

EFT Imagineering Experience

By Adrian Price

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I hope all of you who are out there tapping away will gain confidence from this article and it will inspire you to use your intuition and well,just 'tap it'.

I have recently started to offer the 1st session of EFT free (well, in exchange for coffee and a biscuit to be honest). This allowed me to introduce EFT to my exiting therapy clients who were both sceptical and unsure about spending money to tap the face saying 'even though'!!

My 1st free client has had a very persistent and irritating cough since having a stroke some years ago. She has had every investigation possible with the best Consultants and medication available, with little improvement.

Over coffee we started to 'tap for the fun of it', just tapping, enjoying the feeling of increased energy, laughing when we 'went wrong' but slowly I was leading her into using all of the techniques taught by Gwyneth. Suddenly we had a real session out of fun tapping! My client ended the session by putting the cough in a box and sending it across the sea. (In box that only she has a key for). We finished coffee and realised a real improvement, immediately!

At the next session we agreed to have fun, but at the same time to 'go for it'. I used everything from the previous session but we enhanced every section of the treatment. The box was brought back and the key to the box was given a colour, a shape and made to be a private and secret key available only to my client. We used the 'Imagineering torch' to check the cough was in the box and again to check it had left the throat. We tapped 'I am glad it in the box, thank you box' and 'thank you throat, for letting this cough go'.

I also taught her to tap for herself every day on any cough related issue. Needless to say we have now had such a success and the cough has improved so much that my client no longer thinks about it.... 'it's just gone' she said... 'honest it's just *gone*' !!

Well now I will get to the point...this outcome gave me so much confidence to '**let the tapping take you there**' So now I wanted to use the free EFT session on a clients relative. We will call the client GR.

GR takes 11 separate medications per day, is mildly agoraphobic and has suffered greatly for many years with joint pain, Oedema, serious skin complaints, weight gain, (over 20 stones at one stage) loss of confidence, accidental damage in surgery and many other surgical interventions.

I introduced EFT to GR in a short session in June 2010, we tapped general issues, and I noticed immediately that GR connected with the therapy, as she said... *'I feel in control'*. We focused on leg pain and the poor condition of the skin, as we tapped a quiet round we discussed LOUISE HAYS' theory that leg pain/problems mean you are 'walking in the wrong direction' .

Over about 45 mins we tapped...'even though I don't understand why I am walking in the wrong direction, I thank my legs for telling me this...through this awful leg pain'. We tapped 'what would life be like 'without this pain,' we tapped 'how would your life improve with painless legs'? We visualised walking around with painless, slim, rash free legs. We used colours and feelings to describe the joy of 'painless legs'.

We tapped..... 'Even though I have had so much pain in my legs, for so long, I will decide one day to leave this pain in the past ' 'I will decide that my new legs will be the best ones ever'

At the sessions end GR said...'I don't know why...but I just feel so much lighter'.GR called me a few days later to say to she was now walking the dogs twice a day, felt so much better generally and that the inflammation had reduced beyond all recognition. Her long term carer said 'I have never seen anything like it before'!

GR had improved beyond any expectation, so I now felt certain we could tackle GR's chronic long-term hip/pelvic pain head on!! GR has a severed nerve and artery, which has given constant chronic pain for many years.

We started the session confirming all the previous improvements and how they had altered life for the better. Then we tapped... 'If only I could get-rid of this hip pain, life would *really* improve' (GR's own words), we tapped 'Even though I have this painIf I could move more easily, get out of the chair, go to the shops, wash the car' life would be so much better (GR's own words again) We tapped every improvement we could imagine ; then I applied all of Gwyneth's techniques I could think of; we coloured, shaped , controlled, used SUD , kicked the tyres and got immediate improvements all round.

THEN...the whole point of this article, we used Imagineering.....GR used the 'my finger is a torch, a super-bright healing torch' technique to scan the joint, We asked if the torch would help us both to help her find the "problem". GR found a mass of tangled nerves and tendons....wrapped around blood vessels' we thanked the torch for its help and tapped ... 'even though I have a mass of tangled nerves and tendons...' (SUD 10/10) We tapped.... "if I could unravel them the pain might go away"...We tapped "I will decide to unravel them myself, right now" We tapped variations of "these are my legs, this is my pain and I choose right now, today, to let it go, it's my decision I'm doing it right now "

We used the torch several times to look again at the hip, each time unravelling more and more tangles, pain and discomfort. We tapped round after round, checking on improvements, how we felt about each improvement, how we could release the tangled mess and thanking the body every time GR 'felt better'.

We ended the session using the torch to 'shine a healing light' over the joint, to remove any remaining inflammation.

Well, I guess you had to be there!! But GR laughed so much when I asked her to stand-up and move around, and let me know how it felt. 'It's just not there, it's all gone.... I can't even make it painful if I try!'

I used the 'is that a true statement' and we tapped rounds of 'it's true...I really have no pain' and it is true, one focussed flowing session of EFT and years of pain and discomfort.....gone.

Ps I have seen GR a massage treatment recently and she still has no pain at all.

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