



# FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## How Tapping Changed my Life

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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.

