

Hi Gwyneth,

I just wanted to share this experience with you. As a family we have had, and still having a very tough emotional week. However, nothing prepared us for Megan's grandfather passing on Friday evening.

My sister-in-law has taken losing her father very badly and as we are great friends (more like sisters), I felt for her and so wanted to ease her pain. However, she lives 300 miles away and the best I could do was chat on the phone or on facebook. However, she found talking very hard and was reduced to tears after only a few words, making it impossible to continue a conversation, and she would hang up.

Then last night I spotted her on facebook, and clicked conversation to see if she would answer. She did, but said she could not even type the way she was feeling. So I had a thought. I asked if she would allow me to tap for her at my end. She agreed, with simply writing yes. I suggested she just type as many words as she could in reply to my question.

I asked her if she were to describe how she felt, what word would it be.....she replied 'empty'. So I then tapped around myself with one hand while chatting to her with the other. As I did the second round she typed more 'I want to hug him', so again I tapped these words.

We continued this way for about 15 mins, and slowly she began to type more, until we were holding a conversation via facebook, and I was only tapping on my K27 for her. She told me then, that she was now tapping herself with one hand and also using other to type. Within 20 mins I had my best friend back to chatting with me. She has since told me, via an email that while we were doing this she felt a 'calm' come over her and the tears slowly began to subside.

I don't know if anybody else has done this before, but it worked somehow. Another thought I had was that while we type we are using the tips of our fingers.....in fact we are stimulating each of the finger meridians. Does this help it work????? I don't know.....but I will certainly use it again. I hope this hasn't bored you too much...lol. But I so wanted to share it with you..

Blessings Ruth

Dear Ruth

*That is beautiful, so sensitive, and such a lovely way to help her and thanks for writing to me. Would it be ok for me to put that experience in the tapping news? I'm sure people would gain so much from it,
with love
Gwyneth*

Dear Gwyneth

Absolutely, I would love it to go into the Tapping news.

I repeated it again last evening, and have been told that she did, in fact tap just her finger points during that day whenever she felt overwhelmed. I am going to Suffolk early next week, as the family concerned have asked me if I will help them through this process by using EFT. So I am sure it will be a huge learning curve for me in many ways.

I have also been using surrogate tapping on a dying man. His family asked me over the weekend if I would do so, as he had personally asked them to ask me to help him. I did this the same way we did it with the 'animal day' and tokk myself to his beside in thought and asked him his feelings. It was very emotional and I was tapping for sometime. When I 'came back' to myself, I tapped around myself to remind me who I was ...lol.

I had a text this morning to say that the gentleman concerned is still of this world, but much calmer now, and is not fighting his medication. His daughters words were: Quote; " My father looks as if he is just sleeping. He has stopped the struggle of living. Whatever you said to him when you tapped, seems to have made him peaceful. Thank you".

Thank you Gwyneth for showing me EFT. It has shown me a way to use my psychic skills to help people.

Blessings

Ruth

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