and delta (.05-4 cycles per second). Theta brain waves occur when we are in a state of deep meditation or dreaming. Delta brain waves occur during dreamless sleep. Until the age of 6, children spend the vast majority of their waking lives in theta and delta states, which are primarily hypnogogic or hypnotized-like mental states. They constantly receive impressions and form perceptions about the world. The raw materials for these beliefs come primarily from the family of origin.

When we are in these deeply receptive states of mind, we take in our surroundings in order to learn rapidly about how the world operates, without the benefit or addition of critical thinking skills. We learn to hold onto our mother's hand when we cross a busy street or the result is disaster. If we

weren't in this receptive state, we might question Mom's authority, want to see if we could walk across alone, or start analyzing different strategies regarding where to cross. Being in this state saves us time and energy from having to relearn these lessons. Those sorts of associations (busy street requires attention) work to our benefit, but other lessons learned may not be so useful.

Using the previous example, let's imagine that you wanted to dance and sing across the street while holding Mom's hand. Your mother just noticed that one of her more pretentious and judgmental acquaintances was standing on the same corner. In an effort to not look like a mother with an out-of-control child, she grabs you roughly by the hand, scares you, looks meanly at you, and says, "Why can't you behave like a good girl?" This message might go directly into programming your subconscious mind with all sorts of limiting beliefs, such as: a good girl isn't expressive, you have to be "normal" or in control at all times or you're a bad person, you don't deserve your mother's (therefore anyone else's) love, and/or that you need to always be concerned with how others see you. That event is a perfect example of a small "t" trauma.

Our sense of who we are, whether the world is a safe or scary place, or whether we deserve to have our dreams fulfilled are primarily determined by these early experiences in our critical years. Fortunately, EFT can easily diminish the profound impact that these seemingly insignificant events have on your psyche. In using EFT, it's important to note that no one but you can determine what was traumatic for you.

If your parents were so called "helicopter parents" and they constantly hovered and came to your rescue at the slightest perturbation, then these small "t" traumas could have left you with the impression that you aren't capable of surviving on your own. Perhaps you decided that you can't make it without a romantic partner, or you are frozen by the thought of taking even the smallest risks in business. If your parents were on the opposite end of the spectrum (and not present for you), then these small "t" traumas could have created the feeling for you that no one can ever meet your needs in a romantic relationship, or maybe you engage in extremely risky social behaviors in an attempt to finally get noticed.

Following are a few case studies that illustrate these points.

Casey grew up in a family where substance abuse was present until she was 9. That's when her parents got divorced and her mother joined Alcoholics Anonymous. Casey's core issue was a sense of being easily abandoned. This manifested itself as an inability to attract a romantic partner. She also had a subconscious fear that she would be abandoned, even if she did find the right guy. Through EFT, these beliefs became conscious to her, which led to her tapping on specific instances where one or both of her parents were too drunk to make dinner for her. Within a few months of the sessions, Casey met Larry, and they remain happily married.

Here's another example. Trisha's father was demanding and controlling, always insisting that all the children in the family needed to be perfect. Trisha learned early in her life that if she wanted his love and approval she needed to dismiss her own needs in favor of her father's. This led to a lifelong pattern of always placing others' needs before her own—the stereotypical people-pleaser. She became a nurse and worked intensely for the care of her patients. This pattern continued for many years and she took less and less care of her own needs, especially when she started her own family. In her 30s, Trisha contracted fibromyalgia. With EFT, Trisha discovered that she was very uncomfortable setting limits with others and that some part of her used having the chronic pain to

point to a physical reason why she couldn't help others (secondary gain). It was as if her body created boundaries for her, since she felt she couldn't do this herself by just saying no. Using EFT to clear her fears around setting clear boundaries, and finding out what she really wanted to be doing with her life, Trisha was able to overcome all her symptoms of fibromyalgia. She is now a raw food caterer and is completely pain free.

Then there was Jerry, whose mother was emotionally violent and unpredictable. At an early age, he knew that his situation was volatile. In his words, "The sh_t could hit the fan at any moment." Jerry learned to be hyper-aware of how his mother was feeling, of her moods, trying as much as possible to avoid her. Jerry ended up marrying a woman who was exactly like his mother. In his 40s, Jerry developed allergies that left him debilitated much of the time. Jerry's EFT coach zeroed in on key events in his childhood involving his mother. Most were very brief small "t" memories, such as a look she gave him or the tone of voice she used with him in specific memories. After a few months of EFT sessions, Jerry's allergic reactions are mostly gone and he has since filed for divorce.

Jason's father controlled his mother in every imaginable way. She wasn't allowed to drive a car, to work outside the home, or even to visit her own family during holidays. Whenever she did ask for something, his father's reaction made the house shake. Jason came to EFT at the insistence of his boss. Jason had been having angry outbursts and had left several people in his firm in tears during staff meetings. Jason had learned from his family from a very early age that you had to be strong and that no one should ever be able to exert power over you or you'd risk being squashed. After four sessions, Jason resolved his anger management issue and was no longer at risk of losing his job.

The above types of disruptions to a healthy connection between a child and parents/caregivers and the resultant lack of inner peace are imprinted in the mind at the deepest levels. These traumatic incidences that the nervous and energy systems hold on to have an innate desire to be understood, processed, and integrated into the whole of who we are through the lessons we learn from them. This occurs through a phenomenon known as recapitulation, reenactment, or repetition compulsion. We recreate similar experiences in our lives on a subconscious level in an attempt to integrate these old experiences and, we hope, resolve and heal what went awry so many years earlier. Reenactment (as illustrated in the previous examples) can be choosing the wrong romantic partners (with behavior similar to that of our parents) or attracting employers or employment that are less than ideal, yet they recreate feelings and scenarios that are familiar to us.

When we use EFT to remove the charge from those childhood traumas, we leave behind the need for these reenactments to occur. Another way of viewing this is that we are no longer in vibrational alignment with those events and therefore do not need to attract similar events to limit who we can ultimately become—fully actualized human beings.

Research shows that EFT lowers the stress hormone cortisol in the body. When we consistently use EFT to neutralize the stress-inducing effects generated by negatively impacting events from our past, we are given the opportunity to see that many of those events helped to shape us in positive ways as well. Then we can begin to see that we learned valuable lessons from those experiences and that they did indeed benefit us in some ways. When this happens, we really can say, "It's never too late to have a happy childhood."

EFT Session with Woman Frustrated with her Lapse in Self-care

Valerie Burke, MSN, EFT INT-1 shares a story of a client's strong emotional charge and how she had no idea it was connected to her former abuse issues until she did a tapping session which was related to her lapse in self-care.

BY VALERIE J. BURKE, MSN, EFT-INT-1

I've known VK for 3 years, having connected via the Internet through my work. We are colleagues and friends. This was a phone session, as we live on opposite ends of the country.

VK has done some tapping on her own in the past, but not on this issue and not for many months. She felt stuck on the issue of her current poor self-care choices and asked for my help. She wanted some insight about why she has recently become unable to follow through on making good diet and exercise choices.

Prior to two months ago, she had been doing very well with those aspects her life. After some quick greetings, we jumped right into tapping. VK had a sheet with the tapping points on it in front of her, which I had previously sent.

Client is diabetic and her blood sugar levels are easily controllable WHEN she pays attention to her diet and exercises several times per week.

But for the past few months, she's not been doing the things she knows she needs to do, and her doc has given her only three months to "get her act together" or he's "putting her on insulin." Client thought her lapse in self-care was a result of moving into a new apartment with a roommate, after living alone for some time.

However, she now doubts this is the underlying reason because her roommate has been gone for 3 days, and she's done no better with the roommate gone, in terms of diet and exercise. Her apparent "lack of motivation" (her words) has her very frustrated and perplexed. Her initial SUDS level was 10. She reports feeling discouraged and disappointed in herself.

We began with a round of tapping focused mainly on the initial concerns she had voiced to me, including: "I just don't take the time to take care of myself" "Everything changed when I moved in with Sharon" "I feel better when I eat right and exercise" "My blood sugars are acceptable when I take care of myself" "I know my diabetes will go out of control unless I get back on track" "I don't know why I can't get back on track"

After the first round, VK remembered the issue arose prior to her moving in—it had started in her old apartment with the event that triggered her desire to move.

Her landlord, with whom she had prior conflicts, and a repairman walked into her apartment one morning while she was in the shower, without any prior notice. While in the shower and alone, she heard the front door open, followed by male voices that gradually drew nearer.

She was absolutely terrified that it was a group of intruders—possibly aiming to rob or assault her. She turned off the shower water so that she could hear the voices, and only then did she realize it was the landlord and some repairman. This event would be very traumatizing in and of itself, but for her, it was even more significant because it triggered intense feelings related to childhood sexual abuse.

VK has a history of PTSD related to severe childhood sexual, physical, and emotional abuse from her father. She is now in her 60s and only recently entered therapy for the trauma, after two years of severe depression, anxiety, loss of several jobs and her own business, and eventually loss of her home and eventual homelessness.

She lived in her car for several months, traveling from state to state until finally being committed to a mental hospital for treatment following a suicide attempt (by car exhaust). She has just gotten “on her feet again” and is currently in her first paying job since moving out of a Salvation Army “group home” facility. Client realized the feelings she had when the landlord and repairman entered her apartment were very similar to the terror she felt when around her father, as a child.

The day of her landlord’s intrusion marked the turning point at which her ability to take care of herself lapsed, in terms of the diabetes. She also could not stomach remaining in that apartment because she didn’t feel safe. At this point, it was clear that the Movie Technique would be the best way to proceed, to deal directly with the landlord intrusion.

So I had her tell me the story in detail, while tapping. Her initial SUDS was a “13.”

Although she was not tearful, the fear in her voice was palpable. When she got to the point of hearing the front door open, her intensity level jumped upward. I stopped her from proceeding and had her tap on: “Someone’s in my apartment” “I’m alone, naked and helpless in the shower” “They’re going to rape me. Or kill me.” “I’m so scared.” She tapped on the sound of the male voices, because that was the panic trigger.

After two rounds, she spontaneously moved on in her story, saying that the point at which she recognized her landlord’s voice, her fear was replaced by anger. She did not go on past this point in the story, but instead said it now occurred to her that on the day of that incident, she started eating in response to her fear and anger, eating for comfort rather than for nutrition. I asked for her SUDS again. It was now 2 to 3 for fear, and 0 for anger. Her SUDS about her diabetes was now down to a 1.

VK then commented she was extremely surprised this incident had the strong emotional charge that it did for her, because she had no idea it was connected to her former abuse issues, exclaiming, “I thought I had dealt with all of that. Good grief!” I explained to her how trauma is resolved in layers, and it was no shortcoming of hers to have those feelings triggered, and her response should not detract from the hard work she’s done. I explained about neural pathways and reassured her that this does not mean her therapy “didn’t work”.

At this point we were out of time.

So, I made a few suggestions about how she might want to proceed, using EFT to sneak up on abuse memories, using gentle, little steps. I suggested she not choose to work on the worse abuse incidents first, but work her way into it with lesser-charged ones. I also offered her another session, which she thought she might want. I cautioned her about not working on deeply disturbing

memories while alone, that she might want to have a coach for those, even though she's worked on them in traditional talk therapy. I know from past history with VK that she can get easily overwhelmed.

We did a final tapping round on "time to heal" and, basically, self love, and it's okay to have "more work to do." I also sent her links to EFTuniverse and a couple of other EFT resources, as she anticipates buying a computer before long. VK was every appreciative of the session and very excited about the possibilities of tapping on her own, as a means of "cleaning the closets." I told her I would be willing to continue our work together in the future, if she felt the need.

Although there is certainly more work for VK to do, at least this experience shined light on the path ahead for her, in terms of where to go in her own work, as well as powerfully illustrating how current emotional states are intricately tied in with our past experiences.

EFT Helps Heal Rape Trauma

Angela Amias, EFT INT-1, licensed psychotherapist and cofounder of Creative Transformations: Integrated Approaches to Healing. She specializes in helping those who've experienced past trauma to reconnect with themselves and transcend barriers to living life with purpose and joy. Here she shares a session with a client where she helps Josie connect her current emotional experience and a past unhealed rape trauma.

BY ANGELA AMIAS, LISW, EFT INT-1

At times, past trauma can manifest itself in the physical body in unexpected ways.

In this case, Josie, a client in her 30s, was working through persistent negative feelings about the break-up of a relationship that had occurred a few years prior to our work together. In addition, and seemingly unrelated to this issue, she had recently been experiencing unusual problems with her vision, for which physicians had been unable to find any physical explanation.

While discussing her feelings about the break-up during one session, Josie said that what really bothered her about the relationship was *"I never felt like I had any control."* After tapping briefly on the phrase, *"Even though I had no control, I deeply love and accept myself,"* she stopped and reported that she was having trouble with her vision again.

Everything in her visual field seemed to be tilting to the left.

She said, *"It's like I'm not seeing things correctly."*

This was making it difficult for her to focus on our work.

At this point, neither of us made a connection between the issues we were discussing and this visual problem, but since the client was distressed by the visual disturbance, we decided to try EFT to see if it might have an effect.

We tapped on *"Even though I'm not seeing things correctly, I deeply love and accept myself."*

As Josie continued tapping on the phrase *"I'm not seeing things correctly,"* she suddenly began to cry and told me she was experiencing visual flashbacks of a sexual assault that had occurred in her early twenties.

While she had mentioned this experience before, she had downplayed the event, describing it as an unpleasant sexual experience rather than rape, because it had occurred within the context of a long-term relationship. Now, however, her intensity was very high and we tapped for several minutes without speaking until she was calmer and said she was ready to work through this memory.

When I asked her to guess at the intensity of the experience without thinking directly about it, she rated it a 10. We tapped until it was at a 5 and then I asked her to pretend this experience was a movie and give it a title. I reminded her not to watch the movie in her mind but just focus on the title.

She gave it the title "Man rapes woman" and rated her intensity about the title at an 8. After tapping on this title for a few rounds, her intensity increased to a 10 and she said, "I really hate the word 'rape.'" So we switched from tapping on the title to tapping on the word "rape" (Even though I really hate 'that' word... to Even though I hate the word 'rape'...) until her intensity around that word had dropped to a 1.

We then tapped on the title until it had also dropped to a 1.

At this point, we were ready to begin working through the actual traumatic event. In order to prevent Josie from being flooded by emotions or possibly re-experiencing the event, we created several barriers between herself and the experience. She imagined the movie on a movie screen, pulled curtains across the screen, and imagined she was in a separate building far from the theatre where this movie was playing.

Only at this point, when safety had been established, did we slowly work through the experience, tapping on each part of the story that contained an emotional charge before moving to the next part. By the end of the session, she was able to tell the entire story of her experience without experiencing any emotional intensity.

Rape is a violation of the fundamental integrity of one's own body.

Looking back, it's easy to see the connection between this experience and Josie's difficulty getting over a relationship in which she felt this lack of control in other ways. Because she had actively suppressed her feelings about this experience for several years, it had been difficult for her to understand why she was having such a hard time with her recent break-up.

Her description of her visual problem, *"I'm not seeing things clearly,"* was a perfect metaphor for her inability to see the connection between her current emotional experience and this past unhealed trauma.

Once that trauma was uncovered and healed, she no longer needed the physical symptom to get her attention. In fact, after working through all the aspects of this trauma, Josie experienced no

further episodes of visual disturbance.

EFT for Traumatic Memories of Incest Survivors

Puja Kanth Alfred, M.A EFT INT-1 shares a story about a client who was an incest survivor still being held prisoner by the past abuse and it showed up as Gastroesophageal reflux disease and depression. The client felt that she needed to hold on to the memories of abuse to be the 'record keeper'. With EFT, this sense of loss can be released and attention can be re-directed towards the importance of self-care.

BY PUJA KANTH ALFRED, EFT INT-1

I worked with Sharon (not her real name), an incest survivor, who was sexually abused by her father till age 11. She suffered from severe GERD (Gastroesophageal reflux Disease) symptoms. She had been taking depression tablets for 10 years; finally left them and started taking interest in alternative treatments.

She came to me to work on her traumatic past.

We worked on her GERD symptoms, which towards the end of therapy sessions were greatly reduced. She was struggling with a lot of anger and guilt related to the traumatic incidents from her past. We worked on a number of incidents and released the emotions attached to them.

Record Keeper

In the session described below, while tapping on her feeling that 'she was acting like a victim' (as she expressed it), we explored and tapped on the many aspects that made it difficult for her to let go of her past. She was unable to let go of the 'frustration for having lost so many years in trauma and pain', and she felt that she needed to hold on to the memories of the past and be the 'record keeper'.

She said, "Laws are so much different now. Records are gone; nothing to show for it. I've been holding on because no one else did. I've been the record keeper."

We tapped on -

Even though I have become the record keeper, as no one else is there to do this; there is nothing to show or prove what happened with me, I accept myself.

Even though I have refused to move on so that at least I can show, he was at fault and he should be punished, I choose to let go of this record keeping now for my sake. Letting it go does not mean that I have to delete all the memories. It will not mean that I will be letting him off the hook. It will only mean that I choose to be unaffected by those memories.

After tapping on this, she felt sad and lonely for not having a family anymore.

In incest cases, there is often a loss of immediate family especially upon the discovery of abuse. With EFT, this sense of loss can be released and attention can be re-directed towards the importance of self-care.

We tapped on

Even though I feel lonely as I don't have a family, I accept how I feel.

Even though I feel lonely, I would like to take care of myself. I cannot neglect myself because I don't have a family. I choose to understand my worth and I deserve to be happy with or without a family.

Her sadness reduced from 8 to 4.

Then we tapped on -

"My body and mind are tired" "I'm afraid - what have I done to my body?" "I cannot start a family at this age."

After tapping on all this she said, "I cannot let go of my past as it is my identity."

We used the following setup -

Even though it's difficult for me to release my past as its part of my identity, I accept myself with compassion. And choose to give myself the permission to heal.

Giving away my power

At this point she felt that by releasing her past she would be giving away her power to her abusive father.

We tapped for this.

Even though by letting go of my past, I would be giving away my power to my father, I want to bring healing to this. I would like to feel better, find more peace.

The feeling that she was giving away her power to her father reduced from 5 to 3.

We tapped one more round, while using a positive choice statement, "I choose to retain the power within myself".

Then I asked her to keep tapping on the cognitive shifts that were occurring, and she was verbalizing and tapping on, "I am stronger than before by letting go of my past because I make choices here and I have the strength to make choices here."

Reframing I introduce reframes in sessions based on the client's perspectives and beliefs. I also make a mental note of the reframes that didn't land and ask my clients' what they felt about them, as reframes can give a lot of information about core beliefs and resistances.

I suggested her to tap on, "My past does not hold me. I hold my past. I have the power to release it." The feeling that she was giving the power to her dad reduced from 3 to 1. She wondered aloud, "How can it be so easy to let go ... how can someone get off scot-free?"

This slightly increased her intensity.

This gave us another opportunity to tap on -

Even though I feel that letting go of my past is like letting my dad go scott free, I accept how I feel. The truth is that by letting go, I do not change my past. Past remains the same, but I know that I can feel more peaceful by letting it go. I want to heal by letting it go. I deserve to heal. I deserve to let it go.

I asked her what she felt about 'her dad going scot-free'. Her intensity was negligible. She said that, "I could understand the difference as I was saying that. I can let it go. I have tried to change the past and I can't do that. By letting go, I can free myself."

In the later EFT sessions, she was able to release her feelings a lot more easily. I explain to my clients that when we tap on 'letting go of the past', our aim is not to change it, but to release the emotions that tie us to the past.

EFT does not change what happened - it does not change the past; it only changes the way we feel about our past.

EFT Resolves a Therapist's Lifelong Trauma

Expert EFT practitioner Sherrie Rice Smith describes using EFT to help a colleague clear the emotional upset that had been triggered at a conference session they were both attending. The colleague, a therapist, was so impressed with how EFT cleared a lifelong issue for her that she is in the process of becoming certified herself so she can use EFT with her clients.

BY SHERRIE RICE SMITH, RN (RET.), EFT-EXP

Synchronicity is often a huge part of Emotional Freedom Techniques (EFT). The more we deal with our personal emotional issues, the more chances seem to appear to deal empathically with others who have similar issues in their own lives.

Case in point is a recent encounter I had with Kathy who had never before heard of EFT, let alone used it.

At a recent professional conference, several of us, Kathy and I included, were enjoying a meal together. I knew none of the women at this table, but in my usual fashion I opened up the conversation asking what involvement within the community each participant had. Eventually, someone asked me what it is that I do. Of course, I launched into my best EFT definition, one I have used multiple times.

All the gals listened politely, a couple asked a few short questions, and the meal ended. The following day I “ran” into Kathy again. She had asked me what breakout session I was attending because she couldn’t make up her mind. I told her what I had picked. Later in the day we ended up sitting next to each other at this breakout.

The session was over an hour in length. Somewhere in the middle of it I could see Kathy becoming more and more agitated. Obviously, the emotional issues being discussed were triggering something in her. She leaned over to me a couple of times, asking short questions. I indicated to her that maybe I had something that would help. With the final lean-over, Kathy said, “We have to talk.”

As we left the session, Kathy told me, “I’m going to throw up.” She said it a couple of times. I asked what had been triggered during the session. She had no idea except she wanted to vomit. It was suppertime, and I was hungry, so I asked her, “Do you want to eat, or do you want to tap?” I knew tapping was the best option, and Kathy chose wisely. We were going to tap.

We found a quiet spot to work. Now, remember, until about 8 hours ago Kathy had never heard of EFT, let alone tapped on an issue in her life. She was a professional counselor.

I gave her the quickest instructions I’ve ever done, and we commenced tapping. My instructions included for her to tell me anything that came to her mind no matter how offbeat or unsure or disconnected it might seem, I wanted to hear what was going on in her subconscious. I asked what emotion she was feeling, but Kathy couldn’t identify anything except, “I’m going to throw up.”

I started with how her stomach felt. She gave me all kinds of descriptions of what it felt like. I’m an RN, so I like graphic descriptions, gross as they can be! We tapped a few minutes until the edge was off her wiggling in the chair, as I wasn’t sure whether she wanted to bolt for the bushes or not, as we were sitting outside tapping.

I asked her to tap quietly for a few minutes and ask her subconscious what the stomach issue was all about--what did it want to tell her. Within 30 seconds, Kathy explained she had two incidents from when she was 4 years old, but “I’ve resolved one of them,” she told me. “Okay, so which one do you want to work on?” I asked.

“Me being trapped in the woods with the teenage boys” was Kathy’s answer. Oh, great, I thought, I get a sexual assault right out of the box with this woman who knows absolutely nothing about EFT!

Before she started talking, she did tell me that she is not sure if “anything” really happened in those woods because she could never remember that part. I asked her if she wanted to go there, as she just might find out that answer. “Yes, let’s do it,” she said.

For not having any clue how EFT worked, Kathy was a champ. Without much prompting from me, she began telling me descriptive details around the incident. I did ask her to go back and find a neutral spot before it all started. She did.

“Mom was on the phone crying, and I didn’t know what was wrong,” she told me. “Next what I remember is I’m in the woods with three 14-year-old boys trying to get me,” she explained. The stomach nausea shifted to her upper chest, as the anxiety appeared to set in. “I can smell the train diesel fuel and I can smell the pine trees.” I inquired what she was doing. “I’m crabbing backward to

get away from them. They are reaching for me," she said. Kathy was in obvious distress, so we just tapped for a few minutes to bring her 10 SUD emotion down.

We then tapped for a several minutes on the "crabbing backward." Once again, I asked what details she was seeing and smelling. "The diesel and pine smell is gone," Kathy answered. I knew right then and there the issue was dissipating. I asked for her to describe the boys to me. "I can't see their faces, but they have brown hair, long pants, and short-sleeve shirts." We kept tapping on the physical sensations she was experiencing. Still, Kathy could not tell me a single emotion around this incident. She was still wiggling and bouncing around in her chair, so I knew she was vividly picturing the incident in her mind.

I had no clock with me, but probably within 15 minutes, Kathy's eyes popped wide open and she looked me squarely in the eyes, saying with a great big smile, "I got away!" I questioned her to make sure she meant exactly what she said. "Yes, nothing happened, I got away!" "How do you feel?" I asked. "Great," she replied.

"I can't believe this! I've carried that around all my life and nothing happened. I never knew. I thought about this every single day," she told me.

Immediately thereafter, she went to the second incident that she had "resolved" and it snapped into focus for her.

I asked her, "Do you want to tap on that one, too, or do you want to go eat dinner with everyone else?" "No, I want to tap on this one, too," came her answer.

We started in on the next memory.

I will sum this one up for you. As you will see, these memories were related. Another 4-year-old who Kathy didn't know had been hit by a car. Instead of using chalk to outline the body on the road, the police had used white paint. That paint had staying power! Every day Kathy remembers asking her mom why the little boy didn't get up and off the road. Remember, 4-year-olds don't process information like adults do. They live in that theta and alpha brain-wave state. They only suck in information; they don't put the pieces of incidents together.

All Kathy's mom kept saying to her was "Be careful." Whatever be careful means to a 4-year-old!

We tapped on the white paint and on her mom's words and the pressure she had in her chest. I finally got an intuitive hit and said, "Where was his mommy?" Kathy jumped on that one like a bee on honey.

We tapped for another 10 or so minutes when, as with the first memory, Kathy's eyes widened and she looked me saying, "I'm okay, it's better, now let's go eat. I know what this is. My grandmother lost a 12-year-old and it has tainted our lives ever since."

The next morning I ran into Kathy again. She greeted me with these words, which made me smile: "I thought of you when I woke up this morning and then I started to cry again. I went into the shower and tapped and cried. I know what all of this is about now. The pieces fit. Where was my mommy? Where was my mommy when those three boys had me cornered in the woods? I see it all now.

Thank you so much. I'll be in contact. I have to get certified to use EFT with my clients. I have never seen anything like it. It is amazing!"

Kathy subsequently contacted me for [EFT Universe certification](#) information and we have begun the process of getting her certified to use this in her therapy sessions with clients. Later I spoke with her on the phone and she told me when she returned home she explained to her oldest daughter about the experience with EFT. Her daughter knew all about EFT. A local therapist had used it on her daughter 3 or so years ago when dealing with an OCD issue. And, by the way, the OCD is now gone!

Kathy is beyond excited and so am I! One more convert to EFT. One more professional therapist, who sees the efficacy of EFT from her own experience, and I know she does because she e-mailed me later to tell me: "I can't believe it. I look at those two memories and I have no emotion about either one of them anymore. That changed my life. It might not be a big deal for you, but it's a huge deal for me."

What a rewarding experience for me! What a privilege to spend less than an hour with someone tapping and find that their life is changed forever--for the good!

Sherrie Rice Smith, RN (Ret.), EFT-EXP
<http://eftforchristians.com>

EFT and the Relationship Between Weight Issues and Trauma

Craig Weiner, DC, a chiropractor and [EFT Universe trainer](#), has a particular interest in and focus on the mind-body relationship. In this article, he shares the insights he has gained from study and experience on the interaction of weight issues and emotional disturbance.

BY CRAIG WEINER, DC

Many readers have probably heard of Dr. Vincent Felitti, the pioneer of the Adverse Childhood Experiences (ACE) study. If you haven't, you should have.

Briefly, the original ACE study of over 17,000 patients, as well as the 60 ensuing studies including over 440,000 participants to date, has revolutionized the public health paradigm that explores the powerful relationship between adverse or traumatic childhood events/experiences and adult health.

Dr. Felitti termed the profound implications of this relationship the "Intergenerational Transmission of Adversity."

But what does that have to do with weight loss?

To explain, I'll start with the scientific gaffe that initiated a discovery that changed not only the way the world views the issues of weight loss and obesity, but also health in general. I believe this "mistake" is the most powerful scientific evidence we have that health is the direct result of mind-body-emotion interactions.

For many alternative and complementary health care professionals, and especially EFT practitioners, this is old news, but for much of the world, it is still revolutionary.

I have studied and written about the ACE study for many years, but it was not until recently when I was asked to be interviewed for the upcoming Tapping for Weight Loss film documentary with John Gabriel and Carol Look that I discovered a aspect of the back-story, which makes this paradigm-changing study even more remarkable.

The ACE studies have been replicated in many states in the U.S. and around the world, all of which continue to shed light on the important relationship between negative life experiences and health. The ACE tests are scored by giving 1 point for each of 10 scenarios, including: any of three types of abuse (sexual, verbal, and physical) and five types of family dysfunction (a parent with mental illness or alcoholism, a mother who's a domestic violence victim, a family member who's been in jail, and the loss of a parent through divorce or abandonment).

Two categories including emotional and physical neglect were added later.

Here is just a sliver of the information mined by this treasure of a study. Two out of three adults in the original study had experienced at least one type of ACE. With each incremental ACE point, the likelihood of another event grew significantly.

When subjects had four or more points, the impacts on adult health became dumbfounding.

One of every six subjects studied had a score of 4 or more points and at this level, women, for example, had a 60% chance of suffering chronic depression (35% for men), subjects were twice as likely to smoke tobacco, seven times more likely to be alcoholic, and 12 times more likely to have attempted suicide, as well as having dramatically increased risk of sexually transmitted diseases (STDs) and liver, chronic respiratory, and heart disease.

The story goes back to 1985, at which point Dr. Felitti had been running the Kaiser Permanente obesity clinic for five years. The program was going well by certain standards, with individuals, many weighing upward of 400 and 500 pounds, losing significant amounts of weight.

What troubled him was why more than half the patients dropped out of the program. So he began to look into their medical histories for answers. He was surprised to find many things in his medical records' research, such as almost all of the drop-outs from the program had normal birth rates and most of their weight gain happened fairly suddenly rather than over long periods of time.

When they lost weight, they tended to regain it quickly, returning to their usual weight.

Dr. Felitti dug deeper, interviewing many of these patients, asking about their medical history, including their sexual history. He was querying a young woman about her sexual history and began to ask her how old she was at the time of your first sexual experience.

That wasn't what came out of his mouth, however. In a confused (brilliant?) moment, he asked her how much she weighed when she first became sexually active, to which she responded, "40 pounds."

Confounded by her response, he asked her again.

She added that it was with her father when she was 4-years-old. That lightning-bolt moment led him to similar questioning of other patients and collaborations with other colleagues in the program who found that nearly half of the next 286 obesity clinic patients had endured some form of childhood sexual abuse.

Shocked by what he had stumbled onto, he continued to find cases of significant weight gain following childhood, adolescent, and adult trauma.

He discovered in his interviews two very important emotion/belief realizations:

1. Eating food soothes fear, anxiety, chronic stress, depression, anger...that all may remain persistent and get stronger when not alleviated by the self-soothing effect of eating. The root of many of these emotions, as we know, often began with familial and early life experiences that, in a way, become wired into our neural circuitry that can often be continually triggered, and from which a person seeks relief.

Of course, food is only one method of self-soothing; there are other self-medicating behaviors such as alcohol and tobacco use as well as other activities that may be complicit with addictive behavior.

2. Being overweight was not the problem; it was the solution. Being overweight kept danger at bay; it prevented unwanted sexual attention; it kept people who had been harmed in various ways, invisible...and safe.

Dr. Felitti concluded that people don't get fat because they don't know any better. It is likely that some type of trauma marks the starting point of the path to obesity.

So what are some of the takeaway lessons here?

I think there are many, including:

1. There are no stupid questions and perhaps there are no mistakes!

2. As adults, our health is not merely determined by some genetic blueprint; we are the sum total of our experiences, all of which have the potential to impact us emotionally, neurologically, cognitively, physically, and, from my perspective, energetically as well.

3. To take this one step further, our experiences as children, especially negative and harmful ones, as acted out by parents/caregivers from their own childhood experiences, as acted out by *their* parents/caregivers, and so on. The notion of intergenerational healing of emotional/physical interplay becomes of paramount significance as we look to what it takes to heal ourselves, our families, our community, and our planet.

4. Such healing can happen in many forms. I have a personal and professional perspective that suggests that variations of EFT tapping or meridian tapping is a profoundly effective way to begin addressing in individuals the trauma highlighted by the findings of the ACE studies.

Use EFT to Turn Self-Hatred into Compassion

BY ALINA FRANK

Marla wanted to work on her extreme self-loathing. She told me it affected every part of her life from being unable to feel comfortable in social situations to her ability to ask for a raise to her insecurities around her sexuality.

She knew that she didn't like herself and whenever she came across a new age/self-development tenet on loving yourself as the key to happiness it only made her angry.

We all think of these concepts as lofty and amorphous, but they can be quite literal. This is how I started my work with her: *I asked her how she felt when looking in the mirror.*

I often ask that question of my clients.

They describe the feeling of not loving themselves and the usual answer is about their butt, or their thighs, or their stomachs. What I got from Marla was the worst case of this problem I'd ever heard. *"I hate every part of myself when I look in the mirror,"* she replied. Just to confirm her answer, I asked, *"Isn't there one thing that you like or love about yourself?"* She said, *"I don't love anything,"* and after a moment of deep thought, she continued, *"Well there is one small dimple on my right cheek that I like."*

We had our work cut out for us.

Over the following months, we worked on how she hated her face, on how she hated her body clothed, and finally on how she hated her body undressed.

I can't stress enough the importance of being specific.

In EFT trainings, we ask the students to ask themselves if they are indeed being specific. Is there a who, what, when, and where? When working on disliking the body the "when" is now, the "where" is there when the client is doing the tapping in my office or at home, the "what" is the exact body part, and the "who" is the client.

Luckily, generalization (a process in EFT when many aspects collapse at once) took place and we did not have to tap on every single area Marla disliked.

She went from avoiding the mirror to being neutral about looking at herself to finding that there were parts of herself she really could enjoy. This simple yet profound process transformed Marla's life. As a side note, Marla lost weight in the process, but for her the greatest change was her ability

to go confidently into the world as herself with her head held high.

EFT Resolves Sexual Addiction

Nancy Linnerooth from the Seattle area is a certified EFT practitioner, licensed marriage and family therapist, and career coach who specializes in helping people get rid of their internal blocks to professional success. In this article, she tells how she used EFT to successfully resolve long-term sexual addiction, though she had no experience in treating that particular addiction.

BY NANCY LINNEROOTH, MFT, EFT INT-1

I recently had success using EFT in an area I know little about: sexual addiction. Perhaps my surprising luck in finding the source of my client's problem can help others.

"Greg" (I have changed his name and some of the details of his situation to protect his confidentiality) came into my office the very model of a successful businessman. He had built a company from scratch, was in talks to sell it for a great profit, was already considering which of a handful of ideas to pursue for his next start-up, and clearly adored the talented woman he had married the previous year.

He was also hiding a big problem. As he put it, he had a sexual addiction. Several times a day, he would put everything on hold to satisfy his need for an orgasm. He spent a lot of money on Internet porn. He was finding it increasingly difficult to hide his activities from his wife, and he was disgusted with himself.

It took a lot for him to come into my office and tell me his story; he had never told anyone. He was clearly disappointed when I explained that working on sexual addiction was not something I had done in my therapy practice, but I would ask around for a referral to a good therapist who specialized in that field. Since he wasn't keen on starting over with someone else, I explained what I would do if he worked with me. I would start with the assumption that his addiction was an escape from stresses in his life, that certain stressors during his day triggered it. I would use this strange-sounding tapping with him on events from around the time his addiction started to see if we could unhook whatever had set up that trigger in the first place.

As an example, I said we might look at events around the death of his mother when he was a teenager, which he had told me was a big event in his life. He assured me that his hypersexual behavior started before her death. Well, teenage boys often find themselves obsessed with sex, I noted, adding that maybe he had gotten "stuck" in that way of thinking and acting when his mother died and hadn't been able to leave it behind.

I was just trying to give him an example of what we might find, but Greg looked thoughtful and said that my theory rang a few bells for him. So that was where we started. Despite my referral to a specialist in sexual addiction, Greg wanted to work with me.

Greg looked distressed as he started to tell me about his mother, so I stopped him and had him tap on the points along with me while he told me the story of his mother's death. He grew up in a

community in the Midwest where you just didn't talk much about your feelings. To make matters more difficult, neither his father nor his three brothers ever talked about his mother's death after the funeral. It just wasn't done. As far as I could tell, Greg had never talked to anyone about her death or what it had done to him and his family before that day in my office. No wonder he was distressed.

Next we did some focused tapping on his feelings of sadness, anger at his mother, and guilt, which I pointed out were all normal reactions during grief. As he experienced how quickly these emotions came down, Greg decided to bring up an event that had troubled him since his mother's death. The day she went to the hospital for the last time, he had a date planned with his girlfriend. They had recently started having sex, and he was understandably rather focused on that aspect of the date. During the tapping, he realized he had blamed himself all these years for not recognizing that his mother was very sick and for not staying home so he could have gone with her to the hospital instead of going on that date.

We just had time to tap down all the emotions that came up around that memory before the session ended. It had been intense, and Greg looked quite tired. However, he also looked somewhat relieved and thanked me as he left.

We hadn't tapped at all on the symptoms of his sexual addiction or his emotions around it. I had no idea whether I had helped him with the issue for which he had come to me for help, but I comforted myself with the thought that at least he had cleared out a painful trauma he had carried around his entire adult life. And, of course, he could always go to the therapist I had referred him to!

The next week Greg gave me a huge smile as he walked in the door. "I've come out of my swamp," he told me. Since our previous session he hadn't felt any of his usual impulses. His sexual addiction of fifteen years just went away. And it didn't come back over the following two weeks as we worked on his regrets from those years. And then he felt finished with our sessions, ready to live his life the way he wanted to.

I don't know how many sexual addictions trace their roots back so directly to a specific event from adolescence the way this one did. As I said, I'm far from an expert in that field. Still, for anyone who has a similar problem, traumas from around the time the addictive behaviors started may be a good place to begin.

Using Dreams and EFT to Identify Past Trauma

BY DAWSON CHURCH, PHD, EFT TRN-3

I recently taught an EFT workshop at a hypnotherapy center. The therapists there had all trained in EFT, and used it alongside hypnotherapy.

"Malika," a female therapist, 27-years-old, reported an interesting experience. She had been in therapy herself with a succession of therapists, and each one had asked her about sexual abuse.

She'd enjoyed a stable childhood, and was surprised at the questions, though she's grown up in a very poor country surrounded by suffering.

Then she began to have a repetitive dream of being raped. The dreams were vivid and detailed, and Malika shared them with her mother, who she described as her "best friend." Her mother suggested she talk to her paternal grandmother, her father's mother, based on some of the details of the location in the recurring dream.

The family had moved frequently between cities on three continents, and her mother could identify the approximate location and time based on these details.

Malika set up a time to talk to her grandmother, and described the dream.

Her grandmother was shocked. She told her granddaughter that she had indeed been raped in the place and manner described in the dream. But she had never told anyone about it! At the time, rape held such a stigma that the victim rarely came forward.

Malika said that her grandmother was much more at peace with the incident once she'd discussed it and they'd tapped together to dissipate any remaining trauma. Malika's recurring dream also ceased. So did the inquiries from therapists as to whether Malika had ever been sexually abused.

"I look just like my grandmother did when she was my age. I guess I was carrying the resonance of the experience in my energy field up till that time," she said. "I've had to deal with PTSD as the result of growing up with poverty and suffering all around me, but the sexual abuse element is now gone."

EFT Heals Anxiety In Iraqi War Vet

BY GREG Warburton, MA.

Several years ago in my private practice as a counselor, I met with Fred, a 23-year-old Iraqi veteran. In the opening moments of our meeting, Fred told me that his life was on the line each day during his year-long deployment. He said he had returned to the States depressed and anxious and spent six months in psychiatric care in military hospitals before he stabilized enough to return to his hometown.

Fred surprised me by starting our meeting with a specific request. "I don't want to complain about my life," he said. "I want to learn tools to lead a better life." I heard his request and cautiously told him that I had learned some new techniques that have been helping people feel better quickly. "They're sort of unusual," I said. "At our first meeting, I don't want you to think I'm crazy."

To his credit, Fred agreed to let me teach him how to use a body-energy based technique designed to help him clear the emotional trauma out of his mind-body system. I taught him how to physically tap certain points on his face, upper body, and hands while tuning his mind to the traumatic emotional experiences he felt comfortable focusing on at that time.

After one round of tapping the points, Fred began to describe his immediate experience: "It has already begun to feel like anxiety and depression are dissipating like steam," he said. "It feels like this tool has helped me more in ten minutes than the six months of psychiatric care I received."

In just one short session, Fred experienced quick results with some very serious and longstanding life issues. That experience with Fred was poignant and memorable for me, and it helped cement my belief in the power and usefulness of EFT.

Clearing the trauma of sexual abuse

BY ERIC HUURRE

EFT practitioner, FREA member and documentary film producer Eric Huurre offers an account of using EFT and Matrix Reimprinting to clear the trauma of an adult male client who survived childhood sexual abuse. Where this client is after clearing memories and finding forgiveness provides hope to others who suffered similarly severe childhood trauma.

I am a therapist and coach who has been in using EFT since 2008. I have worked with clients on emotional and physical issues that often include histories of sexual abuse from childhood.

"Pierre" came to me on a referral from another client. He was 57 years old, a married father of two young adult males and a successful, lifelong professional educator. Pierre was facing marital issues and frequent bouts of depression. A few questions about why he was seeking my help revealed that as an alter boy, he had been repeatedly sexually abused by his parish priest.

Living in a small town Catholic community of the 1960's, his frame of reference was that any and all sexual matters were to be kept to one's self; therefore, he never spoke to anyone about what he had endured and kept secret, while carrying it inside fifty years later. All he knew was that he was still tormented by those events and he wanted help.

As an adult, he'd often sought therapy for his feelings of shame, anger and confusion over what he'd endured. Years were spent in private therapy, group work and attending survivor workshops. Nothing helped to ease his upset, and that upset was causing him to question his ability to be loved and to love today. Trust was at the heart of his being stuck in a victim's frame of mind and intimacy was a major trigger for him.

As he was clear about his issue and determined to work on it with me, I briefly explained how tapping and Matrix* work would allow Pierre to revisit and reframe his experiences from fifty years ago and we began. After a few rounds of basic EFT tapping to calm any anxiety about going back into those events, I guided him to go back and work with younger Pierre, age seven, right after having been assaulted by his priest in the church rectory.

(*Those unfamiliar with Matrix Reimprinting may want to read up on how it effectively transforms how survivors view themselves in moments of emotional overwhelm, or traumatic shock.)

Gently and slowly, Pierre spoke to and comforted his younger self, guiding him to summon the

courage to confront the priest BEFORE any abuse could occur. With the confidence of his now older, more mature self at his side, the boy was able to speak up and stop what he'd known at the time was inappropriate behavior. Not only was he able to rewrite what occurred, but for the first time in all the intervening years, Pierre was also able to forgive his abuser, as well as his parents and the community for not protecting him, or coming to his aid.

At the end of that first session he said, *"...in those twenty minutes, you were able to guide me to a place of peace and calm that I have never felt for fifty years. I feel so grateful and free now that I am not that silent little alter boy. I can finally love and accept myself."*

From that point, we went on in subsequent sessions working on trust in his marriage and acceptance of himself as a man able and deserving of consensual love and acceptance.

As I suggest to all of my clients, I also offered to Pierre that energy work become a life skill and daily routine for him. A few sessions might be enough to reframe and ease the burden of a childhood emotional trauma, but life would continue to throw up challenges to his sense of trust in others. By tapping on anything that triggered him in the future, Pierre was equipped to never allow the same degree of emotional upset to take over his life, or his relationships again. Witnessing the shifts that occurred in him, his wife and son also became clients in order to better understand Pierre's trauma and how it had affected their family life.

Releasing the Effects of Gloria's Sexual Abuse

EFT practitioner, FREA member and documentary film producer Eric Huurre offers an account of using EFT and Matrix Reimprinting to clear the trauma of an adult female client who survived childhood sexual abuse. What this client gained after reprocessing her experience goes well beyond that single incident just as that one incident had extended far beyond one traumatic memory.

BY ERIC HUURRE.

I am a therapist and coach who has been in using EFT since 2008. I have worked with clients on emotional and physical issues that often include histories of sexual abuse from childhood.

"Gloria" came to me complaining of workplace issues and difficulties seeing herself in a relationship with a man after a troubled marriage years before.

A few questions about what might be behind her social blocks brought up a troubled childhood under a domineering and distant father. As we worked on how she had taken on a subordinate role with first her father and then her equally controlling and distant husband, she revealed that she had also been sexually abused by an older brother. *"But that wouldn't have anything to do with me now would it? I haven't thought of that in years,"* she said.

So often incidents of sexual abuse are either disputed by others, or simply not spoken about at all, leaving the issue and the survivors feelings unresolved. Time may pass without any specific memory, or issue arising from the abuse, but the presence of the unresolved trauma, combined with

whatever after effects that incident may have created generally have negative side effects on survivors if the trauma is not resolved in a healthy way.

Finding and using her “voice” had always been a problem for Gloria.

In spite of being successful in business, she volunteered and gave off the appearance of being a tough person to deal with. Living under the controls of the men in her life and believing that she should not speak up, or talk back had left her emotionally hard and frozen in most of her interpersonal relationships.

The one time abuse by her older brother fell under the same code of conduct as far she was concerned – *“don’t say anything, its not your place to complain or speak up to him or anyone.”* So even though she claimed that she’d “gotten over” the abuse by her brother, for decades Gloria kept buried the hurt she felt and the shame that she did not say or do anything to help herself.

A few rounds of tapping on her frustration after realizing her pattern of allowing men to take advantage of her brought us to the incident with her brother.

Matrix Reimprinting was used to allow Gloria the chance to safely revisit the time and place where she could confront her brother. Not only was she able to speak to him and stop him from abusing her, she included her parents in the scene so that they also understood that she was now speaking up and looking after her needs, even if they weren’t.

The relief and calm that followed this one session was startling. Gloria quickly shifted from an often negative, fear-based individual to a calmer, more open and accepting business woman and single woman open to and ready to trust the notion of having a relationship with a new man.

She and I worked on remaining blocks to her addressing her concerns and speaking up whenever she wanted to, minus the limiting beliefs that she could not control her interactions, or at least not without carrying a hard shell to protect herself.

Just a few well placed interactions along the timeline of her emotional past did what tradition therapy sessions and time had not – Gloria became emotionally free to choose her responses to life, not to mention the reality she faced that her own brother had abused her. Forgiveness of her brother and father and a much less anxious relationship with the men in her workplace were the results.

As I suggest to all of my clients, I pointed out to Gloria that energy work could be a life skill and daily routine for her. By tapping on any future incidents where she might find herself either withdrawing in silence, or being aggressive rather than communicative around domineering men would serve her going forward.

Vision Loss and Childhood Trauma

EFT practitioner and documentary film producer Eric Huurre offers an account of using EFT to clear the trauma of an adult male who survived childhood sexual abuse. What this client gained after reprocessing his experience goes well beyond healing.

BY ERIC HUURRE, AAMET

I have been documenting EFT therapy sessions around the world since 2007. I have witnessed the work of a distinct group of therapists, coaches and self-help clients working on a tremendous range emotional and physical issues that often include histories of sexual abuse.

“Bill” came to an intensive EFT group workshop seeking relief from a lifetime of set backs and isolation. He was in his mid forties and totally blind. His vision loss had begun in his adolescence and progressed to total loss of sight before he was an adult. The disability of blindness had extended into all facets of his life - both physically and emotionally.

A few questions about his early life brought up an incident of family incest when Bill was about seven or eight. While his parents and grandparents were one floor below the bedroom he’d been sent to for the night, an uncle had entered and raped and sodomized him.

Using the “tearless trauma” and “movie” techniques, Bill was supported to go back into the portions of the event that he could manage. Slowly he was able to go through what had happened calmly and with acceptance right up to the end of the incident after his uncle had slipped out of the room.

Lying there in his grandparent’s spare room, alone and shaken, Bill recounted pledging to himself, *“I never want to see him, or his eyes looking down on me. I never want to see anything again!”*

From his earlier account of losing his eyesight in his youth, everyone in the room at the time suddenly realized it had not been much later that the degeneration of his vision began.

We all just froze. Whether it was possible for a young boy to will himself to go blind, or not, Bill had been so traumatized by the event, as well as what his mother and grandmother had alerted him some time later that they “knew” what had happened, but that Bill could never tell anyone, particularly not his father or grandfather. *“If they find out, they will kill your uncle and it will be your fault.”*

For all of his life, Bill had struggled with not only blindness, but resentment and anger that his life had gone so terribly wrong under the watch of his own family, beginning with the abuse incident. For two more sessions, Bill worked with a practitioner to clear the anger and victim identity he’d carried. Issues of shame and guilt, not uncommon side effects after sexual abuse came up and were resolved.

The “eyes” of the uncle were made softer and less threatening. Forgiveness was now possible more than thirty years later. Whether Bill would ever “see” with his eyes again, he now saw life and himself and his circumstances in new light. *“I do see things differently now,”* he was happy to share. *“It’s OK to see things again*

Healing issues rooted in childhood sexual abuse

BY ALINA FRANK

Sexual abuse can be defined as being coerced, manipulated, tricked, or forced into sexual activity, and it can take place at any age. It goes beyond physical contact leading to intercourse and includes fondling, voyeurism, exposure, oral-genital contact, digital penetration, and more. It can also be so subtle that you question whether it actually occurred, and even if you haven't been personally victimized, the abuse of a family member or partner could impact your life.

I never knew how prevalent sexual abuse was in our society until I became an EFT practitioner. I work with clients on a daily basis to heal the issues that their stored memories have created. These memories are powerful and often hide and fester, just waiting to be triggered--and not necessarily when you'd expect them to.

A personal example is that several times, as a teenager, I witnessed men masturbating and exposing themselves in public. I never thought these disturbing memories were affecting me, but when I explored how I really felt, I noticed that I was still carrying anger and resentment that showed up in the darnedest of places. For example, when a past boyfriend innocuously said, "Hey, honey, look at this proposal," I felt irrationally and inexplicably angry. That makes no sense logically, but my mind had created a connection to those obnoxious men. "Can't you see I am not interested? I don't want to participate. Could you be more considerate?"

Traumatologists report that you only need two ingredients for lasting impact: fear and helplessness, and in those moments in the parking lot of the mall, the secluded beach, and in the dark alley, I definitely experienced them both.

Sexual abuse statistics are sobering. In the United States, one in six women and one in 33 men have experienced an attempted or actual rape in their lifetimes. According to the CDC, 25 percent of women are raped during their college years and among high school students surveyed, about eight percent report they were forced into sex. These are the cases that victims are willing to recount--you can imagine what the real numbers might be.

The symptoms of unhealed sexual abuse can manifest themselves in your relationships and sex life in many ways, including risky behaviors; poor judgment when choosing partners; illnesses; and the inability to be fully present, connected, trusting, or free of inhibitions with your partner. Through EFT, you can disconnect memories from the emotional charge associated with them. Memories are like balloons, which come in many sizes, some large enough to carry you away. When you release the air from a balloon, all that remains is bits of latex or fabric. Similarly, when you release the emotional charge from a memory all that's left is a story--a story you can now tell without pain.

Childhood sexual abuse: EFT avoids the 'need' for a C-section

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

Having a baby can bring you face to face with all your unresolved baggage. The pain that you endured as a child yourself often seems buried until you have children to trigger those past wounds.

Sometimes the body, with its inherent wisdom, will let us know that we are physical feeling in a way that's off and just not right like when we are experiencing pain. For a woman the pain of childbirth is a gateway to healing and rebirth for herself. Such was the case for my client Hilda.

Hilda's boyfriend contacted me when Hilda was in labor. Hilda had been in active labor for about 12 hours and standard of care being what it is in the United States she was being closely monitored and timed. In many industrialized countries birthing is a timed event and if a mother has the misfortune of falling past the expected time she is to have a baby the institution or physician may label her birth as "failure to progress". This may then lead to all sorts of complicated interventions including Cesarean Section. Hilda was concerned that if she didn't give birth soon she'd be facing this.

I used EFT to work on Hilda's childbirth pain. There's a misconception in the childbirth world that pain is actually necessary for the uterus to be working its magic and getting the baby out. One of the things I've noticed in my years of EFT practice helping clients resolve pain is that pain is very much influenced by one's stress level. Fear is often the underlying factor and can be the difference between feeling discomfort and feeling unbearable pain. The first aspect I guided tapping Hilda on what the fear of her needing a C-section and the associated feelings of failure that she wouldn't be able to give birth naturally as she had wished. The pain immediately began to dissipate.

I then asked Hilda to describe as best she could what the feeling was like. The way a client describes pain is filled with metaphors that are very helpful in finding the source of the issue. She described the pain as making her feel completely "out of control". She said that she couldn't relax because she felt that her body was "betraying her". I asked Hilda when she had felt that way before and that's when she told me about her sexual abuse. The feelings of being out of control and her body betraying her were exactly the same sorts of sensations that she had experienced as an 11 year old at the hands of her stepfather.

Through the next hour I worked cautiously and carefully on one particular memory. She felt at peace by the end of the session and was actually relaxed enough to sleep. I stayed with her until she woke up. She walked around the yard with her boyfriend, the contractions were stronger and closer together but she was in a lot less pain than she had been in earlier in the day. After a brief phone call with her physician Hilda went to the hospital where she soon gave birth to a very healthy little girl.

Healing Crossed Boundaries

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

"If you do not set healthy boundaries, then your body is going to do it for you," says Gabor Maté. "And how does that show up? Pain, disease, and dysfunction." As I've seen in my practice time and time again, that includes sexual dysfunction.

When I worked with a client named Jeremy, we discovered that his mother's lack of healthy boundaries was at the root of some of his problems. Jeremy was a confident 40-something man who had been in business for himself since his teens. His entrepreneurial spirit and determination had

made him very successful in life, except that he now faced a serious sexual problem that he couldn't resolve on his own.

Jeremy's sexual history began with his losing his virginity to a prostitute. He became a self-proclaimed "player" who preferred one-night stands to committed relationships. For years, he had countless partners and lived what he called "every young man's fantasy." Jeremy was satisfied with this lifestyle until he fell in love with Caroline, a friend's sister, which caught him off-guard. With Caroline, he discovered for the first time what a thrill it was to make love to a woman he was in love with. Within a year, he proposed marriage, and that was when his sexual trouble began: he was able to easily feel orgasms before, but after he and Caroline became engaged, Jeremy no longer could.

I've come across the inability to feel an orgasm or the inability to feel aroused many times over the years. I've worked with men who feel no desire, despite their "little blue pill," as well as men who can ejaculate, but experience no pleasurable sensations in their bodies when they do. The same is true for women. Some can't feel arousal, some can't orgasm, and some feel that their bodies shut down at the very thought of sex. The common denominator in each case is that it originates in an unresolved highly-charged event from the past that the brain is bringing forward into the present.

Jeremy came to see me because he was scared that he'd be marrying a woman he couldn't enjoy sexually. I asked him when the problem started, and he said that it clearly began as soon as he asked Caroline to marry him. I asked him what his fears were about getting married, and he shared several that we worked on and released with EFT.

At our next session, I asked Jeremy if he'd had any insights since our last appointment. He told me that he had never considered promiscuity to be related to a fear of commitment, but now he knew it was. I asked what caused him to be afraid to be with just one person, and he said, "If I am with only one person, she will control me." His intensity shot up as soon as he said it, and we spent a few minutes tapping the intensity down. I asked Jeremy where he thought the connection between a loss of control and being with a single person came from, and without hesitation he said, "My mother."

Jeremy was the elder son of a young single mother and became a surrogate adult male figure in her life at an early age. He felt responsible for his mother's happiness and we worked on several events in which she'd crossed a boundary with him. The memory that unraveled the current issue with his fiancée was the following: Jeremy had begun to develop body hair and his voice was changing. One day, while he was showering, his mother came into the bathroom and got in the shower with him. Jeremy was in shock, embarrassed, and didn't feel he could do anything but stand there as his mother washed him with a washcloth, as she had done when he was much younger. He remembered how much he hated being touched by her, especially when she cleaned his penis. "She's got me by the balls," he thought. We spent the rest of that session, as well as the next one on all the aspects of that event, as well as other instances in which Jeremy felt that his mother "crossed the line."

Within hours of the last session we had, Jeremy recovered his ability to love his future wife with all his mind, soul, and body.

The takeaway: Unhealthy boundaries, however old, can show up as symptoms in the bedroom, but you may not realize that they're the source of a problem until you've tapped for some time.

Perseverance is key, and when tapping doesn't immediately solve a problem, it's a safe bet that you haven't gotten to the root of it yet.

Sex and Potty Training

BY ALINA FRANK

You can trace problems that arise in the bedroom to causes that you might not expect (much less remember), and potty training is one of them. A client I'll call Lucas was a young male model in his mid-twenties who is openly gay. When he began to explore the idea that he might not be heterosexual as a teen, his family completely supported him. After years of being alone and not sexually active with others, Lucas finally had a partner that he'd been in a committed relationship with for over a year. Sex with his loving partner was fine on every level, admitted Lucas, except that he had a deep seated fear of anal sex.

Contrary to popular belief, anal sex doesn't define gay men. Gay sex can be as varied as straight sex can, with intercourse being only one facet of a satisfying sexual relationship. Lucas contacted me because he wanted to be able to have anal sex with his partner, but fear was keeping them from trying it.

In our sessions together, I had Lucas imagine each step that led toward penetration, and we paused when he felt scared. We broke this down to very small steps and worked through all the aspects of such an interaction with his partner. Everything we tapped on collapsed quickly in a round or two, until we reached the end. Lucas' intensity shot up to a ten when I had him imagine what came next.

The thing that really scared Lucas was the fecal matter that he was sure he'd have to confront afterward. We tapped on the fear, disgust, and humiliation until it went down to a two in intensity. After a few more rounds where the SUDs level just wasn't dropping further, I suspected that there were earlier roots to this issue. I asked Lucas if this event reminded him of another from his past, and he said it did.

Lucas had a very difficult time potty training. He was a rambunctious little boy who couldn't sit still on his potty for very long. His mother tried all sorts of tricks and rewards, but month after month went by, and his mother grew increasingly upset and impatient. One day, when Lucas was outside playing, he felt the urge to poop and decided he'd pull down his training pants and go in the garden. His grandmother, who had been watching over him, immediately informed his mother, who came out of their home and yelled, "You bad boy! Look at this mess in my flower bed. This is disgusting, Lucas!" Lucas was traumatized by that event, which had been deeply buried until it surfaced while we were tapping.

After we cleared the sting of that memory, Lucas told me that since that time, he couldn't even bring himself to look into the toilet after he had eliminated. He'd never made those connections before.

Not long after our last session, Lucas sent me a message informing me that all the challenges he'd had with this were now gone.

The takeaway

As in the case of Lucas, aversions in the bedroom may have their origin in things you don't remember--things that may not arise until you start tapping. Keep tapping!

Discovering and healing the source of irrational fears

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

Your body is designed to give you pleasure through your sexual organs. When you're young and innocently discover that your genitals can give you pleasure, it's exciting, welcome, and normal. However, inappropriate sexual contact can forge associations that may cause problems later in life. It's common to feel a strong negative emotion such as guilt if you felt pleasure during an abusive situation. It's also common to feel guilt because of the aftermath of sexually charged events. This was the case with Desiree.

Desiree came to work with me on several big issues that had become so problematic that she had decided to "run away" from her home and husband in the Southwest to an island in the Pacific Northwest. Through a mutual acquaintance, she heard about my work around sexual relationships and bravely decided to tackle those issues once and for all.

Four weeks into our work, an interesting, yet seemingly unrelated fear came to light when Desiree told me that she was terrified of bald men. She avoided being in any situation near them and experienced so much fear when she saw a bald man in public that she would cross the street to avoid him. Now, by the age of 35, 40 percent of men have noticeable hair loss and by the age of 60, 65 percent do, so this irrational fear was very limiting for Desiree.

Associating something seemingly innocuous like baldness with a subconscious traumatic memory is fairly common. EFT coaches are trained to ask questions that begin to unravel these dysfunctional cognitive associations gently, so with great care, I began to ask Desiree questions about the nature of this particular fear. Several events came to mind as we worked on a memory of a family member who was mean and happened to be bald, but then Desiree suddenly remembered a long-buried sexual experience.

When Desiree was six years old, her best friend Dolores lived up the hill. Being in the same neighborhood, Desiree played with Dolores frequently, and many times, the play dates would be at Dolores' home. One day, Dolores' older brother recruited the girls to go down to the basement to play doctor with him. Dolores's brother asked Desiree to lie down while he examined her, and Dolores lay beside her holding her hand during this exploration. Desiree remembers it "feeling good." There was not much more to event, but what happened next is where most of the trauma occurred.

Desiree's mother somehow found out that her daughter had been playing doctor. Very little was explained to Desiree, but from then on, she was forbidden from playing with her friend, and soon

afterward, Dolores' family moved out of town. Desiree came to believe that what she'd done was horribly wrong, that the feelings she had felt were bad, and that she had caused her friend and her family to move. From that point on, Desiree's mother became so overprotective that Desiree was never allowed to spend the night anywhere other than her own home, including her grandparents' house.

What does all this have to do with a fear of bald men? In the basement, where the "doctor" examined his patients, there was a toy shelf filled with dolls and games, and on the top shelf was a figurine of a clown who happened to have Bozo-like hair-- bald on top and long on the sides.

Over a series of a few weekly EFT sessions, Desiree was able to release the guilt she felt about what had happened, as well as her fear of bald men. We tested the work by having her try to bring up any negative emotion as she talked with great detail about what had happened. Her final test was walking into a store that had a bald man as an employee. She was delighted when she was able to go right up to him and have a normal casual conversation without any fear whatsoever.

Once our work was complete, Desiree went back home. She found that everything had changed for her, including her marriage. More than a year later, I checked in on her to see how she was doing, and she said, "It's amazing. Sometimes I still can't believe how much I've changed. There's no shield, I have opened up so much. Sex is better than it's ever been, and I'm not afraid of life any more. My life had become so small without me knowing it, and I wouldn't be this happy or free without EFT."

The takeaway

Irrational fears can have their origins in long-forgotten traumatic events, but it can take some sleuthing and a lot of persistence to find and clear the original wound.

Healing issues related to masturbation

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

What's satisfying, doesn't cause pregnancy or sexually transmitted diseases, relieves stress, lowers blood pressure, and can be done alone or with another? It has many names, including jerking off, wanking, playing pocket pool, flicking the bean, polishing the pearl, buffing the muffin, and masturbation. But I prefer to call it self-pleasuring.

By the age of 20, more than 95 percent of men and 60 percent of women have self-pleasured to orgasm, though some studies suggest a larger gap between men and women. In a Psychology Today article titled "The Masturbation Gap," Noam Shpancer, Ph.D., says this difference matters. "The discrepancy with regard to masturbation is doubly problematic because masturbation, it turns out, is a particularly important predictor of sexual health and happiness for women, more so than for men," he says. "One of the best predictors of whether a woman will be able to achieve orgasm in her sexual relations is a history of masturbation in adolescence."

If self-pleasuring offers so many health benefits, why doesn't everyone do it? Funny you should ask.

In the mid to late 1800s, doctors diagnosed women whose emotions were "excessive and unmanageable" with "hysteria," the Greek word for uterus, which is where they thought the condition originated. The cure? Medically prescribed and administered masturbation. Women weren't thought to be capable of orgasm, but the "physician assisted paroxysm" that resulted from "medicinal massage" became so popular among patients that the doctors who administered it developed repetitive strain injuries. An electric massager invented by Joseph Mortimer Granville reduced treatment to a fraction of the time, caused a paroxysm almost every time, and also helped alleviate the doctors' pain.

By 1904, vibrators were advertised in women's magazines and sold openly in the Sears and Roebuck catalog, empowering women and eliminating doctors as middlemen. However, thanks to early pornographic films in which vibrators were depicted, men made the connection between paroxysms and sex. Vibrators disappeared from the scene in the 1920s and didn't return until the sexual revolution of the 1960's and 70's. They finally came out of the closet in the late 1990s, thanks the television series *Sex and the City*, but haven't been universally accepted. As of this writing, for example, it's still illegal to own a vibrator in Alabama.

While women were being brought to orgasm by their physicians, men were told that masturbation was a form of "self-abuse" that could cause blindness, acne, tuberculosis, memory loss, and epilepsy, among other grave conditions. Graham crackers were invented by Presbyterian minister Sylvester Graham as part of a bland-food diet designed to suppress unhealthy carnal urges. And in a 644-page book titled *Plain Facts for Old and Young*, Dr. John Harvey Kellogg (inventor of corn flakes), devoted 97 pages to self-abuse, listing 39 signs that reveal someone is masturbating. To break children of the habit, he recommended covering their genitals with patented cages, sewing their foreskin shut, circumcision without anesthesia, and electrical shock.

Circumcision of infant males was widely adopted in the U.S., in part, because it was believed to curb masturbation, but I seriously doubt that circumcision prevented a single boy from exploring the wonders of his own penis.

I embrace the ancient Greek aphorism "know thyself." Healthy self-exploration and self-pleasuring is relaxing and beneficial in the moment, while also providing an education that will help you enjoy sex with a partner in the future. Not surprisingly, if you've had negative experiences with masturbation in the past, they can impact your sex life today. Here's an example.

Healing premature ejaculation

Ray came to see me at his partner's insistence. He was dealing with the most prevalent complaint men have when it comes to sex: premature ejaculation. He consulted doctors to determine if something was physiologically wrong with him, but when they couldn't determine a cause, he agreed to work with me.

We spent some time tapping on the sadness he felt because he couldn't sustain an erection long enough for his partner to feel much pleasure during intercourse. Next, we began working on Ray's

embarrassment over the situation, "At age 45, my penis shouldn't be acting like it's 14!" he said. I asked what it was like for him at 14.

He looked at me with surprise and said that he had a rather embarrassing moment at that very age. Ray, like most young teens, self-pleasured regularly in his room. He would make sure that no one was home after school, then retreat to his bedroom, where he had an old Playboy magazine that a friend had given him. One afternoon, as Ray was self-pleasuring on his bed, his mother came home from work early, opened the door of his room without knocking, realized what she had walked in on, and quickly closed the door. Ray was utterly embarrassed and hid in his room until dinnertime.

Ray and I used that scene to work through the embarrassment about self-pleasuring that he still held in his body, and he made the connection between what happened to him then and what was happening to him now. "I realize that on that day, I told myself that if I'm going to do it, I've got to do it fast and get it done before I get caught," he said. "Although no one's going to walk in on me now, the worry around getting caught is always there."

After resolving that event with EFT, Ray no longer ejaculates prematurely, and he and his partner are thrilled.

Healing Richard's Shame of Masturbation

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

"Richard" came of age in a rural Christian community in the 1950s. The town was so conservative that music was never heard on the local radio but instead stations aired religious services. Richard's father volunteered in the local church and Richard was expected to help as well. Sunday school was mandatory. Richard described his father as being more religious than his mother but his mother played "lip service" to it. He described his mother as being almost terrified of sex and any sort of sexuality. "I saw a lot of movies with my parents in those days and whenever there were previews of movies that has and sort of sexually suggestive images my mother would tisk tisk, she had a distasteful attitude. Richard remembered one of his parents many fights occurring over sexuality. It was a holiday where Richard's father gave his wife a pair of bra and panties. A big row ensued. All this together created a very clear message that sex was a big issue, "the overtone I had to be very careful because was this can't be ever discussed." Implicitly Richard got was that pleasure was bad, that you have to resist your urges because "if you don't the devil will take you." He learned that sex was something he wasn't supposed to do or think about. Richard feels that at some point in his childhood heavenly Father was overlaid with his own human father, "I was terrified of my own father's anger and I also desperately wanted his approval. At the same time I was conditioned to think that the only way to get God's approval is to do the right thing. If you don't then God's going to come after you"

The memory we worked on happened when Richard was a teen. When Richard's hormones kicked in he didn't know what to do with these feelings. He couldn't resist but was feeling ashamed of his masturbation. Richard would go in his room, where no one else ever ventured, and would ejaculate on the wall in his room. One day Richard was walked down the hall towards his room when he realized that his father was actually in his room cleaning that wall. The fear of his father yelling at him was overwhelming. The fear of his father (Father) rejecting him or disapproving of him was also very high. We used EFT to release the shame and anxiety around this memory. In less than 45 minutes all the feelings around this were neutralized and he has found peace.

When Sexual Injury Affects Couples

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

Sexual abuse is devastating to your emotional, physical and spiritual well-being. One of the most painful aspects is that some times the victims cannot develop a healthy connected sexual relationship in a loving committed partner but instead engage in risky sexual behavior as in one night stands and hook-ups. If left unresolved sexual trauma can be deeply buried yet play itself out in a compulsion to repeat the pattern. It isn't uncommon for the adult victim to have sexual activity swing wildly from one extreme to another- promiscuity can then turn into complete shut down if the abused begins to connect emotional to a potential long term partner. If the abuse happened at the hands of a person whom the victim trusted then trust can be connected to a sense of betrayal and fear which then in adulthood an unconscious protection presents itself as 'checking out' of the body.

I've often worked with couples that have had this situation nearly destroy their marriages. Teresa and Tomas came to work with me after 2 years of being together. They were obviously very much in love, were planning on getting married but the difficulties in the bedroom had become so explosive that they wanted to make sure they were really meant to be together. They were also seeing a couples therapist but wanted to try energy work around this issue. I asked Teresa what she thought the problem was and she said she didn't really know but that Tomas was the one insisting on working through this with outside help. I then asked Tomas what he saw as the issue and he described it this way, "When we were dating sex was fantastic. Teresa would want me 24/7. We just had fun together. I had actually just gotten through a breakup shortly before we met and wasn't really looking for another relationship. In a matter of a few months though I realized that Teresa really was an ideal woman for me and so I asked her to move in with me. I was falling deeply in love with her and told her as much. That's when the problem started." I asked, "What problem? Can you describe it to me?" Well, he said, she became a cold fish in bed. I don't just mean that she couldn't orgasm but she'd just lie there staring up at the ceiling. She wouldn't look at me, touch me, or kiss me at all." At this point Tomas was visibly upset so we started tapping.

I worked with Tomas on his sadness. We also tapping on his hopelessness over the situation as this had been happening since they'd moved in together. In couples tapping one person taps while the other one uses a technique known as Borrowing Benefits where they tap along and borrow benefits from the work being done with the other person. After the work with Tomas was complete I asked Teresa how she was feeling. She said that she wanted felt sick to her stomach. In EFT when events aren't clear or if the practitioner suspects that trauma might be present one way to begin is somatically. I asked Teresa exactly where she felt sick, if it had weight, texture, size? We spent

considerable time working in this way using only the sensations in the body and tapping while she described them in detail. The feeling sick in the stomach sensation turned into a tight clenching in her chest to a more diffuse warmth in her throat. Immediately following that last round on sensations Teresa looked at me and said she knew what it was about. Teresa had been abused by a neighbor when she was 9 years old. He had been a trusted family friend and her parents practically considered him a son.

We tapped for several minutes of the shock of remembering this incident and we closed by doing a number of rounds again on the feelings in her body. Teresa was comfortable closing the door on the event and wait for more time to release all the details in another session. I also asked her to contact her therapist about this discovery. Teresa and Tomas worked with me on how this issue was affecting their relationship and the work around the actual trauma Teresa did go on to heal the trauma with the help of EFT and therapy. Tomas and Teresa now enjoy connected passionate intimate love making as a married couple.

Shifting Body Image with EFT

BY ALINA FRANK, EFT PRACTITIONER AND TRAINER

Of course, realizing that a number of industries have a vested interest in your poor body image doesn't suddenly make you love yourself. That takes time, but awareness and EFT can help you achieve it. My client Marla's experience is an example. Marla made an appointment to work on her extreme self-loathing. She said it affected every part of her life, from feeling uncomfortable in social situations, to being unable to ask for a raise, to feeling insecure about her sexuality. She'd read that loving herself was the key to happiness in a number of self-help books, but that only made her angry.

In my experience, people look in the mirror in two ways. They either focus on what needs to be done (such as flossing their teeth or putting in contacts) and avoid the things they hate, or they zero in on the things they hate and focus only on those. Marla's was an extreme case of the latter. When I asked her how she felt when she looked in the mirror, and she said, "I hate every part of myself." "Isn't there one thing that you like or love?" I asked.

"I don't love anything," she said. But after a moment of deep thought she added, "Well there's a dimple on my right cheek that I like." We had our work cut out for us! Over the following months, Marla continued to see me, and her homework assignments began with her doing EFT at home on each thing that she hated about her face. When she felt neutral about her face, her assignment was to look in a full-length mirror and do EFT on each hated area of her fully clothed body. When no part of her clothed body evoked hatred, her assignment was to stand in front of a full-length mirror naked, and again do EFT for every loathed body part.

During the course of our work together, Marla went from avoiding mirrors, to feeling neutral about looking at herself, to finding that there were parts of her body that she really enjoyed. This simple, yet profound process transformed Marla's life. A byproduct of her work was that she lost weight, but for her, the greatest change was in her ability to confidently move about the world with her head held high.

Several of these stories and testimonials appeared originally on the www.emofree.com and www.eftuniverse.com websites, and are re-posted here with the permission of Gary Craig and Dawson Church, respectively. Thank you.
