



How to Handle a "Vague Feeling" with EFT

By Gwyneth Moss, EFT Master

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Hi Everyone,

EFT Master Gwyneth Moss from the UK gives a step-by-step case wherein a vague feeling of dread was successfully collapsed. Note how the core issue just showed up during the process. This often happens with EFT and is one of the delightful benefits of persistence.

Hugs, Gary

How to Handle a Vague Feeling

Sometimes we know what the problem is. We know that a certain person or a certain situation gives us a certain feeling – like nervous, frustrated or just plain uncomfortable. But sometimes we don't know what the problem is or what sets it off, its all very vague and yet we know when we've got it. In these cases EFT can be helpful in uncovering the real issue as well as in clearing the emotional disturbance so that we can feel calm, think clearly and act resourcefully.

In my EFT Workshops I do live demonstrations and work with whoever wants to come forward with whatever they present. Rose said *"I'm not sure if this is suitable for EFT but I just get this vague feeling of dread – I've got it now."* I asked Rose to come forward and she said she felt a heavy dread feeling in her stomach and had this feeling for as long as she could remember.



I asked her *"when does it happen"* and *"what sets that off"* and other questions looking for some external trigger and to all these detective's questions she answered *"I don't know"* or *"there's no pattern"* but its when *"something is about to happen"*. She couldn't be more specific about when or where she would feel the dread and there didn't seem to be any specific memories attached to it.

So we just began tapping generally *"Even though my stomach feels heavy dread and it's so familiar, been with me so long, and even though dread is like an old companion, I hardly know dread at all."*

After a couple of rounds Rose smiled, looked more relaxed and said that dread was softer and lighter. She still had no memory of how dread could have come to her and that her childhood was generally happy and her parents were still together after 40 years of marriage. We continued tapping with, *"Even though I don't know how dread came to my stomach and maybe my deeper mind does not want me to know and I respect my deeper mind for that."*

Then Rose looked surprised and said *"I can see it so clearly, I'm standing at the top of the stairs and looking through the railings and in my pink nightdress, I must be about 3, and I can hear Mum and Dad downstairs shouting, screaming at each other, I'm scared because Mum and Dad never shout."*

So we tapped with *"Even though I'm just a little, little girl and I'm scared because Mum and Dad are shouting and I don't understand, and my little girls emotions are feeling all scared and my little girls mind is all confused and I don't understand and that was then and this is now."* Then we tapped with *"Now I'm older than Mum and Dad were then. True? Mum and Dad were young, younger than I am now and they were just learning about how to be married, being married is quite a challenge, I know that now, and they must have learned a lot because they got really good at it, and maybe they weren't so good at it then when I was three and maybe that is how they learned to get good at it, by shouting at each other when they thought I was asleep"*

Rose smiled and said *"Both Mum and Dad were born during the war, Dad was a refugee and Mum's parents were alcoholics. No one showed them how to be married."* She then chose to visualize



giving the little girl in the pink nightdress a cuddle and taking her back to bed with some words of reassurance and guidance and showing her how to do tapping. The dread was completely gone. Throughout the remainder of the day and the next day I tried to provoke her old dread by putting her on the spot or building up that "*something is about to happen*". The dread could not be found.

So when you can't find a pattern or a trigger or a memory and you don't know where to start with EFT – just start. Start with what's there, the body feeling or the thought or the emotion and just keep tapping and you can both allow yourselves to be surprised.

With love,

Gwyneth