

# BACK PAIN VANISHES THROUGH EFT SELF-TAPPING

by Annie O'Grady (EFT CERT-1)

'How could tapping on myself possibly help this awful back pain?' Jill asked me on the phone. She was enquiring about EFT (Emotional Freedom Techniques), a powerful new energy psychology therapy that can be self-help.

Twenty minutes into our phone consultation – after we had attended to some of her emotional concerns -- Jill was able to walk free of back pain. For Jill this was a stunning personal experience. Previous pain attacks had required heavy drugs, even hospitalization.

As I'd guided her through this meridian-based therapy over the phone, she had tapped key release points on her head and upper body while she focussed on the problem. Doing this had balanced her meridian energy system, and so released the pain.

Jill now had information on how to help herself if the pain returned. She had experienced the truth of two of EFT's claims – that 'the cause of all negative emotions is a disruption in the body's energy field' – and that 'emotional relief often leads to physical relief'.

Typically, though, if pain returns, the solution is usually to uncover deep-seated emotional contributors to the pain, and neutralize those. This could require EFT practitioner help.

## Sciatica Pain

During this treatment Jill had spontaneously realized that her attacks of sciatic nerve pain served the purpose of getting caring attention from her doctor and family. We discussed easier ways she might ask for attention. We don't know yet if this is the core of the problem. If it isn't, the pain may return, and further work with EFT may be needed.

Physical pain is just one of a multitude of problems EFT is healing daily around the world.

These range through stress, emotional difficulties, phobias, chronic or functional body issues including migraine and asthma, learning problems, to improving performance in exams, sports, stagework, public speaking.

EFT is a major skill for life management.

Children easily learn to tap daily troubles away with EFT. And people apply the technique

for distant healing – also to help animals with physical or behavioural problems.

While healings through tapping can be unbelievably fast, difficulties such as addictions, abuse effects, depression or anxiety states, weight issues, smoking and improving self esteem usually require more sessions.

This acupressure technique was originally developed to shorten the time needed for psychotherapy, from years or months, to hours or minutes. People using it on emotional issues found that physical problems also improved or vanished.

## Energy Psychology Therapies

EFT is the most accessible of a group of radically effective 21<sup>st</sup>. century therapies known as energy psychology therapies. These not only heal a great number of conditions that usually need drugs simply to alleviate – such as colds, physical pain, trauma effects—but they typically neutralise causes in small time spans.

The methods focus on painlessly healing past traumas, which these practitioners have found empirically to cause or contribute to most mental, emotional and many physical problems.

They point out that the importance of trauma is something our dominant healing model almost completely ignores.

## Often Works where Nothing Else Will

EFT often works where nothing else will, and so it and its cousin therapies are attracting scientific studies as they radically raise expectations in the healing field.

EFT was developed in the 'Nineties by U.S. performance coach Gary Craig.

Success with EFT can seem 'too good to be true'. We are not used to achieving change so fast and so simply. We do this through utilising our fast-acting subtle energy system (meridian circuits), not recognized by Western medical schools although familiar in acupuncture.

Because of EFT's often rapid results, more and more individual MDs including psychiatrists, surgeons and physicians are adding EFT to their practice.

International author Dr. Deepak Chopra says 'EFT offers great healing benefits'.

Neurochemist author Dr. Candace Pert (from *'The Secret'* and *'What the Bleep Do I Know'*) says, 'EFT is at the forefront of the new healing movement.'

**Hundreds of thousands of lay people also use EFT successfully in daily living.**

How EFT works is explained in its basic manual, now translated into fifteen languages, obtainable free from the EFT world centre website, [www.eftuniverse.com](http://www.eftuniverse.com) Here you can also read hundreds of reports from EFT users.

Beginners often report a 50% success rate, or higher. Advanced practitioners attain a success rate well above 90%.

However, EFT does not guarantee success. Its motto is 'Try it and see'.

### **A Way to Forgiveness**

A big bonus of EFT's techniques is that often these enable people to reach a spiritual state of forgiveness that can surprise them.

Effects demonstrate the tremendous healing power of forgiveness on mind, heart, spirit – and body, that is acknowledged by psychologists.

Here are a few of my clients' cases:

- During a 'Learn EFT' workshop, a participant privately tapped away traumatic effects from a recent car accident.
- In session a woman painlessly healed childhood abuse 'flashback' memories from forty years before. Another woman's comment: 'The gift of EFT for survivors of trauma cannot be measured.'
- In session a man who could not raise his painful arms above shoulder height easily raised them above his head.
- A migraine sufferer: 'I tapped for a bad headache, and I have not had one since.'
- A family used EFT immediately before and after a family death, to greatly lessen acute bereavement stress, which in a previous instance lasted five years.

### **REFERENCES**

- EFT world centre website [www.eftuniverse.com](http://www.eftuniverse.com)
- 'The Development of the Power Therapies' by Grant McFetridge, Canada, director of the Institute for the Study of Peak States of Consciousness [www.peakstates.com](http://www.peakstates.com)

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