

# EFT

EMOTIONAL FREEDOM TECHNIQUES



THE CLINICAL MANUALS  
OVER  
**ONE  
MILLION**  
COPIES IN  
CIRCULATION

## FOR CANCER

*Deborah D. Miller, PhD  
and  
Stephanie Marohn*

*"EFT offers great healing benefits."  
—Deepak Chopra, MD*

# EFT FOR CANCER

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*Please consult qualified health practitioners regarding your use of EFT.*

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## Why EFT for Cancer?

Cancer no longer carries an automatic death sentence. Not so long ago, it did. With the advent of the understanding of cancer as a multifactorial condition and the possibility of influencing the prognosis by addressing contributing factors through integrative medicine and self-care, the outlook has changed. If you are reading this book, then you are interested in self-care and the effects it can have on your prognosis or the prognosis of a loved one.

Today, it is possible to heal from cancer if you practice self-care along with the medical treatments you decide are appropriate for you. In addition to implementing health-promoting changes in your lifestyle, essential steps in self-care are stress management, freeing yourself from the energetic and physical effects of old traumas, reducing limiting beliefs and negative thinking, and learning how to manage disturbing emotions and enhance positive ones.

Emotional Freedom Techniques (EFT), commonly called “tapping,” is a simple self-care method that uses tapping on acupressure points to help you accomplish all this and assist you in every aspect of your journey to health including: handling a cancer diagnosis, alleviating physical pain, navigating treatment options, reducing side effects of chemotherapy and other interventions, and coping with the changes to your self-image, energy level, relationships, work, and all the other shifts that occur in your life after you learn you have cancer.

Case histories throughout this book will show you how people have used EFT to address these and other facets of a life impacted by cancer. Tapping guides in each chapter from [Chapter 3](#) onward will provide you with sample tapping language.

Having a method at your fingertips to alleviate pain from cancer itself or from treatment obviously improves your quality of life. In numerous clinical studies, EFT has proven effective at reducing pain; one study showed a reduction of 57% (e.g., Bach et al., 2019). At the end of this chapter, you'll have a chance to try tapping on any pain or physical discomfort you are feeling at the moment and see for yourself how EFT works. First, because a diagnosis of cancer brings up myriad disturbing emotions and feeling upset worsens physical pain, let's consider the part that emotions play in cancer.

## **The Role of Emotions in Cancer**

Cancer is not only a physical ailment. Its development and progression are deeply associated with the emotions we feel daily, the traumas we've experienced in our lives, and the beliefs we have about others, the world, and ourselves.

As you use EFT to clear upsetting emotions as they arise, you will be empowered in your journey with cancer. Why? Because your emotions set the stage for your physiology. Anger, for instance, is known to depress the immune system as part of the fight-flight-freeze (FFF) or stress response that mobilizes the body for action while demobilizing body functions not needed during an emergency. Other emotions such as fear and sadness also affect immune response as they too often activate the flight or freeze components of FFF. Our bodies aren't meant to remain in the FFF response for long. The mechanism is designed to be a burst of energy to keep you alive and subside when the threat is over.

In today's world, however, many of us run the FFF response most of the day in the stress of modern living: rushing to begin the day, commuting in traffic, pressures at work, the demands of home. Cancer, of course, adds a whole other layer of stress. Living in a state of chronic stress, a chronically active FFF, has a damaging effect on the body because the body is unable to go into its restore and regeneration mode, the opposite of FFF.

A chronic overactivation of the hormones associated with stress, notably cortisol, can affect almost all of your body's processes, reducing immune function and bone density while increasing weight, cholesterol, blood pressure, and heart disease (Mayo Clinic, 2019). Elevated cortisol and chronic stress thus raise your health risk and may even shorten your life expectancy because no organism, not even humans, can tolerate living in emergency mode for long periods of time.

Further, stress hormones called glucocorticoids can actually cause epigenetic changes, that is, changes in how genes function. One study found that chronic exposure to corticosterone (in mice, this is a major stress hormone) influenced gene expression in mice brains, as evidenced by both physiological and behavioral changes (Lee et al., 2010).

The phenomenon called neurogenesis or brain plasticity indicates that experience can impact gene expression in humans, resulting in changes in the brain (Maharaj, 2016). Research has now conclusively demonstrated that both environment and experience can change the brain's wiring (Anderson et al., 2004; Erk et al., 2010; Hölzel et al., 2011). This means that long-term stress with its attendant stress hormones can lead to changes in gene expression, which can produce in turn adverse affects on your mental and physical health.

There is good news. You don't have to continue to be a victim of cortisol overdrive and the genetic dysregulation that results. Research has shown that EFT can influence gene expression. One randomized controlled study of changes in gene expression in veterans after 10 EFT sessions found that genes associated with inflammation were downregulated, or turned down, while genes associated with immunity were upregulated, or turned up (Church, Yount et al., 2016). In addition, psychological symptoms of PTSD (posttraumatic stress disorder) dropped by 53%. In conclusion, the researchers stated: "EFT is an epigenetic intervention, affecting the body at the most basic level of molecular biology, the DNA."

Another study compared messenger ribonucleic acid (mRNA) and gene expression before and after EFT in comparison to a control (Maharaj, 2016). The two groups demonstrated a difference in numerous genes implicated in overall health, including those involved in immunity and neuronal processes in the brain. The research authors concluded, "EFT is an

epigenetic intervention, regulating physiological as well as psychological health.”

Like external stressors, your thoughts and feelings can trigger a stress response in your body. Your brain signals the release of cortisol whether the stress is an actual threat or merely a thought. Just thinking about your cancer diagnosis, for example, can start your heart racing, palms sweating, and breathing accelerating. Each emotion you feel has an effect on your health, for better or worse. As mentioned, negative emotions can lower the immune response. Conversely, positive emotions can raise immune response. Obviously, when you are dealing with cancer, the more you can release the negative emotions and cultivate the positive ones, the more you support your health.

It is crucial to note that releasing negative emotions doesn't mean denying that you are feeling them, covering them up with positive affirmations or a smiley face. We've all heard that one should be positive and that thinking positive is essential to health, even that positive affirmations can change your life. We also know that often a part of us doesn't believe those positive statements. If you have cancer and you affirm, "I will be free of cancer," there may be a part of you or all of you that doesn't buy it. Why is that? Because beneath the positive statement are beliefs, emotions, and experiences that have you doubting it. In order to use positive thinking effectively, you have to clear the negative thinking first, along with all the limiting beliefs that feed that thinking. This is a basic tenet of EFT.

In the reality of cancer, many difficult emotions emerge. EFT encourages you to identify what you are feeling, get to the core of it, and dispel the associated stress reaction. All of this is accomplished via tapping. In the process, the difficult emotion naturally dissolves.

In this book, we discuss common thoughts and feelings people experience in relation to cancer and illness, along with ways to use EFT to alleviate them. We focus especially on how EFT can help you create more emotional health, which in turn supports you in creating physical health.

In summary, EFT can help with all the physical, mental, and emotional aspects of having cancer, from diagnosis through treatment and beyond, as illustrated in the following detailed case by the coauthor of this book.



## **EFT Tapping for Every Part of the Breast Cancer Experience**

*by Deborah D. Miller*

In 2004, a dear friend of mine, Elia, at the age of 58 found out she had breast cancer. She had no symptoms or indications until one day she dropped something on the floor and bent over to pick it up while sitting in a chair with side arms. She noticed a pain in her right breast when she leaned over the arm of the chair. She went to the doctor the following day. Over the next week, studies were done. Elia was told she had breast cancer, ductal carcinoma. The tumor was 3.8 x 3 x 3 centimeters (1.50 x 1.18 x 1.18 inches), a medium-sized tumor.

Elia was traumatized by the news. She chose to have a mastectomy immediately instead of trying any alternatives. We did use EFT to help her with the emotional issues that came up around having breast cancer and have done EFT many times. I'll share a few incidents to show how helpful it has been.

We began with her fears: of having cancer, of dying, of the surgery, of the implications for her life. Would she survive? How would she and her family pay for the surgical costs and treatments or would health insurance pay for it? Would she need to have chemotherapy? How would her family react? How would her husband react to her after the mastectomy? Would she feel disfigured? Would she feel like a woman still? Would she be able to work again? What would everyone say? How to explain to everyone about the cancer? These are just some of the many topics we addressed.

We spent time looking at the symbolism according to Louise L. Hay, author of *You Can Heal Your Life*, of breasts (nurturing and nourishment, giving life, mothering, femininity, and sexuality), problems with breasts (putting others first, over-mothering, overprotecting, and not taking care of self), cancer (deep hurts and old resentments, or old grief or secrets eating away at the self, hatred), and tumors (nursing old hurts and building remorse).

Then we looked at Elia's life to determine whether any of these fit her.

For the majority of her life, Elia gave her all to her family before she realized that they came to expect it and did not appreciate it completely or

in ways that left her feeling unacknowledged. They rarely volunteered to help her with things around the house. She had to request that they do even the simplest chores and she didn't like to ask. She gave without the expectation of return but wished for it. Then there were worries about the business she and her husband owned and ran and how her children would take the news of her cancer. We tapped on all these things, some before and some after the surgery.

After the surgery, we tapped on her healing process going quickly and smoothly. We tapped on any fears of recovering and how this cancer had affected the lives of her whole family. We tapped on her physical appearance, especially after the first time she accidentally saw her scar in the mirror while it was still red and swollen. We tapped on:

*Even though I had to have surgery because I had breast cancer, I love myself.*

*Even though I've been afraid that I won't recover or that the cancer may return, I love and accept myself.*

*Even though all of this has been a shock to my system and to my family, we are resilient.*

*I don't want to be a burden on my family.*

*I'm used to taking care of them, not them taking care of me.*

*I don't want them to suffer because of me.*

*I'm so afraid to have cancer.*

*The fear overwhelms me sometimes.*

*Yet I have so many people in my life who love me.*

*They want to help me in any way they can.*

*I now accept their support and I even ask for it.*

*This is an opportunity for my family to give to me.*

*I have the opportunity to take care of myself.*

*This is a new journey for us all and we'll do it together.*

*We will get through this together.*

*I remember the first time I saw myself in the mirror after the surgery.*

*The scar was red and angry-looking.*

*I was shocked to see myself.*

*I didn't feel whole.*

*A part of me was missing.*

*I'm missing that part of me.*

*It reminded me of the fact that I had breast cancer.*

*I don't think of my body the same now.*

*I'm missing a part of me.*

*I don't want to think that way.*

*It isn't healthy for me.*

*I choose to see this differently.*

*I could see myself as missing something or I could see the incredible survivor I am.*

*I could look at the past or accept this new version of me.*

*The truth is that I am a survivor and what I see in the mirror shows that.*

*I look past the outer appearance of what happened and focus on the now.*

*The mirror shows the survivor that I am.*

*I am happy that I'm alive.*

*I choose to keep living.*

*I choose to love my body anyway.*

*The surgery is over, now it is time for recovery and new choices.*

*It is time to live in the present.*

*I let go of my fears that the cancer will return and that my body won't recover.*

*Instead, I focus on recovering and staying healthy.*

*My body is made to heal.*

*My body's natural processes are set up for healing, not illness.*

*My cells are working in my favor to heal.*

*I focus on loving myself and my body.*

*I choose to appreciate every moment that I have.*

*I choose to love myself and my life.*

The doctors had removed tendons, ligaments, and ganglions in Elia's right armpit as a precaution and it had reduced the mobility of her arm. We tapped to help with the physical recovery of the mobility of her right arm. The arm improved. Her mobility improved. Her confidence improved. Her vitality improved. Her range of motion is now almost fully restored.

Elia didn't receive traditional chemotherapy or radiation but did receive hormone treatment as a preventative. The hormone injections were utilized to mimic menopause, which was used to prevent the return of the tumor. These monthly injections were in the abdomen below the navel and were painful. Every time Elia went for the injection, she felt fear, then the pain. Afterward, she was physically exhausted from the treatment. These treatments went on for six months. Every month we tapped to release whatever emotional or physical symptoms arose. She always felt relief.

She began a new treatment of zoledronic acid, which is used to prevent the release of calcium from bones. The first time she went for the treatment, she did so without doing any EFT beforehand. Afterward, she had a fever and felt nauseous, headachy, and overall horrible for two days. Before her next treatment, Elia called me. This was a big step because asking wasn't easy for her. Though I could see that her body looked tense and stiff, she said she was fine, feeling calm and relaxed, and that nothing was up.

So we started tapping on having to go to the doctor and get the treatment:

*Even though I don't want to get these shots because they make me feel awful, I love myself.*

*Even though I don't want to go back to the doctors as it reminds me of everything that has transpired, I love myself.*

*Even though I feel superficially calm and don't think anything is wrong, there is something hidden. There is something I don't want to see or feel.*

Tears welled up in her eyes. We continued tapping on not knowing what was behind the tears, meanwhile releasing her fears. I instinctively stated that her worry was that she didn't know what the doctors would find. Would they tell her she was still healthy or that the cancer had returned?

*All of the fears I have about going to the doctor.*

*I don't like these treatments because I feel awful afterward.*

*I don't like feeling nauseous, headachy, and feverish.*

*I'm afraid even before I go to my appointment.*

*I worry for days beforehand.*

*I don't know what the doctors might find.*

*I worry about what they might find.*

*I want to hide from these feelings of what they may tell me about my health.*

*I worry they will tell me I have cancer again.*

*I'm not really afraid of the treatment but of what the doctor might say.*

*I'm waiting for the doctor to tell me I'm okay.*

After the round, she said, "You're right. I'm always tense and anxious when I have a doctor's appointment until they tell me again that everything is okay." That had been her fear. We tapped on:

*I choose to let go of these fears.*

*I choose to breathe and remain calm.*

*The appointments are only the doctors checking on how I am.*

*They aren't determining if I am healthy or not.*

*They are just telling me how my body is.*

*I've been waiting for these authorities to tell me how I am.*

*They are really only confirming how my body already is.*

*My health doesn't depend on the doctors, but on myself.*

*My body is already healthy or not.*

*The doctors don't make it so.*

*They are reporting my health status.*

*The doctors are just confirming what already is—I'm healthy.*

*I am already healthy.*

*My body is healthy.*

*I can be comfortable before, during, and after a consultation with a doctor.*

*I enjoy that my appointments are for the doctors to be assured that I am already healthy.*

*It is only a confirmation of my health by the doctors.*

*I am healthy.*

*It is my choice.*

*I choose to be healthy.*

After this, she felt immensely relieved. She went for her treatment and had absolutely no reaction afterward. She was completely fine.

Another incident for tapping arose in anticipation of her going to her hometown for her mother's 80th birthday. She was embarrassed to go because everyone knew she'd had cancer. She wasn't sure what to say or

how to act. We tapped on all those fears. At the party, which I attended too, it was enjoyable to watch her interacting with everyone and see the surprise on their faces at how healthy she looked. Before going, we tapped on:

*Even though I want to go to my mother's birthday party, I don't want to explain anything to anyone about my cancer.*

*Even though I feel embarrassed because I don't know how to act or how everyone will treat me, I love myself completely and profoundly.*

*Even though I'm afraid to go to the party, I choose to let go of my fears.*

*I'm worried about how everyone in my extended family will look at me because they know I had breast cancer.*

*I am afraid of their reaction.*

*I wonder what they will see when they look at me.*

*I am afraid to tell them any details because I don't want them to be uncomfortable or feel sorry for me.*

*I am afraid of my reaction to their reactions.*

*I don't want to explain to them what happened to me.*

*It's a very emotional and personal experience.*

*The truth is I'm still me.*

*I'm still a wonderful woman.*

*I am a cancer survivor and I am still me.*

*I love my family and they love me.*

*I am still the fun, happy, cheerful person who likes to be with her family.*

*It is okay to enjoy my mother and celebrate her.*

*It is okay for me to enjoy being with my family.*

*I just realized that they love me no matter what.*

*I choose to have a wonderful time celebrating my mother and being with my family.*

Another milestone arrived with her first anniversary of being a breast cancer survivor. She wanted to discuss it, to acknowledge it, and yet no one in her family wanted to talk about it. She needed to do so to help her recognize what an accomplishment it was. Her family's fears wouldn't let them discuss it. They wanted to put "it" behind them and forget it. She felt frustrated and hurt that no one wanted to listen to her.

We talked about it and I gave her a bouquet of flowers to celebrate her health. Elia was ready to carry on with her life. We tapped on:

*Even though I can hardly believe a year has passed, I choose to be happy that I've made it through the year.*

*Even though my family doesn't want to bring up the topic of my breast cancer last year, I choose to celebrate this success.*

*Even though part of me wants them to celebrate with me, I understand that they are uncomfortable remembering what happened last year and I choose to celebrate anyway.*

*I choose to celebrate life—my life.*

*It is my success.*

*I've made it a whole year.*

*One year has passed and I'm still doing well.*

*I celebrate this milestone of surviving one year.*

*I am a survivor!*

*I choose to continue surviving.*

*I'm so blessed to be here.*

*I choose to enjoy each moment of my life.*

The second anniversary of her being a breast cancer survivor was in 2006. Fears still came up sometimes, but she knew she had EFT to help her release them. She was pleased with how healthy she felt and grateful for EFT's role in her life.

## **Two Years Later**

Elia asked if we could do some EFT because she was worried that her cancer had returned. A few days before, she had felt discomfort in her left breast (not the one she had lost to cancer two years ago). She went to the doctor and when he touched the area that was tender, he said there was something there. Well, this comment immediately put Elia into a state of fear and panic. Though she wasn't scheduled for a radiograph for another three months, she asked that they do one as soon as possible.

The morning of her appointment, we got together to do some tapping. I felt drawn to ask her to include her inner child. We called her Little Elia. I asked Elia to invite Little Elia to tap along with us, to share her concerns

and needs, as well as feel like the EFT was for her. We began tapping. Elia immediately started to cry, saying that Little Elia never had a doll. She always felt fearful and lonely. Elia had been sent away as a child because her parents didn't have enough money to support the whole family. She was only 7 years old at the time.

She felt alone, even though she lived with her aunt and uncle. She didn't understand and no one explained why she had been sent away. She remembered having to be "strong" and capable all the time. She couldn't cry. She remembered hiding her first menstrual cycle (at age 9) for shame, because no one had explained to her what it was or that she wasn't ill.

In addition, she was told her father had had an accident when in reality he had died. She came home thinking he was ill to find him in a coffin. (How horrible for a child to witness this without explanation.) We tapped throughout Elia telling all this.

We continued to tap. I asked her what Little Elia thought and felt. She felt fear that was heavy in her chest, in Little Elia's chest. She felt there was something deep inside of the breast she lost—a pain, a hurt.

Hmm. Breast cancer—stored fear in her chest.

We continued tapping.

Then she remembered when she told her mother that her boyfriend was going to call to ask for her hand in marriage. Her mother hit her in the chest at the level of her breast (she doesn't remember which one) and she remembered being shocked that her mother wasn't pleased for her.

We tapped some more. I asked if there was any heaviness left in her chest. She still felt one poking point of pain where her right breast used to be. I asked what it reminded her of. She said her first love, a young boy who had died in an accident. We tapped some more.

I asked what the fear represented. She said fear of loss. Everything in her life was about loss. First having to leave home, then her father, then her first boyfriend.

At this point, there was no pain left.

I asked Elia to ask what Little Elia wanted but never got. She wanted a doll. She wanted to participate in the school parade. She hadn't gotten to because she didn't have a uniform. She worked from age 12 on so she could pay for all her expenses. She graduated at 14. To her surprise, her family



(uncle, mother, and others) put on a party for her. Everyone got to dance but her. She wasn't 15 yet, so they didn't allow her to. She wanted to dance. Little Elia also wanted a pink rose.

I told Elia that Little Elia could have everything she wanted because she was in a magic land where she could recreate the events and let Little Elia do and have whatever she wanted. I told her to participate in the school parade, to get a doll, to dance. Elia smiled.

Elia felt that much of her life was making sure her children didn't receive the same treatment she had. She understood that her mother did what she had to do and with so many children it wasn't easy. Yet Elia found herself giving and giving, never being able to ask for anything for herself.

Little Elia felt comfortable at this point, so we continued by tapping through all of the EFT points while stating some phrases from Rapid Eye Technology, a desensitization technique, about preventing cancer and about diagnosed cancer. Elia could feel the negative statements in her chest and how the positive statements were freeing.

All the pain in her chest and stomach (nausea from anti-inflammatory drugs) was gone by the end of the session. The place where the doctor had "found something" no longer had anything there. She kept looking for it, but it was gone. She left feeling happy, light, and joyous.

She had a radiography appointment that afternoon. The appointment with her doctor to get the results was two days later. I spoke with Elia right after her doctor's appointment. She was glowing. There was nothing on the radiograph. No cancer. She did have a bit of swelling, but it was along her rib, not her breast, and the doctor told her it was normal for anyone.

She couldn't stop hugging me. Then she told me how much she enjoyed working with Little Elia. She smiled and said how great it was for Little Elia to ask for what she wanted and how quickly she could get it. Remember, she had asked for a pink rose. Well, the very next day, her son had come home with pink roses for her. Elia had tears of joy in her eyes.

## **2020 Follow-up**

It has been 16 years since Elia was diagnosed with breast cancer. She is doing well. She continues to use tapping to maintain a positive attitude and to manage any emotions that arise. It is not that life has been simple in the

interim. Her older sister passed, her son-in-law had a kidney transplant, and her nephew died in an accident, along with all of life's daily issues.

On the positive side, her children and husband are more supportive of her since she had breast cancer. They help her in many ways, even as simple as washing the dishes or driving her to an appointment, and are happy when she goes out to meet with her friends.

Her cancer was an opportunity to change patterns and make better choices, to learn to speak up and ask for what she would like, and to feel she deserves to receive it. In addition, with the help of tapping, she released hidden beliefs that held her back in her life and that had a negative impact on her physical body. EFT was a blessing to Elia.

\* \* \*

Though anecdotal evidence seems to indicate that in some cases trauma may be a factor in the development of cancer, research is needed to investigate a possible link. It is safe to say, however, that the disturbing emotions associated with unresolved trauma do not support health and healing. The detrimental physical, mental, and emotional effects of PTSD are well documented. Fortunately, you can reverse the effects of old traumas by using EFT to clear them, even when you feel resistance to addressing the memories, as this next case illustrates.

## **Stage 3 Uterine Cancer Gone after Three Months of EFT**

### **Tapping**

*by Bernice Vergou*

I have used EFT personally and professionally for about five years. I had the unique opportunity of taking EFT to Germany two years ago, where I worked in a natural therapy cancer clinic for a doctor I know. I gained such experience there that now most of my patients are ones with serious disease. The use of EFT in this field is incredible. I know of several cases of complete cancer recovery using EFT.

One of my clients, "Judith," 38 years of age, first saw me some weeks after she had been diagnosed with Stage 3 uterine cancer. Heavy bleeding

had prompted her to seek medical advice. A complete hysterectomy was recommended, to be performed immediately. Judith chose to defer the operation for three months, during which she would look at other options. Her doctors reluctantly agreed to give her a three-month period before the recommended surgery.

Judith put herself on the Breuss Juice Fast (organic juices and herb teas only for six weeks). Her bleeding continued, which was a concern.

She had four children (aged 9 to 15 years) and a history of postnatal depression after her second child. Her youngest child was born with a severe subcutaneous hemangioma condition and required continual medical treatment.

At Judith's first appointment with me, I suggested that a contributing factor to her uterine cancer could be the trauma involving her youngest child. I based this on the experience I acquired while working in Germany in an alternative therapy cancer clinic two years before. While I was overseas, I also attended a "What Doctors Don't Tell You" conference in London, and there I was exposed to the work of Dr. Ryke Geerd Hamer, who believes that underneath every case of cancer lies an unresolved emotional trauma.

Judith nodded to acknowledge that the cancer could be connected to the trauma regarding the youngest child, but at the same time put her hands up in front of her face in defense, shook her head, and said emphatically, "I can't even go there!"

In other words, the event was still so traumatic she could not even think about it without extreme distress. (She later explained that when a social worker in a hospital had suggested to her that she needed to talk about the situation, she had an emotional breakdown, and she didn't want to risk repeating this.)

So I suggested she tap, every day for a week, using the Setup "*Even though I can't even go there (her exact words), I love and accept myself, without judgment.*" She was still experiencing heavy bleeding, which was exhausting her, so I suggested she tap for "*Even though I just can't stop this bleeding and it feels like my life force is just pouring out of me, I love and accept that my body, in its wisdom, will take care of stopping this for me*" (or something to that effect).

By the next day, the bleeding had stopped!

A week later, Judith told me she “still couldn’t go there.”

“That’s fine,” I said. “Now just tap for ‘*Even though I STILL can’t go there...*’” which she did.

The next week, she cautiously said, “This week, I’ve actually been able to think about it without crying.”

“Good, while you are thinking about it, let’s tap for it,” I responded.

She was lying on the massage table, having a magnet therapy treatment, and immediately began crying uncontrollably, so I asked permission and tapped on her. No Setup was needed as the emotion was right there! She calmed down after a few rounds of tapping, and then cried again, this time about her perceived lack of support at the time of the crisis.

I continued to tap on her as she told me that, at the time of the birth of her fourth child, she had three other little children, and her husband, in order to maintain the family financially, went away working at his job as a helicopter pilot. She had felt isolated and a burden on friends who had to mind the other children while she stayed in the hospital with the infant. Within a few minutes, this was released. After that, as a result of her releasing this trauma, her relationship with her husband and sons became very close.

This woman continued with EFT at home, along with a healthy diet and detox regimen. Four months after we started working together, she attended the local hospital for pathology tests (scrapings of the uterine wall) and was declared to be free of cancer, much to her delight and the surprise of her doctors, who were confident she would still need surgery.

One month later, this report was signed and verified by Judith, with permission for me to share her story with others in need of reassurance that a complete recovery can be achieved, without the intervention of surgery, chemotherapy, or radiation.

## **Follow-up**

After hearing that Judith had received the “all-clear” from the doctor, I offered her some free sessions. At one, she laughed and said she tells everybody, “Bernice tricked me into tapping for \_\_\_\_ [her son]!” She then confessed that, while driving to my clinic for her third session, she had

made up her mind she was *never* going to tap regarding her son because the memories were too painful, but she was very glad she did!

It is now two years since this took place. A month ago, Judith rang me to keep in touch and she reported that she is still in excellent health.

\* \* \*

## **The Science of EFT**

As a result of a large body of research, it is now common knowledge that chronic stress, trauma, and constantly negative emotions are bad for your health. The detrimental effects of the stress hormone cortisol are well established (e.g., Belanoff et al., 2001). A groundbreaking study, the Adverse Childhood Experience (ACE) Study, examined the health of 17,421 patients at Kaiser Permanente hospitals and found that traumatic childhood experiences were associated with all the primary adult health risks or diseases including cancer, heart disease, high blood pressure, depression, smoking, suicide, diabetes, and even bone fractures (Felitti et al., 1998). Many other studies have found associations between psychological distress and physiological deterioration (e.g., Belanoff et al., 2001; Ford & Erlinger, 2004). As for mental outlook, research has shown that optimists live longer than pessimists (Maruta et al., 2000).

EFT is an accessible and effective method for reducing stress, trauma, and disturbing emotions. There are three key reasons for the efficacy of EFT, and they work hand in hand. One is that EFT reduces stress. The second is that EFT diminishes the intensity of emotional trauma. The third is that EFT modifies the way the brain processes emotional information. After tapping, people can still recall the traumatic life events that occurred, but those events are no longer associated with strong emotion. The brain no longer interprets the event as a threat. Addressing these three areas is part of the essential self-care in cases of cancer.

Research has demonstrated EFT's efficacy for both physical and psychological conditions. It has proven effective for anxiety, depression, and pain, which are commonly experienced in the course of dealing with cancer (Bach et al., 2019; Brattberg, 2008; Chatwin et al., 2016; Church,

2013, 2014; Church & Brooks, 2010; Clond, 2016; Geronilla et al., 2016; Nelms & Castel, 2016; Sebastian & Nelms, 2016).

It is difficult to test the direct effects of EFT on cancer because treatment often involves multiple therapeutic interventions. Again, there are anecdotal cases of reversals after tapping, but it cannot be scientifically stated that tapping was the cause. There is research, however, examining the efficacy of EFT in reducing the side effects associated with tamoxifen and aromatase inhibitor use in women with breast cancer; the study reported statistically significant improvements (Baker & Hoffman, 2014). Another study found that EFT significantly reduced the anxiety of women undergoing surgery (Thomas et al., 2017).

More research is underway. In a pilot study by EFT researcher and trainer Peta Stapleton, PhD, 32 patients with cancer were assessed for anxiety, depression, PTSD, quality of life, and other factors using standard measures. They were then divided into two groups: EFT or TAU (treatment as usual, meaning no EFT). The EFT group received eight sessions over four weeks. In the EFT group, there was a statistically significant improvement in anxiety as well as improvement trends in the other factors, though not statistically significant. In addition, Dr. Stapleton reports, “Every patient had a reduction in cortisol results for every session. Patients in the TAU group did not have any change across any measure” (Stapleton, 2021).

How does tapping work to produce these results? Research has shown that the stimulation of acupoints (points on acupuncture meridians, or energy channels in the body) sends signals to the brain, especially the limbic system and other structures involved in the fear response (Fang et al., 2009; Hui et al., 2005; Napadow et al., 2007). MRI studies have demonstrated that the stimulation of acupoints can regulate this fear response and EFT studies performed over the last decade have shown that EFT relieves stress in its many manifestations, both psychological and physical (Feinstein, 2012; Gilomen & Lee, 2015). Various scientific bodies, from WHO (World Health Organization) to America’s NIH (National Institutes of Health), have compiled a growing list of physical symptoms for which acupuncture has proven effective.

With its acupressure tapping and focus on relieving distress, EFT is a meridian-based Energy Psychology technique. Energy is central to healing,

whether it is the electromagnetic energy flows mapped by the fMRI (functional MRI) and EEG machines prevalent in Western medicine or the acupuncture meridians of Eastern medicine.

One study tested the effects of Reiki-like and acupuncture-like energy treatments on cell cultures exposed before or after treatment to X-rays. Based on the results, the researchers concluded that therapeutic techniques involving “electromagnetic perturbations” might alter cellular response to ionizing radiation, stating, “[T]his could provide a novel target to exploit in radiation protection and in optimizing therapeutic gain during radiotherapy” (Mothersill et al., 2013).

Bill Bengston, PhD, professor of sociology at St. Joseph’s College in New York, has conducted experiments that demonstrate the healing potential of energy fields (Bengston, 2010). For a study with mice, Bengston learned laying-on-of-hands techniques, though he remained a skeptic (Bengston & Krinsley, 2000). Five experimental mice were injected with mammary adenocarcinoma, which has a predicted 100% fatality between 14 and 27 days after injection. Bengston held the mice for one hour daily for one month. The tumors ulcerated and then disappeared and the mice lived a normal life span, whereas the control mice died within the expected time. The result of three replication experiments using skeptical volunteers was an overall cure rate of 87.9% in a total of 33 mice. Later, Bengston offered energy healing to humans, conducting the healing himself, and found that both benign and cancerous tumors often disappeared.

Bengston’s studies tell us that: 1) you don’t have to be a believer to have an energy technique work, and 2) working with the energy field can have beneficial results on cancer.

## **Try Tapping Now: A Quick-Start Guide**

Here is a very simple way to do EFT for the first time that will give you a sense of its potential. It will take you less than 10 minutes and you’ll get a practical tool to measure whether EFT is working in your tapping sessions.

First, pick a spot in your body where you are feeling pain or discomfort at this very moment. Write down the exact location of the spot you picked.

Next, rate how bad your pain or discomfort is on a scale of 0 to 10, with 0 being no pain, and 10 being the worst pain imaginable. Write down that number.

Location in my body: \_\_\_\_\_

Level of pain: \_\_\_\_ (from 0 to 10)

See the following illustration to locate the first tapping point, which is on the side of your hand. Lightly but firmly tap there with the fingertips of your other hand while you say:

*Even though I have this pain in my \_\_\_\_\_ [name the exact body location you wrote down], I deeply and completely accept myself.*

Keep tapping and say it twice more. You don't have to believe this statement since EFT is not dependent on your level of belief. Simply say the words while you tap.



Side of the Hand (SH) point

Now look at the accompanying illustration of the other main tapping points. For the points that are in pairs, like the eyebrow, you can just tap on one of the two points—either side is fine—or tap on both using both hands. Tap 7 to 10 times on each point with two fingertips of either hand. While you tap, say “*this pain in my \_\_\_\_\_*” and focus on your pain. Keep repeating that while you tap through all the points.

TH = top of the head

EB = beginning of the eyebrow

SE = side of the eye



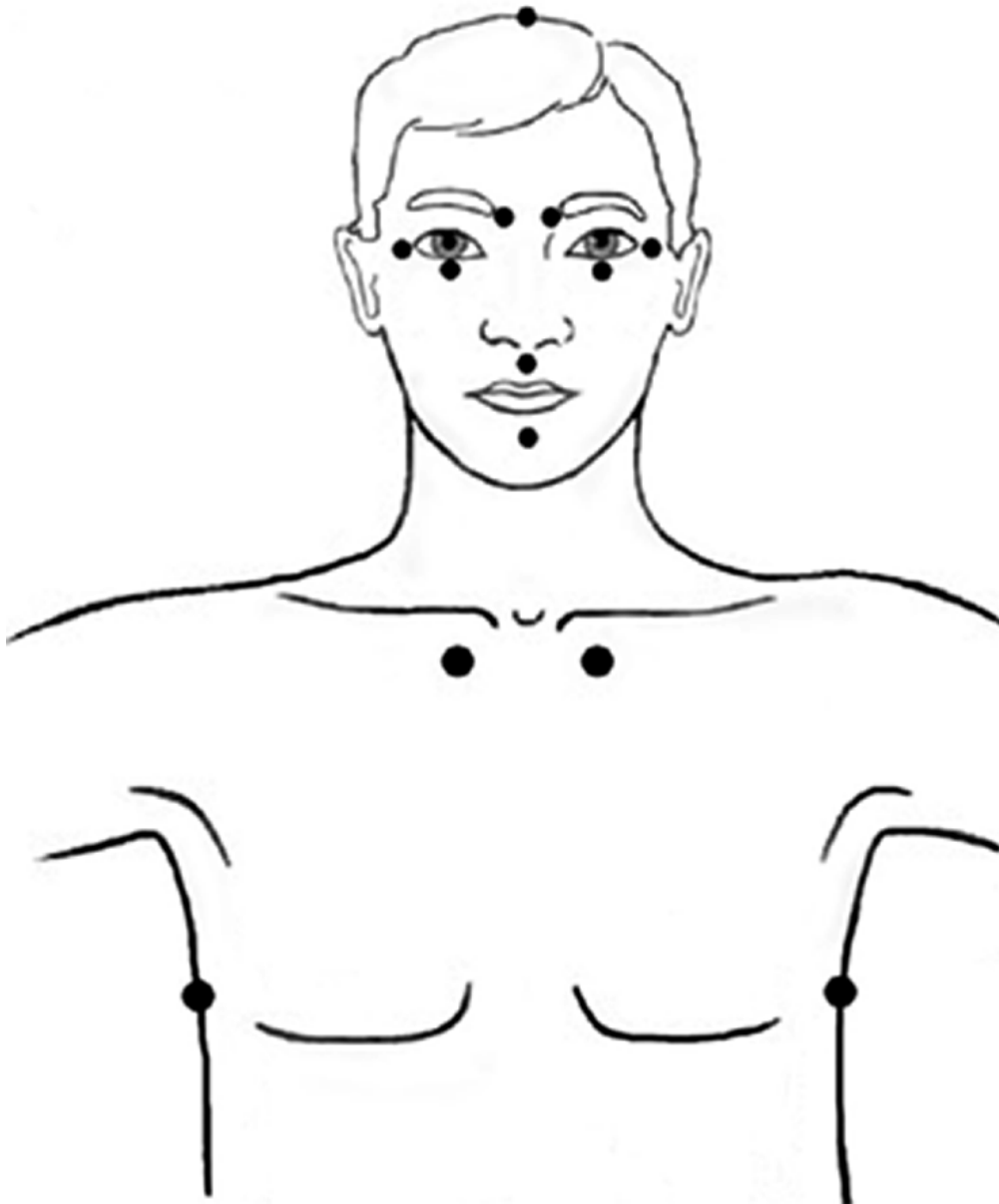
UE = under the eye

UN = under the nose

Ch = chin

CB = beginning of the collarbone

UA = under the arm



TH, EB, SE, UE, UN, Ch, CB, and UA points

In EFT, it's important to measure your results frequently to determine if you're making progress. Again, tune in to the painful body location you chose. Using the same scale from 0 to 10, with 0 being no pain and 10 being the worst pain imaginable, rate the level of your pain now. Write down that number.

My pain after my first round of EFT: \_\_\_\_

If your pain is at 0, congratulations! You are one of those we call "one-minute wonders." Though some people do experience such quick relief with EFT, it is more common to have some remaining pain after one round of tapping. In that case, we simply tap again.

Since most people experience some reduction in pain, we'll modify the statement accordingly. Say this three times while tapping on the side of the hand point:

*Even though I still have some pain in my \_\_\_\_\_, I deeply and completely accept myself.*

Now tap lightly seven to ten times with two fingertips on each of the other tapping points. While tapping, focus on your remaining pain and say, "this remaining pain."

When you are finished, again rate your pain level on the 0-to-10 scale. As before, write down that number.

My pain after my second round of EFT: \_\_\_\_

If you still have some pain, tap one more round, beginning with the side of the hand point and saying three times:

*Even though I still have some pain in my \_\_\_\_\_, I deeply and completely accept myself.*

Now tap lightly seven to 10 times with two fingertips on each of the other EFT points. While tapping, say "this remaining pain" and focus on the pain.

Tune in again to the body location you focused on while tapping. What is your pain level now on the 0-to-10 scale?

My pain after my third round of EFT: \_\_\_\_

The likelihood is that your pain level is now much lower than before. Perhaps it even went down to 0. If it's not entirely gone, that's okay because you've just tried the most elementary form of EFT. As you read [Chapter 2](#) and improve your skills with EFT, you'll get better and better at applying it.

If you're like most people who do this simple and quick exercise, you're probably quite surprised at how fast your pain diminished. This can encourage you to read further and start to unlock the many healing benefits of EFT.

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# How to Do EFT: The Basic Recipe

## by Dawson Church, PhD

Since the turn of the century, EFT has been the focus of a great deal of research. This has resulted in more than 100 clinical trials, in which EFT has been demonstrated to reduce a wide variety of symptoms. These include pain, skin rashes, fibromyalgia, depression, anxiety, and PTSD. Most of these studies have used the standardized form of EFT found in *The EFT Manual*. In this chapter, my goal is to show you how to unlock EFT's healing benefits to help free you from whatever physical or psychological problems you're facing. I have a passionate interest in relieving human suffering. When you study EFT, you quickly realize how much suffering can be alleviated with the help of this extraordinary healing tool. I'd like to place the full power of that tool in your hands, so you can live the happiest, healthiest, and most abundant life possible.

If you load YouTube or do a Google search, you will find thousands of websites and videos about EFT. The quality of the EFT information you'll find through these sources varies widely, however. Certified practitioners trained in EFT provide only a small portion of this information deluge. Most of it consists of personal testimonials by untrained enthusiasts. It's great that EFT works to some degree for virtually anyone. To get the most out of EFT and unlock its full potential, however, it's essential that you

learn the form of EFT that's been proven in so many clinical trials: Clinical EFT.

Every year in EFT Universe workshops, we get many people who tell us variations of the same story: "I saw a video on YouTube, tapped along, and got amazing results the first few times. Then it seemed to stop working." The reason for this is that a superficial application of EFT can indeed work wonders. To unleash the full power of EFT, however, requires learning the standardized form, Clinical EFT. It has been validated, over and over again, by high-quality research and is taught systematically, step by step, by top experts, in EFT workshops.

Why is EFT able to produce beneficial results in so many problems, both psychological and physical? The reason for its effectiveness is that it reduces stress, and stress is a component of many problems. In EFT research on pain, for instance, we find that pain decreases by an average of 68% with EFT (Church & Brooks, 2010). That's an impressive two-thirds drop. Now ask yourself, if EFT can produce a two-thirds drop in pain, why can't it produce a 100% drop? I pondered this question myself and I asked many therapists and doctors for their theories as to why this might be so.

The consensus is that the two thirds of pain reduced by EFT is due largely to emotional causes, while the remaining one third of the pain has a physical derivation. A man I'll call "John" volunteered for a demonstration at an EFT introductory evening at which I presented. He was on crutches and told us he had a broken leg as a result of a car accident. On a scale of 0 to 10, with 0 being no pain, and 10 being maximum pain, he rated his pain as an 8. The accident had occurred two weeks earlier. My logical scientific brain didn't think EFT would work for John, because his pain was purely physical. I tapped with him anyway. At the end of our session, which lasted less than 15 minutes, his pain was down to a 2. I hadn't tapped on the actual pain with John at all, but rather on all the emotional components of the auto accident.

There were many such components. His wife had urged him to drive to an event, but he didn't want to go. He had resentment toward his wife. That's emotional. He was angry at the driver of the other car. That's emotional. He was mad at himself for abandoning his own needs by driving to an event he didn't want to attend. That's emotional. He was upset that now, as an adult, he was reenacting the abandonment by his mother that he



experienced as a child. That's emotional. He was still hurt by an incident that occurred when he was 5 years old, when his mother was supposed to pick him up from a friend's birthday party and forgot because she was socializing with her friends and drinking. That's emotional.

Do you see the pattern here? We're working on a host of problems that are emotional, yet interwoven with the pain. The physical pain is overlaid with a matrix of emotional issues, like self-neglect, abandonment, anger, and frustration, which, in John's case, were part of the fabric of his life.

John's story has a happy ending. After we'd tapped on each of the emotional components of his pain, the physical pain in his broken leg went down to a 2. That pain rating revealed the extent of the physical component of John's problem. Two of the original eight rating points were physical. The other six points were emotional.

The same is true for the person who's afraid of public speaking, who has a spider phobia, who's suffering from a physical ailment, who's feeling trapped in his job, who's unhappy with her husband, who's in conflict with those around him. That is, all of these problems have a large component of unfinished emotional business from the past. When you neutralize the underlying emotional issues with EFT, what remains is the real problem, which is often far smaller than you imagine.

Though I present at few conferences nowadays because of other demands on my time, I used to present at about 30 medical and psychological conferences each year, speaking about research and teaching EFT. I presented to thousands of medical professionals during that period. One of my favorite sayings was "Don't medicalize emotional problems, and don't emotionalize medical problems." When I would say this to a roomful of physicians, they would nod their heads in unison. The medical profession as a whole is very aware of the emotional component of disease.

If you have a real medical problem, you need good medical care. No ifs, ands, or buts. If you have an emotional problem, you need EFT. Most problems are a mixture of both. That's why I urge you to work on the emotional component with EFT and other safe and noninvasive behavioral methods, and to get the best possible medical care for the physical component of your problem. Talk to your doctor about this; virtually every physician will be supportive of you bolstering your medical treatment with emotional catharsis.

When you feel better emotionally, a host of positive changes also occur in your energy system. When you feel worse, your energy system follows. Several researchers have hooked people up to electroencephalographs (EEGs) and taken EEG readings of the electrical energy in their brains before and after EFT. These studies show that when subjects are asked to recall a traumatic event, their patterns of brain-wave activity change. The brainwave frequencies associated with stress and activation of the fight-or-flight response dominate their EEG readings. After successful treatment, the brain waves shown on their EEG readings are those that characterize relaxation (Diepold & Goldstein, 2009; Lambrou et al., 2003; Swingle et al., 2004).

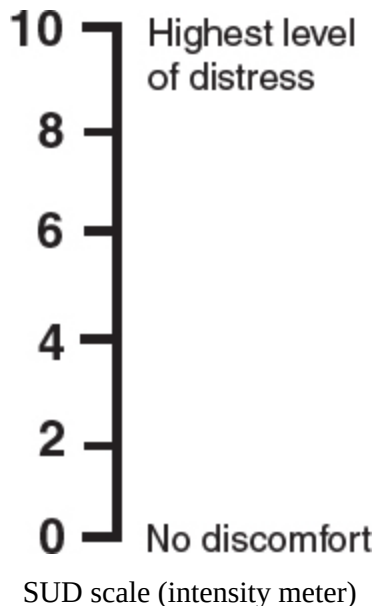
Other research has shown similar results from acupuncture (Vickers et al., 2012). The theory behind acupuncture is that our body's energy flows in 12 channels called meridians. When that energy is blocked, physical or psychological distress occurs. The use of acupuncture needles, or acupressure with the fingertips, is believed to release those energy blocks. EFT has you tap with your fingertips on the end points of those meridians; that's why EFT is sometimes referred to as "emotional acupuncture." When your energy is balanced and flowing, whether it's the brain-wave energy picked up by the EEG or the meridian energy described in acupuncture, you feel better. That's another reason why EFT works well for many different kinds of problems.

EFT is rooted in sound science, and this chapter is devoted to showing you how to do Clinical EFT yourself so you can enjoy some of the benefits research has demonstrated. It will introduce you to the basic concepts that amplify the power of EFT and steer you clear of the most common pitfalls that prevent people from making progress with EFT. The basics of EFT, called the "Basic Recipe," are easy to learn and use. The second half of this chapter shows you how to apply the Basic Recipe for maximum effect and introduces you to all of the key concepts of Clinical EFT.

## Testing

EFT doesn't just hope to be effective. We test our results constantly to determine if the course we're taking is truly making us feel better. The basic scale we use for testing was developed by a famous psychiatrist, Joseph

Wolpe, in the 1950s, and measures a person's degree of discomfort on a scale of 0 through 10. Zero indicates no discomfort and 10 is the maximum possible distress. This scale works equally well for psychological problems such as anxiety and physical problems such as pain.



Dr. Wolpe called this rating SUD or Subjective Units of Discomfort. It's also sometimes called the Subjective Units of Distress scale. You feel your problem and give it a number on the SUD scale. It's vital to rate your SUD level as it is *right now*, not imagine what it might have been at the time in the past when the traumatic event occurred. If you can't quickly identify a number, just take your best guess.

I recommend you write down your initial SUD number. It's also worth noting *where in your body* the information on your SUD level is coming from. If you're working on a physical pain such as a headache, where in your head is the ache centered? If you're working on a traumatic emotional event, perhaps a car accident, where in your body is your reference point for your emotional distress? Do you feel it in your belly, your heart, your forehead? Write down the location on which your SUD is based.

A variation of the numeric scale is a visual scale. If you're working with a child who does not yet know how to count, for example, you can ask the child to spread his or her hands apart to indicate how big the problem is. Wide-open arms mean big and hands close together mean small.

Whatever methods you use for testing, each round of EFT tapping usually begins with this type of assessment of the size of the problem. This allows us to determine whether or not our approach is working. After we've tested and written down our SUD level and body location, we move on to EFT's Basic Recipe. It has this name to indicate that EFT consists of certain ingredients, and if you want to be successful, you need to include them, just as you need to include all the ingredients in a recipe for chocolate chip cookies if you want your end product to be tasty.

Many years ago, I published a book by Wally Amos. Wally is better known as "Famous Amos" for his brand of chocolate chip cookies. One day I asked Wally, "Where did you get your recipe?" I thought he was going to tell me how he'd experimented with hundreds of variations to find the best possible combination of ingredients. I imagined Wally like Thomas Edison in his laboratory, obsessively combining pinches of this and smidgeons of that, year after year, in order to perfect the flavor of his cookies, the way Edison tried thousands of combinations before discovering the incandescent light bulb.

Wally's offhand response was, "I used the recipe on the back of a pack of Toll House chocolate chips." Toll House is one of the most popular brands, selling millions of packages each year, and the simple recipe is available to everyone. I was astonished and laughed at how different the reality was from my imaginary picture of Wally as Edison. Yet the message is simple: Don't reinvent the wheel. If it works, it works. Toll House is so popular because their recipe works. Clinical EFT produces such good results because the Basic Recipe works. While a master chef might be experienced enough to produce exquisite variations, a beginner can bake excellent cookies and get consistently great results just by following the basic recipe. This chapter is designed to provide you with that simple yet reliable level of knowledge.

EFT's Basic Recipe omits a procedure that was part of the earliest forms of EFT, called the 9 Gamut Procedure. The version of EFT that includes it is called the Full Basic Recipe (see Appendix A). Though research shows that the 9 Gamut Procedure is key to repatterning the way the brain processes information, most practitioners try the Basic Recipe first. If a client isn't making progress, has early childhood trauma, experiences no drop in SUD scores, can't recall specific memories, experiences

overwhelming emotion, or has many similar traumatic events, the 9 Gamut Procedure is invaluable.

## **The Setup Statement**

The Setup Statement systematically “sets up” the problem you want to work on. Think about arranging dominoes in a line in the game of creating a chain reaction. Before you start the game, you set them up. The object of the game is to knock them down, just as EFT expects to knock down your SUD level, but to start with, you set up the pieces of the problem.

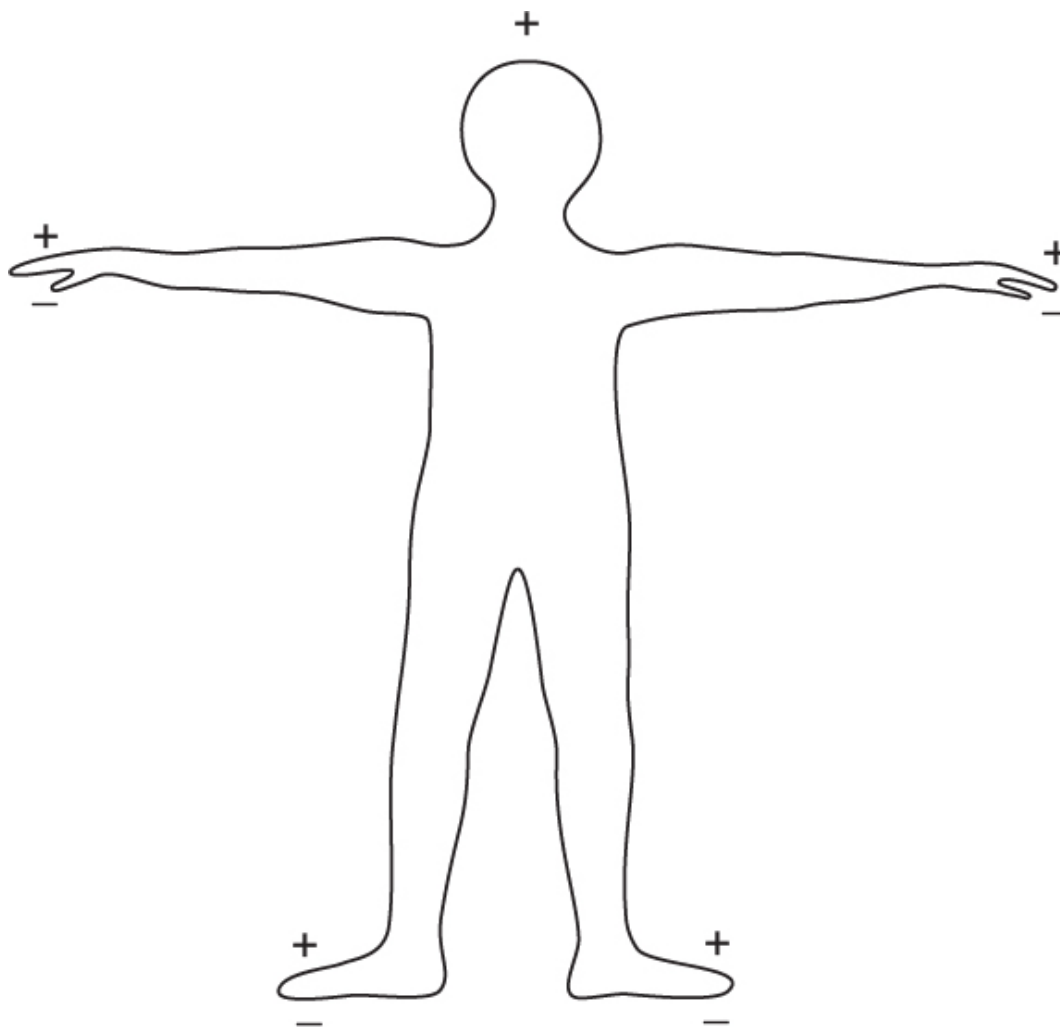
The Setup Statement has its roots in two schools of psychology. One is called cognitive therapy and the other is called exposure therapy. Cognitive therapy considers the large realm of your cognitions—your thoughts, beliefs, ways of relating to others, and the mental frames through which you perceive the world and your experiences.

Exposure therapy is a successful branch of psychotherapy that vividly exposes you to your negative experiences. Rather than avoiding them, you’re confronted by them, with the goal of breaking your conditioned fear response to the event.

We won’t go deeper into these two forms of therapy now, but you’ll later see how EFT’s Setup Statement draws from cognitive and exposure approaches to form a powerful combination with acupressure or tapping.

## **Psychological Reversal**

The term Psychological Reversal is taken from energy therapies. It refers to the concept that when your energies are blocked or reversed, you develop symptoms. If you put the batteries into a flashlight backward, with the positive end where the negative should be, the light won’t shine. The human body also has a polarity (see illustration). A reversal of normal polarity will block the flow of energy through the body. In acupuncture, the goal of treatment is to remove obstructions and to allow the free flow of energy through the 12 meridians. If reversal occurs, it impedes the healing process.



The human body's electrical polarity (adapted from *ACEP Certification Program Manual*, 2006)

The way Psychological Reversal shows up in EFT and other energy therapies is as a failure to make progress in resolving the problem. It's especially prevalent in chronic diseases, addictions, and conditions that resist healing. If you run into a person who's desperate to recover yet who has had no success even with a wide variety of different therapies, the chances are good that you're dealing with Psychological Reversal. One of the first steps of EFT's Basic Recipe is to correct for Psychological Reversal. It only takes a few seconds, so we include this step whether or not Psychological Reversal is present.

EFT's Setup includes stating an affirmation with those elements drawn from cognitive and exposure therapies, while at the same time correcting for Psychological Reversal.

## Affirmation

The exposure part of the Setup Statement involves remembering the problem. You expose your mind repeatedly to the memory of the trauma. This is the opposite of what we normally do; we usually want an emotional trauma to fade away. We might engage in behaviors such as dissociation or avoidance so we don't have to deal with unpleasant memories.

As you gain confidence with EFT, you'll find yourself becoming fearless when it comes to exposure. You'll discover you don't have to remain afraid of old traumatic memories; you have a tool that allows you to reduce their emotional intensity in minutes or even seconds. The usual pattern of running away from a problem is reversed. You feel confident running toward it, knowing you'll quickly feel better.

The EFT Setup Statement is this: *Even though I have (name of problem), I deeply and completely accept myself.*

You insert the name of the problem in the exposure half of the Setup Statement. Examples might be:

*Even though I had that dreadful car crash, I deeply and completely accept myself.*

*Even though I have this migraine headache, I deeply and completely accept myself.*

*Even though I have this fear of heights, I deeply and completely accept myself.*

*Even though I have this pain in my knees, I deeply and completely accept myself.*

*Even though I had my buddy die in my arms in Iraq, I deeply and completely accept myself.*

*Even though I have this huge craving for whiskey, I deeply and completely accept myself.*

*Even though I have this fear of spiders, I deeply and completely accept myself.*

*Even though I have this urge to eat another cookie, I deeply and completely accept myself.*

The list of variations is infinite. You can use this Setup Statement for anything that bothers you.

While exposure is represented by the first half of the Setup Statement, before the comma, cognitive work is done by the second half of the statement, the part that deals with self-acceptance. EFT doesn't try to induce you to positive thinking. You don't tell yourself that things will get better or that you'll improve. You simply express the intention of accepting yourself just the way you are. You accept reality. Gestalt therapist Byron Katie (2002) wrote a book entitled *Loving What Is*, and that's exactly what EFT recommends you do.

The Serenity Prayer uses the same formula of acceptance, with the words, "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference." With EFT, you don't try and think positively. You don't try and change your attitude or circumstances; you simply affirm that you accept them. This cognitive frame of accepting what is opens the path to change in a profound way. It's also quite difficult to do this in our culture, which bombards us with positive thinking. Positive thinking actually gets in the way of healing in many cases, while acceptance provides us with a reality-based starting point congruent with our experience. The great 20th-century therapist Carl Rogers, who introduced client-centered therapy, said that the paradox of transformation is that change begins by accepting conditions exactly the way they are (Rogers, 1961).

I recommend that at first you use the Setup Statement exactly as I've taught it here. As you gain confidence, you can experiment with variations. The only requirement is that you include both a self-acceptance statement and exposure to the problem. For instance, you can invert the two halves of the formula and put cognitive self-acceptance first, followed by exposure. Here are some examples:

*I accept myself fully and completely, even with this miserable headache.*

*I deeply love myself, even though I have nightmares from that terrible car crash.*

*I hold myself in high esteem, even though I feel such pain from my divorce.*

When you're doing EFT with children, you don't need an elaborate Setup Statement. You can have children use very simple self-acceptance phrases, like "I'm okay" or "I'm a great kid." Such a Setup Statement might look like this:



*Even though Johnny hit me, I'm okay.*

*The teacher was mean to me, but I'm still an amazing kid.*

You'll be surprised how quickly children respond to EFT. Their SUD levels usually drop so fast that adults have a difficult time accepting the shift. Several studies have been conducted with young people between 12 and 20 years old, and they all show a very rapid response to EFT. Children aren't handicapped by the decades of conditioned thinking that limits adults. They've not yet woven a thick neural grid in their brains through repetitive thinking and behavior, so they can let go of negative emotions fast.

What do you do if your problem is self-acceptance itself? What if you believe you're unacceptable? What if you have low self-esteem and the words "I deeply and completely accept myself" sound like a lie?

What EFT suggests you do in such a case is say the words anyway, even if you don't believe them. They will usually have some effect, even if at first you have difficulty with them. As you correct for Psychological Reversal in the way I will show you here, you will soon find yourself shifting from unbelief to belief that you are acceptable. You can say the affirmation aloud or silently. It carries more emotional energy if it is said emphatically or loudly, and imagined vividly.

## **Secondary Gain**

While energy therapies use the term "psychological reversal" to indicate energy blocks to healing, there's an equivalent term drawn from psychology. That term is "secondary gain." It refers to the benefits of being sick. "Why would anyone want to be sick?" you might wonder. There are actually many reasons for keeping a mental or physical problem firmly in place.

Consider the case of a veteran with PTSD. He's suffering from flashbacks of scenes from Afghanistan where he witnessed death and suffering. He has nightmares and never sleeps through the night. He's so disturbed that he cannot hold down a job or keep a relationship intact for long. Why would such a person not want to get better, considering the damage PTSD is doing to his life?

The reason might be that he's getting a disability check each month as a result of his condition. His income is dependent on having PTSD, and if he recovers, his main source of livelihood might disappear with it.

Another reason might be that he was deeply wounded by a divorce many years ago. He lost his house and children in the process. He's fearful of getting into another romantic relationship that is likely to end badly. PTSD gives him a reason not to try.

These are obvious examples of secondary gain. When we work with participants in EFT workshops, we uncover a wide variety of subtle reasons that stand in the way of healing. One woman had been trying to lose weight for five years and had failed at every diet she tried. Her secondary gain turned out to be freedom from unwanted attention by men.

Another woman, who suffered from fibromyalgia, discovered that her secret benefit from the disease was that she didn't have to visit relatives she didn't like. She had a ready excuse for avoiding social obligations. She also got sympathetic attention from her husband and children for her suffering. If she gave up her painful disease, she might lose a degree of affection from her family and have to resume seeing the relatives she detested.

Just like Psychological Reversal, secondary gain prevents us from making progress on our healing journey. Correcting for these hidden obstacles to success is one of the first elements in EFT's Basic Recipe.

## **How EFT Corrects for Psychological Reversal**

The first tapping point we use in the EFT routine is called the side of the hand (SH) point, located on the fleshy outer portion of the hand. EFT has you tap the SH point with the tips of the four fingers of the opposite hand.



Side of the Hand (SH) point

Repeat your affirmation emphatically three times while tapping the side of your hand. You've now corrected for psychological reversal, and set up your energy system for the next part of EFT's Basic Recipe: the Sequence.

## The Sequence

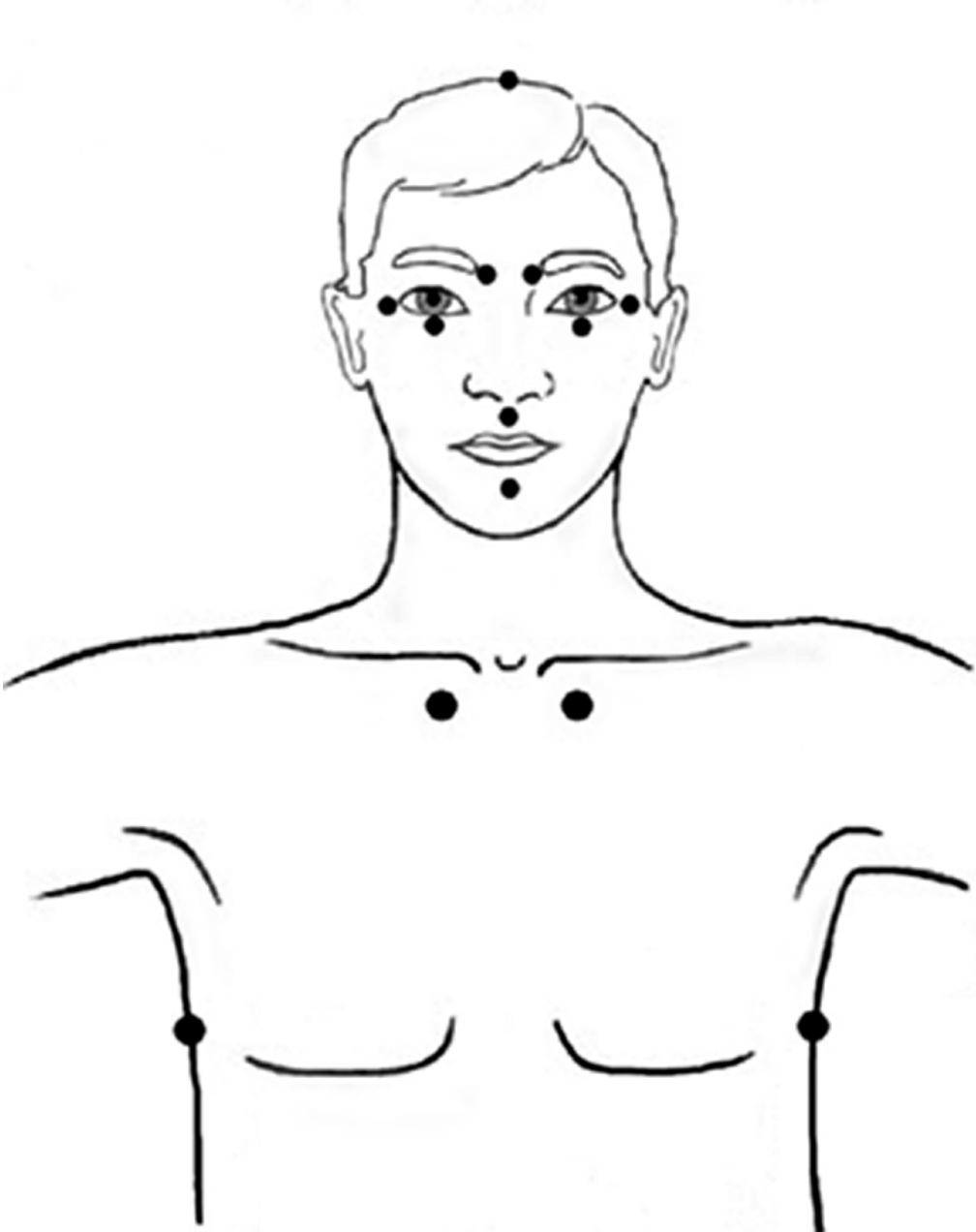
Next, you tap on meridian end points in sequence. Tap firmly, but not harshly, with the tips of your first two fingers, about seven times on each point. The exact number is not important; it can be a few more or less than seven. You can tap on either the right or left side of your body, with either your dominant or nondominant hand.

First tap on the meridian endpoints found on the head (see illustration). These are: (1) on top of the head (TH) in the center of an imaginary line connecting the ears, (2) at the start of the eyebrow (EB) where it joins the bridge of the nose, (3) on the outer side of the eye (SE) (4) on the bony ridge of the eye socket under the pupil (UE), (5) under the nose (UN), and (6) between the lower lip and the chin (Ch).

Then tap (7) on one of the collarbone points (see illustration). To locate this point, place a finger in the notch between your collarbones. Move your finger down about an inch (2 cm) and you'll feel a hollow in your breastbone. Now move it to the side about an inch (another 2 cm) and you'll find a deep hollow below your collarbone. This is the collarbone (CB)

acupressure point. Research shows that stimulating real acupoints is more effective than stimulating the skin nearby, so it's worth establishing the exact location of the points rather than guessing or tapping nearby.

Finally, tap (8) on the under the arm (UA) point (see illustration), which is about four inches below the armpit (for women, this is where a bra strap crosses).



TH, EB, SE, UE, UN, Ch, CB, and UA points

## The Reminder Phrase

Earlier, I emphasized the importance of exposure. Exposure therapy has been the subject of much research, which has shown that prolonged exposure to a problem, when coupled with techniques to calm the body, effectively treats traumatic stress. EFT incorporates exposure in the form of a Reminder Phrase. This is a brief phrase that keeps the problem at the front of your mind while you tap on the acupressure points. It keeps your energy system focused on the specific issue you're working on, rather than jumping to other thoughts and feelings. The aim of the Reminder Phrase is to bring the problem vividly into your experience, even though the emotionally triggering situation might not be present now.

For instance, if you have test anxiety, you use the Reminder Phrase to keep you focused on the fear, even though you aren't actually taking a test right now. That gives EFT an opportunity to shift the pattern in the absence of the real problem. You can also use EFT during an actual situation, such as when you're taking an actual test, but most of the time you're working on troublesome memories. The Reminder Phrase keeps you targeted on the problem. An example of a Reminder Phrase for test anxiety might be "*That test*" or "*The test I have to take tomorrow*" or "*That test I failed.*" Other examples of Reminder Phrases are:

*The bee sting*

*Dad hit me*

*Friend doesn't respect me*

*Lawyer's office*

*Sister told me I was fat*

*Car crash*

*This knee pain*

Tap each point while repeating your Reminder Phrase. Then tune in to the problem again and get a second SUD rating. The chances are good that your SUD score will now be much lower than it was before.

These instructions might seem complicated the first time you read them, but you'll soon find you're able to complete a round of EFT tapping from memory in one or two minutes.

Let's now summarize the steps of EFT's Basic Recipe:

1. Assess your SUD level.
2. Insert the name of your problem into the Setup Statement: “*Even though I have (this problem), I deeply and completely accept myself.*”
3. Tap continuously on the side of the hand point while repeating the Setup Statement three times.
4. While repeating the Reminder Phrase, tap about seven times each on the other eight points.
5. Test your results with a second SUD rating.

Isn't that simple? You now have a tool that, in just a few moments, can effectively neutralize the emotional sting of old memories, as well as help you get through bad current situations. After a few rounds of tapping, you'll find you've effortlessly memorized the Basic Recipe and you'll find yourself using it often in your daily life.

## **If Your SUD Level Doesn't Come Down to 0**

Sometimes a single round of tapping brings your SUD score to 0. Sometimes it only brings it down slightly. Your migraine might have been an 8, and after a round of EFT it's a 4. In these cases, we do EFT again. You can adjust your affirmation to acknowledge that a portion of the problem still remains, for example, “*Even though I still have some of this migraine, I deeply and completely accept myself.*” Here are some further examples:

*Even though I still feel some anger toward my friend for putting me down, I deeply and completely accept myself.*

*Even though I still have a little twinge of that knee pain, I deeply and completely accept myself.*

*Even though the bee sting still smarts slightly, I deeply and completely accept myself.*

*Even though I'm still harboring some resentment about the words my boss used, I deeply and completely accept myself.*

*Even though I'm still somewhat frustrated with my daughter for breaking her agreement, I deeply and completely accept myself.*

*Even though I'm still upset when I think of getting my deployment papers for Iraq, I deeply and completely accept myself.*

Adjust the Reminder Phrase accordingly, as in “*some anger still*” or “*remaining frustration*” or “*bit of pain*” or “*somewhat upset.*”

## **EFT for You and Others**

You can do EFT on yourself, as you've experienced during these practice rounds. You can also tap on others. Many therapists, life coaches, and other practitioners offer EFT professionally to clients. I much prefer to have clients tap on themselves during EFT sessions than for the practitioner to tap on them. While the coach can tap on the client, having clients tap on themselves, along with some guidance by the coach, puts the power squarely in the hands of the client. Clients are empowered by discovering they are able to reduce their own emotional distress and leave the coach's office with a self-help tool at their fingertips any time they need it. In some jurisdictions, it is illegal or unethical for therapists to touch clients at all; EFT is still effective when done only by the client.

## **The Importance of Targeting Specific Events**

Whenever possible, find a specific event rather than tapping on a generality. An example of a generality is “self-esteem” or “depression” or “performance problems.” These aren't specific events. Beneath these generalities is a collection of specific events. The person with low self-esteem might have been coloring a picture at the age of 4 when her mother walked in and criticized her for drawing outside the lines. She might have had another experience of a schoolteacher scolding her for playing with her hair during class in second grade, and a third experience of her first boyfriend deciding to ask another girl to the school dance. Together, those specific events contributed to the global pattern of low self-esteem.

The way EFT works is that when the emotional trauma of those individual events is resolved, the whole pattern of low self-esteem can shift. If you tap on the big pattern and omit the specific events, you're likely to have limited success.

When you think about how a big pattern like low self-esteem is established, this makes sense. It's built up through many single events. Collectively, they form the whole pattern. The big pattern doesn't spring to life fully formed; it's built gradually out of many similar experiences. The memories engraved in your brain are of individual events; one disappointing or traumatic memory at a time is encoded in the hippocampus, the part of your emotional midbrain that records fearful or threatening cues. When enough similar memories have accumulated in the hippocampus, their commonalities combine to create a common theme like "poor self-esteem." Yet the theme originated as a series of specific events, and that's where EFT can be effectively applied.

You don't have to use EFT on every single event that contributed to the global theme. Usually, once a few of the most disturbing memories have lost their emotional impact, the whole pattern disappears. Memories that are similar lose their impact once the most vivid memories have been neutralized with EFT. This is because when the hippocampus learns that a disturbing past event is not a current threat to your survival, it often downgrades the emotional impact of all similar events.

Tapping on global issues is the single most common mistake newcomers make with EFT. If you hear someone say, "EFT doesn't work," the chances are good they've been tapping globally rather than identifying specific events. Don't make this elementary mistake. List the events, one after the other, that stand out most vividly in your mind when you think about the global problem. Tap on each of them and you'll engage the brain's natural ways of revising information to diminish the size of the global problem. This is called the "generalization effect" and this ability to change what neuroscientists call the brain's "deep emotional learnings" is one of the key benefits of EFT.

## **Tapping on Aspects**

EFT breaks traumatic events and other problems into smaller pieces called "aspects." The reason for this is that the highest emotional charge is typically found in one small chunk of the event, rather than the entirety of the event. You might need to identify several different aspects and tap on each of them before the intensity of the whole event is reduced to a 0.



Here's an example of tapping on aspects, drawn from experience at an EFT workshop I taught. A woman in her late 30s volunteered as a subject. She'd had neck pain and limited range of motion since an automobile accident six years before. She could turn her head to the right most of the way but had only a few degrees of movement to the left. The accident had been a minor one, and why she still suffered six years later was something of a mystery to her.

I asked her to feel where in her body she felt the most intensity when recalling the accident, and she said it was in her upper chest. I then asked her about the first time she'd ever felt that way, and she said it was when she'd been involved in another auto accident at the age of 8. Her sister had been driving the car. We worked on each aspect of the early accident. The two girls had hit another car head on at low speed while driving around a bend on a country road. One emotionally triggering aspect was the moment she realized that a collision was unavoidable, and we tapped till that lost its force. We tapped on the sound of the crash, another aspect. She had been taken to a neighbor's house, bleeding from a cut on her head, and we tapped on that. We tapped on aspect after aspect. Still, her pain level didn't go down much and her range of motion didn't improve.

Then she gasped and said, "I just remembered. My sister was only 15 years old. She was underage. That day, I dared her to drive the family car, and we totaled it." Her guilt turned out to be the aspect that held the most emotional charge. After we tapped on that, her pain disappeared and she regained full range of motion in her neck. If we'd tapped on the later accident or failed to uncover all the aspects, we might have thought, "EFT doesn't work."

Aspects can be pains, physical sensations, emotions, images, sounds, tastes, odors, fragments of an event, or beliefs. Make sure you dig deep for all the emotional charge held in each aspect of an event before you move on to the next one. One way of doing this is to check each sensory channel, and ask, "What did you hear/see/taste/touch/smell?" For one person, the burned-rubber smell of skidding tires might be the most terrifying aspect of a car accident (an olfactory aspect). For another, it might be the taste of blood from their teeth cutting into their gums during impact (a gustatory aspect). Yet another person might remember most vividly the sound of the crash (an auditory aspect) or the screams (another auditory aspect). For another person, the maximum emotional charge might be held in the feeling of

being thrown forward against the dashboard (a kinesthetic or somatic aspect). The pain itself might be an aspect (another kinesthetic aspect). Words might be an aspect, such as the medic saying, “She’s badly hurt” (a verbal aspect). The horrified expression on the other driver’s face the moment before impact might be the single most traumatic moment (a visual aspect). Guilt, or any other emotion, can be an aspect (an emotional aspect). For traumatic events, it’s necessary to tap on each aspect.

Thorough exploration of all the aspects will usually yield a complete neutralization of the memory. If there’s still some emotional charge left, the chances are good that you’ve missed an aspect, so go back and find out what shards of trauma might still be stuck in place in the information-processing channels of the hippocampus.

Asking yourself or a client, “What emotions do you feel when you remember the event?” is a vague question and usually results in missing aspects crucial to healing. But asking, “What did you see, hear, taste, touch, and feel physically during the event” gives you concrete information to tap on. Emotions are, at root, simply labels we give to sensations in our bodies. You don’t feel “anger,” you actually feel “pressure in your chest” or “shortness of breath.” Good practitioners make a habit of digging below these abstract labels to the physical sensations that underlie them. There you’ll discover the aspects that keep trauma held in place and be able to tap them down to a manageable level.

## **Finding Core Issues**

One of my favorite sayings during EFT workshops is “The problem is never the problem.” What I mean by this is that the problem we complain about today usually bothers us only because, to the emotional brain, it resembles an earlier problem. For example, if your spouse being late disturbs you, you may discover by digging deep with EFT that the real reason this behavior triggers you is that your distracted mother didn’t pay attention to your cries in early childhood. Your spouse’s behavior in the present day resembles, to the hippocampus, the neglect you experienced in early childhood, so you react accordingly. You put a lot of energy into trying to change your spouse when the present-day person is not the source of the problem.

On the EFT Universe website, we have published hundreds of stories in which someone was no longer triggered by a present problem after the emotional charge was removed from a similar childhood event. Nothing changed in the present day, yet the very problem that so vexed a person before now carries zero emotional charge. That's the magic that happens once we neutralize core issues with EFT. Rather than being content with using EFT on surface problems, it's worth developing the skills to find and resolve the core issues that are at the root of the problem.

Here are some questions you might ask in order to identify core issues:

- Does the problem that's bothering you remind you of any events in your childhood? Tune in to your body and feel your feelings. Then travel back in time to the first time in your life you ever felt that same sensation.
- What's the worst similar experience you ever had?
- If you were writing your autobiography, what chapter would you prefer to delete, as though it had never happened to you?

If you can't remember a specific childhood event, simply make up a fictional event in your mind. This kind of guessing usually turns out to be right on target. Your brain is assembling the imagined event out of components of real events, and the imaginary event usually leads back to actual events you can tap on. Even if it doesn't and you tap on the fictional event, you will usually experience an obvious release of tension.

## **The Generalization Effect**

The generalization effect is a phenomenon you'll notice as you make progress with EFT. As noted previously, when you resolve the emotional sting of specific events, other events with a similar emotional signature also decrease in intensity. I once worked with a man at an EFT workshop whose father had beaten him many times during his childhood. His SUD level on the beatings was a 10. I asked him to recall the worst beating he'd ever suffered. He told me that when he was 8 years old, his father had hit him so hard he had broken the boy's jaw. We tapped together on that terrible beating and after working on all the aspects, his SUD dropped to a 0. I

asked him for a SUD score on all the beatings, and his face softened. He said, “My dad got beat by his dad much worse than he beat me. My dad actually did a pretty good job considering how badly he was raised.” My client’s SUD level on all the beatings dropped considerably after we reduced the intensity of this one beating. That’s an example of EFT’s generalization effect. When you knock down an important domino, all the other dominos can fall.

This is very reassuring to people who suffered from many instances of childhood abuse, the way my client at that workshop had suffered. You don’t need to work through every single horrible incident. Often, simply collapsing the emotional intensity behind one incident is sufficient to collapse the intensity around similar incidents.

The hippocampus is one of several structures in the limbic system, the emotional center of the brain. It has the job of comparing new information to old events that produced pain or suffering. By comparing incoming information with the past, it can determine whether or not new experiences pose a potential threat. Suppose that, as a 5-year-old child in Catholic school, you were beaten by a nun. Forty years later, you can’t figure out why you feel uneasy around women wearing outfits that are black and white. The reason for your adult aversion to a black-and-white combination is that the hippocampus associates the colors of the nun’s habit with the pain of the beating.

This was a brilliant evolutionary innovation for your ancestors. Perhaps a band of these early humans was attacked by a tiger hiding in the long grass. The tiger’s stripes mimicked the patterns of the grass, yet there was something different that only a very active hippocampus could detect. Learning to spot a pattern, judge the differences, and react with fear saved your alert ancestors. Those with a slow stress response were less likely to live and were weeded from the gene pool. Those with a quick stress response lived and gave birth to children, who also learned, even more quickly, how to respond to threats. After thousands of generations, you have a hippocampus at the center of your brain that is genetically engineered to evaluate every message flooding in from your senses and pick out those associated with the possibility of danger. You see the woman wearing the black-and-white cocktail dress at a party, your hippocampus associates these colors with the nun who beat you, and you have an emotional response.

Yet the opposite is also true. Assume for a moment you're a man who is very shy when confronted with women at cocktail parties. He feels a rush of fear whenever he thinks about talking to an attractive woman dressed in black. He works with an EFT coach on his memories of getting beaten by the nun in Catholic school and suddenly he finds himself able to talk easily to women at parties. Once the man's hippocampus breaks the connection between beatings and a black dress, it knows, for future reference, that the two phenomena are no longer connected. The link between the current visual cue and the old emotional memory is broken. This is the explanation the latest brain science gives us for the generalization effect (Phelps & LeDoux, 2005).

This effect makes EFT an efficient path to healing for those who've suffered many adverse experiences. You may need to tap on some of them, but you won't have to tap on all of them before the whole group is neutralized. Sometimes, like my client who was beaten repeatedly as a child, if you tap on a big one, the generalization effect reduces the emotional intensity of all similar experiences.

## **The Movie Technique and Tell the Story Technique**

When you take an EFT workshop, the first key technique you learn is the Movie Technique. Why do we place such emphasis on the Movie Technique? The reason for this is that it combines many of the methods that are key to success with EFT.

The first thing the Movie Technique does is focus you on being specific. EFT is great at eliminating the emotional intensity you feel, as long as it's used on an actual concrete event ("John yelled at me in the meeting") rather than a general statement ("My procrastination").

The Movie Technique has you identify a particular incident that has a big emotional charge for you and systematically reduce that charge to 0. You picture the event in your mind's eye just as though it were a movie and run through the movie scene by scene.

Whenever you reach a part of the movie that carries a big emotional charge, you stop and perform the EFT sequence. In this way, you reduce the intensity of each of the bad parts of the movie. EFT's related technique, Tell the Story, is done out loud, while the Movie Technique is typically done

silently. You can use the Movie Technique with a client without them ever disclosing what the event was.

Try this with one of your own traumatic life events right now. Think of the event as though it were a scary movie. Make sure it's an event that lasts just a few minutes; if your movie lasts several hours or days, you've probably picked a general pattern. Try again, selecting a different event, till you have a movie that's just a few minutes long.

One example is a man whose general issue was "Distrust of Strangers." We traced it to a particular childhood incident that occurred when the man, whom we'll call David, was 7 years old. His parents moved to a new town and David found himself walking to a new school through a rough neighborhood. He encountered a group of bullies at school but always managed to avoid them. One day, walking back from school, he saw the bullies walking toward him. He crossed the street, hoping to avoid their attention. He wasn't successful and he saw them point at him, then change course to intercept him. He knew he was due for a beating. They taunted him and shoved him, and he fell into the gutter. His mouth hit the pavement and he chipped a tooth. Other kids gathered round and laughed at him, and the bullies moved off. He picked himself up and walked the rest of the way home.

If you were to apply EFT to David's general pattern, "Distrust of Strangers," you'd be tapping generally—and ineffectually. When instead you focus on the specific event, you're honing in on the life events that gave rise to the general pattern. A collection of events like David's beating can combine to create the general pattern.

Now give your movie a title. David might call his movie "The Bullies."

Start thinking about the movie at a point before the traumatic part began. For David, that would be when he was walking home from school, unaware of the events in store for him.

Now run your movie through your mind till the end. The end of the movie is usually a place where the bad events come to an end. For David, this might be when he picked himself up off the ground and resumed his walk home.

Now let's add EFT to your movie. Here's how you do this:

1. Think of the title of your movie. Rate the degree of your emotional distress around just the title, not the movie itself. For instance, on the distress scale of 0 to 10 where 0 is no distress and 10 represents maximum distress, you might be an 8 when you think of the title “The Meeting.” Write down your movie title and your number.
2. Work the movie title into an EFT Setup Statement. It might sound something like this: “*Even though I experienced [insert your movie title here], I deeply and completely accept myself.*” Then tap on the EFT acupressure points while repeating the Setup Statement three times, followed by tapping on the other points. Your distress level will typically go down. You may have to do EFT several times on the title for it to reach a low number like 0 or 1 or 2.
3. Once the title reaches a low number, think of the “neutral point” before the bad events in the movie began to take place. For David, the neutral point was when he was walking home from school, before the bullies saw him. Once you’ve identified the neutral point of your own movie, start running the movie through your mind, until you reach a point where the emotional intensity rises. In David’s case, the first emotionally intense point was when he saw the bullies.
4. Stop at this point and assess your intensity number. It might have risen from a 1 to a 7, for instance. Then perform a round of EFT on that first emotional crescendo. For David, his Setup Statement might be “*Even though I saw the bullies turn toward me, I deeply and completely accept myself.*” Use the same kind of statement for your own problem: “*Even though [first emotional crescendo], I deeply and completely accept myself.*” Keep tapping till your number drops to 0 or near 0, perhaps a 1 or 2.
5. Now rewind your mental movie to the neutral point and start running it in your mind again. Stop at the first emotional crescendo. If you sail right through the first one you tapped on, you know you’ve really and truly resolved that aspect of the memory with EFT. Go on to the next crescendo. For David, this might have been when the bullies shoved him into the gutter. When you’ve found your second emotional crescendo, repeat the process. Assess your

intensity number, do EFT, and keep tapping till your number is low. Even if your number is only a 3 or 4, stop and do EFT again. Don't push through low-intensity emotional crescendos; since you have the gift of freedom at your fingertips, use it on each part of the movie.

6. Rewind to the neutral point again and repeat the process.
7. When you can replay the whole movie in your mind, from the neutral point to the end of the movie when your feelings are neutral again, without feeling an emotional charge, you'll know you've resolved the whole event. You'll have dealt with all the aspects of the traumatic incident.
8. To truly test yourself, run through the movie but exaggerate each sensory channel. Imagine the sights, sounds, smells, tastes, and other aspects of the movie as vividly as you possibly can. If you've been running the movie silently in your mind, speak it out loud. When you cannot possibly make yourself upset, you're sure to have resolved the lingering emotional impact of the event. The effect is usually permanent.

When you work through enough individual movies in this way, the whole general pattern often vanishes. Perhaps David had 40 events that contributed to his distrust of strangers. He might need to do the Movie Technique on all 40, but experience with EFT suggests that when you resolve just a few key events, perhaps five or 10 of them, the rest fade in intensity and the general pattern itself is neutralized.

The Tell the Story Technique is similar to the Movie Technique; the Movie Technique is usually performed silently while Tell the Story is out loud. One great benefit of the Movie Technique done silently is that the client does not have to disclose the nature of the problem. An event might be too triggering, too embarrassing, or too emotionally overwhelming to be spoken out loud. That's no problem with the Movie Technique, which allows EFT to work its magic without the necessity of disclosure on the part of the client. The privacy offered by the Movie Technique makes it very useful for clients who would rather not talk openly about troubling events.



## Constricted Breathing

Here's a way to demonstrate how EFT can affect you physically. You can try this yourself right now. It's often practiced as an onstage demonstration at EFT workshops. You simply take three deep breaths, stretching your lungs as far as they can expand. On the third breath, rate the extent of the expansion of your lungs on a 0 to 10 scale, with 0 being as constricted as possible and 10 being as expanded as possible. Now perform several rounds of EFT using Setup Statements such as:

*Even though my breathing is constricted...*

*Even though my lungs will only expand to an 8...*

*Even though I have this physical problem that prevents me breathing deeply...*

Now take another deep breath and rate your level of expansion. Usually, there's substantial improvement. Now focus on any emotional contributors to constricted breathing. Use questions like:

- What life events can I associate with breathing problems?
- Are there places in my life where I feel restricted?
- If I simply guess at an emotional reason for my constricted breathing, what might it be?

Now tap on any issues surfaced by these questions. After your intensity is reduced, take another deep breath and rate how far your lungs are now expanding. Even if you were a 10 earlier, you might now find you're an 11 or 14.

## The Personal Peace Procedure

The Personal Peace Procedure consists of listing every specific troublesome event in your life and systematically using EFT to tap away the emotional impact of these events. With due diligence, you knock over every negative domino on your emotional playing board and, in so doing, remove significant sources of both emotional and physical ailments. You experience personal peace, which improves your work and home relationships, your health, and every other area of your life.

Tapping on large numbers of events one by one might seem like a daunting task, but we'll show you in the next few paragraphs how you can accomplish it quickly and efficiently. Because of EFT's generalization effect, where tapping on one issue reduces the intensity of similar issues, you'll typically find the process going much faster than you imagined.

Removing the emotional charge from your specific events results in less and less internal conflict. Less internal conflict results, in turn, in greater personal peace and less suffering on all levels—physical, mental, emotional, and spiritual. For many people, the Personal Peace Procedure has led to the complete cessation of lifelong issues that other methods did not resolve.

You'll find stories on the EFT Universe website written by people who describe relief from physical maladies like headaches, breathing difficulties, and digestive disorders. You'll read other stories of people who used EFT to help them deal with the stress associated with AIDS, multiple sclerosis, and cancer. Unresolved anger, trauma, guilt, or grief contributes to physical illness and cannot be medicated away. EFT addresses these emotional contributors to physical disease.

Here's how to do the Personal Peace Procedure:

1. List every specific troublesome event in your life that you can remember. Write them down in a Personal Peace Procedure journal. "Troublesome" means it caused you some form of discomfort. If you listed fewer than 50 events, try harder to remember more. Many people find hundreds. Some bad events you recall may not seem to cause you any current discomfort. List them anyway. The fact that they came to mind suggests they may need resolution. As you list them, give each specific event a title, like it's a short movie, such as: Mom slapped me that time in the car; I stole my brother's baseball cap; I slipped and fell in front of everybody at the ice skating rink; My third-grade class ridiculed me when I gave that speech; Dad locked me in the toolshed overnight; Mrs. Simmons told me I was dumb.
2. When your list is finished, choose the biggest dominoes on your board, that is, the events that have the most emotional charge for you. Apply EFT to them, one at a time, until the SUD level for each event is 0. You might find yourself laughing about an event that

used to bring you to tears; you might find a memory fading. Pay attention to any aspects that arise and treat them as separate dominoes, by tapping for each aspect separately. Make sure you tap on each event until it is resolved. If you find yourself unable to rate the intensity of a bad event on the 0-to-10 scale, you might be dissociating, or repressing a memory. One solution to this problem is to tap 10 rounds of EFT on every aspect of the event you are able to recall. You might then find the event emerging into clearer focus but without the same high degree of emotional charge.

3. After you have removed the biggest dominoes, pick the next biggest, and work on down the line.
4. If you can, clear at least one of your specific events, preferably three, daily for three months. By taking only minutes per day, in three months you will have cleared 90 to 270 specific events. You will likely discover that your body feels better, your threshold for getting upset is much lower, your relationships have improved, and many of your old issues have disappeared. If you revisit specific events you wrote down in your Personal Peace Procedure journal, you will likely discover that the former intensity has evaporated. Pay attention to improvements in your blood pressure, pulse, and respiratory capacity. EFT often produces subtle but measurable changes in your health and you may miss them if you aren't looking for them.
5. After knocking down all your dominoes, you may feel so much better that you're tempted to alter the dosages of medications your doctor has prescribed. Never make any such changes without consulting your physician. Your doctor is your partner in your healing journey. Tell your doctor that you're working on your emotional issues with EFT, as most health care professionals are acutely aware of the contribution that stress makes to disease.

The Personal Peace Procedure does not take the place of EFT training nor does it take the place of assistance from a qualified EFT practitioner. It is an excellent supplement to EFT workshops and help from EFT practitioners. EFT's resources are designed to work in combination for the most effective healing results.

## **Is It Working Yet?**

Sometimes EFT's benefits are blindingly obvious. In a video on the EFT Universe website, you see a TV reporter with a lifelong fear of spiders receiving a tapping session. Afterward, in a dramatic turnaround, she is able to stroke a giant hairy tarantula spider she's holding in the palm of her hand.

Other times, EFT's effects are subtler and you have to pay close attention to spot them. A friend of mine who has had a lifelong fear of driving in high-speed traffic remarked to me recently that her old fear is completely gone. Over the past year, each time she felt anxious about driving, she pulled her car to the side of the road and tapped. It took many trips and much tapping, but subtle changes gradually took effect. Thanks to EFT she has emotional freedom and drives without fear. She also has another great benefit, in the form of a closer bond with her daughter and baby granddaughter. They live a two-hour drive away and, previously, her dread of traffic kept her from visiting them. Now she's able to make the drive with joyful anticipation of playing with her granddaughter.

If you seem not to be making progress on a particular problem despite using EFT, look for other positive changes that might be happening in your life. Stress affects every system in the body, and once you relieve it with EFT, you might find improvements in unexpected areas. For instance, when stressed, the capillaries in your digestive system constrict, impeding digestion. Many people with digestive problems report improvement after EFT. Stress also redistributes biological resources away from your reproductive system. You'll find many stories on EFT Universe of people whose sex lives improved dramatically as a by-product of healing emotional issues. Stress affects your muscular and circulatory systems; many people report that muscle aches and pains disappear after EFT and blood circulation improves. Just as stress is pervasive, relaxation is pervasive, and when with EFT we release our emotional bonds, the relaxing effects are felt all over the body. So perhaps your sore knee has only improved slightly, but you are sleeping better, having fewer respiratory problems, and getting along better with your coworkers.

## **Saying the Right Words**

A common misconception is that you have to say just the right words while tapping in order for EFT to be effective. The truth is that focusing on the problem is more important than the exact words you're using. It's the exposure to the troubling issue that directs healing energy to the right place; the words are just a guide.

Many practitioners write down tapping scripts with lists of affirmations you can use. These can be useful. However, your own words are usually able to capture the full intensity of your emotions in a way that is not possible using other people's words. The way you form language is associated with the configuration of the neural network in your brain. You want the neural pathways along which stress signals travel to be very active while you tap. Using your own words is more likely to awaken that neural pathway fully than using even the most eloquent wording suggested by someone else. By all means, use tapping scripts to nudge you in the right direction. At the same time, utilize the power of prolonged exposure by focusing your mind completely on your own experience. Your mind and body have a healing wisdom that usually directs healing power toward the place where it is most urgently required.

## **The Next Steps on Your EFT Journey**

Now that you've entered the world of EFT, you'll find it to be a rich and supportive place. On the EFT Universe website, you'll find stories written by thousands of people, from all over the world, describing success with an enormous variety of problems. Locate success stories on your particular problem by using the site's drop-down menu, which lists issues alphabetically: Addictions, ADHD, Anxiety, Depression, and so on. Read these stories for insights on how to apply EFT to your particular case. They'll inspire you in your quest for full healing.

Our certified practitioners are a wonderful resource. They've gone through rigorous training in Clinical EFT and have honed their skills with many clients. Many of them work via telephone or videoconferencing, so if you don't find the perfect practitioner in your geographic area, you can still get expert help with remote sessions. While EFT is primarily a self-help tool and you can get great results alone, you'll find the insight that comes

from an outside observer can often alert you to behavior patterns and solutions you can't find by yourself.

You can tap with a practitioner live via video any time you need help. Find experts at [MyStressSolution.com](http://MyStressSolution.com) or using the Stress Solution app. If you're looking for a rewarding career helping other people and want to work from home with flexible hours while making a great income, consider becoming a practitioner yourself. You can graduate from the Ultimate EFT Certification Program in a year.

Take an EFT workshop. EFT Universe offers live in-person workshops all over the world and you're likely to find one close to you. We also offer many virtual workshops each year. At workshops, you'll make friends, see expert demonstrations, and learn EFT systematically. Each workshop contains a set of well-designed learning modules, and each module builds on the one before. Decades of experience in training thousands of people in EFT has shown us exactly how people learn EFT competently and quickly and provided the background knowledge to design these trainings. Read the many testimonials on the website to see how deeply transformational the EFT workshops are. If you want immediate help, take one of our many online Clinical EFT courses. They are geared to specific problems such as insomnia, anxiety, weight loss, love relationships, peak performance, and money. Research has shown that they really work.

The EFT Universe newsletter is the medium that keeps the whole EFT world connected. Read the stories published there weekly to stay inspired and to learn about new uses for EFT. Write your own experiences and submit them to the newsletter.

Our wonderful app, Tapping Place, is another great resource. It contains hundreds of tapping scripts on topics like sleep, health, love, career, weight, family, money, and spirituality. Download the app today and have an expert tapping companion as close as your phone.

If you'd like to help others access the benefits you have gained from EFT, you might consider volunteering your services. There are dozens of ways to support EFT's growth and progress. You can join a tapping circle or start one yourself. You can donate to EFT research and humanitarian efforts. You can offer tapping sessions to people who are suffering through one of EFT's humanitarian projects, like those that have reached thousands in Haiti, Rwanda, and elsewhere. You can let your friends know about EFT.

EFT has reached millions of people worldwide with its healing magic, but billions more still suffer. By reading this book and practicing this work, you're joining a healing revolution that has the potential to radically reduce human suffering. Imagine if the benefits you've already experienced could be shared by every child, every sick person, every anxious or stressed person in the world. The trajectory of human history would be very different. I'm committed to helping create this shift however I can, and I invite you to join me and all the other people of goodwill in making this vision of a transformed future a reality.

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## Diagnosis Shock

The first emotion many people face in the cancer experience is shock upon receiving the diagnosis. No matter how prepared you think you are or if you are not prepared at all, emotional shock arises when a physician tells you that you have cancer. You may feel numb, suddenly not be present, and not be able to absorb what you have heard. Bad news shocks us. It stuns us. It stops us, even if only momentarily. Our biological system is trying to adjust to the news so it can determine what to do next. In a way, shock is our body trying to protect us.

If you just received a diagnosis of cancer, your life has changed. People who have been through this experience often say, “There is the life you had before the diagnosis and the life you have after the diagnosis.” Everything changes—your health, your family life, your work life, your activities, and your dreams for the present and the future.

Cancer is a complete attention getter. You have to stop and pay attention. Everything in your life before shifts to this moment, this treatment, this immediate need, this reaction to a treatment, the next medical test, the next outcome from said test. All your dreams shift as well to surviving, to continuing to live. It is a monumental shift.

After the shock may come denial. Not wanting to believe it is true is one of our first defenses. Hiding is a common response to threat. Cancer is a threat. Your mind prompts you to ignore it, not think about it, behave as if it doesn't exist even though it does. In part, denial occurs because the mind

can't comprehend the information it just received. Though this is a normal response, the danger here is that you might ignore the need to take care of yourself starting from this moment.

## **Fight-Flight-Freeze**

Judith Swack, PhD, biochemist, immunologist, and leader in the field of Energy Psychology, defines diagnosis shock as “the phobic reaction people experience the moment they first suspect or are told that they have a serious physical or emotional illness” (Swack, 2008).

What are the consequences of not acknowledging and managing the effects of diagnosis shock? Diagnosis shock activates the body's fight-flight-freeze response, which is meant to be a short-term protective mechanism. This response to threat has typically been called the fight-or-flight response, but a third reaction is increasingly acknowledged. In the face of danger, we can also freeze. This option is especially favored when fighting or fleeing is not going to save us. The freeze response comes from the mammalian brain's solution of freezing to avoid a predator's notice. It sometimes works for the impala with a nearby tiger, but it is, of course, no solution for cancer.

The initial shock of a cancer diagnosis can include panic, denial of fear, keeping busy as distraction, avoiding the topic, pretending the cancer doesn't exist, looking for others to assure you that you will be okay, trying to talk your way out of it as if the diagnosis isn't true, and even believing that the cancer will magically disappear. In later stages of shock, you may feel shame about being ill and guilt about hurting or abandoning your family members. Some people even claim responsibility for their cancer (for example, feeling they didn't take care of themselves as they should have or they aren't good enough or they did something they believe is so bad they deserve to get cancer) or the opposite, blame someone else (for example, a parent for abusing them, abandoning them, or not loving them like they needed; their spouse for hurting them or leaving them; or their boss for unfair treatment and high stress at work), or even blame God. Diagnosis shock often leads a person to feel empty, lost, unworthy, unwanted, and fearful.

## **The Dangers of Unresolved Shock**

When trauma (which the shock of a cancer diagnosis certainly is) goes unresolved, it can exert immunosuppressive effects—just when you need your immune system to be functioning optimally. It may also lead you to noncompliance, meaning not following instructions or treatment plans for managing your illness, which could have additional adverse results. Your state of frozen shock can affect your relationship with your family members, the nursing staff, and other health care providers, and diminish the quality of your life, as you feel stuck and frozen, unable to do what you know is necessary to do.

If the traumatic memory of receiving the cancer diagnosis gets locked into your body, anything associated with that memory can trigger a flashback type of response that others might view as exaggerated or irrational, even phobic. The trigger can be just thinking about the event, undergoing a similar traumatic experience such as returning to the doctor's office, or via a sensory stimulus, such as the sight of a hospital, a touch on the arm with the latex glove that nurses use, or the smell of disinfectant. The connection between the trigger and the original experience may not be apparent; the mind forms its own associations.

In this way, the diagnosis shock gets imprinted and reimprinted in your subconscious, which is why it is essential to clear diagnosis shock. To prevent retriggering and the subsequent reactivation of the stress hormones released during shock, you need to remove the shock experience from the body's memory. Standard techniques that work primarily with the conscious mind, such as talk therapy, are often ineffective. Fortunately, EFT excels in deactivating the stress response, which makes it extremely useful for releasing the shock stored in the mind and body as a result of a diagnosis of cancer.

Even though we think first of diagnosis shock affecting the person who receives the diagnosis, there is also diagnosis shock for that person's family, friends, and acquaintances. They will go through the same process and many of the same emotions. I mention this because the majority of the attention goes to the person who has cancer (rightfully so), but it is important to understand that everyone is going through this change, albeit in a different way. Thus, be aware of this stage in yourself and also be aware that the responses of those around may be influenced by their own

shock. The goal is for everyone to move from shock into appropriate action, and EFT can help all of you do that.

Here are two cases illustrating how you can use EFT to counteract diagnosis shock. First, licensed clinical social worker and EFT practitioner Alja Hopkins provides a detailed case of how she worked with a client on the range of emotions that arose after a cancer diagnosis. In the second case, EFT practitioner Suzanne Lerner emphasizes the need to clear the original shock of diagnosis, which can be associated with hidden beliefs about one's ability to heal.

## **EFT Tapping for Dealing with a New Cancer Diagnosis**

*by Alja Hopkins*

I met Mona, 55 years old, a day after her initial diagnosis with cancer. A lot of in-depth medical investigation was still underway regarding her diagnosis and the primary cause. (After our second session, she found out it was breast cancer.) Her doctors asked me to see Mona because they had the impression she wasn't taking a lot of information in, and she was very teary and restless at the time of their consults.

Mona lives with her husband and has two adult children who are in their 20s. Her children live elsewhere but stay with her from time to time.

Mona reported having a very good rapport with her GP, whom she had been seeing for a few decades.

Mona had difficulty speaking at first. When talking about her cancer diagnosis, she had trouble staying focused, stating that she felt very nervous and distracted.

In introducing Mona to Emotional Freedom Techniques (she had not heard of it before), I explained that it could help calm her nervous system and support her in facing difficulties. When I said that EFT is often referred to as "psychological acupuncture" but without the use of needles, she told me that she'd had acupuncture before and that it had a calming effect on her. Mona was open to using EFT to support her in the uncertainty she was facing over the next few days while awaiting a more detailed diagnosis and treatment plan for her cancer.

After my demonstration of EFT's Basic Recipe, we would commence tapping with the emphasis on releasing the most pressing negative emotions Mona identified.

Her most pressing emotions at that moment were that she was feeling overwhelmed and too upset to focus. Mona rated her SUD levels as 10 out of 10 for "I'm feeling overwhelmed" and 9 out of 10 for "I'm so upset, I can't focus." She became a bit teary and I asked whether she was okay to start tapping. She said she was. I encouraged her to take a nice big breath before we started. I closely observed Mona's face in order to connect with her and be able, as a practitioner, to go at her pace while she was processing emotions and possibly somatic responses.

We started the EFT protocol on "I feel so overwhelmed":

*Even though I feel so overwhelmed right now, I deeply and completely accept myself.*

*Even though I feel very overwhelmed with the situation I'm in, I completely accept myself.*

*Even though I'm 10 out of 10 overwhelmed right now, I completely accept myself.*

We then tapped on the eight points using "Overwhelmed" as the Reminder Phrase. After a couple of rounds, I checked the intensity.

Mona reported that the intensity on "overwhelmed" was now 7 out of 10. She added that she was extremely concerned about her younger son and her husband. Her husband was alone with their son at present. She disclosed difficulties that they were experiencing with their son's mental health. He had become increasingly restless, paranoid, and at times unpredictably angry. Mona had been so worried about the safety of her husband and her son that she hadn't been able to think about or focus on her own issues and on what the doctors were trying to tell her. She did understand she had a cancer diagnosis and that there was a lot more testing to be done, which upset her. But she couldn't even start to think about the process due to her concern over her home situation.

I asked Mona about her most pressing negative emotion regarding her home situation. Mona said, "I am afraid something bad will happen to my husband or my son or both today." She rated this SUD level as 10/10. We tapped three times on:

*Even though I'm extremely afraid that something bad will happen at home to my husband or my son or both, I deeply and completely accept myself.*

Then we tapped:

Top of Head: *I'm afraid something bad will happen at home.*

Eyebrow: *My fear about my husband and son at home.*

Side of Eye: *My fear about something bad happening at home.*

Under Eye: *I'm so afraid something bad will happen at home.*

Under Nose: *I'm very afraid about what is happening at home.*

Under Lips/Chin: *I'm very afraid for my husband and son.*

Collarbone: *I'm afraid for my husband and my son.*

Under the Arm: *I'm very afraid about what is happening at home right now.*

We repeated a few rounds with the Reminder Phrase "Afraid."

After that, I noticed that Mona's face began to relax a bit and I stopped to check the intensity on "I'm extremely afraid that something bad will happen at home to my husband or my son or both." Mona stated that it was down to 4 and asked whether we could together call her GP to ask the GP to get in touch with her husband and for assistance with her home situation.

After Mona spoke to her GP and support was on the way for her husband and son, Mona said, "Now I can focus on what is happening to me."

Mona said she would prefer to meet the next day to speak about the cancer diagnosis. She provided the feedback that she was finding EFT beneficial in helping her to verbalize and open up regarding her concern about her home situation. She said she felt calmer in her body, was able to think more clearly and logically, and felt more accepting of her emotions.

The following day, Mona reported that her son had been admitted to the hospital and was receiving appropriate care and she felt more peaceful about having asked for help the day before.

Mona said she now felt ready to start focusing on her own emotions.

I asked what were her most pressing negative emotions. Mona identified the following: "I feel uncertain about the cancer diagnosis, which makes me feel as if I have no control over what will happen to me. I'm worried and sad that cancer has happened to me." When I asked her which emotion felt

the most intense and to give SUD ratings for all her stated emotions, Mona stated the following:

4/10 uncertain

8/10 sad

7/10 “I have no control about what happens to me. I’m afraid.”

We started tapping on her sadness, stating three times:

*Even though I’m very sad about the news that I have cancer, I deeply and completely accept myself.*

We used “Sad about having cancer” as a Reminder Phrase.

We tapped a few rounds. When I checked on her SUD level, Mona stated that “Sad” was lower, about 3/10, but she felt that “I’m afraid—I have no control” had gone up, to SUD 8. I asked Mona whether this emotion reminded her of anything from her past—either the earliest she felt this or the worst time she was scared that she had no control.

Mona told me that when she was 21, she had thought her mother might die due to a sudden onset of pain. Mona began crying remembering this. I checked for emotion and Mona rated “I was afraid my mum would die” as SUD 8, but she said it was 8 only because she knew her mother had survived the event. Mona said that in her body, however, she still felt the intensity as 10/10. She described feeling this in the pit of her stomach.

I asked Mona to take a big deep breath, and then I checked whether 10 was the accurate SUD rating at this moment for the memory “I was afraid my Mum would die.” Mona stated, “It feels like it is 8 out of 10.” I asked her to scan the feeling in her body again. Mona said the feeling in her stomach had also lowered to 8, just by talking about it.

I introduced the EFT Movie Technique to Mona, explaining how we could use it to clear the emotional charge from the event of when her mother was very sick. I asked Mona to give her movie a title. Mona named her movie “Those Awful Moments.” I asked her to describe how her movie title looked on a marquee banner.

Mona said that the frame was black, the background yellow, and the title in bold, dark gray letters. I asked her to give me her current SUD level on just the movie title itself. She said it was an 8. We tapped three times on: *Even though I have this movie title “Those Awful Moments,” I accept myself completely.*

The Reminder Phrase was also “Those Awful Moments” and we tapped on the eight points for a few rounds.

After that, Mona’s SUD level on the movie title had gone down to a 5. We tapped another few rounds repeating the same and at times adding these words on some points: *I have this movie title “Those Awful Moments,” but right here right now I am safe.*

The intensity of the movie title was now down to a 1.

I had Mona imagine the memory was going to play on a movie screen with her sitting in the projection box. I asked her to find the neutral point in the movie, the place where she had no negative emotion of feeling afraid, which would be her starting point. I then asked her to play this memory of her movie very slowly and stop the movie when she experienced any negative feeling, emotion, or belief.

I told Mona that with this technique she didn’t have to speak the details of her movie. The purpose was for her to observe the event from a distance, so she could be removed from reliving it. She only needed to go into the memory just long enough to remember how it felt and give a SUD rating for how the emotion felt now.

Mona started playing the movie from the neutral point, then stopped and said, “I’m anxious, I feel it in my gut. It is bad news.” Her SUD rating on “feeling anxious” was a 4 because she had blocked it at the time by saying to herself, “Don’t be silly, everything is okay.”

We tapped three times on “Even though I feel anxious, I completely accept myself,” then did a few rounds with the Reminder Phrase “I’m anxious.”

After that, Mona’s SUD level on “I’m anxious” was down to 1.

Mona started playing her movie again from the neutral point. When she came to the feeling anxious point, it had lost its charge.

Her next stopping place was at “I feel shocked,” rated as a 9/10. She recalled that, at the time of the event, she’d had to sit down and was breathing heavily. The SUD level was at 10 for “I’m in shock.” Mona felt it all over her body and her head was buzzing.

We tapped on: *Even though in my movie “Those Awful Moments” I feel shocked, I completely and fully accept myself.*



While doing the round, we stopped at each point and took big breaths on certain ones. The SUD level for “I’m shocked” was then at 5, but now Mona felt afraid again, at SUD 9.

We tapped on: *Even though I have this movie called “Those Awful Moments” and I feel afraid, I deeply and completely accept myself and all my feelings.*

During the round with the Reminder Phrase “In my movie ‘Those Awful Moments’ I am afraid,” Mona’s face tensed up. I asked her to stop tapping and tell me what she was experiencing and also asked her to remain watching the movie from the projection box. Mona said she felt “terrified and hopeless,” with “I feel terrified” the stronger feeling at SUD 9. We changed the Setup wording to “Even though in my movie ‘Those Awful Moments’ I am terrified, I deeply and completely accept myself.”

In tapping the round, I guided Mona at times in saying, “Even though I am terrified in my movie ‘Those Awful Moments,’ right here right now I am safe” and “Even though I am terrified in my movie ‘Those Awful Moments,’ right now in this moment I am completely safe.” After a few rounds, her SUD level was down to a 5 and the feeling was now “afraid,” no longer “terrified.”

When it was down to SUD 2, we returned to tapping through the movie, stopping at each point where her emotions previously had a charge. She reported that where she felt terrified, soon after that, the event changed and she received better news about her mum.

When Mona’s SUD levels were 2 or lower on each emotion, we returned to her current situation. I asked her how she was feeling now and what her SUD levels were for “I’m not in control” and “I’m afraid of having cancer.”

Mona paused and then said, “I don’t know what just happened, but I don’t think I feel afraid like I did before. I’m in the best place for the doctors to work out what exactly this means for me and give me the options. I don’t think I feel much fear at all right now, maybe 2 out of 10.”

As for feeling sad, Mona said that, at present, she could not feel any sadness at all. Yes, it was unfortunate that this had happened to her, but she was sure, from what the doctors had told her so far, that there would be a plan. “I am not dying and I will be okay with whatever plan they give me,” Mona stated. “I have a supportive husband and there is no reason why I can’t still enjoy life during this time. It doesn’t have to be all bad.”

We concluded the second session there. As we said goodbye, Mona looked much calmer and she thanked me for the time spent with her and for using tapping with her. She said she would continue to tap when she felt stressed and emotional, especially in the coming months as she faced medical procedures and treatments.

\* \* \*

## **EFT Helps Clear Cancer Diagnosis Trauma**

*by Suzanne Lerner*

Many people don't realize how traumatizing it is to receive a doctor's diagnosis. There can be feelings of overwhelm, fear, helplessness, hopelessness, and shock that all need to be cleared. This was the case with "Charlie."

Two years before he came to me, Charlie had been diagnosed with stage IV leukemia and told he had to have chemotherapy that same day, else he would die in a few months. He was also told it was only going to get worse and nothing could help. The chemotherapy would only slow down his inevitable and painful death.

The chemotherapy did initially help, but then the cancer returned.

He tried many alternative treatments, but his white cell count continued to rise. Now, however, he had just received a new kind of alternative therapy. He was responding really well but was surprised to find himself feeling more anxious than relieved.

Like many people dealing with life-threatening illness, he was feeling optimistic but also very fearful that the illness would return. He was intelligent enough to realize this fear could become a self-fulfilling prophesy and so he arranged to work with me. He was feeling alternately very optimistic and pessimistic. I suggested we could work to help him find a more creative and healthy balance.

Charlie was very grateful to be feeling new energy and vitality, but it was a shock. Having been ill for so long, he almost didn't recognize himself healthy! Still, he rationally knew he was much better and preferred to be healthy.

I explained that he had probably felt overwhelmed by the whole experience, without the time to process it all, and that we could use my “Inspired EFT” approach to help him process the experience of the diagnosis and illness and clear his fears. This would help him think better so he could make important decisions about his health. From a place of ease, he would be better able to tune in to the choices that were best for him.

I find that the shock of the original diagnosis often has to be cleared. So we went back and gave him new resources to deal with the event of receiving his diagnosis. Tears came as he was finally able to release all the terror. He released the torment of having so little time to consider his options. We then addressed his guilt about some suicidal thoughts he’d experienced. After several tapping rounds, he was able to forgive himself. He could now see that the suicidal ideation had been his way of trying to regain a sense of control in a seemingly uncontrollable situation.

I had Charlie then return to the diagnosis scene and imagine having a kind of TV remote in his hand. This helped him regain a more healthy sense of control. He could pause the scene, run it forward or backward, repeat a section so he could understand what the doctor was saying, or put the whole thing on “pause.”

Layers of grief, overwhelm, and shock were released. I also helped him clear several additional fears, including the fear that he would become completely dependent on others, and that he might be devastated by the cost and side effects of the treatment. We did some rounds on this old memory, helping him recognize he was now safe and he had survived.

Once his SUD levels were reduced, I asked Charlie what he wished could have happened in this scene. He said that, looking back, he wished he could have just had an hour to do yoga and ground himself, so he could have been in a better place to make decisions, instead of being so rushed. I asked him to experience that vividly, choosing the most beautiful place he could imagine to do the yoga.

He saw himself in the Caribbean, which he had once visited on vacation. He began enjoying the beautiful blue of the ocean, the rhythmic sound of the waves, and the smell and feel of the refreshing breeze. I encouraged him to feel these feelings at an even deeper level...to feel it in every cell of his body...soothing and refreshing him.

Then he tuned in to what color would feel most healing and he surrounded this image with a healing blue light, which we then imprinted, using the Matrix Reimprinting protocol.

Charlie now was fully able to release his overwhelm, fear, and lack of control.

He reported feeling a new sense of peace and gratitude toward himself for all that he had been through. As he resolved some of the conflict between his optimistic and pessimistic parts, he discovered they could work better as a team, creating a more balanced perspective.

Charlie noticed with some amazement how much more relaxed and at ease he felt. The events of his diagnosis no longer haunted him. He felt he could take all the time he needed now and choose the best healing opportunities available. He actually found himself getting excited about exploring these new options and also sharing them with others who could benefit from his experiences.

We know from the field of psychoneuroimmunology, that when we reduce stress and emotional trauma, the immune system can function more effectively to support our healing process. Charlie was now back in the driver's seat, ready to move forward and embrace his healing and greater well-being.

\* \* \*

Here and in the rest of the chapters in this book, you will find tapping guides giving you sample language you can use for tapping on a particular issue. As always with EFT, the more specific you can make your tapping language to your experience the better the results. The tapping language presented here and in the following chapters is merely a guide. Change the language as needed for your own tapping.

### **Sample Tapping Language for Diagnosis Shock**

*Even though I'm shocked by the news of my condition, I would like to calm myself.*

*Even though I can't believe what the doctor told me, I want to breathe deeply so I can process this information.*

*Even though I never would have believed this could happen to me, I breathe deeply.*

*I'm in shock.*

*I'm stunned and feel like I'm in another world.*

*What did the doctor say?*

*I can't seem to absorb what the doctor just told me.*

*I can't think clearly.*

*I couldn't have been diagnosed with cancer.*

*I don't know how to take in this information.*

*I'm overwhelmed with everything it signifies.*

*This diagnosis is too scary to believe.*

*It can't be true.*

*How could this happen to me?*

*What will happen to me?*

*What will my future hold?*

*This diagnosis is an enormous shock to my system.*

*I don't want shock to take over and keep me from making the best decisions for myself.*

*I want to absorb in a calm way what was said.*

*How am I going to do that?*

*One quick and simple way is for me to tap.*

*I tap, breathe, and calm myself.*

*I tap, breathe deeply, and release the shock so I can think more clearly.*

*I tap until I calm myself.*

*I release the shock, fear, upset, and disbelief.*

*I choose to calm and center myself as well as release the fear, shock, upset, and disbelief.*

*I choose to calm my mind and body with EFT before I do anything else.*

*I want to think clearly before I make any decisions.*

*It is important to me to be aware and very conscious before I make any decisions.*

*I want to make the right decisions for me.*

*I don't have to make every decision right now, so I will calm myself so I can take the first steps.*

*I continue to tap, breathe, and calm myself until I feel like I'm back in my body and can think instead of react.*

*I tap, breathe, and release the shock until I'm centered in my body, more present, thinking, and able to make choices instead of reacting.*

*That will help me get through whatever is to come because I am empowered by my ability to shift from fear to calm, from overwhelm to conscious thought, and to connect deeply with my heart and body.*

*I will move forward step-by-step, calming myself along the way as often as I need to.*

*I have more power within me than I knew and I'm going to use that wisdom to help me through it all.*

## **Reference**

Swack, J. (2008). Diagnosis shock: The unrecognized burden of illness, an energy psychology approach. *International Journal of Healing and Caring Online. Wholistic Healing Publications*, 8(1).

## **Common Emotions Associated with Cancer: Fear**

Receiving the news that you have cancer raises a whole host of fears. This chapter explores those that commonly arise and details how you can use EFT to calm them and restore a sense of equilibrium.

Fear, one of the oldest emotions known to humankind, evolved over time as a protective mechanism against real or perceived threats to survival. Fear may be as simple as the hair rising on your arm, or commonly experienced as being hyper alert, trembling, sweating, and running away, or as complex as existential anxiety in a human.

Fear is an emotional response that prepares the body to react to threatening situations. It is an important survival response that initiates in the limbic portion of the brain, which contains the amygdala, hypothalamus, and hippocampus. The amygdala is like an alert system, as it responds to the environment, while the hypothalamus controls emotional responses, and the hippocampus retains and retrieves memories.

When a threatening situation or even a perceived threatening situation arises, the amygdala is stimulated. For example, the amygdala is activated whenever it sees a human face with emotion, but more so when the face is expressing anger or fear. This activation, in turn, stimulates the hypothalamus to initiate the fight-flight-freeze response by sending signals



to the adrenal glands to produce hormones such as adrenaline and cortisol, the “stress” hormones.

In addition, the amygdala is involved in creating an association between a specific situation and the feeling of fear. A repetition of such an experience leads to feeling more fear. For this reason, and because our bodies are not meant to sustain the fear response, it is crucial that we clear the fears that arise in dealing with cancer.

The following case by EFT practitioner Jeanine Crombe covers a wide range of fears that many people with cancer experience. She gives lots of specific tapping language that you can use as a starting point in calming your own fears. Her approach can be applied to any of the fears covered in this chapter and any other fears that arise for you. Just modify the tapping language to match what you are feeling.

## **Inspiring Breast Cancer Recovery with EFT Tapping**

*by Jeanine Crombe*

I would like to share a remarkable success story of one of my clients, Barbara. She used EFT to assist her in her breast cancer recovery with nine surgeries, eight rounds of chemotherapy, and 31 rounds of radiation.

Barbara was diagnosed with breast cancer in October 2006 and doctors told her she had probably only six weeks to live. One of her friends told her about EFT and advised her to learn EFT and learn it very fast.

It was at that point that I met Barbara, when she signed up for an EFT workshop. She was astounded by the eye-opening results with other workshop participants and with herself. These EFT results made her decide to include EFT in her healing treatment plan.

Barbara started EFT in February 2007 and used EFT twice a day from that day forward, and she tapped on “everything,” either by herself or with me.

I worked regularly with Barbara over the phone because she lives eight hours away. During her chemo treatments, she had violent reactions of vomiting and pain. We tapped on making friends with the chemo and intended that it would heal her body instead of destroy it. We tapped so her

body would easily accept the chemo and control the pain. We also pre-paved the way with EFT before each treatment.

At the initial EFT workshop, I did a mini-session with Barbara in front of the audience about her husband who had recently passed away.

This is a sample of some of the phrases that were included in this demo session:

*Even though I am still grieving for my husband...*

*Even though I still can't believe he passed away so suddenly and left me behind, I try to accept that he is not with me anymore.*

*Even though I thought I was done grieving, I am amazed about all the unresolved emotions I am feeling right now, I choose to start finding peace somehow; I know in my heart I will always love him.*

EB: *I am still grieving my husband.*

SE: *I still miss him so much.*

UE: *It is so hard to believe he is gone.*

UN: *All this sadness in my heart.*

CH: *It happened so suddenly, I am still in shock somehow.*

CB: *All this heaviness in my chest.*

UA: *It is not fair that he left me behind, I feel so alone and helpless.*

BN (below the nipple): *Will I ever find inner peace again?*

Top of Head (TH): *I know he will always be with me in my heart.*

[Note the addition of the below the nipple, BN, point. This is part of EFT's original Full Basic Recipe (see [Appendix A](#)). The Basic Recipe detailed in [Chapter 2](#) does not include that point, but EFT is as effective without it. Thus many EFT practitioners have stopped using the BN point.]

This is a sample of some of the phrases we used during the chemo treatments:

*Even though I am so scared of this chemo and what it will do to my body, I love and accept me and my body.*

*Even though they told me I will get violently ill and have a lot of pain and I am so afraid, I deeply love myself and I try to accept where I am today.*

*Even though I don't know how I am going to make friends with this poison, I am afraid it will destroy my body, I choose somehow to find the courage to start to become friends with the chemicals.*

EB: *This fear of the chemo.*

SE: *This fear of what the poison will do to my body.*

UE: *This chemo is going to make me sick.*

UN: *I am afraid my hair will fall out.*

CH: *What about my fingernails and toenails!*

CB: *Who will take care of me?*

UA: *Will my friends abandon me?*

BN: *I won't be able to work, who is going to take care of the bills?*

TH: *I am afraid I won't be able to handle this intense pain.*

EB: *What if I would change my mind about what the chemicals will do to my body?*

SE: *What if I would ask the chemicals to be my friends and heal me?*

UE: *I want to live!*

UN: *What if I would look at the chemicals differently?*

CH: *I choose to believe that chemo will help me get rid of this cancer.*

CB: *I choose to see chemo as my ally.*

UA: *I instruct the chemicals to go only to the cells that are sick.*

BN: *I envision that the chemo is gentle to my body and that it gives me very little pain and discomfort.*

TH: *I thank my body for easily accepting the chemo and for being so strong.*

We didn't pre-pave the way with EFT for Barbara's first treatment, but we did it for all of the subsequent treatments. This is a sample of some of the phrases we used for pre-paving the way:

*Even though tomorrow I will have my second round of chemo, and I am afraid I will be violently ill, I choose to accept myself and my fears.*

*Even though I am terrified that this time is going to be worse than the first time, because that is what the doctors and nurses told me, and I believe them, I choose to believe today in my own power and in the power of what EFT can do for me.*

*Even though I am so afraid I will have a lot of pain and I will be in bed and suffer for many days, I choose this second round of chemo to be much easier on my body than the first one.*

EB: *I choose to release my fears about tomorrow.*

SE: *I accept I am terrified and I am tired of dragging along these fears.*

UE: *What if I can change my experience?*

UN: *What if the pain is going to be much more manageable for me?*

CH: *What if I am not going to be violently ill this time?*

CB: *I choose to be able to handle this round of chemo easier and EFT is going to help me with that.*

UA: *Imagine I will recover much faster!*

BN: *I choose to be able to eat already on the first day, and I know I can manage the vomiting with tapping.*

TH: *I am in the process of healing my body, and I choose to have a significantly better experience tomorrow than the first time.*

As a result of this tapping, Barbara was able to eat on Day 2 instead of on Day 9. With her first round of chemo, she had vomited for five days and was bedridden. This time she didn't vomit at all and could manage the surges with EFT, and she even did some laundry on Day 2.

Her chemo treatments were scheduled in cycles of three weeks. After her eighth and last treatment, she was still able to walk in and out of the hospital on her own feet, while other patients in her cancer group needed a wheelchair, came with an ambulance, or didn't come at all anymore.

The nurses were surprised at how well Barbara was doing after her last chemo treatment. They told her, "We don't know exactly what you are doing with that EFT, but keep it up." Barbara looked so much better than the other people in her cancer group that some people questioned if she actually had received chemotherapy at all!

Her family doctor told her, "Your results are nothing short of miraculous."

Barbara felt very much supported and likes telling her story to others about her amazing experience.

Another aspect in Barbara's story is how she used EFT to control the intense pain and how EFT was much more effective than any of her strong pain medications. Here's an example of the tapping language we used to manage the pain: *Even though I have this lightning bolt of pain in the back of my left knee, I deeply and completely love and accept myself.*

We tapped on each point with the same phrase: *this lightning bolt of pain in the back of my left knee.*

Tapping on the side of the hand point for the Setup:

*Even though I am afraid that if this pain keeps up, I won't be able to walk anymore, I deeply and completely accept myself and my left knee.*

*Even though I am terrified I will lose my quality of life if this pain gets worse, I accept how I feel even if I don't like it.*

*Even though I would have a much easier time of getting rid of this pain right away if my thinking was in a better place, I choose to stop judging myself and accept myself and my pain for now.*

EB: *I am so afraid I won't get rid of this pain.*

SE: *What if it gets worse?*

UE: *It is so difficult to walk.*

UN: *I am getting impatient.*

CH: *I am worried I won't be able to walk anymore like I used to.*

CB: *I feel sad about the loss of my quality of life.*

UA: *This remaining pain in my left knee.*

BN: *It is hard to get up and down the stairs.*

TH: *I want to let go of my worries and my pain.*

We focused on the emotions located in the part of the body that was experiencing pain. This is a sample of some of the phrases we used:

*Even though I have this anger in the back of my left knee, I accept who I am and how I feel.*

*Even though I have this resentment in the back of my left knee that I always have to do things alone and it seems like nobody ever really walks with me and supports me, I accept myself as a strong and independent woman.*

*Even though I have this sadness and I feel alone on this journey, I choose to remember all the people who are helping and supporting me right now.*

EB: *This anger in the back of my left knee.*

SE: *I always need to do things alone and I feel resentful about that.*

UN: *I feel alone on this journey.*

CH: *I feel sad.*

CB: *Most people have abandoned me now that I have cancer, and that makes me deeply sad, I thought they were my friends.*

UA: *Today I choose to be my own best friend.*

BN: *I choose to let go of my bothersome emotions so my knee can heal.*

TH: *I choose to believe I am a strong and powerful woman, no matter what!*

After the eight chemotherapy treatments, Barbara started radiation treatments. With radiation, a person's skin gets crispy, black, and splits open. With 31 rounds of radiation, Barbara could not prevent her skin from becoming black. However, with EFT she prevented her skin from breaking open and she avoided skin infection.

These are some sample phrases we included while tapping for the radiation treatments:

*Even though I am still recovering from my chemo, I am not looking forward to these radiation treatments because they are so scary to me, I deeply and completely love and appreciate myself.*

*Even though they told me that my skin will become black, crispy, and split open and I am so scared of infection, I deeply accept myself and the way I feel right now.*

*Even though I feel sad that I couldn't prevent my skin from turning black, I still feel grateful I could prevent my skin from getting infected, and I love and appreciate all my efforts and courage in getting the best results possible in this scary situation.*

EB: *Radiation is so scary.*

SE: *It is making my skin all black and crispy, I am so scared!*

UE: *It seems I am able to prevent my skin from splitting open.*

UN: *I choose my skin to be able to handle all this aggressive treatment.*

CH: *I am so grateful for my strong skin.*

CB: *It is so hard to look in the mirror, I feel so sad and scared about the way I look right now.*

UA: *I feel completely emotionally spent, I want this to stop!*

BN: *I thank God for giving me so much courage to go through this.*

TH: *I choose to look into the future and know that one year from now I will feel so much better!*

We also made an extensive inventory of all the trauma and emotional issues we discovered, and are still working on major patterns and collapsing them with EFT.

In our tapping sessions and conversations, Barbara and I discovered that the underlying issues mainly revolved around feeling victimized. Barbara sees it as a triangle: Whenever she felt victimized, she saw on the one hand a persecutor and on the other hand a rescuer. She discovered that the major issues of her life were entangled in this triangle of persecutor, victim, and rescuer.

This provided us with a very good framework for tapping. One of the major patterns we discovered was that she often wanted to overextend herself and go well beyond the call of duty. In turn, she was taken advantage of and taken for granted. This often made her feel like a victim with several people and circumstances.

We tapped for her need to overextend herself and she discovered the underlying issue of “not feeling good enough” or “not feeling worthy enough.” We discovered a lot of sadness, sorrow, and grief about the many significant losses in her life. Also the feeling of not being understood, being misunderstood, played a very important role throughout our tapping sessions.

On March 11, 2008, doctors told Barbara she was cancer-free, even though they had told her in October 2006 that she might have only six weeks to live.

Today, Barbara still uses EFT and keeps on improving her health. For instance, she has regained the majority of her vision by using EFT. Her scratchy voice recovered after three months of using EFT, but she still would love to sing again.

The end result was powerful and life-altering for Barbara. Everyone, including doctors, nurses, and patients, clearly noticed how EFT made a tremendous difference in her healing process.

\* \* \*

Notice how much time and detail Jeanine and Barbara gave to clearing Barbara’s fears. In tapping on your own fears, take your time to tap through each fear and get a low SUD score on each before you attempt to move

beyond it. Fears are powerful and deserve your full attention to dispel them. Remember, it is necessary to acknowledge and accept what you are feeling before introducing other possibilities.

## **Fear of the Future and the Unknown**

The previous chapter covered diagnosis shock in depth, which is the shock that comes after one knows the test results, but what about the fear that arises before a diagnosis has been made? Fear of the unknown and the future comes in the shadow of a possible cancer diagnosis, when your doctor sends you for tests and you must wait for the results. The waiting can be torturous. EFT can help you calm your fears both when you go in for tests and during the wait for the verdict.

Dr. Kiya Immergluck is an EFT practitioner and trainer who combines her expertise in Energy Psychology with over 30 years' experience as a psychotherapist. One of her specialties is fear. In this case, she helps a woman manage all the debilitating fears around the prospect of having cancer. She also introduces the Choices Method, developed by EFT expert Patricia Carrington, PhD. With this method, you add a tapping phrase for what you choose to experience.

### **Using EFT Tapping When You Fear a Cancer Diagnosis**

*by Kiya Immergluck*

My client “Molly” discovered a lump in her left breast. Before she went to her doctor’s appointment for a biopsy, Molly worked with me over the phone about her intense fear of having cancer.

We tapped the Basic Setups:

*Even though I’m terrified that I have cancer, I deeply and completely accept myself.*

*Even though I’m afraid that I’ll have to have a mastectomy, I deeply and completely accept myself.*

*Even though I’m scared that I’ll have to go through chemo and radiation, I deeply and completely accept myself.*



*Even though I'm afraid that my husband won't love me anymore if I lose my breast, I deeply and completely accept myself.*

*Even though I'm so afraid that my little girl will have to grow up without a mother, I deeply and completely accept myself.*

All of her fears were 10 on the SUD level-of-intensity scale of 0 to 10 and she was unable to sleep or think about anything except her worst-case-scenario fantasies.

Using EFT tapping, we were able to get her fear SUD numbers down below 3 out of 10. Then we tapped using the Choices Method on issues associated with her doctor's appointment the next day.

We tapped:

*Even though I'm terrified that I have cancer, I choose to sleep peacefully through the night tonight.*

*Even though I'm afraid that I'll have to have a mastectomy, I choose to be calm when I go to the doctor.*

*Even though I'm scared that I'll have to go through chemo and radiation, I choose to be optimistic.*

*Even though I'm afraid that my husband won't love me anymore if I lose my breast, I choose to pray.*

*Even though I'm so afraid that my little girl will have to grow up without a mother, I choose to hear good news.*

*Even though I'm terrified that I have cancer, I choose to have a benign tumor.*

*Even though I'm terrified that I have cancer, I choose to be free.*

*Even though I'm terrified that I have cancer, I choose to be happy.*

*Even though I'm terrified that I have cancer, I choose to be healthy.*

*Even though I'm terrified that I have cancer, I choose peace.*

By the end of our phone session, Molly was laughing, joking, and then ready to go to sleep. We tested our work by having Molly describe her worst fears about seeing the doctor. She tried to get upset and couldn't.

The next evening, I got a wonderful phone call from Molly. "I have great news!" she said. "I tapped before I went to bed and slept through the night. When I got up, I checked my breast and I could have sworn the lump was

much smaller! When the doctor did a needle biopsy, he was able to tell me almost immediately that the lump was benign!”

Molly believes that EFT “cured” her cancer. I wouldn’t say that. What I do believe is that the worst kind of cancer is fear and that EFT definitely cured Molly of her debilitating cancer fears.

\* \* \*

The next level of fear of the unknown and the future arrives when you receive the news that you have cancer. Even though anyone may fear the future because it is an unknown, the presence of disease amplifies that fear. With our normal fears, most of us believe we can make decisions and take actions that will result in creating safety or financial success or reach whatever goal is desired. We believe we have time to correct mistakes, improve our relationships, or have financial success. With a diagnosis of cancer, much of that certainty we normally give ourselves can dissolve in fear. Your outlook changes. Fear of the future and the unknown becomes prevalent.

From the point of receiving the diagnosis and onward, you do not know what the future holds and that can prompt enormous fear. Life as you planned it or as it was transpiring is not what your future will be now. It has completely changed because we are taught that if you have cancer, you are fighting for your life.

Along with all the unknowns come fearful questions about what your daily life will entail, what treatments will be required, if surgery is necessary, if you will have to stay in the hospital, what will happen to your job, who will take care of your children (if you have them), how will you pay for all of this if your insurance doesn’t cover everything, and possibly the biggest fear—will you survive and what will your life look like after? The unknown becomes your constant, even when you know what you have and what treatments are needed.

EFT can calm your anxiety about what the future holds for you. You can’t know what will happen until it happens, but if you tap regularly, you will be in better emotional shape to handle whatever comes your way. EFT thus helps you develop resilience, the ability to weather the storm. By tapping on your fears, they will abate and you will be better equipped to make decisions about your future.

## Sample Tapping Language for Fear of the Unknown and the Future

It is important in tapping not to jump right away to the positive but to clear your upsetting emotions fully, so take your time in tapping on your fears. You may need to tap on the same statements for numerous rounds to get your SUD level of fear down to a low number (0 to 2), or it may only take one round. That's the advantage of rating your fear using the SUD scale. That way, you can tell if you have more work to do on a particular issue.

*Even though I don't know what is going to happen to me now, I accept myself.*

*Even though everything I planned in my life has now changed because of my diagnosis, I accept myself, my body, and what is to come.*

*Even though I want to control everything so I know what is going to happen, that isn't how life is, so I accept myself and all that is to come.*

*I'm so afraid of what may come.*

*I am so worried about the future.*

*I had all of these plans and now I don't know if I'll get to do any of them.*

*I wish I could control my life.*

*I feel out of control and it makes me afraid.*

*I'm afraid of the unknown and my life now has a lot of unknowns.*

*What am I going to do to get my life back under control?*

*What if it isn't about having everything under control but learning to release my fears?*

*What if I could release my fears of the future so I could find peace in this moment?*

*What if I could find peace inside of me so what is going on around me doesn't make me so afraid?*

*If I felt calmer inside, it would be easier to make decisions.*

*It would be easier to take the necessary steps to help my body heal.*

*Releasing my fears is one of the steps that help my body heal.*

*Feeling more peaceful is something I can control because I can do tapping to calm myself anytime I like. That is a relief!*

## **Fear of Treatment**

Treatment for cancer can vary, but the standard medical practice is chemotherapy, radiation, and surgery. We all know someone who has been through cancer treatment. We've heard about what those treatments are like. We've seen pictures of or been around people after these treatments. As a result, having those treatments or even the very thought of them can provoke a lot of fear.

Which treatment will you be undergoing—chemotherapy, radiation, surgery, natural treatments, or some combination? Medical decisions about treatment tap into the fear of the unknown because you don't know what will transpire, how you will react to these treatments. Will you feel sick, will you be tired, will your hair fall out, will you lose weight, will you end up with black nails and skin, will you bounce back from the treatments to take care of your daily tasks, will you feel vitalized, energized, relieved, and will it be enough to keep you alive and to get rid of the cancer?

EFT can't change the reality of your situation, but it can make it easier to handle, and in that way it actually does change it. With the calming of your fear responses, as noted previously, you become resilient and respond more effectively to challenging circumstances and events. Removing the fear factor from treatment as much as possible leaves you better able to handle treatment physically as well. In fear, the whole body constricts. Allaying your fears by tapping prepares you to meet what lies ahead in a more relaxed manner, which can improve the outcome.

## Sample Tapping Language for Fear of Treatment

Remember to be thorough and specific when tapping through fear.

*Even though I'm afraid to even think about these treatments, I accept that I have fears.*

*Even though I'm afraid of having these treatments, I will accept what I need to do.*

*Even though I don't know how my body is going to react, I will love my body.*

*All of this fear about having these treatments.*

*I don't know what to expect.*

*I don't know how my body will react.*

*I'm afraid of how the treatments will make me feel.*

*I'm afraid I'll feel sick.*

*I'm afraid I will lose my hair.*

*I'm afraid of needles.*

*I'm so afraid of what will happen when I have these treatments.*

*I know being afraid isn't going to help me.*

*I'd rather calm myself and tapping helps me do that.*

*I can do tapping before my treatments, during my treatments, and after my treatments.*

*I have this amazing tool right with me to help me manage my fears.*

*I have tapping to help me stay calm, which in turn helps my body.*

*I'd rather be proactive and release my fears so my body can relax and focus on healing.*

## Financial Fears

If your health insurance won't cover your medical expenses or will only cover part of them, you will have a lot of fuel for fear. Even if you have medical insurance to cover your treatments, there are other expenses that create financial fears. For instance, if you have to stay in the hospital and not work, will your job be secure? Will you have paid time off? Or will you not only be dealing with your illness, but also with less income? The regular bills will still exist. On top of that, there may be extra bills such as travel to and from the hospital for treatments, hotel stays for family, extra food expenses, and more. These extra expenses can add to the fears associated with having cancer, for the person who has it and for the family members it also affects.

EFT won't change your financial status or whether you have insurance or not, but it will help you manage your fears around finances. With calm, it is easier to look for solutions and be open to options that weren't apparent in the cloud of fear.

## Sample Tapping Language for Financial Fears

*Even though I have insurance, I worry it won't cover all my expenses.*

*Even though I'm overwhelmed by the enormity of the costs involved in my treatments (conventional and/or alternative), I love and accept myself.*

*Even though I'm afraid of the financial burden I'm putting on my family, I love and accept myself.*

*All these financial worries on top of my health concerns.*

*I'm worried about my finances.*

*I'm worried I won't have enough to pay all my bills.*

*How am I going to survive financially if I have to take time off work?*

*How can I manage all the extra costs while under treatment?*

*It is so much to handle and I feel worried about it all.*

*I don't want to be a financial burden on my family, so I'm going to do what needs to be done to not be a burden.*

*I need to change my attitude in order to not be a burden.*

*I know there are solutions to my financial situation.*

*I will look for all the options available.*

*There are people, associations, and nonprofits out there who want to help.*

*I open myself up to finding them.*

*I allow myself to receive this support.*

*I know if I look, there will be support available.*

*Just knowing there is support out there helps me relax.*

*I wonder what support is coming my way.*

## **Fear of Death**

Illness brings to the forefront our vulnerability, the fact that we all will come to a point of leaving the body in which we live. This is a fact for everyone, but not everyone has to deal with it consciously due to an illness rather than old age.

There are other aspects to fear of dying. First, will it be gentle or painful? No one wants to suffer as they leave this world. Then there is the fear for those left behind. How will they feel? How will they survive without you? There may be fear of what happens after you die. Is there an afterlife, heaven, reincarnation, nothing? Even people with strong beliefs can experience this aspect of fear of death.

How does one get past the fear and make choices that lead toward staying alive? How does one prepare if the body is not repairing and healing so that death is evident? These are difficult topics to address, but they confront you when you are dealing with cancer.

EFT provides a tool that helps you calm these fears and sense of vulnerability around death and dying. Imagine being calm in the face of

death, or even removing any fear around dying. Wouldn't you like to find inner peace so no matter what occurs you feel at peace with yourself and those around you? In addition, by calming your fears, you are opening to the possibility of living. By tapping, you support your immune system's ability to help your body heal by lowering the stress hormones in your body.

## **Sample Tapping Language for Fear of Death**

*Even though I'm still alive, I worry about dying from this illness.*

*Even though I'm afraid I'll die and I don't want to think about it, I still do.*

*Even though I'm scared because I don't know what is going to happen, I accept myself and my feelings.*

*I'm afraid this cancer will beat me and I'll die.*

*I'm afraid because I don't know what to expect.*

*I'm afraid because I don't want to feel pain or suffer.*

*I'm worried for the ones I love because I don't want them to suffer either.*

*I don't even know what it means to die.*

*I don't know what it will be like to die.*

*I don't know what will happen to me—where will I go and how will I feel?*

*A part of me knows, but another part is afraid to trust that all will be well.*

*I want to stay and live, but I don't know if that will happen.*

*Not knowing might be what makes me afraid.*

*The truth is everyone only lives in this moment right now.*

*No one knows what will happen tomorrow.*

*I want to take advantage of the fact that I'm alive right now.*



*I choose to live the best I can right now, right this moment.*

*This is the moment I have, just like everyone else has.*

*I choose to fill myself with love right now in this moment and share that love with those around me.*

*That would be one of the best gifts to myself.*

## **Fear of Survival**

This fear arises in some people because they know of others who have passed due to cancer and they wonder about their own survival. What allowed them to stay when others suffered and died? Some people feel guilty because they don't feel worthy of staying when they know of someone who was basically an angel in a human body who died. It brings up the concept of worth. What made you worthy of staying when another died? What responsibility do you have now? Do you need to make up for what was wrong before you got ill? Do you need to be a better person? Do you owe your family for all they suffered because of your illness? How do you make it up to them? If you survive, does it mean you now need to address all the emotions, beliefs, and unhealthy patterns and habits you have? If you don't, what are the consequences? Is it okay to relish that you are alive? Can you move forward with zest and joy?

Another piece of survival fear is if you thought you were going to die and came to terms with that. Then when you live, you have to adjust to your new reality. How then do you want to live? You have to figure out what is next. What will your life be like? Will you repeat the same old patterns both physically and emotionally? Or will you make small or drastic changes because you now have a new opportunity to live—really live? What and who will now be of most importance? What life will you create now that you have another opportunity to live?

EFT can support you in dealing with all of these emotions and upsets. First, you can release the guilt of surviving when someone else didn't. Each individual has their own journey and that doesn't depend on you, so tapping about all of your survival guilt feelings will allow you to live *your* life to the fullest. That is what each of us is here to do. If you have a chance to live

longer, then tapping can help you release the fear, guilt, and worries around living and even support you in opening to new possibilities with calm, ease, and joy.

## **Sample Tapping Language for Fear of Survival**

*Even though I was given the gift of survival, I feel guilty about it.*

*Even though I'm alive, so many others aren't.*

*Even though I was lucky enough to survive, I feel there were others who deserved to live even more than I did.*

*I don't know why I was the lucky one to survive when others didn't.*

*I feel guilty about being alive.*

*I know so many others who deserved to live because they had children, important lives, and worthy projects.*

*Who am I to survive when those precious others didn't?*

*I know I should be overjoyed and I am, but I also feel guilty.*

*What will I do now that I've survived?*

*I did so many things wrong before I got cancer and I know I should make them right.*

*After so many helped me survive, I feel obligated to stay alive.*

*Am I worthy to survive?*

*I don't know if I'm brave enough to do what I need to in order to stay alive.*

*I have so many bad habits to change.*

*I have so many unresolved issues to take care of.*

*Yet I have this opportunity to live and I would like to take advantage of that.*

*I have this chance, this do-over, and I want to give it my best.*

*What if instead of feeling guilty because I survived and others didn't, I choose to live really well as a way to honor them?*

*What if living is my chance to create an amazing life and do good things for others?*

## **Fear of Recurrence**

This fear is common among cancer survivors, be it according to the standard medical profession label of survival based on five years or many years beyond that. Even though you know you are cancer free at the moment, the mind questions and doubts and harbors the fear “What if it comes back?” The mind isn’t our friend in this case, as it keeps us thinking about the past cancer and all the stories about cancer returning. It doesn’t focus on the positive, the surviving, and all you’ve done to regain your health. The fears appear as little doubts and sometimes outright mental spin and overwhelm of the cancer returning. These fears become detrimental and self-sabotaging because they keep you in a state of stress and contribute to the lowering of your immune response.

EFT can support you in releasing these fears, calming your mind and body, which in turn supports you and helps your immune system stay healthy. By tapping on a regular basis, you will reduce stress hormones, think calmer thoughts, and have more positive feelings. In this way, you are improving your odds of staying healthy.

In the next case, EFT practitioner Jayne Morgan-Kidd presents a creative way to reduce fear using images. This option helped her let go of her standard way of doing tapping in order to best support her client.

## **EFT Tapping on Breast Cancer Fears**

*by Jayne Morgan-Kidd*

I was working with a new client over the phone last week. “Erin” is a breast cancer survivor. We talked for quite a while about many events from

the past related to this cancer: the discovery of it, the doctors, the hospital, the surgery, and, of course, the feelings.

Erin had been clear of this cancer for a year and a half when she discovered another lump in the same breast. She felt very fearful about the possibility that this lump would also be cancerous. After we had completed several rounds of EFT with no real progress, I was finally able to “get myself out of the way” and thus came up with a creative avenue that helped us produce results.

“Let come into your mind a peaceful image of your body from the past,” I said to Erin. She remembered a time when she was sitting in meditation with her spiritual master. I asked her to hold that image in her mind while tapping on each point (the shortcut recipe). I also asked her to take a breath at each point as she tapped. I tapped and breathed as well but did not have an image in my mind. I just focused my feelings and energy on her.

When we had completed that round, I asked her to allow an image that represented how she felt about her body right now to appear in her mind. She told me a cactus instantly appeared. She added that it made sense to her because she didn’t like to touch her breasts for fear of finding another lump. We did the same technique with the tapping, breathing, and imaging.

When we finished the round on the cactus image, I asked her to find a way to blend both images together into a new image. She said she could see herself with her spiritual master surrounded by beautiful blooming cacti and this image felt very good to her. We did the exact same tapping, breathing, and holding the new, combined image. When we finished this round, I heard the big sigh! She told me her fear was greatly reduced.

Although the tapping/imaging rounds weren’t really on fear, the resolution of her fear seemed to be the result of those rounds of tapping. Hmm... All very interesting, but the best thing I did was get myself out of the way so this idea could come through when she needed it. It wasn’t until my second session with her that she told me she is a very visual person and uses imagery a lot. So this was a good choice for her. But who knew? Not me! I have to say it again. The best thing I ever do is get myself out of the way and let this work go through me.

I have since used this imaging technique with a couple of other clients. Relief on an issue resulted for each.

\* \* \*

## **Sample Tapping Language for Fear of Recurrence**

*Even though I'm fine now, a part of me is worried the cancer will come back.*

*Even though I'm a cancer survivor, I worry it will return.*

*Even though I overcame cancer, there is a niggling worry in the back of my brain that wonders if it will come back.*

*I know others who had cancer and it came back.*

*It seems quite common that cancer comes back.*

*I don't want to worry about it because I'm fine now, but I do.*

*It's like a bad habit that won't go away.*

*This worry about something that hasn't even occurred and might never occur.*

*I know others who've had recurrences and that makes me worried I will too.*

*I don't like feeling this worry about this unknown.*

*The truth is life is filled with unknowns, and I still live every day.*

*Instead of focusing on the cancer returning, I'm going to change my focus to enjoying my day.*

*I want to help my body stay healthy and enjoy my day at the same time.*

*Anytime a worry about recurrence shows up, I can do some tapping until it goes away.*

*I can do tapping anytime a worry shows up, and that is a gift to me and my body.*

*Tapping is a way to calm my fears and set me up for feeling good and having a healthy body.*

*Choosing gratitude for the blessings I have is a way for me to enjoy every day.*

*I will benefit more and so will my body if I am happy, smile, and laugh every day instead of worry.*

*I know it is a little thing, but laughing every day produces so many healthy hormones to help my body.*

*Life is filled with unknowns, so I may as well tap to feel calm about life and live my life with joy.*

## **Fear about How the Cancer Will Affect Loved Ones**

Another fear is how your loved ones will react to finding out you have cancer. You may have fears about how they will respond and how it will affect their lives. There are fears about how to explain to them you have cancer, how to help them deal with this knowledge, how they will react to your body's response to treatments, how to help them have hope for a long future with you, and the fear of explaining you might not survive. It may feel easier to externalize your fears and focus on your loved ones instead of yourself. Most adults are used to doing that, especially if they have children.

Though not related to loved ones' reactions, other fears arise if you don't have family and loved ones nearby or you no longer have any loved ones living. How will you deal with cancer alone? Who do you turn to? What associations are available to support you? Financially? Emotionally? Will you find community to help you through your illness?

## **Sample Tapping Language for Fear of How Cancer Will Affect Loved Ones**

*Even though I'm worried about how my family will react when they find out I have cancer, I accept myself completely.*

*Even though I worry that they won't take the news well, I love them.*

*Even though I am anxious about how my illness will affect my family, we will find a way to get through this.*

*How do I explain to them that I have cancer?*

*I haven't even come to terms with the news yet.*

*I don't want them to suffer for me.*

*I worry about them and how cancer will affect their lives too.*

*I wish I didn't have to put them through this experience with me.*

*I wish I could keep them safe from this.*

*Unfortunately, it is a part of our lives now, so I want to help them accept what is transpiring.*

*I want to help them deal with everything that will happen to me.*

*To help them, I need to do what will make me stronger emotionally.*

*I have great tools like tapping to help me emotionally, so the first step is for me to do tapping for myself.*

*Tapping will help my family be strong emotionally too.*

*We can do tapping together to get through this.*

*Instead of worrying about them, I can do tapping with them.*

*By tapping together, it will allow them to feel as if they are helping me.*

*In fact, they will be helping because they will be calmer and that will help me stay calmer.*

*We can work as a family to get through this.*

## **The Overall Effect of Fear**

Aside from how much better you feel when you are not living in fear, giving your immune system all the support it needs to work optimally is reason enough to manage your fears rather than ignore them, bury them, push past them, or even be upset because you have fears. Fears are normal. They occur in everyone. The goal is to observe them, recognize them, even honor them, and then use tools to release them and replace them with confidence, calm, peace, and love. EFT provides quick ease from these fears by calming the fight-flight-freeze response in the body and bringing it back into homeostasis. Using EFT helps you manage your fear and live in the moment, in daily life, and make every day the best possible day.

EFT can support you by helping you reduce your fears about all of the topics mentioned in this chapter. If you can feel calm in the midst of these unknown circumstances, then you will be more open to options that could resolve these issues. You will be able to think more clearly so you can take steps that will help you ask the right questions, get the answers to these questions and create solutions that support you.



# Common Emotions: Anger and Hating Cancer

## Anger

Anger is a natural, instinctive response to a threat and in some instances may be necessary for survival. Anger involves both physical and emotional symptoms. Physical symptoms include increased heart rate, increased blood pressure, and muscle tension. Emotional symptoms include irritability, frustration, anxiety, rage, stress, guilt, and overwhelm. Anger can be brought on by stress, family problems, financial issues, as well as depression, anxiety, alcohol abuse, obsessive compulsive disorder, attention deficit disorder, and grief. While it is normal to experience anger on occasion, if you harbor unresolved anger, you will tend to feel it more frequently and more intensely.

Anger almost inevitably arises when you are dealing with cancer and you are likely to experience a range of sources and targets for your anger. You may feel anger toward everyone who is not cursed with cancer because it isn't fair that anyone have, suffer, or die from cancer. You may get angry at God for allowing cancer to exist and affect people, families, and society so catastrophically. You may feel angry at the world because of the injustices that exist. A target for your anger may be you, blaming yourself for getting cancer, as in "Why didn't I take better care of me when I had the chance?"

Or you may endure free-floating anger with no obvious target (just plain angry!). EFT can help you get to the roots of your anger, which is key to clearing it.

Related to being angry at yourself for getting cancer, many people experience anger toward their bodies. The anger expresses feelings of betrayal that your body failed you and developed this illness. Instead of feeling victimized by the illness in your body, anger, in its own way, makes you feel more powerful. Anger is a more intense emotion that can provide impetus to action. Anger also expresses your hurt, frustration with your body, all that you will have to experience, as well as takes the blame and externalizes it. Instead of looking internally for habits (emotional as well as physical) that could have contributed to this illness, anger allows you to put blame on your body, on circumstances, doctors, family members, or anyone else that is a part of your life. In some ways, anger promotes moving forward. If it becomes a chronic emotional state, however, it will hold you back from clearing the underlying issues that contributed to your illness.

Like fear, anger, especially long-term anger, puts a strain on your whole system. It lowers your immunity because it increases the levels of stress hormones in the body. The body is not made to have long-term stress hormones running through it. Therefore, it can be useful to utilize this anger to get up and do what needs to be done to recover in the short-term, but in the long-term it is best to release the anger so you can support your immune response in a healthier way.

This is not an instruction to suppress anger. One of the reasons EFT is effective is that it does not gloss over the “negative” emotions you feel. Instead, you feel them completely and tap through them until they naturally dissolve. As everyone has experienced, it does not work to try to persuade yourself out of feeling a certain way. Emotions, like physical symptoms, are messages that something in you needs attention. Any anger you feel is asking you to find out what your body, mind, and spirit need.

EFT is a safe way to explore uncomfortable and “unacceptable” feelings. There are a lot of sociocultural messages that anger is an unacceptable emotion. This is especially true for women who are trained from an early age to “be nice.” Just as “big boys don’t cry,” girls are “sugar and spice and everything nice.” Stepping out of these “rules” can be very difficult. If it is too overwhelming to face directly the intense emotions you are feeling,

EFT's Gentle Techniques (Tearless Trauma, Sneaking Up on the Problem, and Chasing the Pain) offer you a safe way to explore your anger until it loosens its grip.

Jules Vandermaat, an EFT practitioner, trainer, and qualified social worker with 30 years of counseling/therapy experience, shares this case in which she helps her client deal with the underlying reasons for her anger, fear of expressing her anger, and the habit of just getting on with things even though the emotions were repressed and having detrimental effects on her and her relationship with her husband.

## **Anger and Other Emotions Suppressed by “Just get on with things”**

*by Jules Vandermaat*

“Jane” is 45 years old, and the mother of three school-aged children. She lives with her husband and children in a coastal town in Australia. A friend from her work who had done some EFT with me and found it beneficial referred Jane to me.

Jane said she thought she needed to try something different to help herself, as she was feeling tired and frustrated, like she needed to create more time for herself. “I need to stop and understand why my body has taken me on this journey with breast cancer, to make some meaning of it for myself,” she said. When first diagnosed, she had gone to a psychologist and found it helpful at that time but had not felt like returning. “I think this is between my body and me, so I’m hoping EFT will help,” she observed.

Diagnosed in 2017 with a grade one invasive cancer of the breast duct, she had a lumpectomy and three lymph nodes were removed as well. Fortunately, the cancer seemed isolated, but she chose to have some radiotherapy just to give her the best chance of it not returning. She also took the tamoxifen prescribed.

Following that treatment, Jane explained she had “just got on with things.” She went back to work, back to living her life as a busy mum of three, and doing everything in the house that she normally did.

Her husband barely changed his schedule at all, as he worked away most of the time. When she was going through the treatment, he hadn’t seemed to

think it was important enough for him to take time off. Her mum and friends had helped out with the kids when necessary.

Jane said that now “It feels as though it never really happened. Like it was some bad dream, but I woke up okay, so it’s not worth talking about anymore.”

Jane observed that nobody talked about her cancer unless she brought it up, and even then, she got the feeling it was not a topic anyone felt comfortable discussing. Not even her husband.

The strong message she received was “You’re okay now, you didn’t die, so be grateful and get on with things.”

Tamoxifen made Jane very tired and it brought on early menopause. She was experiencing lots of hot flashes, day and night, and her night sweats were dramatic, requiring her to get up and change her nightie and the sheets at times. She put on weight and completely lost interest in sex. She and her husband had enjoyed a good sex life prior to this. Her vagina went dry and it actually hurt to have sex, even if she used lubrication. If it didn’t sting when she was having sex, it stung afterward, so there was little motivation for her to keep trying.

Her husband seemed to resent this early “shutting of the shop” on their sex life. He withdrew from her and seemed to spend lots more time on his phone and at work. She worried he might be interested in someone else, as she knew how important sex was to him.

When Jane asked him if they were okay, he never wanted to talk about it. He would get angry if she persisted in her questioning or looking for reassurance. He told her she was “being ridiculous.”

She felt he blamed her for things not being good in their relationship.

Jane felt lonely, angry, frumpy, and unhappy. She had begun drinking wine every night during the holidays to cope with all the visitors. This had turned into a nightly habit after the holidays were over. She felt guilty, as her doctor had advised her to minimize alcohol intake.

During our first session, we focused on Jane’s feeling of anger that her husband did not seem to care about her and that he had not acknowledged that she actually did have breast cancer, and that even though she had just gotten on with things, as expected of her, it had been a frightening and awful experience.

She felt angry that all her husband seemed worried about now was the fact that they were no longer having regular sex. He made frequent snide comments about this, which, if she got upset, he said were “just jokes.”

As she was no longer interested in sex, he was no longer interested in her, or so it seemed. There was no cuddling or kissing and very little talking. Jane now felt like all of that had been mainly given in the past in exchange for sex.

This made her angry at a SUD level of 9 out of 10 and she felt it in her gut, which felt tight and constricted, empty but unsettled. After a little bit of tapping, she described it as a “fire-breathing dragon” in her gut. A hot red ball developed in her throat, which she identified as being related to her repression of her “negative” emotions.

The Setup Statement we repeated three times was:

*Even though I feel this 9 out of 10 anger and it's a fire-breathing dragon in my gut because he doesn't seem to care about how I feel and he's only worried about not having sex...it makes me angry, but I love and accept myself anyway.*

The Reminder Phrases were:

*This 9 out of 10 anger*

*This anger*

*This anger*

*This anger in my gut and in my throat*

*This anger in my gut, it's a fire-breathing dragon*

*Because he doesn't care about me. He says I'm "being ridiculous"*

*This anger because he's only concerned about sex, not me.*

*It's a hot red ball in my throat because I can't say how I feel.*

*But I'm so angry about this!*

Jane initially found it a bit difficult to express her anger, but once we started the tapping, she found it quite freeing and empowering.

“It feels good to say it how it actually is!” she exclaimed.

After a few rounds, we included some tapping on the “F\_\_\_ OFF” point (the name Jane gave to the below the nipple point, which is located below the nipple and breast on the upper ribs). Tapping on this point seemed to help Jane release her anger more easily.

Jane acknowledged that, for most of her life, she had avoided doing anger, as she felt that nobody would love or accept her if she was angry.

Her husband would withdraw from her for weeks at a time if she expressed any anger toward him. He would barely talk to her when he was at home and would not contact her much when he was away. He would be generally short with her in conversation, only discussing the absolutely essential matters. No niceties. It felt like her punishment for being angry.

Her children did not like it when she was angry, as it upset them. She felt it was up to her to keep the peace at all times, between her three children when they fought, between her children and her husband when he was angry at them, and between her husband and herself.

Her feelings were always the last to be considered, even by her.

Jane's parents had been angry at each other for most of her childhood, finally separating when she was an adult. "I was the kid who wished their parents would split up, as it was so horrible living with their anger all the time," she said.

Growing up she learned that anger is very scary, unpleasant, unsafe, and not able to be worked through—so best to repress it.

And repress it she did! In fact, Jane realized that she was a specialist at the repression of anger. She thought this might be a clue as to why she developed cancer.

Jane felt a lot of relief in the first EFT session and she found clarity and new perspectives on important issues. Once she started to allow herself to express and feel the anger, it appeared to grow tentacles for a bit, but with the tapping process it decreased.

The feelings in her gut and throat reduced considerably as well.

Most of her SUD levels came down to 3 or below.

Jane left the session feeling tired but calm and relaxed, with some instructions on how to tap for herself at home if she felt upsetting emotions.

In the second session, we decided to focus on Jane's fear of expressing anger or really any negative emotion. She had been thinking a lot since her first session and identified that, as a child and throughout adolescence, she did not like "bossy" people or people who seemed to be "pushy" with their opinions about things.

She had tried hard not to be like that herself.

In her marriage, she was determined never to be the “nagging wife.” Her mum would constantly nag at her dad, and her dad would constantly bark back. It was horrible for Jane and her sister to listen to this incessant arguing. It made for a miserable home life.

Jane learned early on in her marriage that she would have continually to lower her expectations of her husband if she was never going to confront him about anything. That was extremely frustrating. She did not want to continue living this way but did not know how to be any other way, and she was embarrassed about this.

The hot red ball in her throat would fire up whenever she wanted to express something negative. And the fire-breathing dragon was still there too, although that feeling was less intense.

She realized she was drinking wine to help her suppress her negative emotion, to slip into her “I don’t care, whatever” land, where it didn’t matter that she couldn’t be assertive with her own husband, as she stared at her phone, waiting for him to call, until she passed out on the couch most nights.

Jane stated that the EFT had shaken things up a bit for her, in that she knew she was the only one who could change this, that she was responsible for her own emotions, and that she didn’t want to hide in a glass of wine anymore. It felt a bit overwhelming, but she was also excited at the prospect of feeling better, as she had noticed a big difference just after one EFT session.

She had taken some positive steps for herself in between sessions, going to some yoga classes in the evening instead of drinking wine. Or she was walking the dog every other night. She had also started a meditation course, something she had wanted to do forever but never felt she had the time for. She said she had decided that if she didn’t want the cancer to come back, she had to make time for herself. No more excuses.

Jane felt more able to face her fears, as she was sick of them.

The Setup Statement we began with in the second session was:

*Even though I have this fear of telling my husband I am angry at him, 8 out of 10, and it’s a hot red ball in my throat, I love and accept myself anyway.*

Reminder Phrases:

*All this 8 out of 10 fear*

*All this fear*

*All this fear*

*Fear of telling him I am angry that he only thinks of sex*

*Fear that he will be angry at me*

*All this fear, that he will tell me I'm "being ridiculous" again*

*All this fear, trapped in my throat, like a hot red ball*

*Because I cannot say I am angry at him*

We did quite a few rounds on the fear, and Jane discovered lots of fears: fear that he would withdraw, wouldn't talk to her, would "punish her." Fear it might upset the children if she was angry. Fear her husband might leave her for someone else (as her dad did to her mum eventually).

Jane was amazed at how much fear she was holding onto, and how it was actually the fear that as getting in the way of her finding personal peace. After the tapping, she said the fear was only a 2 out of 10, even when she thought of telling her husband how angry she was that he only thought about sex, not her.

Then she had a memory float up, of how sweet her husband had been when she was first diagnosed. He actually cried and said he could not stand to lose her, he loved her so much. She had forgotten this single moment of vulnerability from her husband and assumed he did not care. Now she felt she knew that was not true.

She decided she was going to go home and write a letter to her husband, to help clarify what she wanted to say. Then she was planning to have a calm and rational conversation about how she was feeling, in the hope that he would hear her. "I've really got nothing to lose," she said. "Things can't get much worse."

The hot red ball in her throat had shrunk significantly and was no longer red or hot. Jane was amazed at how her body had responded to the tapping, and just how calm and in control she felt when she left a session—like none of it really mattered as much as her feeling good mattered.

After the second session, Jane reported she had made good progress with her relationship with her husband. She had told him how she felt, without getting angry, and he actually sat and listened, without getting angry or defensive. He had apologized for not being there for her and for



contributing to her feeling so bad about herself. He said he had felt rejected by her, as she didn't seem interested in him anymore. He thought she was the one not offering cuddles or kisses anymore because she was trying to avoid sex.

He told her he had never before experienced her as so angry and unhappy, and he did not know how to deal with her emotions. He was sure she was going to leave him and he was afraid to make things worse.

After this big conversation, things had been much better between them and Jane was feeling a lot brighter. She said she had not felt so angry and unhappy, and had lost a little weight from all her walks with the dog. She had cut out alcohol altogether, and though that was difficult, her hot flashes had decreased and she was sleeping better. She was enjoying her new yoga classes a lot and had signed up for a membership so she could go a few times a week.

She told me all of this over the phone, when she phoned to cancel her third session. She was going away with her husband for a week and her mum would be minding the children. She sounded very excited.

I got a message from her later saying the week away had gone very well and her husband had agreed for them to have some sessions with a couple's therapist. Though everything was not magically cured, she was feeling a lot more hopeful about her marriage, and she felt that EFT had helped a great deal.

It never ceases to amaze me how much a person can get from just two sessions of EFT.

\* \* \*

## **Sample Tapping Language for Anger**

Be sure you tap through your anger and get a low SUD score on it before you attempt to move beyond it. We need to acknowledge and accept what we are feeling rather than jumping right in to try to change it. Anger will not be denied, so modify the language as needed to address each of your angers completely. You may need to spend a lot of time on individual Setup

Statements and Reminder Phrases before they lose their emotional charge.  
Take your time.

*Even though I'm so angry about being ill, I deeply and completely love and accept myself.*

*Even though I'm so angry with my body for having cancer, I accept myself and do my best to love my body.*

*Even though I'm so pissed at myself, my body, this situation because it isn't fair, I will accept myself, my body, and this situation so I can move beyond it.*

*I'm so angry.*

*It's not fair.*

*I don't deserve this.*

*It really pisses me off.*

*I am the victim here and I am the one suffering.*

*It makes me so mad that I have to deal with this illness.*

*I just don't want to do it.*

*It pisses me off about how unfair all of this is.*

*I just want it to go away.*

*I know that isn't realistic.*

*It pisses me off that I know being angry isn't going to help me so I have to make a switch here.*

*I'm going to use my anger and channel it into doing things that are productive to my healing.*

*I will focus all of my hot, fiery anger into taking care of myself.*

*I am going to change my anger into a powerful force to take care of myself.*

*I am going to use my emotions to take care of myself, not destroy myself.*

*I am using my powerful emotions for my benefit.*

*Even though I'm so angry at God (universe, divine, spirit) for allowing cancer to exist and letting me get it, I accept myself and this anger.*

*Even though I can't believe God would allow people to suffer with illnesses like cancer because it is so unjust, I accept myself and this disbelief.*

*Even though I'm angry and furious that cancer exists, knowing God could remove it from existence, I accept and love myself.*

*Even though I'm angry at God for allowing me to have cancer, I'm not ready to release this anger and that's okay.*

*Even though I'm just plain angry, I choose to love and accept myself profoundly.*

*I'm angry because I feel helpless to change the existence of cancer.*

*I'm angry at cancer for harming so many people.*

*I'm angry at myself because I'm angry at God about an illness.*

*Deep down I'm hurt that cancer has caused so much pain and suffering in the world.*

*Underneath my anger is my fear of cancer and what it could do to me and to those I love.*

*I feel anger so I don't have to feel my sadness and helplessness.*

*I use anger as a way to escape from my deeper fears about what cancer could do to me and those I love.*

*Anger sure makes me upset, but it doesn't solve anything.*

*Anger doesn't get rid of cancer, but it makes me feel forceful and righteous.*

*Since anger doesn't make me feel better and holds me in old patterns, I would rather address my anger and underlying fear so I can move forward*

*in life.*

*I'd rather use my energy toward taking care of myself.*

*I'd rather find some calm and peace in this moment than use all of this energy to create anger.*

*I choose to switch the anger that negatively affects my immune system to emotions like peace, calm, love, and relief that support my immune system.*

*I choose to release my anger so I can use the energy I tied up in anger and shift it toward recovery.*

*I get to choose what I feel so I choose relief, calm, comfort, and love.*

*I choose to feel emotions that support me and also support my immune system.*

*Choosing relief, peace, and love is empowering and benefits my immune system too. That brings me some relief.*

## **Hating Cancer**

Another common emotion that arises is hatred of the cancer. It is understandable to hate the cancer you have—it is changing your life and harming your body. Those who work with cancer patients or are close to someone with cancer often hear them say with vehemence variations of: “I hate this tumor!” “I hate this leukemia!” “I hate this cancer!”

Hate is a powerful emotion. It is important to recognize that when you hate your cancer, you are hating a part of your body. Tumors are made up of cells from your body that have gone awry. These cells aren't responding normally, they mutated, they lost control, lost their ability to die at a normal time, or were altered in some fashion to allow them to keep growing instead of dying off. Since these cells are part of your body, it is detrimental to your health and well-being to hate them. It is preferable to think of these unhealthy, cancerous cells as sick cells or cells needing support and help to get better. This change in perspective allows you to have compassion for them instead of hate them.

As with anger, this is not an instruction to suppress how you feel, but rather to allow yourself to vent, to get it out of your system, and to discover what your body, mind, and spirit need. Again, EFT gives you a safe way to process hate feelings. As reflected in the acceptance clause of the Setup Statement—“I deeply and completely love and accept myself”—the process is to accept how you are feeling rather than beat yourself up for it, and explore it in a way that works for you until you find the feelings disappearing.

When you have vented to your heart’s content and the hate dissolves (it may come back with a future event on your cancer journey, so be ready to tap on hate whenever you need to), it is beneficial to cultivate compassion, to look for the reasons underlying why these cells are unwell, and learn what they need to “feel” better or to heal.

What is the message they are trying to tell you in the language the body speaks? The body speaks in aches, pains, and illness to get our attention. It doesn’t have words, so it has to use what it can to help us pay attention and make changes. For example, overworking and never taking a break so your body gets a cold is your body telling you it needs rest. If the body doesn’t get your attention with something simple like a cold, then something more intense may show up. If you still don’t pay attention to your body’s signs, something even more intense may show up until you do pay attention.

Cancer is a complete attention getter. You have to stop and pay attention. Everything before in your life shifts to this moment, this treatment, this immediate need. All your dreams shift as well to surviving, to continue living. It is a monumental shift.

## **Sample Tapping Language for Hating Cancer**

*Even though I hate my cancer so much, I deeply and completely accept myself and these feelings.*

*Even though I’m just filled with hate right now and that’s all I can think of, I accept myself and how I’m feeling.*

*Even though I hate cancer because it is harming me, I want to let go of that hate.*

*Even though I hate having cancer because it is so unfair, I want to let go of that hate.*

*Even though a part of me knows that hating cancer is hating a part of my body, I still feel that hate.*

*I hate having cancer because it makes me feel so vulnerable.*

*I hate having to deal with this cancer.*

*I'd rather just live my life.*

*Now I'm stuck dealing with cancer and I hate that.*

*I hate everything about having cancer and what I have to do to deal with it.*

*I hate having to have treatments and all the uncertainty that comes along with them.*

*A part of me knows that hating cancer isn't going to help me.*

*A part of me knows it is important for me to let go of this hate.*

*I want to give myself permission to let go of the hate because it is covering the fear I feel underneath.*

*I give myself permission to release the hate and even the fear underneath it so I can begin to heal.*

*I tap to relax and calm myself, to release the hate, to release the fear and become centered.*

*I know it is important to feel calm inside so my body can turn off the fight-flight-freeze hormonal system.*

*It is more important to me to be relaxed so my body can turn on the regenerative system than to be angry, fearful, and hateful of cancer.*

*I allow myself to let go of the hate and fear so my body can fill itself with regenerative hormones.*

*Being centered is more beneficial to me, and I choose peace of mind over hate.*

*I choose to use my emotions in my favor to help my body take care of the cancer.*

There may be others besides you who hate your cancer, for example, the people who love you and want you to stay in their lives. Others who may hate cancer are the people who need you but find you are busy taking care of someone with cancer. Here is a real-life example.

A mother was in the hospital with her child who had cancer. The hospital was hours away from her home. The ill child only wanted her mom there with her. After months of treatments, the woman's other children began to resent their sibling for receiving all of their mom's attention. They wanted her attention too. They began to dislike their sibling, when really what they hated was the cancer that took both their sibling and mother away from them. At this young age, these children couldn't distinguish the difference between the illness and their sister. They perceived that their sibling was the one taking away their mom's attention.

When you communicate and release the emotional issues associated with cancer for all involved, then these situations don't have to arise. Tapping together can help ease conflicts and unexpressed resentments. If the people in your life don't want to tap, you can tap to clear your own feelings about what is happening around you.

As discussed, even though feeling anger and hate of cancer is a normal response, these feelings also create more stress hormones, adding to the overall stress load on your body. Wouldn't you rather channel those powerful emotions in a positive way instead? You can use EFT as a way to refocus the power of anger and hate so instead of draining your life force energy, it is actually being returned to the regenerative system of the body.

The steps are: tapping to vent, to explore the feelings and the beliefs associated with them, to release anger and hate as they naturally dissolve, tapping for calmness, and then tapping with empowering statements. In this way, you are utilizing what was once anger and hate to strengthen your body.

## EFT for Physical Pain

Depending on the type of cancer and the treatments used, the physical pain involved can be light or intense, infrequent or continuous and uncontrollable. Pain makes it difficult to focus on anything else, which is actually a beneficial mechanism because it results in you turning your attention to the area of your body that needs you to take care of it. If you ignore pain and let it go unmanaged or cover it up with pain medications, something more detrimental may eventually arise.

With cancer treatment, however, pain may be a byproduct that you can only manage rather than resolve. As any health professional will tell you, in order to manage pain, it is essential to stay ahead of it. Trying to alleviate pain after it is full-blown makes control of it much harder. When you are in high or intense pain, it is difficult to think, eat, sleep, act, and react in healthy ways because your focus is on the pain. If you know ways in which to reduce that pain, then you will have a clearer mind and ability to make logical choices.

In addition, unmanaged pain makes the whole experience of cancer treatments harder as the pain adds to the stress and fear you have. Feeling fear tends to increase physical pain, as muscular tension tends to create more pain in the body. Unmanaged pain also adds emotional trauma in reaction to the pain and can lead to noncompliance of treatments or even the use of medications that have secondary effects, all of which weakens your already beleaguered immune system.



As discussed previously, EFT has proven effective in reducing pain. Remember, two thirds of pain is due largely to emotional causes, which is why EFT, adept at clearing emotions, works so well. You can use EFT to alleviate both physical pain and fear of pain.

In this chapter, you will learn various ways in which EFT can be used to reduce pain associated with cancer—the pain from the cancer itself, treatment pain, postop pain, and emotional pain arising from physical pain. Observe how EFT can be a preventive measure in your pain management.

The following case is by one of the authors of this book who has extensive experience using EFT with children suffering from cancer. This case shows how EFT can reduce both emotional and physical components of pain, even when the pain has been debilitating.

## **Overwhelming Pain Addressed with Tapping**

*by Deborah D. Miller*

Rolando's pain started at a SUD level of 10 and reduced to 1.5 in 20 minutes.

Rolando is a young teen with osteosarcoma in his left femur. He had surgery, a bone scrape, to remove the tumor. He recovered quickly from the surgery. Two and a half months later, however, he was back in the hospital because the tumor was growing again. He uses EFT on a daily basis, so in this case, my job was to help him find the deeper reasons behind the regrowth.

I talked to Rolando about how many people hate their illness and that means they hate themselves because it is inside of them. I asked him to think of his tumor as a small child who was afraid and lonely needing love. He nodded that he understood and told me that he did hate his tumor. I tapped with him on letting go of hating his tumor and how to send it love instead.

I asked him to imagine he could talk to his tumor and ask it what it felt. The answer was "anger." We tapped to get rid of the anger by putting in love:

*I take out the anger.*

*It doesn't help anyway.*

*I release the anger in my leg, my tumor.*

*The anger stored there for so long because I couldn't express it.*

*It went deep inside of me because I wasn't allowed to express it.*

*In place of anger, I put love.*

*I fill my bone with love, red love.*

*I put red love in my bone.*

As we did this, the intensity of his anger went from a 10 to a 5.

As Rolando is a private, quiet young man, I wanted to respect him by not asking him to share details of whatever was causing his anger. Instead, I asked, "If the anger were a person or experience, what would it be?" He replied that it would be an experience. We tapped and put the experience in a box. Once we boxed it up, he chose to get rid of it by putting it in Mother Earth and letting her transform it, as she is an expert at transforming things. As we did this, his anger dropped to a 2.

I asked him if the rest of the anger was an experience or a person. This time it was a person, a young person. We boxed up the anger he felt for that person, putting it in another box, and put it in Mother Earth to get rid of it. This time the intensity dropped to 0.

It was impressive to see the clarity that came to Rolando's eyes as he realized he had indeed stored up all that anger in his bone. He captured the context of how that anger stored within his bone would continue to manifest or "fester" and cause more problems until it was completely released. I asked him to check on his own to see if there were other angers hidden away deep inside him.

We tapped on letting go of the old angers, being okay, walking forward in life, having the right to do so, using love to communicate, and setting limits. Rolando agreed to check every day to see if there was some other anger, big or small, and tap on it, then to continue adding love to his tumor to heal it, sending it hugs and love.

Rolando's sister was with him during our session. I could see that what we discussed and tapped on was important for both of them. I know they will tap together. What a gift they are and what a gift they received today.

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In the next case, Veronique Waumans, EFT practitioner and reflexologist, shares how EFT quickly helped a woman reduce back pain from her cancer and avoid using medications that left her with untenable side effects.

## **EFT Tapping for Pain Related to Cancer**

*by Veronique Waumans*

Before learning EFT, I had been working as a reflexologist. For the past few years, I have been working with cancer patients in a hospital where I see and hear of lots of physical and emotional pain. Reflexology is a wonderful tool that helps them relax and gives them some good time in the hospital. The patients love it.

Emotional pain is not always easy to address in a hospital. Some of the people I see are very ill and don't have much longer to live. When a patient is suffering from pain, I propose EFT whenever possible.

I met "Jane" who had liver and bone cancer. For the past three months, she had been suffering from terrible back pain, making it impossible for her to bend and making every movement difficult and painful. The medical answer, which was morphine, left her with so many hard-to-live-with side effects that Jane preferred suffering the pain.

I proposed to her that we try EFT. "At this point," Jane said, "I'll try just anything."

We started with tapping on:

*Even though I have this pain-belt around my lower back, I deeply and completely accept myself.*

After just one short round, her back pain went from a level of intensity of 9 to 4 on a scale of 0 to 10! She was over the moon. "This is livable," she said. I suggested that we try and get it down to 0. As her back pain sensation had changed, we continued with:

*Even though I have this painful point in my lower back...*

After another two rounds, the pain was completely gone. Jane could now get up, bend over, and walk without any pain. She looked at me with wide-open tearful eyes, not believing what was happening to her.

“Nobody has been able to help me with this pain over the last three months,” she declared. “And you come along and in just five minutes, it’s gone! It’s a miracle!”

I left Jane a drawing of the short EFT round, as the pain would likely come back due to her illness. She now had an alternative to medication.

### **Follow-up**

I saw Jane two weeks later. Although her back pain had come back, it seemed to bother her less. “The pain is not at the top of my list anymore,” she said. “Today I feel the tiredness more than the pain.”

This tiredness due to her treatment and her pain had always been there. Jane had just not noticed it so clearly because she had been focused on her pain. Less bothered by the pain and noticing how tired she was, she now took the time to rest.

This is but one of many experiences I’ve had with EFT in the hospital, as I’ve taught other cancer patients how to use EFT to handle their pain, instead of taking yet another pill. This is so very important to them, as they are able to get back a bit of control over their body and their illness.

EFT can also help cancer patients with other physical as well as emotional aspects of their illness.

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In the next case study, Bernice Vergou uses cranial sacral therapy, massage, and tapping to help her client feel both physical and emotional relief from pain.

## **EFT Tapping Sends Bowel Cancer Pain into Remission**

*by Bernice Vergou*

I had a really beautiful experience a few months ago that I would like to share. Once a month I do some volunteer work at a palliative care center, mostly with cancer patients.

Earlier this year, a 79-year-old woman (I’ll call her Teresa) was booked in for a massage. She had bowel cancer but had declined surgery and

chemotherapy. As she was in a lot of pain and her medications weren't relieving this adequately, the palliative care supervisor had booked her in for some TLC.

I asked what was happening in her life. Teresa told me about the cancer and the pain. I asked her how long she'd had it and what else was happening in her life at the time.

She told me that much worse than the actual pain was the fact that she was really suffering—from grief and guilt—at having recently put her husband into a nursing home, as she could no longer care for him at home.

I told her I would do some cranial balancing and a back massage, but that I would also like to show her a very simple self-help technique that just *might* (no promises here) take the edge off her pain. She agreed to try it, so we tapped for the pain, for the deep distress at her decision to put her husband in the home, for her guilt, for “all the emotions” locked in her colon, and more.

We used phrases such as:

*This guilt in my gut*

*This overwhelming guilt*

*This huge distress because I had to put him in a home*

*I'm so angry at myself for getting sick*

I suggested she even hold one hand on her ascending colon area (which is an unusual area to develop a carcinoma) while she tapped.

I also used a little “tasteful” PET (Provocative Energy Therapy—learnt from Steve Wells and David Lake) by working in some expressions such as “I'm so special—no one else gets cancer there! I've really done a perfect job of this too!” because it had come across that she was quite a perfectionist, and she regarded putting her husband in a home as a personal failure.

This made Teresa laugh. Suddenly, she looked absolutely surprised and said tentatively, “The pain is less!”

I then said, “Hmm, you are such a perfectionist; you have done a really good job, there, haven't you! Now, if the pain comes back, here's something to keep in mind. If you take your pain medication, and you get, for example, three to four hours' relief, and then the pain comes back, you wouldn't just fold your arms and say, ‘Well, that didn't work, I'm certainly

not taking that medication again,' would you? You would just acknowledge it had a short-term effect, and take another dose. You can apply the same principle to EFT. If one round gives you some relief, even if it is for only 10 to 20 minutes, all you need to do, if the pain comes back, is tap another round!"

Teresa liked this logic. So we tapped a few more rounds, including some for forgiving herself, particularly with regard to putting her husband in a home. I completed the session with some cranial balancing and a back massage, as promised.

### **Follow-up**

Generally, I don't get to see these patients again. A nice ending to this story, however, is that two months later I had a private patient who turned out to be Teresa's next-door neighbor.

After our session, the new client said, "I have an elderly next-door neighbor who has bowel cancer and I would love her to know about the work you do."

So I gave her a card and a basic handout sheet to pass on.

The next week when the new client returned for a follow-up appointment, she said she had gone to visit the neighbor to give her the information, and the neighbor (Teresa) remarked, "I know that woman! I saw her at the cancer center and I have been doing her exercises [i.e., tapping] every day and my cancer pain is in remission!"

As this was such good feedback, I reported this to the cancer center the next time I went and, as four months had now elapsed, the supervisor looked up the records regarding this client, and sure enough there were two entries: "Home visit—patient comfortable, pain in remission; second home follow-up—patient canceled proposed appointment at pain management center, no longer required."

How personally satisfying to have been involved in making Teresa's life more comfortable.

\* \* \*

## Sample Tapping Language for Cancer-Related Pain

Tapping works best for pain when you include the location of the pain and describe it in specific terms such as “this hot red ball of pain stabbing my lower abdomen.” Add descriptions to your Setup Statements and Reminder Phrases.

*Even though I feel pain and I hate it, I accept myself and my body anyway.*

*Even though I never thought cancer would be so painful, I accept myself and what is happening to me.*

*Even though I don't want to live with this pain, I know I can use breathing and tapping to help me lower the pain.*

*My body hurts so much.*

*The pain reminds me I have cancer.*

*I don't want to think about the cancer.*

*The pain doesn't let me forget.*

*The pain doesn't let me rest.*

*I hate pain because it is so uncomfortable.*

*I just want to escape the pain.*

*I can't think clearly with this pain.*

*It is hard to concentrate with this pain.*

*I want to make good decisions, but the pain is so distracting.*

*I just want to get rid of the pain and feel relief.*

*I have all this pain in my body and mind.*

*I know my body is uncomfortable with this pain.*

*I have ways to help my body relax.*

*Just breathing more deeply oxygenates my cells and helps my body let go of some pain.*

*Tapping helps me calm myself in mind and body too.*

*Being calm lets me relax my muscles and that helps me release pain.*

*Even if I don't get rid of all of the pain, reducing it is such a relief.*

*I appreciate so much that I am able to reduce pain in my body.*

*Lowering my pain allows my body relax and move into recovery mode.*

*I choose to tap to help my body release physical pain.*

*I choose to tap to help my body let go of my emotional pain.*

*I am looking for relief from the pain and I have tools to help me do so.*

*I tap and breathe to help myself lower pain.*

*It is a relief that I can actively take part in reducing this pain.*

*What a comfort it is to know I can use my breath, my thoughts, my feelings, and tapping to help me move through the pain and find relief.*

## **Sample Tapping Language for Treatment Pain**

Here are some sample tapping Setup Statements and Reminder Phrases you can use to tap on physical pain from treatments. Choose the ones that resonate with you and, again, add a description of your pain. As the pain changes with tapping, change the description.

*Even though I don't believe I can be free of this pain in my \_\_\_\_, I deeply and completely love myself.*

*Even though it hurts so much when I receive this treatment, I choose to make it through.*

*Even though I want to feel relief from this pain caused by this treatment but I don't know if it is possible, I accept myself.*



*All the pain I feel because of this treatment.*

*It hurts because of the needles/medications I have to take.*

*Every treatment seems to cause pain—putting in an IV, spinal tap, shots, taking blood samples.*

*Why do they all have to be so painful?*

*I'd just like the pain to go away.*

*The pain reminds me I have a health problem.*

*I would like to forget that.*

*The pain reminds me I have cancer.*

*Every time I have a treatment, I'm reminded of my illness because of the pain.*

*The treatments cause me so much pain—sometimes more than my cancer.*

*Even the chemotherapy is painful because of how it makes me feel.*

*I don't want to feel pain, so I'd rather do something like EFT than do nothing but feel this pain.*

*I'm going to do some tapping because it is better than lying here feeling pain.*

*I'd rather be proactive and do some EFT because the studies show it relieves pain.*

*I'm going to do EFT as much as possible and see what happens.*

*I may even surprise myself and find relief.*

*Even now as I am tapping, I feel calmer.*

*I feel I can breathe a little deeper and relax a bit.*

*What a relief to breathe more deeply and relax.*

*I let the pain from the needles disappear.*

*I let the pain from the treatment dissipate.*

*I choose to relax and breathe.*

*I choose to let the pain dissipate and relax.*

*As I relax and breathe and tap, the pain disappears.*

*What a relief!*

In the following case, read how Linda Graham, a student of EFT, helped herself by tapping before surgery and reducing postop pain right in the recovery room, as well as managing the emotions associated with her test results.

## **EFT for Postop Pain Management and Recovery**

*by Linda Graham*

I have been a student of EFT for the past four or five years and have watched and practiced with the EFT DVDs and online videos. As I have not attended any official trainings, I generally limit my tapping to my family and me. I have had some amazing success using this very simple, noninvasive technique.

I recently underwent an abdominal laparoscopy (robot-assisted abdominal surgery performed through five small incisions rather than one very large one). I used EFT before the surgery, keeping myself very calm, even though there was a possible diagnosis of ovarian cancer.

When I awoke in the recovery room, I learned that the laboratory tests taken during the surgery had, in fact, come back positive for cancer and the surgeon had had to remove cancerous tissue.

I began to tap: *Even though cancer was found, I trust my body can take care of the situation and I completely accept myself.*

I also started tapping for the postoperative pain and continued to do so. When a nurse came by and asked about my pain level, I told her I was fine. Then she noticed me tapping just on my fingers.

She said, “I’m giving you something for the pain. Your fingers are going crazy!”

I explained that I was using an acupressure technique called Emotional Freedom Techniques, EFT, for short, and that I was fine. She said all right and left. Around 5 p.m., hospital staff moved me from the recovery room to a regular hospital room.

After that, I tapped from time to time, explaining to my body what had happened and giving thanks to the organs that had been removed and thanking them for their service. I remained calm and needed very little pain medication. Beginning at midnight, I was up walking every two hours.

I was able to go home within 24 hours of the surgery and, over the next couple of days, I needed only some Tylenol for the pain.

I still tap from time to time, giving my body permission to heal, and I am confident that this was a wakeup call to de-stress my life, be more careful with my diet, exercise more, and find my JOY.

\* \* \*

## **Sample Tapping Language for Postop Pain**

You can change the following Setups and Reminder Phrases to match your particular surgery and postop issues.

*Even though I can’t believe I’m really going to recover from this \_\_\_ surgery, I deeply and profoundly love and accept myself.*

*Even though I struggle believing this surgery is going to solve all my health issues, I choose to take the best care of myself as possible.*

*Even though I feel so uncomfortable and hurt after surgery, I am glad it’s over.*

*All this pain I feel after surgery.*

*I hurt where my body was cut.*

*I hurt because a part of me was removed.*

*My body doesn't feel it is normal to have surgery.*

*Everything hurts.*

*I don't like feeling pain.*

*Pain makes me uncomfortable.*

*My body is so uncomfortable.*

*It is hard to move because everything hurts.*

*I feel sore and achy everywhere, especially at the incision site.*

*Even the tiny movements of my body pull on that incision point.*

*I didn't realize how my body is all connected and one little move can cause so much pain.*

*I hurt on the inside as well as the outside.*

*My body hurts from having my insides moved around and a part of me taken out.*

*No wonder my body feels pain.*

*As I tap, I am sending a message to my body to relax.*

*As I tap, I'm calming the stress hormones in my body and then my body goes into regenerative mode.*

*I like that I can so easily support my body to go into repair.*

*I feel calmer as I tap, knowing that doing so helps my body make regenerative hormones that help heal my body from this surgery.*

*I feel empowered knowing that doing something as simple as tapping can help my body relax and go into repair mode.*

*It feels good to know I can participate in my own healing, that I can make a difference in my healing from this surgery.*

*I like empowering myself and my body to heal.*

## **Fear of Pain Compounds Pain**

Often in cancer, especially regarding treatment, there is fear of pain that might occur. Your fear could be wondering if you will suffer. If you have pain, how much pain will you have and how often? Will you being in pain cause emotional pain for your loved ones? These fears of pain prime your body to react, release more stress hormones, tense, breathe more shallowly, and feel agitated. All of these thoughts, questions, and emotional responses lower your ability to manage your pain.

As discussed in the chapter on fear, the emotion of fear tenses your muscles, which increases pain. In addition to tapping, breathing more deeply and slowly helps your body relax and let go of the muscle tension of fear. The resulting increased oxygen also strengthens immunity, enables the nervous system and body tissues to function normally, improves mental clarity, aids in fat and carbohydrate metabolism, removes viruses and harmful bacteria, clears toxins, promotes cell repair and cell regeneration, detoxifies important organs, and keeps the heart pumping and healthy. Like tapping, deeper and slower breathing signals to the body that it can begin to relax.

Given the pain of cancer and cancer treatment, it behooves you to address all the emotional components including fear of pain that may be making the pain worse for you.

## **Sample Tapping Language for Fear of Pain**

Remember that using your own language is the most effective when it comes to tapping, so modify the following statements as needed to match your circumstances and feelings.

*Even though I'm afraid I'll feel pain due to this cancer, I am a wonderful person.*

*Even though I'm afraid of everything about cancer and these treatments will be painful, I love myself completely and profoundly.*

*Even though I'm afraid of pain and I'm afraid that having cancer will be painful, I am an amazing person.*

*The word “pain” itself scares me.*

*I don't like pain.*

*I have always been afraid of pain.*

*Even the smallest thing hurts so bad.*

*I was more afraid of how I would feel than even the pain itself.*

*I can get myself so worked up about pain and my fear of pain that I actually hurt.*

*I feel so tense, so tight, so worried about how much all of this will hurt.*

*I'm projecting into my world that all the treatments I have will be painful.*

*I'm creating more pain than there has to be.*

*I know people say relax and it will hurt less.*

*How do I relax when I'm so afraid?*

*I know, the first thing to do is take a deep breath.*

*I breathe. I take a deep breath.*

*I take several more deep breaths.*

*I choose to let go of the fear symbolically.*

*I let the fear go as if it were a mist rising off of me.*

*The mist of fear leaves my body just as the mist rises as the sun comes up.*

*The mist of fear covering my body lifts as the sun warms me and dissipates the fear.*

*The warm sun dissipates all of my fear.*

*I bask in the warm sun and the calm that comes over me.*

*The sun has removed my fear and I stay warm and comfortable.*

*What a relief to feel this peace, comfort, and warmth.*

## Dealing with Medical Decisions

It is easy to feel overwhelmed and pushed into treatment when you first receive a diagnosis of cancer. Remember there can be diagnosis shock (see [Chapter 3](#)) when you learn you have cancer and that is not the best time to decide what treatments to pursue. You haven't even processed that there is a diagnosis. Most people feel numb, shaky, and not capable of fully absorbing what they just heard.

You haven't even had time to learn more about the type of cancer you have and what treatment options are available. This is the moment when you are in fight-flight-freeze mode. Decision-making works best when you are calm and can rationally weigh all the options and determine what path is most appropriate for you. Yet this is the moment when many doctors add pressure to start treatment right away. In some cases, the urgency may be warranted. However, cancer development varies depending on the type of cancer and across individuals. For some people, the cancer arose and progressed rapidly; for others, the cancer grew over some months or even years.

A good rapport with your oncologist is vital to the journey that you are about to take together. You can support the creation of that rapport right away by telling your doctor what you need. Regarding the subject of this chapter, tell her or him that you need time to make treatment decisions. Discuss a reasonable time frame for you and your type of cancer. This is the beginning of empowering yourself on your cancer journey.



## Empowering Yourself

How do you empower yourself to make the right decision for you rather than handing all responsibility for your health to doctors?

Begin by being aware of what you are feeling and then do something to manage those feelings. The fear, anger, shock, worry, and total disbelief are not conducive to making empowered decisions. EFT is highly beneficial for calming you so you can think more clearly. Tapping is a first step in empowering yourself. You can even tap before or during your appointment with the oncologist to discuss treatment options. (Be sure to tell your doctor what you're doing, that this is a calming technique!) If you feel too self-conscious to tap, you can rub the Sore Spot instead (see [Appendix A](#)). That's an unobtrusive substitute.

As you take care of yourself emotionally, you can feel calmer. As you feel calmer, it is easier to think clearly, study information, listen to your intuition, and then decide. The key here is to empower yourself instead of letting others, as well meaning as they may be, take over your life and your decisions. It is important to remember it is your body and you do have the right to decide, even if others don't agree. You can take your doctor's suggestions under advisement instead of following blindly. By doing EFT, you reduce and release the fear, overwhelm, indecision, and panic. From there, wiser decisions can be made.

Instead of handing over the responsibility for your health, you are empowered to make decisions and to collaborate with your doctors.

## Sample Tapping Language for Empowering Yourself

Here are sample tapping Setup Statements and Reminder Phrases you can use to tap on empowering yourself. Choose the ones that resonate with you and modify them to fit your situation.

*Even though I feel completely overwhelmed with information and I'm supposed to decide right now, I accept myself and my feelings.*

*Even though all sorts of fears are coming up about the diagnosis and now I'm supposed to decide immediately what treatment to use, I understand that I'm overwhelmed and that's all right.*

*Even though I feel too overwhelmed to decide right now, I choose to breathe, calm myself, and give myself permission to take a little time to decide.*

*I feel shock, numb, fear, anxiety, and even some anger.*

*How am I supposed to decide when I feel all of this?*

*Now that I found out I have cancer, I feel pushed to decide today what treatment to use.*

*I'm not in the mental or emotional state to decide.*

*Yet my doctor is saying it is vital that I start right away.*

*I don't like how that makes me feel.*

*I feel pressured, uncomfortable, uncertain about the treatment options.*

*I don't want to give my power away to anyone, not even my doctor.*

*I'll listen to my doctor, but I want a moment to catch my breath before I decide.*

*I give myself permission to take that breath and to take that moment.*

*I want to make the right decision for me.*

*I'm going to give myself the time I need to make that decision.*

*It doesn't mean I'm going to delay or procrastinate, just have time to digest all this information and find the right option for me.*

*I want to decide based on feeling empowered, not fearful or pushed into a decision.*

*I know there are a lot of options, I want to calm myself first, then decide.*

*It is my right to decide, as it is MY body.*

*The calmer I am and the more I connect from my heart, the better chance I'll make the right decision.*

*This is a big decision, so I deserve to empower myself first.*

*I choose to empower myself, even now, in this situation.*

*This may be the most important time to empower myself.*

*I empower myself to give myself the strength and determination to live and do everything needed to live.*

Dr. Alexander Lees, now deceased, was in private practice for over 20 years as a therapist and personal coach. EFT was an integral part of his practice and he wrote extensively on its use, including the books *EFT—Emotional Freedom Techniques* and *Pathways Through Your Mindfield: A Transformational Journey to Enhance Your Health, Happiness, and Success*. Dr. Lees shared this fascinating case history of Erin whose need for a quick fix led her to conclude that EFT was important on her road to health.

## **EFT Tapping for Acute Myeloid Leukemia**

*by Alexander Lees*

The slim, middle-aged woman now in my office had started talking even before she alighted on the couch. “Let me get to the point,” Erin said brusquely. “I was diagnosed with AML in September of 2002. I was informed I had two to six weeks left on this planet unless I started chemotherapy immediately. That scared the hell out of me, but I suppose there was no easy way for them to say it. Anyway, in spite of the pain, nausea, fear, and hair and weight loss, the treatment was successful, and I was in remission for 14 months. I’ve just learned I’ve had a relapse and I’m devastated. I’ve been using all kinds of alternative approaches, I’ve been eating all the right foods, and the damn thing is back! You cannot begin to imagine the degree of resentment I have at this betrayal. I’m angry, resentful, and scared, and I don’t want any psychotherapy or analysis; I want a quick fix. Do you know what AML is?” she finished, leaning forward off the couch.

As the latter part of this monologue had come at me at the speed of light, it took me a few seconds of backtracking through my mind to realize a

question had been posed. “Er, yes. AML—acute myeloid leukemia. It’s known as an aggressive form of cancer, affecting the production of certain white blood cells in the bone marrow.”

“Well,” she said, as her eyebrows raised and she settled back on the couch. “How did you know that?”

“I read,” I offered lamely. “Would you like some tea?”

“No, I need information, I need some tools, and I need them now!” she shot back.

Having ascertained from information on the intake form that Erin had a strong academic background, I chose to explain briefly the mind-body connection and then segued into a brief explanation of EFT.

She wrote furiously, occasionally pausing to ask pertinent questions for clarification and then bent over her notebook once more, scribbling again. After some time, Erin looked up, placed her notebook and pen aside, and said, “Show me.”

We started with a resentment issue and, after a shortcut round, found nothing had changed. “So it doesn’t work,” was the comment. “Of course not—not yet,” I responded. “That first round just sets the stage. Do you resent the medical establishment, your body, or the fact the cancer has returned?”

“All of it,” she replied.

“Okay. When we trim a tree, it’s usually best to begin by trimming the branches first. We have three branches on that particular emotional tree. Which one would you like to trim first?” We began with tapping for her resentment that her body had betrayed her.

Starting with the side of the hand point, we used the statement: *Even though I feel my body betrayed me, especially after I looked after it so well, I deeply and completely accept myself.* This was repeated three times, and we then did a shortcut round using the Reminder Phrase “*This resentment toward my body.*” The slight color change in Erin’s face suggested to me that I wait a moment before continuing.

“I don’t really resent the medical doctors,” she said after a few moments. “But I’m really scared of going back into the hospital. And if they don’t find a match (bone marrow), the best they can give me is seven months,

tops.” The fear of the hospital was still higher than we both wanted after two rounds, so it was time to go creative.

After some discussion, I asked Erin, “What is your favorite activity?” “Walking the beach and people watching,” she responded with a smile. We tapped the points using the phrase: “*I choose to go to the [she named the cancer ward of the hospital] with my beach-walking, people-watching attitude.*”

Erin and I had three more sessions in the office, fine-tuning the word patterns for attitude and other resentments and fears. The next two sessions were done by phone while Erin was in the hospital. During the first call, we focused on, starting with the side of the hand point: *Even though I fear more chemotherapy, I deeply and completely accept myself.*

After we completed several rounds on the various aspects (different thoughts about it) that came up, Erin suddenly started talking about the nausea the chemo produced (the deeper issue). We did two rounds on: *Even though the chemo makes me nauseous, I deeply and completely accept myself.* Then we used the Reminder Phrase “*This nausea from chemo.*”

“How do you feel about chemo right now?” I asked her on the phone. “How do I choose to like it?” she fired back. For tapping, we settled on: *I choose to accept the chemo is going to help me, and do so with minimum side effects.*

“I need a quick tune-up” began the second phone session. “They found a donor, in Seattle. The stuff is on its way here now, by plane. The concern is the closer the match, the better my chances are. This stuff seems to be three points off, or something—and there’s a lot of concern.”

We did a round, starting with the side of the hand point, using: *Even though this isn’t a perfect match, I trust my body will make the appropriate adjustments, and I deeply and completely trust myself, and believe in the body’s innate wisdom.*

“It’s *my* body, mister, not *the* body,” she fired back, in that no-nonsense style of hers. “Yes, ma’am,” I replied meekly, and we made the correction.

We did a round for the fear of rejection possibilities, and Erin promised to continue on her own, repeating when necessary.

“How are the people on the ward?” I asked, before hanging up.

“I just watch and talk to the ones having fun,” she replied. “They’re open to hearing about this stuff, and so we just walk the beach in our minds, tap, and talk.”

Erin had the bone marrow transplant and she decided to give her new bone marrow a name. She felt it would feel more at home in her body if she addressed it properly. She named her new bone marrow “Julie.”

The critical time frame for Erin was set at 100 days. If she made it through that time period, she was told she’d probably make it. (One of these days, I must do a seminar for the medical community about the power of words.)

While Erin was in the hospital, she kept me updated with emails. “It’s day 75!” was a really good one to receive. Shortly after that email, I got a phone call with not so good news. Erin explained that, because the immune system had to be depressed to accept the transplant, she’d had a recurrence of chickenpox (she’d had it as a child) and had suffered a collapsed lung. It was a setback. But Erin remarked offhandedly, “I just tapped my way through that. They couldn’t give me medication or painkillers, so I simply used EFT.”

Erin got through that battle and continued to praise “Julie,” even telling all of us she was now proud to be half a Yank and half a Canuck! Then it was Day 124, and Erin dropped by my office to say hello, thank me for introducing her to EFT, and ask, “So what are you going to teach me next?”

After our visit I said, “Nice hat,” as she prepared to leave the office. “Where are you going now?”

“To walk the beach and people watch, what else?” she responded.

Now, with respect and admiration, I would like to include an email from Erin, which she sent to her large support group and to me. It is her perception, in her own words, about her journey. She likens the journey to spring housecleaning.

## **Spring Cleaning**

*by “Erin”*

Deep inside I listened to my body and still do to this day. I believed I wasn’t heading for remission. I was so frightened. Even though I had

tremendous love and support from my family and friends, I was in this hole so deep that I felt there was no way out. It felt so alone despite the numerous supportive phone calls and emails. Being in that pit was indescribable. Hopelessness is a key ingredient for failure. I just couldn't muster the courage and strength to turn it around. The resentment and depression were far too powerful. Down deep I still wanted to live, so how in hell was I going to get out of this mess?

I went to see Dr. Alex Lees, a psychotherapist who specializes in EFT (Emotional Freedom Techniques). I described to him that the train was coming and I was right in the middle of the tracks. I needed someone or something to pull me out of the way quickly. A year of therapy isn't what I needed at that time. I needed a quick fix. He then went into the message system of how we talk to our bodies daily—60,000 thoughts a day!

The technique for emotional freedom involves identifying the feeling specifically that is blocking the body and mind from functioning fully. You then tap into your meridians, which are the pathways of the message system in your body. The tapping lessens the negative feeling and thus reduces its effect on the body. Later, positive emotional feelings are tapped into the body message system. I did a lot of tapping! (I also want to emphasize that EFT is not to replace chemotherapy.)

Alex Lees told me that I was taking my cancer too seriously. I agreed, and began to pull away from the cancer grip and look at all the other aspects of my life. Three days later, my blood cells followed the proper plan by hitting their best levels and staying there for two weeks. All the doctors just shook their heads at this. At that point, I knew I was in remission!

Let me pause to mention four areas where EFT was important on my road to health:

1. The acceptance of the bone marrow mismatch. The doctors thought the three-point difference was a big deal and were very concerned about it. I believe EFT paved the way for the proper internal body adjustment.
2. To my doctors' astonishment, the transplant had no side effects.
3. The remission that occurred prior to the bone marrow transplant. Without that remission, the transplant could not have taken place.

4. Managing the pain during the collapsed lung and chickenpox. Because of my condition, the doctors couldn't give me any painkillers.

I hated going to the hospital as an outpatient. All I could see were people dealing with the complications of the bone marrow transplant. Is this what I had to look forward to? I changed my vision of the place and started to seek out patients who had a sparkle in their eyes and weren't lying in bed but sitting in a chair for their treatment. I found 15 and they were very positive about their progress. The point is that these people were always there. I just couldn't see them.

I also strongly believe that housecleaning occurs through the integration of mind, body, and spirit. It is obvious in these stories. Therefore, when I am going through a changing time, I balance all three areas. When we initiate spring cleaning, or are forced into it, we can't beat up on ourselves. There's probably a small area of our whole selves that would benefit from a good dusting—then we shine!

Alex Lees firmly believes that we should have fun in going about these changes and not be too consumed by them. Finally, there is an old Chinese saying: "When the student is ready, the teacher will appear." It sure took me a while!

\* \* \*

## **Making the Right Medical Decisions for You**

Isn't it interesting that once you have a diagnosis everyone seems to have an opinion on what is the best treatment for you. It begins with your doctor outlining the standard treatment protocol for your specific cancer and probably suggesting strongly that you begin immediately, even if you haven't had time to acknowledge the diagnosis or think about what is the best treatment plan for you.

Then your family, friends, acquaintances, and people you don't even know may start sharing their opinions about what are the best and worst treatments. They may want you to do standard medical procedures or alternative procedures. They may have personal experience. They may not,



but have read something and feel they have to share. Then there is Dr. Google, which has more information than you could ever read or process. With all of this information and opinions, how do you make the right decision for you?

Each time before you begin to research your options, tap to calm and center yourself to reduce overwhelm during the information-gathering process as you try to figure out what to do. This will multiply the effectiveness of your research efforts. Being calm and centered will also help you feel more confident that you will make the right decision for you. If your treatment choices work well for you, you can continue tapping to support yourself emotionally throughout treatment. If the treatments aren't giving you what you need, then you can tap again to focus while searching for what is the next best step for you.

### **Sample Tapping Language for Making Medical Decisions**

*Even though I'm just beginning to grasp what my diagnosis means, I already need to make medical decisions that will affect my life.*

*Even though I don't know what the best treatments for me are, I accept myself and that I'm going to learn a lot.*

*Even though I have all these medical decisions to make and everyone wants to give me their opinion, I choose to breathe so I can calmly search for the right treatments for me.*

*These new fears about making the right decisions.*

*I'm overwhelmed by all the information.*

*I'm overwhelmed by all the decisions I need to make.*

*I'm supposed to make them immediately.*

*I'm not sure I'll make the right decisions.*

*I don't know what will happen if I don't make the right decision.*

*I'm worried that I'll make the wrong decision.*

*Either way I'm worried and overwhelmed with all the decisions I need to make.*

*I'm afraid of the consequences of my choices.*

*I'm afraid I may make the wrong choice.*

*I feel pressured to make a choice right now before I even know my options.*

*I'm pressured by the doctors who want me to make a choice right now.*

*Many of my loved ones and friends are pressuring me about my choices.*

*I can see it now, I finally choose and then someone will be unhappy with my choice.*

*No wonder I am so overwhelmed and indecisive.*

*I choose to breathe and relax.*

*I choose to let go of this overwhelm because I want to think as clearly as possible.*

*I do research calmly to find the best options for me.*

*I choose to breathe and be calm as I educate myself on the best options for me.*

*I will breathe, tap, and calm myself as I study the treatment options and before I make any decision.*

*I study the options and listen to the advice of those who know—the doctors—and those who have used these and other treatments to get a better perspective of what transpires.*

*I use this information to guide me to the best options for me.*

*I look for the best options for me and choose the one that fits best for me.*

*I know that being calm will support me in any decision I make.*

*Being calm will support me as I begin the treatments, during the treatments, and after the treatments.*

*I always have a choice to calm myself as I educate myself, while I make choices, and during the treatments.*

*I will keep making decisions that fit my needs at each step of my journey.*

*I choose peace and calm throughout all my decisions and all the outcomes knowing I'm in charge of making good decisions for me.*

## **Tapping for All Aspects of Testing**

EFT can be used on all aspects of testing such as fear of test results and their potential outcomes and consequences, anger at needing to have so many tests, anxiety about the actual way in which test samples are taken, reactions to results, or an unfavorable outcome. In addition, you can tap for the best outcome, instilling feelings of optimism about your test results before you even get them, and how happy you feel about test results and what that means for your health.

Tests can be used to your benefit to mark where you are now and at each step along the way. They can help you adjust your treatments to support your body even more. Yet, you likely fear what the test results will indicate. You wait with dread as if the test result will determine your life, when the test is only indicating where you already are.

You may fear getting a gene test done because you may find cancer genes or some other genetic issue. Here is a simple reason not to fear gene tests: epigenetics. Just because you have a gene doesn't mean it will be expressed. Having a gene for cancer means you have the "code" for a particular cancer. If the code is not read and the gene products that actually create the cancer are not made, then there won't be cancer. You may carry a gene for cancer your whole life and never have cancer. Biology is not destiny. The classic example is identical twins who have the same genetics and one gets cancer and the other doesn't, so the difference wasn't genetic but due to lifestyle. Emotional states of being and lifestyle affect the expression of such genes. This is why dealing with your emotions, your unhealthy habits and patterns, and past traumas is so important.

Even if you don't have a known gene for cancer, it is highly human to be afraid of test results, even for standard profiles indicating blood sugar levels, cholesterol, and so on, which are used as part of following your overall health status during your cancer treatments. There can be fear of the results of X-rays and other tests indicating the success of the treatments being used. Fear is not going to improve test results. It will just cause you stress and lower your immune response. This fear is normal, but you have tools like EFT to manage that fear and even potentially change the outcome of your condition.

In addition to removing current fear of what tests may indicate, EFT tapping can remove test fear that formed in your childhood, when you went through medical tests at an age when you couldn't understand what they meant.

You can tap to visualize a positive outcome to your test. This is called tapping for best outcome. This isn't just positive thinking; it is more. You are actually priming your immune system, mind, neuronal connections, thoughts, and feelings, all of which have an effect on outcome.

Research has tested the notion that the efficacy of EFT is due simply to the placebo effect, that is, belief that a therapy or medication will work. The results show that tapping on acupuncture points is an active ingredient rather than a placebo (Church, Stapleton, Yang, & Gallo, 2018). Further, EFT works whether or not you believe what you are saying in tapping. Tapping on a positive outcome is a kind of reprogramming.

There is another powerful reason for turning your thoughts, feelings, and beliefs in a positive direction. That reason is the nocebo effect, which is negative outcome due to strongly negative expectations (Dispenza, 2014). You can prime your mind and body toward a negative outcome, just as you can toward the positive.

It is your choice to empower yourself in regard to any test you need to have by using EFT to clear your fears and negativity and help you turn in a positive direction. By doing so, you also calm stress hormones, which further improves your mindset so you feel more comfortable taking tests and awaiting the outcome. In this way, you can instigate an upward spiral of positivity.

Here is a simple practice for using EFT with the positive feelings, beliefs, and thoughts that elevate your emotions and amplify the intention and force

behind positive beliefs.

Focus your attention on something for which you want a positive outcome. For example, you would like your test results to show that your body is reacting well to treatment (whether alternative or conventional), the treatment is working, and there is little to no damage to your body and much improvement. While you tap, focus your attention on your complete recovery, with the emotions of joy, happiness, and the freedom you will feel in the future. This isn't just positive intention; it is much more. It is a clear vision of the result and the complete faith along with the highest frequency emotions such as gratitude, joy, love, and freedom. It is natural that you won't be in that state all the time, but the intention is to keep returning to those elevated emotions consistently and staying there as long as possible. Interesting and amazing outcomes have come from this practice.

Then while you wait for your test results, you can use EFT to release fear and return to calm. The fear won't help you deal with the results. It could be a good result or a negative or unexpected result. In any case, being fearful isn't helpful. Doing EFT to maintain calm while waiting and then getting the results empowers you.

When you receive the tests results, tapping will help you manage any emotion that comes up. If there is a negative result, you can quickly release all the fears and anxieties and calm yourself so you can refocus, reset your determination, and take the next best step in your treatment plan. That empowers you, gives you hope, and resets your system.

If the test results are positive, you can tap to enhance and anchor in the gratitude and other positive emotions you feel and to enhance the beneficial hormonal release in your body that comes with getting good news. Enhancing the joy enhances your health in body, mind, and spirit.

In the following two cases, observe how EFT practitioners Kay Heaston and Karen Degen each use EFT to help support a person in a time of great need—with inspiring results.

## **Leukemia Patient Begins Producing White Blood Cells after EFT**

*by Kay Heaston*

One day, I was driving by the hospital on my way to completing some errands. It flashed through my mind that I needed to go see Pauline. I argued with my inner voice that I was running errands. “No, right now, you need to go see Pauline” was the answer.

Pauline was a member of my practice. She had experienced the horrific death of her granddaughter about three years ago. She felt as though she needed to be a rock for the family, so her grief was put on the back burner. Two and a half years later, she was diagnosed with leukemia. She had been undergoing chemo and I had not seen her in my office for over six months. Historically, her care in my office included Network Spinal Analysis and Emotional Freedom Techniques (EFT).

The hospital is just down the street from my office so I listened to my inner voice and turned into the parking lot. When I walked into Pauline’s room, I was shocked. She was heavily medicated and on a respirator. Her lungs sounded extremely congested. Her daughter was sitting in the corner. She looked at me and shrugged her shoulders. “Mom is not making any white blood cells,” she said, “She has not been making any white blood cells for three days now. The doctors can do nothing else for her.”

I walked over to Pauline, picked up her hand, and started to tap. As I tapped, I told Pauline, “Your only job is to make white blood cells, trillions and trillions of white blood cells. Jesus and the angels will be here and help you make white blood cells.” As I talked, I continued tapping. Mostly I tapped on the side of the hand point, but a few times I did tap on her face and the collarbone point. I know that I just kept telling her that this was her only job: making white blood cells. A nurse walked in... oh well, keep tapping.

When I saw a corner of Pauline’s mouth turn up in a smile, I stopped tapping. She didn’t open her eyes, but the smile was enough. I continued to hold her hand and talk to her. I must have been in her room a total of 30 minutes at the most. Before I left the room, Pauline lifted her hand and wiggled her finger “goodbye” at me.

Two months later, I received a call from Pauline. She was home. She told me that her family didn’t know what I had been doing, but they knew that whatever it was, it had caused her to turn around. She had started making white blood cells immediately and within three days she was making enough white blood cells to fight infection.

About a month ago, Pauline's daughter walked into my office for care. She said that, indeed, the tapping was when her mom's condition turned for the better.

\* \* \*

## **Did EFT Tapping Shrink a Pancreatic Cancer Tumor?**

*by Karen Degen*

"Jason" came to me with stage IV pancreatic cancer. The prognosis for stage IV pancreatic cancer is grim. It's inoperable and the medical intervention is mostly palliative care. Through the enthusiastic encouragement of a friend, however, Jason came to see me for an EFT session.

The main emotional trigger I found was his resentment toward his wife's mother, who he referred to only as "her mother." In the words of his wife, Jason was "dying to tell her [the mother] what he thinks" but couldn't because of the rift it would cause in the family and it wouldn't change anything anyway.

Jason was not particularly in tune with his emotions, so I worked primarily with his body feelings. He told me he felt the "her mother" emotion in his pancreas.

We tapped on the following statements:

*Even though I resent her mother for being a manipulating worm, I accept myself and my feelings.*

*Even though I have all this "your mother" emotion in my pancreas, I deeply and completely love and accept myself.*

*Even though I resent her mother for saying \_\_\_\_\_, I deeply and completely love and accept myself.*

*Even though I can't change her mother or what she says, I choose to stay calm, relaxed, and at peace.*

Jason and his wife were born in the same town in another country and because of his terminal prognosis they were going home to spend the last of

his time with his family there. I gave him EFT tapping homework and advice on how to cope with seeing “her mother” while there.

A few weeks later I received the following email written by his wife:

“As you know, my partner and I left New Zealand in a hurry when he was diagnosed with terminal pancreatic cancer. Ever since we arrived, he’s been undergoing further tests to reassess his condition in the light of his apparent improvement. The good news is that today his diagnosis has been reviewed and the conclusion is that his tumor is smaller than previously thought and less aggressive, which means he can now undergo surgery (even prior to having any chemotherapy) and his chances of surviving and having a good quality life are now looking quite good.”

It amused me that the doctors said it was “smaller than previously thought and less aggressive.” What if they were correct the first time and the cancer had shrunk and he was starting to get better? Was it EFT that made the difference?

It was only one session, so who knows, but what I do know is that resentment is a very damaging emotion to carry for any length of time. It has been stated that resentment and feelings of bitterness can interfere with a body’s immune system and hormonal balance. Research studies have found a strong correlation between harboring resentments and having high blood pressure, increased heart rate, and a greater risk of dying of heart disease and other serious illnesses.

There are numerous scientific studies on the EFT Universe research pages showing that EFT does improve physical symptoms. As EFT reduces emotional stress, it can also help regulate blood pressure, whether it’s too high or too low. Make sure you tap on both your symptoms and the emotional roots of stress, just like Jason did.

\* \* \*

## **Sample Tapping Language for All Aspects of Testing**

*Even though I made decisions about what treatments to follow and now I have to deal with all the tests that follow, I choose to love myself while I take each step one at a time.*



*Even though I know I have to have tests to verify what my status is and then again for how my body is responding to the treatments, I want to accept that this is part of my journey.*

*Even though I don't like tests because of the way they are taken and how they make me worry about the possible results, I accept these feelings while opening to the possibility of being calm through it all.*

*Even though I get so afraid when I have to take a test because I don't know what the outcome will be, I choose to breathe, calm myself, and envision a good outcome.*

*Even though tests frighten me since I don't want to have bad results, I allow myself to be calm.*

*Even though I worry about what the test results will indicate, I choose to let go of my fear because the fear isn't making the results better or worse.*

*All the tests that must be taken.*

*I don't even know what most of the tests are for or what the results mean.*

*The test results make me feel like I'm reading a foreign language.*

*Whether I understand what they mean or not, I get worried about the results.*

*I worry before the tests are taken.*

*I worry after the tests are taken and when I have to wait to find out the results.*

*I worry about the potential outcomes and consequences of these tests.*

*The worry and anticipation of what the results will say about my health.*

*This is all so anxiety provoking.*

*Sometimes I just get so angry about having to take so many tests.*

*I finally feel like I'm finished with the tests and then I have to do more.*

*I'm already stressed about my diagnosis and how to survive it all.*

*Then on top of it all, I have to have repeated tests that provoke more anxiety, more anger, and more fear.*

*I feel like my emotional state depends on the test results.*

*If the test result is good, then I'm happy.*

*I want good test results to make me feel that I'm getting better.*

*If the test result is bad, then I'm sad, depressed, and angry.*

*The worst is what I think and feel the test result means about my health and life.*

*Then the worries come up about whether I will get better.*

*This feels like a never-ending cycle.*

*Even so, I'm determined to overcome whatever emotions I'm feeling.*

*Emotions are indicators of where I am and what I feel.*

*Emotions don't have to control my life.*

*In addition, no test—genetic or biochemical—can determine what I feel.*

*I get to choose what I feel.*

*I choose to overcome any anxiety, fear, anger, or sadness that arises.*

*I can use my emotions to help me determine what's underneath what I'm currently feeling.*

*I can even use my emotions to help me feel better.*

*It is that important for me to feel good because I know my feelings may influence my test results and my recovery.*

*I'm taking seriously the effect of my thoughts, feelings, and beliefs on my health.*

*I'm not going to add my negative emotions on top of the tests.*

*I'm not going to add negativity and forecast the worst because I don't want to send that message to my body.*

*I'm going to add positive, uplifting, trusting, and faith-building emotions to my body and to my feelings about my tests and their results.*

*I can add my positive beliefs and amplify my intention for a positive outcome.*

*I choose to be persistent and am determined to stay in the higher frequencies that peace, calm, love, and hope create.*

*It sure is better than being a pessimist, sad, and depressed.*

*I'm choosing optimism, focusing on the outcome I desire, not by forcing it but by feeling as if it has already occurred.*

*Just thinking and feeling this way makes me feel lighter and more positive.*

*I'm instilling feelings of optimism along each step of the way.*

*I am choosing to be positive and take all the steps necessary to create health in my body.*

## **Fear of Going with Alternatives to the Cancer Culture**

Deciding if you are going to follow standard medical procedures or look into the plethora of alternatives can provoke fear. Many people are strongly against doing anything but following the standard procedures. The majority of physicians adhere to the standard model. Yes, these treatments can be effective for a number of cancers, but standard medical procedures do not address the underlying reasons that the body developed cancer.

Fear can arise when thinking of doing something that is still not considered standard or is potentially considered going against your doctor's advice. An increasing number of physicians are practicing integrative medicine, combining allopathic and alternative or complementary modalities. Alternative treatments may include vitamins, enzymes, herbs,

diet, massage, cold therapy, hyperbaric treatments, colonics, and more. They may also include exploring the thoughts, feelings, and behaviors that create your habits or daily patterns. To identify and change the subconscious beliefs that could hinder healing, methods such as EFT, hypnosis, talk therapy, and meditation may be implemented as part of a treatment program.

If you choose alternative over standard medical treatments, it is best to start with alternative treatments first. Once you've begun chemotherapy, some alternatives have been found to be less effective. That doesn't mean they still won't work, but then the job becomes repairing the body from the effects of the standard treatments in addition to repairing the body from the ravages of cancer. If you decide to use chemotherapy later, you can still do so.

No matter what treatment protocols you decide to follow, managing your emotional state is a boon to your immune system and the success of the treatment you have chosen. Using EFT to resolve your fears about having decided on alternative treatment clears the way for an optimal outcome.

## **Sample Tapping Language for Fear of Going with Alternatives**

The following sample Setups and Reminder Phrases on fear of choosing an alternative therapy instead of the standard treatments are examples of how you can release those fears. Modify these statements as needed to match your own language and feelings.

*Even though I'm thinking about using an alternative therapy instead of standard treatments and that scares me, I choose to look at what is available.*

*Even though it brings up fear to think about going against my doctor's recommendations, I choose to do what is right for me.*

*Even though I am getting negative responses from some family and friends about my decision to use alternative therapies, I choose to do what feels right to me.*

*I want to look at alternatives but feel afraid of how others will respond.*

*I know my doctor recommends chemotherapy (or \_\_\_\_\_).*

*I'm afraid of what my doctor will say if I say no to standard treatments.*

*I'm afraid of what I might hear from my doctor about my choice.*

*I'm afraid to go against the standard treatment because it is what most people do.*

*I'm afraid of the standard treatments and what occurs in your body when you have them.*

*I'm more afraid of the vomiting and weight and hair loss than of using an alternative therapy.*

*That alone makes me want to look for an alternative.*

*I want to do something that treats my body well.*

*I want something that feeds my body, nourishes it, and makes my immune system stronger.*

*That's why I want to and choose to look at other therapies too.*

*I want what could provide the best option for recovering my health.*

*It may not be what the doctor recommends, or it may be that I choose a doctor that uses medical testing and alternatives.*

*I'm willing to get past my fears so I can do what is best for my body.*

*I am willing to change my diet in order to help nourish my body.*

*I'm willing to address my unresolved emotional issues because it will provide relief for my body.*

## **Using EFT with Conventional and Alternative Therapies**

EFT is complementary to both conventional and alternative therapies because it is not in conflict with them. In fact, tapping is beneficial for anyone with cancer, no matter what treatment or combination of treatments

is being used. As stated repeatedly in this book, when you lower stress hormones in your body, you support your immune system. When you reduce your stress, worries, fears, angers, and apathy and move into emotional balance, you give yourself a boost on all levels—body, mind, and spirit.

Using EFT before, during, and after treatments, a spinal tap, blood tests, or having an IV inserted can change the way you feel about the treatment and reduce emotional and physical pain associated with it. It can reduce the fears you feel before any treatment. It changes your attitude about changes in diet, changes in routines, and even sticking with the treatments. It can release the body memory of a treatment so your body doesn't hold onto a stressful, fearful, or painful memory, creating more tension in your body.

Imagine how adjusting your emotional state to calm in minutes on a daily basis would affect your overall experience, whether you are utilizing conventional or alternative therapies. What would you prefer to feel? Fear, anger, and despair or calm, hope, and love? EFT helps you feel empowered. You are managing the emotions around your treatments. You can use EFT on your own or be guided by someone, individually, in a group, or with your family and friends. EFT can be a support to all involved with you, no matter what treatment you have chosen. You can tap together to create a team effort for maintaining a positive attitude and encouragement among you all.

## **Sample Tapping Language for Using EFT with Conventional and Alternative Therapies**

*Even though I've chosen this (conventional or alternative) treatment, I deeply and completely accept myself.*

*Even though I chose this treatment over another, I accept that I am doing what feels right for me.*

*Even though I have made a choice about what treatment I will use, I can still use EFT at the same time to complement and enhance my treatments.*

*No matter what treatment strategy I use, I can still manage my emotions to make the process gentler.*

*I like being empowered enough to decide which treatment plan is best for me and then use EFT to keep me fit emotionally.*

*No matter what I do to help my body get past cancer physically, I can also take care of myself emotionally.*

*Reducing my stress is a benefit to any treatment I choose to use.*

*Reducing the stress hormones in my body with EFT is supportive to my immune system and my state of mind.*

*Tapping to calm myself before an IV and before, during, and after tests and procedures helps me deal with them.*

*I like that I can use EFT to relieve the stress, fear, and even physical discomfort from the treatment protocols.*

*EFT helps me lower fear, pain, anger, and frustration and turn them into peace of mind, calm, and love, which feels amazing.*

*Tapping along with my treatment may even make my treatments more effective because I'll be in a good state of mind.*

*I love having a tool like EFT to keep me focused on my healing instead of fear and anxiety.*

*I am glad that with tapping, I can take care of my emotional discomforts as well as many of my physical discomforts.*

*I like using tapping to manage my emotional state and know that my loved ones can do the same.*

*What a gift I am giving to myself by tapping to manage all aspects of my treatments.*

*I choose to be calm, hopeful, and focused on getting better.*

*I'm combining my treatments with emotional care and that is a gift to myself and my body.*

In the following case, EFT practitioner Trev Holloway helps his client observe the many aspects associated with his cancer and how releasing them helped him return to health.

## **All Signs of Kidney Cancer Vanish after Four Hours of EFT**

*by Trev Holloway*

I am used to seeing miracles happen every day with EFT, and this particular example, is for me, still astounding.

I would like to tell you about Simon whom I met at a local mind, body, and soul event. He was there to look for healthy diets and came to the stand I'd hired to promote EFT. This is his story.

In October 2004, at the age of 43, and having enjoyed good health throughout his life, Simon was diagnosed with kidney cancer and a secondary cancer in the spine. He was married, with two primary-school children, and worked as a teacher here in England.

At the time, he honestly thought it was a disc problem and that it would take a relatively minor operation and a few months' convalescence. He was shocked as the diagnosis and forecasts just got worse and worse. He went from hospital doctors to see neurosurgeons, then to kidney specialists, and finally to an oncologist.

Simon was told by yet another neurosurgeon that on a scale of 1 to 10 his cancer was a 7. The kidney specialist said that if he made an appointment for all the patients like Simon he had seen throughout his entire career, only a handful would turn up after five years. Simon was also told he could well lose the use of his legs or worse after the back operation and was quickly registered as disabled under the status of "not to be reviewed" by the doctors. Within three weeks of his diagnosis, even his insurance company paid him out in full as they deemed the condition so serious. Mentally, Simon was distraught with fear.

Simon had an operation in which a kidney was removed and also ended up with two four-inch steel pins in his back after his spinal operation on the secondary spread. The doctors told him drugs might now slow down the process, but it was a matter of only a short time, as it only takes a single cell to spread the disease elsewhere.



With somewhat unsure feelings about EFT and alternative therapies in general, Simon turned up for his appointment with me. The first thing he said was he hoped EFT would enable him “to die like a man.” He couldn’t face the prospect of his wife and kids seeing his fear and remembering him that way afterward.

He told me how his own father had died of cancer when Simon was just 13 years old and how his mum had lied about it and sent him away in his dad’s final days and he never got to say goodbye. All of these were tapping issues.

My first reaction before anything else was to examine with him the assumption that just because an authority figure had told him he was going to die, was it really set in stone or was it just the writing on their walls? [“Writing on the walls” are core beliefs, often limiting and hidden.] We then tapped all over his story, including that some doctors unwittingly help you on your way by adopting a terminal, no-hope attitude and this adversely affects the immune system so the disease can, in fact, thrive. Once we’d tapped (including loads of humor thrown in) on unpicking what he’d been led to believe, he visibly calmed down.

Next I proposed that even the language we use when dealing with cancer or any serious disease is all connected to battle, fighting, or war against this or that. As our body reacts when in conflict situations, then perhaps we are also unwittingly doing an inside job on ourselves by seeing it as a stressful fight. Perhaps our body had presented this simply as a message to change something or let go of something and that by accepting it as such with love and gratitude, then once its job was done, it was okay for it to leave in peace. After all, our cells are intelligent and our body doesn’t ever intend to harm us.

We talked and tapped all about his dad and Simon’s anger toward his mum over what had happened, and that he was forced to take on the role of the man of the house and be strong, earn money, and be his mum’s counselor. Always he felt compelled to be competitive and needed to prove himself to the world.

We tapped on all that and a lot of other things, including his present-day feelings of being excluded and cheated of time in his present life. Time to him was so precious that he resented other people going about their daily lives trying to carry on a normal life while he felt his life clock rapidly

ticking away. Again, we tapped it all to a 0. He saw a similarity in his situation and that of his father and got the message that it was time to let go of the past.

We talked about how he saw the cancer in his mind's eye; he described it as a waxy lump like a candle on his kidney. So we tapped for it to burn like a candle does, with a gently comforting warm glow consuming the wax with a pure healing flame. He continued to use that visualization at home. Interestingly, he felt it become warm in that region. We also tapped to install a shoal of tiny surgeonfish who only ate fragments of wax that may have floated off elsewhere in the body and who could sniff it out anywhere in the body.

Near the end of the session, which is normally three hours for a first appointment so we get a good start, I suggested we work on his gait. He was walking like Popeye the sailor man, as the spinal pins were affecting him.

*Even though I'm walking like Popeye, I choose to walk my own walk.*

*Even though the pins feel alien, I choose to have them integrate as a natural part of my body.*

*Even though I stoop, I choose to walk tall like a man!*

*Even though the stitches are nipping and feel tight, I choose to have them feel like normal skin feels.*

Physical changes often astound clients and I feel it certainly helps convince them that something tangible is taking place.

I also introduced Simon to Silvia Hartmann's Project Sanctuary and had him create a safe sanctuary so that he always had somewhere to escape to in his mind to experience relaxation and inner peace to aid in his recovery.

Simon returned home feeling much better and reported he did not feel that same despair again. Apparently, he just walked into his house as he had for years prior to the illness and asked everyone about his or her day, helped in the kitchen, and was confident in his own mind that things would be all right.

On his only other EFT appointment, I could see a vast difference in Simon and, as many clients often do, he astounded me when he told me that within a week of using EFT, he was jogging again and building up his strength. I saw Simon for only four hours in total for EFT. We covered a

huge amount of ground. He also continued to tap regularly on whatever pushed his buttons, and he no longer had any trouble sleeping soundly. He still taps today on whatever he needs to; it's become a useful habit for him.

To the oncologist's surprise, Simon was found to be all clear after the first cancer scan. The senior doctor asked him to be his patient, as such happenings were rare and he wanted to follow Simon's case. Nearly two years later, Simon is still clear and the percentages of a likely relapse have fallen from 90% to 10%. He is now much better able to handle any stress life throws at him and recommends EFT to anybody, whether they are healthy or not. He taps on all kinds of stuff that comes up in his everyday life and is living proof of just what can be done with EFT.

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## **Holding it Together**

How do you keep it together when you have so much to deal with on your cancer journey? How do you hold it together when you are totally overwhelmed and everything in your life feels out of control? The first step is to take back some of that control. This isn't about controlling every aspect of your life. It's about regaining equilibrium by tapping through the overwhelm, stress, fear, and all the other out-of-balance emotions you feel. Once you do that, even if these feelings reduce only a small amount at the beginning, it begins the process of signaling to your mind and body that you want to feel calm. With persistent practice, this can become your new state of being.

Just tapping for a few minutes can help you get past the point where you feel you can't carry on or do one more thing. EFT can be part of the "glue" that holds you together. The key is to use it every day, every time an emotion begins to feel overwhelming, and even when you are calm, as prevention, keeping your system in balance.

## **Sample Tapping Language to Help You Hold It Together**

Here are sample Setups and Reminder Phrases you can use to tap for holding it together while you deal with the turmoil of cancer. Remember that your own language is the most effective when it comes to tapping, so modify these statements as needed to match your circumstances and feelings.

*Even though I'm not sure how I'm going to hold it all together, I deeply and profoundly love and accept myself.*

*Even though there is so much to deal with, I choose to calm myself.*

*Even though I'm overwhelmed with all that I have to deal with, I'm starting by calming myself.*

*I don't know how I'm going to hold it all together.*

*There is so much to deal with right now.*

*All of the emotions I feel and all of the decisions I have to make.*

*They would overwhelm anyone.*

*I feel as if my life is out of control.*

*It feels as if my life isn't in my hands anymore.*

*I'm afraid, anxious, upset, frustrated, confused, and angry.*

*I'm doing my best to hold it all together while dealing with my emotions and all the treatments I have to have.*

*Since I can't control my life anymore, I will start by releasing my fears and anxieties.*

*I choose to breathe deeply, get into my heart, and let go of my anxieties.*

*I choose to release the overwhelm, my anger, frustration, and fear so I can remain calm.*

*I choose to take back control of my life by being calm, centered, focused, and hopeful.*

*I choose to focus on the outcome I desire—to be healthy again.*

*I choose to imagine myself healthy and happy.*

*I choose to feel those emotions every day because I am choosing the long-term outcome I desire.*

*Making choices that make me feel emotionally hopeful will have a positive effect on every aspect of my life.*

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# Dealing with Treatment

In this chapter, we explore how to use EFT to address the physical, mental, and emotional disturbances that arise during cancer treatment. In addition to the physical side effects of surgery, chemotherapy, and radiation, treatment creates emotional stress due to feelings about invasion of your body, fear of not surviving, anger toward your doctor and the medical system, and beliefs about other aspects of medical intervention. We'll address how limiting beliefs can affect the outcome of your treatment and show you how to use EFT to clear those beliefs to optimize your healing.

## Handling the Stress of Treatment

Most people don't realize the extent of the stress associated with undergoing treatment. Even the trip to the hospital can be stressful because of the time and distance it takes to get there, the frequency of the trips, the length of stay in the hospital, and the emotional turmoil associated with it. All this adds to the already stressful experience of cancer. Then there are your worries about the treatments before, during, and after them. The stress before treatment comes from fear about what the treatments will be like (based on projection or a previous bad experience) and how you will respond to them. The stress during and after treatment is the stress of the actual treatment and your reaction to it physically and emotionally. Then

there is the stress of the length of treatment as it lasts for months and sometimes even years.

There is the stress of dealing with the success or failure of treatment. How will you accept successful treatment? Will it bring joy or will you still have doubts of its long-term success? How will you accept that a specific treatment isn't working for you or makes you feel horrible? How will you manage knowing you need some other option that may or may not be successful?

There are many layers to dealing with treatment. Your stress level may change from day to day. It is almost inevitable to have emotional ups and downs throughout treatment. The key is that no matter how many times you feel stress, you recognize it, use tools like EFT to release it, and refocus on the healing process.

## **Easing Negative Effects from Medical Procedures**

Negative effects from medical procedures such as surgery, chemotherapy, and radiation are part of the process as foreign substances invade your body. Having a technique like EFT to ease the negative effects makes the experience gentler and less intense. It also provides emotional relief in dealing with these effects as well as provides you with a way to manage your stress on your own. This is part of empowering yourself and avoiding being a victim of your circumstances. You may not be able to escape your cancer, but you can change the circumstances of your journey.

These are some of the physical effects of cancer treatment:

- Hair loss (alopecia)
- Weight loss
- Loss of appetite
- Nausea and vomiting
- Diarrhea or constipation
- Dizziness
- Dry mouth

- Insomnia
- Nausea
- Fever
- Muscle and joint stiffness
- Thin, collapsing, or shrinking veins
- Low blood platelet count or blood-clotting problems
- Low white blood cell count
- Inflammation of the mucous membranes
- Reduced libido
- Brittle, flaky nails
- Radiation—sore skin and skin burns
- Pain
- Chemo brain—cognitive problems, reduced attention span, and loss of memory, comprehension, reasoning, judgment, and multitasking ability
- Exhaustion and fatigue (anemia)
- Diabetes
- Scars or bleeding or nerve damage from surgery
- Infection

This is a scary list, but each person is individual in response to treatment and the list doesn't mean you will experience everything on it. If you are receiving conventional allopathic treatments, you may not be able to avoid some of the effects, but you can manage all of them differently by addressing your mental and emotional response to them. In fact, many physical responses change when you change your state of being.

For example, you may not be able to stop hair loss from chemotherapy, but you can release the sadness and dislike of the image of yourself without hair, and be calm about it. If care feels impersonal or there is lack of privacy, feeling calm and empowered may give you the courage to ask for what you need or how you would like to be treated.



We won't go through this list item by item but want you to know that for any of the negative effects you experience, you can ease their impact through the power of your feelings, thoughts, actions, and reactions. EFT is a potent ally in this.

Here are two case histories, one by Baerbel Froehl and the other by Maryann McCreedy, illustrating how you can use EFT to alleviate or eliminate the side effects resulting from chemotherapy. You can apply the approach used by these EFT practitioners to your own experience with chemotherapy or to any negative consequence of your cancer treatment.

## **How to Apply EFT for Chemotherapy Side Effects**

*by Baerbel Froehl*

My client "Ann" had a very aggressive, fast-growing type of breast cancer. Ann was in her 30s and the mother of two young children. She did not want to go with conventional cancer treatment and tried natural cures, which did not show any positive results.

As her cancer grew, she reluctantly "surrendered" and finally agreed to do chemotherapy. After her first chemo session, she had to stay in bed for days. Her side effects were severe: strong headaches, motion sickness, and extreme body ache. She pointed out, "I didn't even know that bones could hurt so much. Overall, it felt like the worst hangover I've ever had in my life!"

In about 30 minutes, we first addressed her symptoms:

*Even though I felt awful after chemo...*

*Even though my body hurt like hell...*

*Even though I'm so afraid of doing chemo...*

I knew that Ann had lots of resistance to chemo; she couldn't stand the idea of letting those chemical toxins into her system. Here are some of the things we tapped on:

*Even though I'm afraid I'm going to feel so awful again each time I have to have chemo...*

*Even though I have to have chemo, I want my life back...*

*Even though I want to be with my family and not in bed all the time...*

*Even though no matter what the doctors told me, that I would feel wiped out all the time, I choose to trust that I may not have to!*

*I choose to trust that my body can make peace with chemo.*

*I choose to trust that my body can live in peace with chemo from now on.*

*Even though I believe that chemo is appropriate for my body right now, it's MY decision to do it.*

*Even though I have an aggressive cancer that needs to be stopped and chemo is going to do that...*

*Even though I'm all the way behind my decision for this limited time...*

*Even though I've decided to do chemo and that's why my system will follow through with it and back me up all the way! I deeply and completely trust that I can do chemo...I already feel much more prepared right now!*

Ann had started to yawn a lot. I encouraged her to breathe deeply along with the constant yawning.

*Even though I'm so afraid to get all these chemical toxins into my system, I now choose to give up my resistance and be all the way behind my decision.*

*Even though these cancer cells have to be taken out and chemo is going to do that...that's why I'm all the way behind my decision...I'm not dreading to get chemo any longer...I will make it easy for me now. I now ask my body to make the most of the toxins I have to take in...to kill the cancer cells as fast as possible.*

*What if I could sail though chemo easily and comfortably from now on?*

*I choose to rely on my strong body, that it lets me sail through chemo with as little discomfort as possible.*

*I feel so much more prepared for it now.*

*I feel much more in control now...and I love that feeling!*

Ann told me: "I can do it! I can allow it to do its purpose!"

I gave Ann a hypnosis tape to listen to daily, which would help support her immune system. On the tape was a guided imagery process for her to "see" the cancer cells being escorted out by her strong T cells. It was especially important for Ann to have a nonviolent picture of how to get rid of the cancer cells that she could do often on her own.

Ann had her next chemo session the day after our short EFT session and she wrote this to me: “Overall, I’m pretty tired and just the slightest bit off but nothing to complain about!”

Ann and I are going to work regularly on this cancer project.

### **Follow-up**

Ann has just received very good news from her doctor. She had several big painful lumps and several smaller ones. The big ones have shrunk to less than half the size and the smaller ones are either gone completely or are no longer detectable by touch.

Our work together goes on with one weekly session by phone, in which we now focus on turning this frightening experience into a beneficial lesson.

Ann has already had happy and joyful days now, compared to her anxiety-filled life before. She now gets up and is motivated to do things that she likes, that she looks forward to, and that make her life rich and full. She feels pretty good physically and is optimistic.

After the last part of her treatment, however, she is going to have a double mastectomy. Both of her breasts will be removed and rebuilt, which will be another time of intense focus on feeling as well as possible while going through several surgeries and times of (predicted) severe pain.

\* \* \*

## **EFT Tapping for the Side Effects of Chemotherapy**

*by Maryann McCreedy*

I live on the West Coast and have a friend on the East Coast who has breast cancer. Hope was undergoing chemotherapy in advance of surgery and, as a side effect, was having terrible dizziness caused by low blood count and nausea.

I told her I wanted to teach her EFT and do some EFT treatments on her over the phone. I had her download the manual so she could follow the tapping sequence. The day I called, she had no nausea, but she rated her

dizziness as a 7 out of 10. She had actually fallen down in her house the day before because she was so dizzy. We did one tapping sequence using the phrase: *Even though I am very dizzy...*

I asked how she would rate her dizziness after the one sequence. There was silence for a minute and then she said she was shocked because she was not dizzy at all. Then she revised that to say, well maybe 0.5 on the 0-to-10 scale. She then said she had to get off the phone and get something to eat. She had not been eating at all because when she was dizzy, eating caused extreme nausea. Now she was hungry and felt she would be able to keep her food down—and she was able to. Although her dizziness returned at a low level after each chemo treatment, it never again reached a level higher than 3.

Approximately 10 days after the initial treatment, I called to see how Hope was doing. She said she almost didn't answer the phone because her nausea was a 10 on the scale of 0 to 10 and she could barely talk. I suggested we do EFT and I would do the talking while she tapped along with me. The phrase we chose was: *Even though I feel like I am going to throw up...*

We did two tapping sequences and there was no change. I suggested we both tap on the side of the hand point while repeating the chosen phrase. Immediately after we started tapping on that point, her nausea level started going down. We repeated the tapping sequence and the side of the hand tapping several times and were able to get her nausea level reduced to a 3. She told me she had not really believed that anything was going to be able to help her extreme nausea.

Hope's nausea came back after each chemo treatment and lasted for three days. She was able to control it somewhat herself but said it was much more effective when we worked together.

Hope has since had surgery for her breast cancer and anticipates starting another round of chemotherapy next week. I have offered to continue to work with her as needed.

Here is a letter I received from Hope after these treatments:

"I'm writing this letter to express my sincere gratitude for your help in dealing with the side effects associated with the chemotherapy I receive for my breast cancer. On two separate occasions we talked and I was experiencing dizziness, due to low blood counts and nausea, due to the

chemo. Through EFT, I was able to bring down both uncomfortable feelings from levels nearing 10 to 3 or below. I was and am truly amazed at the effects of EFT. I continually use EFT alone but was amazed at the powerfulness of you combining your energy with mine. You are a true friend and consummate professional. I would refer any of my open-minded friends to you for help and support.”

\* \* \*

## **Sample Tapping Language for Physical and Emotional Aspects of Treatment**

Here are EFT Setup Statements and Reminder Phrases you can use to tap on different aspects of treatment. Choose the phrases that fit with your situation or modify them so they do.

*Even though I don't want to deal with all the effects of my treatments, I can't ignore them because I feel them.*

*Even though I don't want to feel nauseous or pain from my treatments, I love myself and my body anyway.*

*Even though I hate having nausea, feeling dizzy, having fever, and sometimes diarrhea, I choose to love my body through it all.*

*All of these treatments cause me so much discomfort.*

*They are supposed to make me better.*

*But I feel awful.*

*They make me feel sicker than I did before I started them.*

*How can a treatment that is supposed to make me better make me feel so awful?*

*I don't know if I can take feeling this bad for months.*

*I don't like all the effects of these treatments, but I do want to get better.*

*I do want to heal completely, so I will do what I need to do.*

*I can even make these treatments easier if I stop telling myself how much I hate how they make me feel.*

*I can breathe, relax, and tap to bring my body back into harmony, even while having my treatments.*

*I am going to refocus my attention on getting better.*

*I choose to talk to my body and let it know that it doesn't have to feel terrible because of these treatments.*

*I choose to let my body know that it is strong and capable of changing the negative effects of these treatments.*

*My body is capable of eliminating these side effects from my treatments.*

*My body knows how to balance itself and let go of these effects.*

*My body knows how to feel at ease even when having these treatments.*

*My inner body knows how powerful it is and it will be stronger if I get on board mentally and emotionally.*

*I choose to reinforce the idea that my body is symptom-free while having treatments.*

*I choose to reinforce that my body and I are comfortable during all of our treatments.*

*I choose to reinforce that we are calm, relaxed, and at ease at all times.*

## **Limiting Beliefs Can Affect Your Treatment Outcome**

Limiting beliefs are beliefs you harbor that hold you back, restrict you, and keep you in an old pattern. These beliefs, which typically form in childhood, often operate subconsciously and are evidenced in thoughts that go through your mind automatically regarding different aspects of your life. You may have limiting beliefs about your ability to make money, to have a

loving relationship, to be successful, and probably some about your body, whether it is how you look, how you move, or about your health.

Why is it important to identify your limiting beliefs when you are undergoing cancer treatment? Because your limiting beliefs influence your body, your health, the way you think about your treatments, such as the degree to which they will cause you discomfort, and even whether you will survive cancer. Your mind is powerful and you are the one in the driver's seat when it comes to your health. Beliefs direct you toward health or illness. It is imperative in your cancer journey that you take the wheel and steer away from your limiting beliefs.

## **Sample Tapping Language for Clearing Limiting Beliefs**

Here are sample tapping Setup Statements and Reminder Phrases that can help you discover and release your limiting beliefs and their effect on your treatment outcome. Repeat the phrases that fit with your situation or modify them so they do.

*Even though I don't believe I can change the way my body reacts to my treatments, I accept myself completely.*

*Even though I never thought about how my beliefs could affect my treatment outcome, I love and accept myself as I shift what I believe.*

*Even though I didn't realize what I think, say, and believe could affect the outcome of my treatments, I'm glad that now I understand this so I can change my beliefs.*

*I usually think I'm not good enough, so why would my body think it is good enough to heal?*

*I'm always struggling so I must believe in struggle.*

*I don't want to pass that limiting belief on to my body while I'm healing from cancer.*

*I don't believe I'll heal completely or that it will be easy to heal.*

*How will my body heal completely and easily if I don't believe it?*

*My body is listening to what I think, say, and do.*

*If I have limiting beliefs, then my body is limited.*

*If I believe it will be difficult to heal, then my body is listening to me and could follow along.*

*If I believe that the treatments will make me sick, then I may have a higher chance of them making me feel awful.*

*If I believe that healing from cancer is a painful journey, then I'm programming my body to believe it will be a painful journey and create that response.*

*Since my beliefs are powerful, it is best that I hold positive, beneficial beliefs.*

*I will do all I can to release and remove my unhealthy beliefs and replace them with healthy beliefs.*

*I will choose positive thoughts and feelings, so I program myself to have new positive beliefs.*

*I choose to believe in my body and its ability to heal.*

*I choose to believe that my cancer treatment journey is the gentlest possible.*

*I choose to focus on the ease that occurs in everything about my cancer treatments.*

*What a relief to believe that I can heal from cancer.*

*What a relief to remind my body daily that it is capable of healing.*

*I tell my body every day how grateful I am that it is healing and heals completely.*

*I like how I feel when I believe in myself and my body's ability to heal completely.*

*It brings me joy to believe in my body's ability to heal.*



*I choose to believe in my body healing completely.*

In this next case, EFT practitioner Sonia Novinsky helps her client look at all the emotional issues he couldn't "digest" and how they related to his physical condition.

## **EFT for Stomach Cancer: Immunity Strong and No Chemo Side Effects**

*by Sonia Novinsky*

Rob (not his real name), 54 years old, asked me for a session through Skype. I am in Sao Paulo, Brazil, and he lives in another country. He told me in an email that he got a diagnosis of cancer cells in his stomach and esophagus at an early stage. He had consulted a doctor about his difficulties eating and acidity. He wrote that he was aware that this was the result of the state of great anguish he had been in for the past year related to his divorce from Ana after 20 years of marriage. Before that, he'd had no health issues.

Ana had lost her first husband in an accident. She'd found herself with two little children, one 2-1/2 and the other 1 year old. Rob had married her and raised the children with her in a loving and harmonious life. They didn't have any other children.

A year and a half ago, Ana had said she was not happy and wanted to divorce. They did couples therapy, but then in December Rob began to feel that something was happening because Ana was strange, acting like a different person. He questioned her and she confessed she was seeing another man.

At the same time, his little business (Ana helped him in this business but not regularly) was going through serious difficulties. He felt deeply betrayed. In February, he couldn't eat and the acidity was annoying him a lot. In early June, after lots of exams, he was diagnosed with stomach and esophageal cancer (adenocarcinoma cells).

We made the session soon after his first chemotherapy session. He was feeling fatigue, difficulty eating, and sadness—SUD level 8. We started tapping for the sensations here and now, which I think is the right thing to do, one after another. The sensations went to a 3 to 4.

It was interesting how he started telling me what happened. He said, “I accept that she fell in love with another man. What I can’t digest is that she didn’t tell me anything about it till I stressed her with questions about how different she was at home. I couldn’t stand this and still can’t. I feel resentment and anger when I tell you this, like 9.”

I asked him if he could narrate the specific event of this first discussion and what he felt at the moment. As it was painful, I asked him to narrate like a movie he was seeing. At the moment they were talking, a knot showed up in his throat and never left. I realized that he was still unable to digest what Ana was trying to tell him. Cancer in a digestive organ was consistent. The worse part for Rob was not the loss but the fact that she started an affair without telling him. We tapped for the sensations he felt during this event when he acknowledged she was having an affair:

*Even though I felt frozen, shocked, paralyzed at the moment she started talking about dating another man...*

*Even though I felt a knot in my throat when she was talking about her affair...*

*Even though I still feel deeply betrayed and resentful because she was dating before telling me she was in love with another man...*

*Even though I still feel anger when I remember this event and can’t digest it...*

*Even though I felt I lost control of my life and her life at the moment she started talking about having an affair and I hate losing control...*

When I asked about any other somatization in his past life, he told me that when his brother was born, he was 3 years old and got hepatitis. He didn’t remember what he felt when his brother was born, but we tapped for this event because it was in some way similar: Someone he needed and cared about was starting a new relationship (his parents with his brother), which meant for a child a feeling of losing control.

Measuring the results of tapping, we realized that his fatigue was less and his chest felt lighter. I always check the results of tapping by two criteria: 1) by the number, 0 to 10 on the SUD scale; 2) by asking the client to close his eyes and feel the sensation of his chest, stomach, or belly and check if he feels this part of the body less contracted, more expanded, and relaxed.

Then Rob confessed he felt guilty because in his business when Ana was trying to work with him, he was always controlling her and not letting her

develop her own project within the business. So we tapped for an event where she felt frustrated with his attitude of controlling too much and he now feel guilty for that.

Then we tapped for forgiveness: He forgave himself for having contributed to the growth of cancer cells, for needing to control too much, for the victimization of making her feeling guilty for his cancer. He forgave her, for being human and following her desires, her impulse to be free.

We tapped for the beauty and goodness of being free, free from knots in the throat, in the stomach, free from having to control and dominate others, free from feeling victimization, letting go of resentment and all anger stuck in his stomach.

When we finished, he was feeling no fatigue, no knot, no acidity.

I asked him to practice EFT every day. I wrote down the sentences we had worked on and asked him to repeat the sentences and tap for what was still annoying him, which he did. Three weeks later, he wrote to me:

“I feel much better, doing chemo and practicing EFT every day. Last Friday I had a test of my immune system and I am just perfect, MD was amazed because the white and red globules are perfect! Since the day I started to do EFT, my energy changed completely, I started eating again, which I couldn’t do before, so... everything is fine and will be better!”

I communicate with him by email every week and he is still improving and doing chemotherapy with almost no side effects.

\* \* \*

## **Anger at Doctors and the Medical System**

It is easy to get angry at the doctors and the medical system when cancer treatments are difficult to endure or aren’t producing the desired results. This may be compounded by the attitude of your doctor. Though there are many kind, dedicated, and responsible doctors, there are also doctors who are distant and authoritative, which may add to the anger you feel. It is easy to displace your anger over treatment on your doctor or doctors. You may be angry with them for the way they treat you personally, either by how they don’t interact with you, just expecting you to follow what they

recommend, or when they don't explain the details of proposed treatments or treatments you are receiving. You may get very angry at your doctor when a treatment fails and that failure affects your chances of survival. There are times when this anger is justified, but it doesn't help your immune system or your healing process.

It is also easy to be upset with a medical system that seems to be more about paperwork and procedure than human interaction. Financial limitations may not allow you to receive the treatment you require. For example, a treatment you have to pay for out of your own pocket, which means you are unable to meet your monthly living expenses, affects how you live your life. The system is impersonal while cancer is personal. Cancer makes us want personal attention. You deserve personal attention!

For most of us, it feels easier to externalize our anger—to be angry at someone else or something else—instead of looking more carefully at our own interactions with our own body. Learning to deal with the anger at the doctors and medical system is to your benefit, not only because it will help your immune system, but because you will learn new ways to interact, to ask for what you need, and to receive the best treatment possible. EFT is one of the methods you can use to manage all this anger. Letting go of the anger at the doctors and medical system is a first step in becoming centered and clear-minded so you are interacting in ways that provide you the best care possible.

When you are clear-minded and calm, you can reassess the treatments you are receiving. If they aren't working, what else do you want to do? What other choices do you have? Are you willing to make them? You make these decisions in a calm, clear-minded state rather than from anger.

Obviously, there are wonderful doctors and medical personnel who go out of their way to support those with cancer, but they aren't discussed here because most likely you won't be angry with them. If you are, then EFT is an answer to misplaced anger.

## **Sample Tapping Language for Dealing with Anger at Your Doctor/Medical System**

If you are angry at your doctor and/or the medical system, here are sample tapping Setup Statements and Reminder Phrases that can be used to reduce that anger and regain peace of mind. Choose the phrases that resonate with you and modify them to fit your emotions.

*Even though I'm so angry at my doctor for treating me less than humanely, I love myself.*

*Even though I'm so angry at my doctor and the medical establishment for believing that these harsh treatments are what is required, I love myself and my body.*

*Even though I'm so angry at the medical system for the way they train their doctors and staff to treat me and other patients, I love myself and choose to be kind and loving to everyone I encounter at the hospital.*

*I'm angry at my doctor for being so authoritative and stating the worse possible outcome for me.*

*I'm mad that my doctor doesn't explain the details of these treatments and how they will affect me.*

*I'm upset that my doctor is so cold and unfeeling toward me and how these treatments will affect my life.*

*I dislike how doctors discount my intelligence and ability to find ways to help my body heal.*

*I know they've studied for years to become a doctor, but they are only trained in specific areas and I've learned about others.*

*I'm pissed that the medical system hasn't found a better way to treat cancer.*

*It seems ridiculous to still be using these treatments that cause so much discomfort.*

*I dislike how impersonal the medical system is because I want to be treated like a human, not a number or statistic.*

*I'd rather blame my doctor and the medical system than look at my own part in how I developed cancer.*

*I'd rather hate anyone than look at my part in becoming ill.*

*Deep down I know that hating my doctor or the medical system isn't going to help me get better.*

*My anger and hate will just put more stress on my body.*

*I'm going to choose what is better for me and release my anger.*

*I have tapping to help me release that anger and bring calm to my mind and body.*

*It is so important for me to manage this anger so my body can heal.*

*I have reason to be angry, but that anger won't change the medical system and it will harm me.*

*There is that old saying that you catch more flies with honey than vinegar, so I'm going to use my kindness to receive the respect I deserve.*

*I can stand up for myself without being angry.*

*I can choose to be heard without being angry.*

*I can choose to speak up for myself calmly and be heard.*

*My body thanks me for releasing the anger and taking charge of my emotions, my life, and my body.*

*I'm on a journey that requires me to manage my anger so my body can recuperate.*

*It is so important for my recovery that I will let go of this anger and find constructive ways to communicate with my doctor and the medical personnel.*

## **Empowerment Not Victimhood**

Learning how to manage anger under disempowering situations is part of mastering life. Knowing that EFT can help you release pain, fear, anger, and

disappointment can take you far into creating health within your body. A beautiful aspect is that this power is literally at your fingertips. Tapping away stress or frustration lets you return to calm so nothing or no one can take away your inner power. That is mastery of life.

# EFT for Other Common Cancer Experiences

The previous chapter focused on dealing with cancer treatment and the limiting beliefs that can affect your treatment outcome. In this chapter, we explore other factors that can influence your well-being and your experience as you deal with cancer:

- Relating to loved ones
- Asking for and accepting support
- Clearing regrets
- Body image and self-esteem
- Talking to others about your condition

The first of these factors involves the changes that occur in relating to your loved ones when you have cancer. The emotional states of those around you can have a profound effect on your mental and emotional state, which in turn impacts your physical condition.

## Relating to Loved Ones



First of all, what emotions do you feel when you think about addressing the topic of cancer with your loved ones? Do you feel fear, sadness, anger, frustration, hurt, sympathy, worry, or something else? How will you share your situation and your feelings with your loved ones?

In the face of their own illness and the need to deal with others regarding it, people commonly put on one of three faces: 1) the brave face of someone who can make it through anything on their own and refuses help; 2) the wounded one who distances, shuts down, or goes into complete denial and depression; and 3) the person who is open, even vulnerable, and willing to ask for and accept support.

Which one of these will you present to your loved ones? Even though you have responded with one of these three faces over time as a way of coping and have therefore become accustomed to dealing with situations in this way, is this way of responding most beneficial for you and your family now? Which way of responding would help you work through your illness with your family as a team? Would you be willing to let go of your old way of responding in favor of creating a better way?

Consider and answer the following questions to help you determine which of the three faces you tend to use in relating to your loved ones since being diagnosed with cancer:

1. Do you do your best to put on a good front so that your loved ones don't feel so bad for you?
2. Do you claim you can do it all on your own?
3. Do you feel it isn't okay to ask for help?
4. Do you feel that asking for support would appear as if you are failing in some way?
5. Do you feel you have to take care of everyone else so you put them first and therefore don't ask for help?
6. Do you hide how difficult it is for you?
7. Do you distance yourself from the situation and from people?
8. Do you do everything possible so people don't hover?
9. Do you shut down and not communicate?

10. Do you suffer silently?
11. Do you go into denial so it feels as if there isn't a need to ask for help?
12. Do you get sad and depressed instead of asking for support?
13. Are you afraid to tell your loved one you have cancer or about how any of it feels?
14. Do you hide your fears?
15. Are you embarrassed that you have a scar or will have a scar?
16. Are you afraid of how your loved ones will respond?
17. Do you worry about what they will think of you now?
18. Do you not want them to feel sorry for you?
19. Do you feel paralyzed and unsure of what to say to them?
20. Do you share your fears?
21. Do you share much of your experience with your loved ones and friends?
22. Do you think they can handle hearing much?
23. Will you share with your spouse, your children, friends, family members, coworkers?
24. Are you open to receiving support?
25. Do you ask freely for support and receive it willingly?
26. Do you feel it will be healing for all involved if they can support you?

Write down your responses so you have a clear picture of what you feel at the moment. Look at your answers. If you answered yes to many or all of questions 1–8, that suggests you tend to be the brave-do-it-on-your-own type. If you answered yes to many or all of questions 9–19, you likely tend to have felt wounded and hence distance yourself. If you answered yes to many or all of questions 20–26, you are likely more open to asking for and receiving support. Of course, you can also be a combination of types.

## Sample Tapping Language for the Three Relating Styles

Here are sample Setup Statements and Reminder Phrases you can use to tap on the three types of relating to loved ones. There are phrases for each of the three categories discussed. Start with the type that best fits your answers to the previous questions. You can tap to release the resistances and emotions that won't support you or your loved ones. You can also tap through the phrases that don't initially seem to fit you because you might find some hidden part of you that does respond that way. Finally, tap to become more open to receiving support.

### **Brave Face and Do it on Your Own**

*Even though I put on a brave face suggesting I can deal with it all on my own, I love and accept myself anyway.*

*Even though I know I'm capable of doing it all on my own, it could be very helpful for my recovery to have assistance.*

*Even though I act strong and capable, there is a part of me that wants to be taken care of in this situation.*

*I put on my best face to make everything think I can do it all.*

*I claim that I can take care of myself through all my treatments.*

*I push people away when they want to help me because I feel I should be able to do it on my own.*

*I'm not used to asking for help because I'm the one who always helps others.*

*I'm not sure how to ask for help for myself.*

*I'm the one supporting others through their difficulties.*

*Now the tables are turned and I don't know how to ask for help.*

*It feels like a failure on my part to have to ask for help.*

*I've done it on my own for so long.*

*I don't want people to know that deep down I'm struggling.*

*I'm not used to people taking care of me.*

*In this case, it would be beneficial to me to receive support.*

*I may just have to learn to allow people in.*

*It would be extremely helpful to let others support me as I've supported them.*

*I know they would like to do so.*

*What if I let them help me a little bit?*

*Just to take the pressure off me a little bit.*

*I could breathe a little deeper and focus on my recovery instead of the many details related to my treatments.*

*I think I'd like to allow myself to receive a little support.*

*It is okay for me to do so.*

*I may not be used to it, but it is okay for me to start receiving help.*

*I know it will be helpful for everyone involved.*

## **Denial, Distancing, and Not Asking for Help**

*Even though I don't want to look at what is happening to me so I hide from others and don't ask for help, I accept and love myself anyway.*

*Even though I just want to shut down and escape, which makes me not communicate, I choose to love and accept how I am.*

*Even though I go into denial because I feel like it is impossible to ask for help, I choose to accept myself anyway.*

*When I can't cope, I shut down.*

*It is my protection method, but it doesn't help me get the support I need.*

*I get sad and depressed with all that is going on.*

*I don't want to feel it so I shut down.*

*My loved ones ask me how they can help, but I don't answer.*

*I go into denial that I need help so I can think I don't need to ask for help.*

*I already feel wounded and afraid.*

*I try my best to hide my fears.*

*I don't want anyone to feel bad for me so I get quiet.*

*I don't want anyone to worry about me.*

*I'm not good at sharing my emotions at any time, even less so now.*

*I feel ashamed that I have these emotions.*

*I feel big emotions right now and don't know how to share them or ask for help.*

*Instead of feeling my usual paralyzed with fear and uncertainty, what if I tapped to calm myself?*

*If I breathe deeply and calm myself, then I could feel a little better.*

*If I could move out of some of the fear, then I could ask for a little support.*

*I know my loved ones want to help me.*

*I want to open up to receive their help.*

*I know deep down I'll feel better if they are beside me during my treatments.*

*I don't want to be alone in this, I just didn't learn how to ask for help.*

*I want to calm myself so it is safe to ask for help.*

*I choose to know that it is okay for me to ask for and receive help.*

*This will make me step out of my old patterns, but it is for a good reason.*

*I want to love myself more and allow my loved ones to feel okay too, so I will ask for support and receive it.*

*Receiving support is a new skill that will serve me throughout my life.*

## **Open to Asking for Help**

*Even though I'm quite good at asking for help, this experience with cancer is stretching me to ask for more than I'm used to.*

*Even though I don't mind asking for help, I'm not used to asking for this much support.*

*Even though I am being helped so much, I choose to accept and love all of me and all the help I receive.*

*I will share with my loved ones what I'm experiencing so they can feel calmer, just as sharing with them makes me feel calmer.*

*Sharing with my loved ones makes me feel like I'm carrying less of a burden.*

*I like that my loved ones are helping me so I feel fortified.*

*It feels good to be helped.*

*The load is lighter for everyone when we do this together.*

*I choose to freely ask my spouse, children, friends, family members, and coworkers to help me.*

*I know that those who can will support me.*

*Not everyone has to help me.*

*I'm open to receiving the support from those who feel in their heart they want to help me.*

*I know that my asking for help is helping others feel useful instead of helpless.*

*Being able to ask for support is not only a benefit for me, it is also a benefit for others.*

*Being able to help me can make others feel they can contribute to my recovery.*

*I'm open to receive support to make my journey a bit lighter and gentler.*

*I accept this blessing of support from my loved ones.*

The following case study by EFT researcher and practitioner Peta Stapleton illustrates how one person's cancer can affect members of the family and the importance of helping everyone deal with the crisis.

## **A Mother's Cancer Diagnosis Leads to Emotional Eating in Her Son**

*by Peta Stapleton*

Susan was a long-term client of a colleague of mine. Diagnosed with lung cancer after years of smoking cigarettes, she was treated successfully and reached remission. Years later, however, she developed brain tumors that were inoperable and thus her therapy was focused on palliative care options and closure. After the lung cancer treatment, Susan had separated from her husband, but he moved back into the family home to support his ex-wife through the final stages of brain cancer and to be there for their two sons, aged 15 and 19.

The family had approached the brain cancer diagnosis with some level of positivity—writing a family “bucket list” and engaging in many vacations and adventures they had always wanted to do. They decided to form positive memories while their mom was still alive and well. Not all was well under the surface for either son, however.

The 19-year-old had taken up cannabis as a daily habit and was smoking quite heavily. He refused any psychological treatment. The younger son had gained about 45 pounds (20 kilograms) over recent months and was

distressed by this. It was for this that he was referred to me. Susan had been doing EFT with my colleague and had discussed our EFT and weight loss clinical trial outcomes with her son as support that EFT might help.

Chris was a quiet 15-year-old and very low in mood when he presented for his first session. This wasn't unusual, given the family's situation and his mother's imminent death. He was open to the idea of tapping. In the first session, I showed Chris how to use the Basic Recipe and we talked about how it worked for food cravings and emotional eating. While in the back of my mind I knew any emotional eating was a symptom and that underneath there were deep and potentially dark feelings, I let Chris lead the session.

Chris's favorite food was hot fries with gravy and he was consuming these daily. To the second session, he brought some with him (purchased just before our session so they were hot and fresh—the whole clinic smelled like fries!). We tapped first on the main features that appealed to him in order to lower their intensity:

1. The smell of the fries was 8/10 (SUD) and the description we used in the Setup Statement and Reminder Phrases was “delicious.” After four rounds, the smell dissipated and Chris said the salivation in his mouth had also decreased (although we didn't focus on that).
2. The salty taste in his mouth was a strong feature (6/10 SUD) and we tapped on this for three rounds until it was a 1/10. Chris was disbelieving at this point that the fries were so different from 10 minutes earlier!
3. The last thing we tapped on was the slight creaminess of the gravy that was still present. It was a 5/10 (SUD) and decreased after just two rounds of tapping.

The fries did end up in the bin at that point. I asked Chris to be aware and mindful in the coming week before our next session as to when he would usually eat the fries and what else might be happening at that time (that might be associated). He agreed to do this.

The next session was one week later and Chris was visibly distraught when he arrived. He had kept a log of his week and noticed a very strong pattern that was what was making him upset. He realized that the time he had previously craved and eaten the fries had mostly been midmornings. The craving was gone after our session, so he wasn't leaving the house to



walk to the corner shop midmornings. He realized that, over their morning coffee, his mother and father were usually talking about their current situation, preparing for the future without her. They were often looking at legal documents and discussing them. As Chris became aware of this and felt uncomfortable, he would leave the house and soothe those feelings with the fries and gravy. By the time he returned home, the coffee was over and all discussions had ended.

We used tap and talk as Chris discussed all of this. Without focusing on any Setup Statements or Reminder Phrases, I let Chris talk and cry and just tell me this story while we tapped through the points continually.

Over this session and several more, Chris and I worked through many layers of emotion. We started with the initial diagnosis of the lung cancer and how he felt (angry, which was due to Chris believing in God and feeling like he was being punished when they hadn't done anything wrong). We also tapped on Chris feeling scared when his mother was going through chemotherapy for the lung cancer and was very unwell. The last layers were related to the recent terminal diagnosis of brain cancer and the feelings of disbelief, anger, and fear. Chris was also very angry at his older brother for not being there for him (his brother tended to be stoned on marijuana most days) and his father who processed his own feelings internally and not by talking out loud.

I was able to teach Chris about the grief cycle and how it applied to the different stages of his mother's health journey. We discussed how it might be in the future and how tapping could be used. Chris quickly saw the link between his emotions and his weight gain, and because he was keen to be fit and healthy again, he used tapping for his cravings. He also embraced the other emotions that would then arise. For a 15-year-old to be open to this was truly inspirational for me.

Chris's mother did eventually die from her brain cancer, but the family was able to create some positive memories while she was well and use EFT to support their journey in their own ways.

\* \* \*

Doing EFT with your loved ones is a way to make the whole experience of cancer easier to talk about. It helps everyone involved manage their emotions so communicating, sharing, and asking for support becomes an

easier experience. It is important to remember that your loved ones want to support you, want to help you in whatever ways they can. Like you, they will go through stages of denial and frustration before acceptance comes. Underneath it all, loved ones want to love you through this process. When all of you are emotionally calm, it makes the experience better for everyone.

EFT helps you manage the emotions that come to the surface when you think about sharing your diagnosis, treatments, and feelings around cancer. When you manage those emotions first, then the actual sharing with others becomes much easier.

## **Sample Tapping Language for Relating about the Diagnosis and Ongoing Issues**

Here are sample Setup Statements and Reminder Phrases you can use to tap for the issues that arise in connection to your loved ones and the cancer experience. Choose the phrases that make you the most comfortable and that you feel will help your loved ones hear what you have to say.

### **About the Diagnosis**

*Even though I don't have a clue how to tell \_\_\_\_\_ [insert a loved one's name] that I have cancer, I accept myself.*

*Even though I don't know how they'll take the news of me having cancer, I will accept myself and them anyway.*

*Even though it will be a shock for \_\_\_\_\_ [insert a loved one's name] to find out about my cancer diagnosis and subsequent treatments and results, I love myself enough to have him/her at my side.*

*It's still a shock to me so it will surely be a shock to my family and loved ones.*

*I want to crawl into myself and disappear from the world, but I can't.*

*I need to start my treatments right away.*

*I need to let my loved ones know.*

*I can't avoid telling them because it will be obvious that something has changed.*

*I just don't know how.*

*I'm afraid of how they will respond.*

*I'm afraid of how I'll respond to their response.*

*I want to hold it together, but I'm not sure I can.*

*I want to be strong, yet I want them to be there with me and for me.*

*I don't really want to go through these treatments alone.*

*I don't want my loved ones to have to go through the treatments with me either.*

*It may be difficult for us all.*

*Okay, I'm going to take a deep breath and exhale this tension and fear.*

*I need to take the first step and I am by breathing and letting go of tension.*

*They need to know so we can deal with this together.*

*Here I go. This is the big step. I tell them.*

*I will be open, honest, and forthright.*

*I deserved that from my doctor and so do they.*

*I will tell them what I have and ask for their support.*

*I know that together we can figure this out.*

## **Ongoing Issues**

*Even though I've started my treatments, I know this is only the beginning of the journey for me and for my loved ones.*

*Even though I don't want to burden my loved ones by needing so much help, I know this illness will affect them too.*

*Even though it makes me sad that the cancer I have will change their lives too, I love myself and I love them.*

*I feel so overwhelmed by knowing I have cancer, by all the treatments I have to endure, my fears of cancer, the uncertainty of what will come, and how it is affecting my loved ones.*

*I worry about how it is affecting my loved ones as they see me going through these treatments.*

*I feel so sad to see their expressions as they see me in pain, throwing up, losing my hair, losing weight.*

*I don't want that for them, but this is what we are all going through because of me.*

*I wish I could make this easier for them, but I'm not even sure how to make it easier for me.*

*I feel the toll it is taking on me and I can feel the weight of the stress it has on my loved ones.*

*I feel guilty for putting them through this even though I know I didn't do this on purpose.*

*I didn't choose to get sick, but I am sick and it is changing everything in my life and theirs.*

*It makes me angry that I have had to change my life in order to deal with cancer.*

*I'm angry that it changed the lives of my loved ones too.*

*I don't like how my cancer is affecting their lives.*

*It isn't fair and that makes me so angry.*

*They deserve to continue with their normal lives and activities.*

*Sometimes I feel so sad and depressed that so much has changed because of me.*

*I don't know how to tell my loved ones when I'm feeling pain because I don't want them to feel pain.*

*I'm afraid to tell my loved ones the results of my tests if the results aren't what I expected or desired.*

*I don't want them to worry about me, but I know they do.*

*I don't know how they will react to me needing to have more treatments.*

*I don't want them to suffer more because of me.*

*I'm sad that they have to do so much more now because of my illness.*

*It isn't fair to them or to me.*

*Fair or not, this is where we are.*

*I will take a stand for myself by choosing to do my best.*

*I choose to tap every day to help my body manage treatment effects.*

*I choose to tap every day to make sure I stay calm instead of angry, sad, or frustrated.*

*I am giving myself the gift of tapping so I can do my best.*

*I ask my family members to tap with me because it will help me remember to tap.*

*Tapping with my loved ones will also help them feel calmer.*

*It will help them feel they are supporting me every step of the way.*

*I appreciate them being at my side every step of the way.*

*I will do what I need to do to feel as good as I can.*

*I ask them to do their best too.*

*I know we will have days when we don't do so well.*

*We can choose to tap and return to a state of peace.*

*I know there will be ongoing emotional adjustments when I will need to reduce my fear, anger, sadness, and frustration back to peace, calm, and hope.*

*Having support will make it easier for me to change from stressed to calm, sad to hopeful, and frustrated to determined.*

*Tapping is something we can do together to help us manage all the emotions that arise.*

*This support I have will hold me up and keep me going when I feel I can't do it on my own.*

*There will be ongoing lessons, testing my resolve, but there will also be opportunities for learning and emotional growth as I continue with my treatments.*

*I'm appreciative that I have the support of my loved ones as I continue with my treatments and recovery.*

## **Asking for and Accepting Support**

Many of us want to feel we are capable of dealing with everything on our own. This can occur when coping with an illness too. Many of us have been told to be strong or to suck it up when something bad happens. If we are able to accept help, many of us (and this is especially true of women) feel obliged to accept all help even if it isn't what we want.

Let's first look at the resistance to asking for help. List all the reasons you are resistant. It could be as simple as not knowing how to ask for help. It may be that you don't want to be a burden. Or it could be that you have always seen yourself as strong and asking for help signals to you that you aren't. Tap on each item on your list, one at a time. This process will clarify what's behind your resistance and help you release it.

Now let's look at being able to accept help. Is there a message in you that accepting help means you are somehow less than? If you accept help, does it mean you owe the other person in a big way? On the practical side, what kind of help would you like? What do you need? How can you direct those who want to help you? At first, if you are still in an overwhelmed state, you might just receive what someone wants to give you. Remember you can do EFT to remove that overwhelm and clear the way to knowing what help you need and want.

People desire to help but might not have an idea of how to help or think that helping means they would have to keep you company in the hospital during your treatments. Give them some ideas of emotional support or practical support, either direct or indirect, that will truly help you. For instance, someone could drive you to and from the hospital for treatments. Someone could be in charge of making sure there is food in your house, either by going to the grocery store or setting up a group of people who prepare and deliver food to you and your family on a schedule. Someone may be happy to do your laundry for you. Some may want to help your family by helping your children do their homework or taking them to school. Some may even set up crowd funding to help you on the financial end, so you can take the time you need to take care of yourself.

Someone could give you EFT sessions or massage or set up an essential oil diffuser. Someone could be the person who just sits with you and listens to you, gives you a hug when you need it, a shoulder to cry on, and a gently loving push to keep going. There is always someone who wants to make you laugh.

It is important to ask for support. Research shows that cancer patients with a good support network have better healing outcomes. Consider whether you are a person who hasn't asked or accepted much support in the past. That may be an indication it is time to learn to ask for help and be comfortable accepting it. Asking to be supported is part of being human. Accepting help doesn't mean you have to pay that person back, even though you may end up doing so if they need your help in the future, or you may pay it forward if you are so moved. Letting others help you is giving them a gift. You may not be aware of the need in the other person to be helpful and show their love by supporting you. By asking for help, you are providing that person the opportunity to show you their care, their love for you.

Humans are tribal and illness is an opportunity to ask your tribe to be there for you, or even to create a tribe if you don't have one.

EFT is a tool to help you release any blocks to asking for support and receiving it. The process is to feel the feelings that come up when you think of asking for support. Recognize the thoughts and feelings that arise when you think about asking for help. Use those thoughts and feelings as part of your tapping phrases. As you release these thoughts and feelings, a sense of calm will come. You will find it easier to ask for and accept support. You may be surprised by the outpouring of love you receive.

## **Sample Tapping Language for Asking for and Accepting Support**

Here are Setup Statements and Reminder Phrases you can use to tap for clearing the way to accepting support and help from others. Adjust the words to make them compatible with ways in which you can accept support.

*Even though I know others want to help me, I know I can take care of myself.*

*Even though I'm capable of taking care of myself, this is a situation where accepting some help could be highly beneficial.*

*Even though I'm not comfortable asking for help, I love and accept myself anyway.*

*I don't want to appear frail and helpless, so I don't want to accept help.*

*I've never been one to ask for a lot of support, so this is stretching my abilities to receive.*

*I resist people doing things for me because it makes me feel helpless.*

*I'm not helpless, I just need some extra support.*

*I'm so used to doing everything on my own that I don't know how to ask for help.*



*I certainly don't like asking others to do things for me.*

*I'm independent, or at least I was until this showed up.*

*Now I find I do need support.*

*I give myself permission to receive all the support available to me.*

*I'm not sure what someone could do for me.*

*I'm not sure what would be the most helpful to me right now.*

*It is too much to deal with on my own, so it is time to learn how to ask for help.*

*It is time to learn how to receive support.*

*It's time to learn that being supported is a lovely experience.*

*It makes others feel helpful too.*

*Not only do I get supported, others feel good too.*

*Being supported can be a blessing to all involved.*

*I accept support and the relief it brings to me.*

## **Clearing Regrets**

When you realize you are ill, it is common to start thinking about all the things you shoulda, coulda, woulda done differently. Hindsight is wonderfully wise, but it doesn't change your current situation.

When you are feeling regret, you might be asking yourself questions like:

- Why didn't I take care of myself?
- Why didn't I notice that something wasn't right?
- Why didn't I go to the doctor sooner?
- Why did I keep pushing on when I was feeling so tired?
- Why didn't I leave my job when I hated it so much?

- Why did I stay in this relationship when it is toxic to me?

Or making statements like:

- I should have taken care of my health.
- I should have exercised more.
- I should have improved my diet.
- I should have dealt with that childhood trauma.
- I should have dealt with my anger, sadness, worry, depression....

Then it is common to say, “Now it is too late.” Actually, it isn’t. EFT can be used to release all of these regrets, all of the should haves, could haves, would haves as well as the emotional issues underneath. It can help you let go of regret that you didn’t take precautions or pay attention to the signs you noticed but ignored or that you didn’t even recognize some of the signs.

Releasing regrets helps clear your system so it can focus on the healing process instead of repeating the regrets and biochemical consequences of them. You only have right now, so the regrets will only be a hindrance in your treatment of cancer. Releasing regrets frees you to be focused on doing what is right for your body. It will also help ensure that you are more aware now, so your future will not be filled with more regret.

You can also use the regrets as a starting point for making changes. Regrets give you information indicating the underlying beliefs you have that affect your ability to live well. Observing them and determining what emotions and experiences are associated with them will provide you with insights that become topics for EFT. You can tap through each regret and release the emotions and beliefs associated with it. That will clear the slate and make room for healthier emotions and beliefs that lead to healthier actions.

## **Sample Tapping Language for Clearing Regrets**

Here are Setup Statements and Reminder Phrases you can use to tap for clearing regrets. Choose the phrases that best describe the regrets you have and adjust the others to fit more closely to what you regret.

*Even though I have so many regrets, I choose to love myself.*

*Even though I regret not getting tested when I felt something was off, I accept myself.*

*Even though I was determined not to see or feel what was going on in my body, I regret it but need to change that regret to support.*

*I regret that I waited so long.*

*I regret that I was so stubborn about getting tested.*

*I didn't want to know at the time, but now I'm sorry I didn't go sooner.*

*Maybe we could have caught this earlier.*

*My life feels filled with regrets and not just about cancer.*

*I regret how I've behaved.*

*I regret how I've treated the ones I love.*

*I regret putting distance between me and people who would like to be close to me.*

*I wish I had done so many things differently in my life—my relationships, my work, my career.*

*That was then and this is now.*

*Worrying about the past won't change it, but I can make this moment better and by doing so let go of the past.*

*Letting go of my regrets is a step toward healing them.*

*I can only take steps that make my present better.*

*By feeling better in the present, all the past regrets and even the future worries can fall away.*

*Instead of beating myself up emotionally for what I regret, I choose to take care of myself NOW.*

*Now is really the only moment I have.*

*I choose to live now, in the present, to the best of my ability.*

*That is the way I can create a life I am proud of.*

## **Body Image and Self-Esteem**

Even in the best of circumstances, most of us tend to be hard on ourselves regarding our bodies—too heavy, too skinny, not much to look at, big nose, fat thighs, feet too big, feet too little, eyes too close, eyes too far apart, and all the other endless ways we find fault with our looks. Add to that weight loss, hair loss, and scars and you have the perfect mix to be upset with your body. A cancerous body doesn't look like a normal, healthy body. It sometimes looks like something has ravaged it—and something may have, especially after cancer treatments.

The state of your body during or after cancer treatment can create another level of low self-esteem or a reason to criticize your body, other things about you, or even your whole life. It doesn't have to be that way. EFT can help you release the negative image you are holding, changing it from dislike of what the treatments and cancer have done to your body to a sign of your desire to live, that you are doing what needs to be done for you to survive and reclaim your body. It is an opportunity to love your body just as it is. It is an opportunity to appreciate all the cells in your body and all they do without you even thinking about it. Your body needs your love, now more than ever.

Having an illness is an opportunity to remove all the old unhealthy beliefs about your body and your self-worth. It is an opportunity to release all the beliefs about why you aren't good enough, not worthy, not successful and treat yourself and your body as the amazing vessel it is. It is a vessel that carries your soul. You can bless it and appreciate it.

## **Sample Tapping Language for Body Image and Self-Esteem**

Here are Setup Statements and Reminder Phrases you can use to tap for body image and self-esteem. Use the words that fit best with your beliefs

about your body and self-esteem and adjust the others to fit more closely to them.

*Even though I don't know how to love my body with this cancer in it, I know it needs me to love it now.*

*Even though my body looks worse than I ever thought it could, I will love my body anyway.*

*Even though I've always thought my body didn't look right, I would like to change that viewpoint.*

*Even though I've criticized myself for not being good enough, not being worthy, and definitely not successful enough all my life, I know it is time to change these beliefs.*

*I've never thought of myself in a good light.*

*I've had low self-esteem most of my life.*

*I criticize and berate myself all the time—especially my body.*

*I've never felt worthy—of good looks or success.*

*Now I'm berating my body for how it looks.*

*I've spent my whole life criticizing everything about my body so why would it be any different now?*

*I've criticized myself for not being good-looking enough.*

*I've criticized most every part of my body for not being perfect or what it "should" look like.*

*I feel like I'm even more aware now of how much I don't like how my body looks.*

*Besides my old criticism, my body doesn't even feel like it's mine.*

*I don't even recognize it anymore.*

*My body doesn't even look like mine.*

*No hair, emaciated, weak, pale, and even with a scar.*

*This can't be my body because it doesn't look like me at all.*

*I thought I hated my body before, but I don't want to look in the mirror at all now.*

*My body has been taken over by cancer and I don't like it.*

*Part of me wants to hate my body for having cancer in it.*

*That means I'm hating myself, hating my body, hating all of me.*

*That can't be good for my recovery.*

*Hating my body my whole life hasn't been good for me.*

*Especially now it isn't good for me.*

*No matter what my body looks like right now, it's time to accept it.*

*It's time to accept my body the way it looks.*

*It's time to change my perception of my body and me.*

*It's time to change my perception of my worth.*

*My body is screaming at me to change for the better.*

*My body needs my love now more than ever.*

*I can make a choice: continue to hate my body or love and accept my body.*

*I'm determined to get better, so I'm making the choice to begin loving my body.*

*I choose every day to tell a part of my body that I love it, until I love it all.*

*I choose to love myself so much that I can love every part of my body.*

*I do this because I choose to love and accept myself completely.*

*As I choose to be kinder to my body, I'm actually being kinder to myself.*

*I'm learning to accept myself and love myself.*

*This is good for my body, my self-image, and my self-esteem.*

*Not only am I learning to accept every part of my body, I'm also learning to accept all of me.*

*I'm learning to accept and love myself completely and profoundly.*

*This is a gift to myself and to my body.*

*This is a gift that leads to many successes because loving myself is one of the biggest successes possible.*

## **Talking about Your Condition**

It can be difficult enough to talk to your loved ones about your cancer, and even more difficult to speak to others you aren't close to or with whom you don't share intimate details about your life. These people are in your life whether daily or infrequently. They may be your coworkers, your boss, your acquaintances, or a person you know from the grocery store or gas station.

How do you address their questions when they ask you that common question "How are you?" First of all, how do you feel when someone asks you that question? Are you comfortable telling them about your condition? Do you feel the need to be honest or just say, "Fine," like most of us do? If you decide to share with them, how much do you want to tell them? Your approach will obviously not be the same with everyone in your life. Tapping can help you get clear on what you want to share with whom.

You can also use EFT to deal with your doubts about talking to others about your condition. You don't have to wait until someone is in front of you. You can imagine a specific person asking how you are, then think about how you will feel telling them about having cancer and how they might feel hearing this. Then you can use EFT to release all of the emotions and responses you predict you will have. As you release those emotions, calm reenters your system. When you actually meet that person, you are more likely to feel completely calm or only slightly anxious as you give them your news.

Another issue in talking to others about your condition is concern about their reaction as you speak about what you're going through as well as your response to their response. Are you worried that the person will be uncomfortable? Are you afraid they will give you unwanted advice from their own experience or from what they've read or heard? How will you deal with their sympathy? Are you afraid that they will forever look at you differently now that they know you have cancer? How will you deal with someone being so uncomfortable that they freeze up or leave?

Again, you can imagine in advance possible responses from others and your reactions to them, then use EFT to release your emotions around these potential scenarios. When you do, you will feel calmer inside and be more prepared to manage any response when you share what you are experiencing.

## **Sample Tapping Language for Talking about Your Condition**

Here are Setup Statements and Reminder Phrases you can use to tap on issues associated with talking about your condition. Remember to use the words that best fit you and your situation.

*Even though it is so difficult to answer an easy question like "How are you?" I love myself anyway.*

*Even though I know they aren't trying to get involved in my situation because they are simply greeting me, I feel so uncomfortable because I don't want to lie, but I don't want to tell them the truth either.*

*Even though I don't even know how to respond to a simple greeting anymore, I choose to calm myself and just say hello.*

*I don't know how to answer a question like how I am because I don't know myself.*

*I don't like answering because I don't want the world to know about the cancer.*

*I'd rather keep it to myself, but it is difficult because I don't want to feel alone while I deal with cancer.*



*I would like their support, but sometimes what they suggest doesn't agree with my choices.*

*Something they get very vocal and indignant about the type of treatment I should take.*

*That makes me uncomfortable.*

*I'm going to relax and hear what they have to say and then still do what is best for me.*

*They may have an option that helps me.*

*It is also okay for me to appreciate what they offer and say no.*

*It is my body and my choice.*

*It is also okay for me to tell people I have enough information and turn the conversation to something else instead of listening to what they want to tell me.*

*Their looks of pity and sadness make me uncomfortable too.*

*I choose to remember that is their response to my situation, but I'm in charge of my response to their response.*

*I don't have to be sad because they are sad for me.*

*I'm going to stop and breathe.*

*I choose to be calm even if they look sad for me.*

*Deep down they want me to have the best option.*

*I'm choosing to be at ease in all situations, including this one.*

*In the end, it is my journey and my choice.*

*I choose to be comfortable in my body and with everybody.*

Letting go of old beliefs that don't allow you to be supported by others will release the pressure of needing to deal with your cancer alone and

allow others to feel useful in supporting you instead of helplessly standing by or not understanding what you are going through. Talking about your condition with people who are there for you and releasing detrimental beliefs and habits supports your healing on multiple levels.

## Clearing Obstacles to Healing

In this chapter, we look at how obstacles to healing are created and how they can affect both EFT efficacy and health prognosis. Many of these obstacles were messages learned during childhood and instilled in your subconscious. You may not be aware of them until you try to make a change. The fact that they are imbedded in your subconscious is why it can be so difficult to rid yourself of habits you consciously don't want to have. This chapter provides tips on how to recognize and release these obstacles with EFT.

In the following insightful article, EFT authority Dawson Church gives an overview of what it takes to heal from cancer, in the form of eight steps you can take right now to improve your health. The steps are useful for everyone, not only for those who have cancer. You will see that the steps illuminate obstacles to healing.

### **Eight Steps to Better Health with EFT**

*by Dawson Church*

Recently, a friend who had been diagnosed with cancer asked me: "Dawson, if you were in my shoes, what would you do?"

What a provocative question! I sent her an email with my responses, showing how to use EFT to support her emotional health as she

contemplates the medical treatment ahead. Then I thought, “Why not share this with everyone?” My list follows.

You don’t need to be sick to benefit from these practices. Research shows that those who create a positive environment for themselves live much longer and happier lives. Please consider doing each of these things even if you’re in perfect health. Emotional health is physical health.

- 1. Get rid of absolutely every negative external influence.** Music, movies, people, books, TV shows, internet sites, and news sources—when they’re negative, they are an energy drain you just can’t afford. Simply eliminate all of it. It’s toxic.
- 2. Instead, surround yourself with positive people, messages, and information.** These will be an energy supply, building you up. I love filling my mind with ideas from inspirational leaders like Wayne Dyer, Esther Hicks, Marci Shimoff, Jack Canfield, and John Gray. I put together a 33-day program of my favorites at [TappingPeakPerformance.com](http://TappingPeakPerformance.com). They’ll flood your mind with positive messages every day.
- 3. Love your body with regular touch therapy.** Massage, Reiki, or therapeutic touch and Emotional Freedom Techniques—at least twice a week.
- 4. Create a vision board that you see first thing in the morning and last thing at night.** This is where you place images of everything you’d like to see in all five areas of your life:
  - Health
  - Work
  - Spirituality
  - Money
  - Relationships
- 5. Each morning, use EFT and tap while you look at your vision board.** Tune in to your Higher Power. Align yourself with that energy and tap to release everything else. Start your day 100% aligned with your life purpose, with positive energy, and with your Higher Power.

*Even though I have experienced [name health issue], I deeply and completely love and accept myself.*

*Even though I have experienced [name health issue], I choose to believe that my body will heal itself.*

- 6. Each evening, do the same thing.** Be 100% aligned before you go to sleep. Ask your subconscious for healing dreams. If you wake up remembering a significant dream, write it down and use the Dream to Freedom technique ([eft4dreams.com](http://eft4dreams.com)) to interpret it.
- 7. Post a request for healing on every prayer line you can find.** Like [Unity.org/prayer](http://Unity.org/prayer), Light a Candle ([gratefulness.org](http://gratefulness.org)), and Lourdes ([en.lordes-france.org/praying](http://en.lordes-france.org/praying)). Post prayer requests with your local churches—even those of other religions! It's fine to have the rabbi, imam, guru, shaman, and reverend all praying for you.
- 8. All of the above is easy. Now for the hard part.** Eliminate all negative thoughts. You can't afford a single one. Ever.

Be proactive about this by deciding on the wording of a positive thought each morning. This is the affirmation with which you'll replace every negative thought that might come up during the day. Write your positive "replacement thoughts" on post-it notes and post them in every room of your house and at your workplace. Repeat your positive affirmations every morning while tapping. Spend 20 to 30 minutes on this. Don't give even one negative thought a chance to sabotage your mind anytime during the day.

Clean up what you follow in social media so what you encounter online supports your healing goals. That means no negative news, no depressing social media posts. It means tuning out any and all negative media influences and instead flooding your experience with the positive.

Research shows that EFT and positive emotions change our brains and alter our gene expression. This includes regulating many genes involved in disease. So please do these eight things.

As well as emotional intervention, it's also worth cleaning up your diet, getting rid of any potential toxins in your home, setting up a work schedule that supports your health, participating in loving community, and making sure you do everything possible for the best possible life. You deserve it!

\* \* \*

## Understanding the Obstacles

Stress is one of the major obstacles to healing. It is also a major cause of illness. A shocking 75–90% of diseases are stress related. The most common health conditions with this risk factor are cardiovascular diseases, metabolic diseases such as diabetes, psychotic and neurodegenerative disorders including depression, and cancer (Liu, Wang, & Jiang, 2017).

There are three sources of stress that can affect your body: physical stress, chemical stress, and emotional stress. Researcher and best-selling author Joe Dispenza states, “Each type can set off more than 1,400 chemical reactions and produce more than 30 hormones and neurotransmitters. When that chemical cascade of stress hormones is triggered, your mind influences your body through the autonomic nervous system and you experience the ultimate mind-body connection” (Dispenza, 2014). With your brain and body out of balance (homeostasis), you are more susceptible to *dis-ease*.

1. **Physical stress** is caused by traumas, accidents, and injuries.
2. **Chemical stress** is caused by toxins, pollutants, pesticides, imbalanced blood sugar levels, the flu, and harmful bacteria.
3. **Emotional stress** is caused by your thoughts and feelings around family tragedies, raising children, single parenting, divorce, infidelity in a marriage, being alone, death, illness, debts, paying bills, losing a job, past and current abuse, the news, traffic jams, and so much more, along with the emotional response to physical and emotional stress.

While you can try to reduce the likelihood of physical and chemical stress by safe and preventive lifestyle choices, emotional stress is the one area over which you have nearly total control. Yes, life inevitably brings trials and tribulations, but how we choose to respond makes all the difference in our level of emotional stress. It is up to us to reduce our stress burden to remove that factor from the cancer equation and to prevent further illness.

The hormones released during a stress reaction prepare us for survival in the moment. They are the fight-flight-freeze (FFF) hormones: adrenaline, noradrenaline, and cortisol. In a dangerous situation, they mobilize your body in ways that can save your life.

Yet the very stress hormones that can save you can lead to illness when stress becomes a chronic condition. As noted previously, these hormones were designed for short-term use, not as an ongoing state. When you fume at being stuck in traffic or at not receiving an immediate response to your text message, you have activated the stress response. Repetition of this stress pattern becomes a habit, or a new norm. Add up all the times you feel excess or continual anxiety, frustration, anger, or the need to control for longer than a couple of minutes. In the end, chronic stress caused by things in your life that aren't life threatening endangers your health.

How do chronic stress patterns develop? Let's look at brain-wave patterns and how they affect the autonomic nervous system (ANS) and form beliefs and habits.

## Brain Waves

The human brain goes through different brain-wave states as a child develops from baby to adult. The following is an overview of the brain waves and their functions during development.

**Delta waves 0–2 years:** In the first two years of your life, your brain produces delta waves, which are in charge of unconscious activities that control the body's functions such as heartbeat, breathing, and digestion and are associated with deep sleep.

**Theta waves 2–6 years:** At this stage of development, your brain produces theta brain waves. This is the stage where you learn the behaviors of your parents, family, community, and society because in theta you pick up everything as if it were true. We could compare this stage to a computer download without any virus protection. Everything is downloaded, good and not-so-good patterns. The theta state is similar to hypnosis. This stage is also one of great imagination.

**Alpha waves 6–12 years:** At this stage, your conscious mind develops and becomes active. The conscious mind gives rise to logic, reasoning,

analysis, will, and faith. Alpha waves separate the conscious from the subconscious mind.

**Beta waves 12 years and up:** Beta waves are operational in the thinking, analytical mind used throughout the day. The analytical mind divides things into polar opposites such as right/wrong, good/bad, positive/negative, black/white, past/future.

## **Adult Brain-Wave Patterns**

As an adult, you pass through each of the following brain-wave states on a daily basis.

**Beta:** You are in beta when you are thinking, listening, studying, analyzing, and processing information. Beta waves are useful when working and completing tasks. Sometimes we call the beta state “monkey mind” because it can produce constant chatter that is hard to shut off. That can make it difficult to relax or fall asleep. This leads to excess stress hormones.

**Alpha:** When you are in the alpha brain-wave state, your analytical mind has slowed down and you pay more attention to your inner world than to what is going on around you. It is sometimes called “trance.” It is also the state in which you relax enough to fall asleep. A benefit of alpha waves is that you become less resistant and take in new information. The barrier to the subconscious is less strong here, so alpha state makes you more susceptible to information you would not normally be susceptible to, such as late-night programs selling merchandise.

**Theta:** Theta is a state of imagination. It is a doorway between the conscious and subconscious minds. A very programmable state similar to that of hypnosis, theta is the state in which you learned your family and societal beliefs and behavior patterns. Theta is also a very useful state for reprogramming negative patterns into new positive patterns.

**Delta:** Delta waves occur when you are sleeping or unconscious. They are part of the restorative sleep state. This is healthy because your body goes through many restorative processes while you sleep. In delta state, the body is sound asleep while the brain is wide-awake, cleaning up, restoring, repairing, and resetting. The delta state is also operational during



transcendent states such as a near-death experience or a feeling of oneness with the universe.

**Gamma:** Gamma is another brain-wave state considered superconsciousness, that is, when you become more conscious, awakened, and have greater levels of awareness. It is a state caused by a profound inner experience from within the brain itself, such as during deep meditation, not an outer stimulus as in high-beta stress waves.

Beta and alpha wave states represent the conscious mind. Alpha, theta, and delta represent the subconscious mind. Alpha waves are at the crossover point between conscious and subconscious.

When awake, adults are operating out of their conscious mind only 5% of the time. The rest of the time, your subconscious is running the show. Remember, the subconscious mind is the programmed mind. It contains the learned patterns, habits, beliefs, and emotional reactions that occur automatically. Thus 95% of the time, your actions and reactions are based on your programming, that is, you automatically respond according to what is stored in your subconscious. You don't even think about it. You are trained to respond the same way over and over again.

These automatic programs could be a part of what is blocking you from healing or doing what is truly necessary for healing—be it an emotional or physical change. In fact, these subconscious programs could even be part of what created the illness in the first place. Their patterns are quite persistent.

Why have we spent the time to explain the brain-wave states and their functions? Because it is extremely useful for your healing to understand that what you learned as a child got stored as a program in your subconscious mind and you need to explore that programming to determine whether it is contributing to your damaged health. EFT can help you identify problem areas, release the unhealthy programs, and install healthy ones.

In the following two cases, Jasmina Kovacev, an EFT practitioner/trainer and personal performance and wellness coach, highlights the role unconscious programming can play in cancer. The first case demonstrates how secondary gain and belief about healing can impact the outcome of illness. In the second case, Jasmina shares how a client used EFT to resolve her emotional conflicts underlying her pancreatic cancer and remove all aspects related to her lack of belief that she could heal.

## **EFT Tapping Uncovers Core Issues in Client's Bowel Cancer**

*by Jasmina Kovacev*

A client of mine had bowel cancer that had been surgically removed after which her doctors wanted her to go through nine months of chemotherapy. She had decided to refuse chemotherapy. A scan before the surgery revealed a spot on her liver and she was advised that if it was cancerous, she had only a 10% chance of survival. If it wasn't cancer, then she had a better chance, especially if she agreed to chemotherapy as an option.

When she came to see me, her liver area was very painful. The very first thing I always do with chronic-condition clients is find out their level of belief about being healed. Many core issues usually arise when looking at their belief system.

I was very surprised when Mary (not her real name, for privacy reasons) expressed to me that her belief about being healed was a 10 out of 10 and that she would overcome her cancer challenge. I was sure that everything that had happened to her, and particularly doctor's predictions, would have left some mental scars. To me, it was not possible that she could have a healing belief level of 10.

I began by questioning her motivations behind overcoming cancer and wanting to live. Mary is a single mother with three little children, the youngest being only 3 years old. Obviously, she wanted healing more than 10 out of 10 to stay around for them. Only after identifying her motivations for wanting to live was I able to access her actual healing belief level.

I asked her to imagine that she did not have children and then tell me how much she believed she could overcome her cancer challenge. Surprisingly, even to her, it was only 2.

Apart from what doctors had told her, she had many other issues like: "I do not deserve to live," "I am not worthy," and a number of childhood issues that needed clearing.

I was convinced there was a trigger incident that had set off the cancer, but I was not able to find it with Mary. There wasn't a major life event that had happened right before her sickness and I tried all kinds of different questions and approaches. When I finally asked Mary what might be worse than having cancer, I was shocked by her answer, "To work as hard as I was before I got the cancer."

This was her secondary gain (a benefit to a negative condition) coming out, and I believed it was linked to her cancer condition.

I questioned her a bit more and I kept thinking of the scene in the movie *The Secret* where the genie says, “Your wish is my command.” Thoughts are things. Mary told me she clearly remembered sitting on her veranda, exhausted after a day of gardening (her profession), and she looked up at the clear sky with all the stars and desperately asked that everything stop, no matter how—anything to end the hard work and the exhaustion.

It was just a few weeks later that Mary was diagnosed with bowel cancer.

I am not including Setup Statements here, as it would be pages long. We did need to reframe her secondary gain and find different solutions for her to feel safe and be healthy. She needed to understand that she had the power to organize her life in a different way so she could find more enjoyment.

Here is Mary’s testimonial:

“Sessions helped me a lot with pain. Even on the first session, pain in liver area lessened quite a bit. I have also experienced monumental change—I am much happier and freer. The biggest thing for me was that I was able to liberate myself from the past events and beliefs that were affecting me without me being aware of that. For once in my life I was free.

“Related directly to cancer—I stopped being fearful. Our sessions started one month after the surgery and instruction to have chemo. I have refused chemo and in a very short period of time I was told that I am clear of cancer. I cannot tell how much our sessions contributed to it, but I do feel that they have played an important role.”

\* \* \*

## **Pancreatic Cancer Remits after EFT**

*by Jasmina Kovacev*

This case is of great significance to me, as the client did not do anything else apart from EFT. Before starting EFT, she was on a raw food diet for a while, but that alone did not make any difference. I personally believe that such a diet does help, but it was far from sufficient.

Lisa (not her real name) was sent home with the words: “Mainstream cannot offer anything else for you. You have six to eight months to live.” She was put in touch with hospice as a support. Twelve months have gone by since then and Lisa feels much better than a year ago. Hospice support was not required.

I have worked with a number of cancer clients with great results, but they were usually using a variety of interventions at the same time and they could not tell how much our work affected their physical condition. They were aware of emotional change, but it is often hard for clients to comprehend that, by changing emotions and beliefs, we can activate healing forces to override any damage that has happened at the physical level. Lisa provided an exceptional opportunity to work with a person who was sent home with no hope for the future.

Thank you for the opportunity to share with you this fantastic achievement that makes me passionate about my work and the freedom that people get with it.

Here is the testimonial from Lisa:

“I was diagnosed with pancreatic cancer in 2004 and had surgery in December 2004. Everything was fine till February 2007. Then internal bleeding started. My hemoglobin level was very low (58, and the normal range is 115–160). I was so weak I hardly managed to move around my home. Blood transfusions were given to me three times and each time three units were given (a unit is 300 ml). While in hospital, the CAT scan detected that the pancreatic cancer was back. I went through radiotherapy to stop bleeding and then was sent home with the words that I have six to eight months to live. Doctor said that my hemoglobin would be going down and that’s what is expected to happen. I felt lost and did not know what to do.

“At that time, Jasmina introduced me to the work she does that is based on Energy Psychology, primarily EFT. She worked with me a few hours every week. I also attended two levels of her EFT workshops. I also started working on myself more and Jasmina was always there to help when I was not able to resolve something by myself.

“EFT helped me resolve negative emotions from my childhood and different traumas from my life that were stored in my body.

“My condition is now stabilized; my hemoglobin level has been at the level of 100 for a while. I am still using EFT on a regular basis and my

eight months are behind me.”

### **Follow-up**

Lisa is alive and feeling good today, almost three years since she was told there was no help for her.

In the meantime, “something” was discovered in her lungs. I was expecting it, due to the way she experienced the doctor’s words. I also knew that it had been resolved with the previous work we did about her diagnosis and that that “something” was not dangerous for Lisa. She sent me an email while I was on my EFT teaching tour overseas: “I have been for another lung X-ray and lungs are clear!!!!!!!!!!!!!! I cannot express my happiness in words. Doctor told me to carry on doing what I am doing and that this experience is a real miracle for her. Thanks for everything you have done for me.”

The condition remains the same related to the cancer issue—all clear. Lisa’s pancreatic cancer took the form of an encapsulation with no danger of growing further.

I have been working with another pancreatic cancer case this year, with the person undergoing chemotherapy. The official prognosis is 5% survival rate. This client is now in the state in which the cancer is not growing anymore, appetite is back, energy level is back, and he feels very good. Everything indicates that the cancer is in the past. His doctors cannot believe it and are insisting on more chemo, but they will now give him a break for a few months and then further evaluate the required direction.

There is a lot to say about working with cancer patients for the best and most effective results. It can be summed up:

- Resolving emotional conflict that caused the cancer is required. Speed is of the essence, unlike with chronic health conditions. Cancer issues can have underlying patterns from the past that need to be resolved, though it is not always the case.
- Resolving any trauma associated with the diagnosis is the key to preventing metastasis.
- Removal of all aspects that are related to the lack of belief about their healing is also a must.

There are also other areas to be addressed, but the above areas are the place to start.

We all have an infinite ability to self-heal. Every health issue we have that we were not born with is the result of blockages to self-healing. Just keep resolving blockages. Sometimes there are not many; sometimes, as in chronic conditions, there are quite a number. Most blockages are at the emotional and mental levels. EFT is a great tool for resolving them.

\* \* \*

## **Identifying and Clearing Your Subconscious Programming**

Subconscious programs tend to be the ones you struggle to change and get irritated with yourself because you continue to behave that way. These learned programs in your subconscious block you by telling you things like:

I can't.

It's too hard.

I'm not good enough.

It never works out for me.

I can never get ahead.

I'm such a failure.

I don't deserve to be healthy/happy/wealthy.

I'll never be healthy.

I won't get well.

I'm dying.

These programs get set in place by the traumas and emotional shocks you've experienced and are maintained by repetition of the associated thoughts and feelings.

With cancer, you've been given a strong reason to remove these blocks now and not wait until later, as we tend to do when other things seem more pressing. With cancer, you have an impetus to free yourself *now*. EFT allows you to do this while being kind, gentle, and loving to yourself and your body.

Unresolved emotional or physical abuse can be an obstacle to your healing. As dealing with heavy issues like that can be difficult, let's start simpler. This way you can ease into the harder material. Take as much time as you need between each of the following steps. This is a guide for days or weeks, whatever works best for you.

1. Make a list of unhealthy or negative emotions you are currently experiencing. Use tapping to reduce and release them.
2. Make a list of your current worries about your health. Tap on these feelings until you feel calm. You may need to do this over and over again. That's fine. The goal is to feel peace in the moment and persistent tapping can get you there.
3. Make a list of your past experiences that bring up the same unhealthy or negative emotions you are currently feeling. Tap on each experience to release the associated feelings.
4. For the most traumatic experiences, seek support from an expert EFT practitioner. The traumas termed Adverse Childhood Experiences (ACEs), which often cause PTSD, may be too intense for you to tap through and clear on your own. You do not need to do this alone. There are many experts who are willing and available to help you make it a gentler release.
5. Finally, move toward instilling new calming, peaceful, respectful, caring, and loving emotions into your system via tapping and other techniques. Do this over and over again. Adding positive emotions to your tapping helps speed up the process of clearing obstacles to healing. Be sure to clear the negative emotions first, however. You can't sweep dirt under a rug and expect your house to be clean!

Even if you don't know what is blocking your healing, you can simply tap repeatedly on the phrase "Even though I don't know what is blocking my healing..." As you do, the very concept, thought, emotion, or memory that is blocking you will often emerge from your subconscious. You can also tap continuously on the tapping points without using words and it will bring relief.

You can use symbols to represent what is blocking you. For example, you could imagine a wall stopping you from moving forward. As you tap, you

include phrases about the emotions such as frustration or anger at not being able to move forward. Then you tap with phrases about climbing over the wall or knocking it down so you can move forward.

You can also locate where you sense a block in your body; for example, you feel it surrounding your heart. In your mind's eye, the block may be a dark color or look like a wall or cage around your heart. Then you tap making statements about removing the dark color, wall, or cage blocking your heart.

You can even do "Body Talk," which is to have a conversation with your body as if it is another person. You talk to your body and listen to its answer. Then tap based on that response. The astonishing flexibility of tapping is what makes it such a useful tool, especially when releasing blocks.

By being conscious of a habit or pattern, you can stop it and make a new choice. This requires repetition daily until the pattern changes into something healthier. For example, you might be feeling hopeless about ever being free of cancer. At the moment you recognize having that thought, you stop right there. You tap on whatever your thought is to clear it and then change the thought to a positive one such as feeling hopeful or optimistic about recovering and tap on that.

## **Sample Tapping Language for Identifying and Clearing Subconscious Programming**

Even though you may know many of the reasons for your emotional responses, actions, and reactions, some are truly hidden in the subconscious. These are the ones that surprise us, that we didn't even think were part of the problem. Releasing these hidden blocks will support your healing process too. Again, you don't have to do this alone and can ask for support from an expert EFT practitioner to help you find and release these hidden issues.

*Even though I don't even know what my subconscious programs are that are blocking my healing, I love and accept myself profoundly.*



*Even though I have emotions that originate from my subconscious programming, I love myself.*

*Even though I didn't know that some of my emotional responses and obstacles came from my subconscious beliefs, I accept them and know I can change them.*

*Even though many of my reactions are automatic because they stem from my subconscious beliefs, I am willing to observe my reactions so I can release the ones that aren't beneficial.*

*I have subconscious beliefs that affect the way I react every day.*

*I wasn't even aware of them and how they might be obstacles to my healing.*

*I have automatic responses that come from the beliefs and habits that got programmed into my subconscious from my childhood onward.*

*I learned things as a child by observation, repetition, and practice.*

*What I learned as a child became part of my subconscious patterns that my body automatically follows.*

*It is a good thing to have subconscious programs in some cases because I don't have to learn how to do things like walk or get dressed every day.*

*Once I learned how to do these things, they became automatic.*

*In other instances, I've learned negative habits that also became automatic.*

*I learned to react with emotions like being sad, getting angry, feeling frustrated, helpless, and unworthy.*

*I repeat those patterns automatically too.*

*These automatic programs in my subconscious may have had a role in the development of my illness.*

*These automatic programs in my subconscious might be obstacles to my healing.*

*These negative patterns that I play out daily might be affecting my health and recovery.*

*I didn't do anything wrong, I'm only following old subconscious patterns.*

*I can be more observant of my behaviors and automatic responses.*

*When I am aware of my automatic responses, I can choose to release those obstacles and blocks with EFT.*

*Even if I'm not aware of my automatic responses, I can tap to release my emotional responses and return to calmness.*

*Since these patterns are automatic from long-term use, I may need to be persistent to remove them completely.*

*I can do that by doing tapping every time those emotions and patterns arise.*

*I can unblock myself by tapping on the feelings and beliefs that express themselves daily or infrequently.*

*How I automatically react gives me clues to what my subconscious patterns are.*

*Continuing to observe my automatic reactions helps me become aware of my subconscious patterns so I can remove them.*

*Observing my resistances and obstacles helps me know the topics that tapping will help me release.*

*I tap whether I consciously know what my subconscious belief is or not.*

*Tapping as I react helps me release my obstacles and blocks.*

*Tapping every day on any of my negative emotional responses will support me in removing emotional blocks and obstacles to my recovery.*

*Tapping helps me feel empowered because I have a tool to help me release obstacles to my recovery.*

*After removing the obstacles, I can use tapping to install healthy responses.*

*I feel empowered because I can install calmness, peace, optimism, and love in my system.*

*I will be persistent in installing healthy ways to respond so they become part of my subconscious programs and recovery.*

*I am removing subconscious obstacles and installing healthy responses to support me and my recovery.*

## **Emotional Obstacles to Healing**

Your emotions may lead you to avoid acknowledging that you have cancer. Past traumas may also lead you to avoid the work required to release them. That is understandable because, in the past, it was painful to address them. It can be like opening an old wound and making it bleed again. As noted previously, EFT's "gentle techniques" make the release much easier and more loving.

You may not want to change because it is comfortable where you are... well, familiar, anyway. Most of us are afraid of change and the unknown. You want to be healthy, but you may be reluctant to do what is necessary to create it, such as changing your diet, exercising, sleeping better, and releasing your emotional baggage.

One of our natural stress responses is to freeze. With cancer, you can become emotionally paralyzed, unable to take the steps to get you out of the old pattern and into the new. You don't know what to do. As detailed earlier in this book, EFT can help you move past the freeze response.

JoAnn SkyWatcher is an EFT practitioner, teacher, artist, spiritual coach, and author. In this case study, she helps her client release the biggest conflict in her life in order to help her take care of herself and manage her breast cancer.

## **Breast Cancer Care: Resolve Underlying Emotional Conflict**

*by JoAnn SkyWatcher*

Belinda, a woman in her middle years, learned that she had breast cancer. She switched to a raw foods diet and immediately started losing weight. She also started seeing different therapists.

I explained to her that EFT could help her clear any conflicts she was having, including any blocks she had to healing.

Though Belinda lives close enough that we could have done a session in person, we decided to do a phone session to save time. The way I like doing EFT is to get to the biggest underlying issue. Belinda's biggest conflict centered on spending so much time taking care of her elderly parents that she didn't allow time to take care of herself.

The intensity of the conflict was a 10. When I asked her where it was located in her body, she replied that it felt the most intense in her throat and third eye. Then she noticed it had become entangled in all of her chakras.

When we did the Setup phrases, we included statements such as:

*Even though there is a part of me that doesn't think this is going to work, I love and accept myself.*

*Even though I doubt this will work...*

*Even though it's a juggling act with a few too many balls in the air...*

*Even though I have this conflict with taking care of my parents and not taking care of myself...*

*Even though I haven't been taking care of myself...*

During the first round, we used "It's a juggling act" as her Reminder Phrase. I could hear her laughing when she repeated, "It's a juggling act."

After each round of tapping, I asked about the intensity level in her chakras, reminding her that it had been a 10 when we started. At the end of the first round, the intensity dropped from a 10 to an 8. We talked a little more, and it seemed that it might have continued to drop, so I repeated my question. It had dropped to a 6.

To determine what her "sweet spots" were, I asked which of the points she had tapped on felt particularly good. She came up with four points that stood out for her (collarbone, side of the eye, above the lip, and the top of the head).

I told her that, in the future, when feeling any anxiety or frustration, she could tap or press on her sweet spots for instant relief. The next round of tapping brought the intensity down to a 4. I could hear her yawning over the

phone. I reminded her that yawning is a release. She said she was feeling more relaxed as she tapped.

On the third round, she tapped on all the responsibilities she had with her parents and how she had forgotten about herself. She also shared how she hadn't taken care of herself and that she would eat a carton of Häagen-Dazs ice cream for dinner.

One of her Setup phrases was: *Even though I used to eat a carton of Häagen-Dazs for dinner, I love and accept myself.*

At one point as we were tapping, Belinda blurted out, "I'm important!" and so we finished the round with her tapping on "*I'm important!*" Her intensity dropped to a 2. Belinda shared with me how she was getting other people involved with all of the jobs she had been doing for her folks. She was going to continue to lessen her load and shift her focus to taking good care of herself.

With her final round of tapping, we didn't use any Setup phrases (because the intensity was less than 3). We started with "*I am important!*" I encouraged her to come up with her own affirmations as we tapped.

The affirmations included:

*I am important*

*I remember I am important*

*I take good care of myself*

*I count*

*I make time for fun* (she really liked this one)

*The cancer is dissolving as we speak*

*We have fun at my Titty Party* (she had told me she was going to have a breast party)

*I am healthy*

*I am whole and complete*

Belinda was really laughing after this last round. Her intensity dropped down to 0. She said she was feeling really relaxed.

I asked if she was familiar with Louise Hay's work, and she said she had several of her books. I shared this affirmation that Louise uses for breast problems: Caregivers have to remember to take good care of themselves or they can end up getting sick themselves.

It truly is a balancing act to take care of oneself and to take care of others. Belinda is learning how to balance her own life with her obligations of care for her parents. Now she has EFT as a tool with which to help herself with her cancer care.

\* \* \*

A common example of a programmed emotional response is turning to comfort food when you are stressed. Maybe your mother or grandmother fed you when you were scared or upset. It comforted you and made you feel safe. Later in life, eating helped you soothe yourself and again feel safe. Then this conduct became a program that whenever you are scared or upset, you eat something to soothe yourself. You may be eating things that aren't healthy for you. This is where the originally soothing conduct becomes a habit you may have to fight on a daily basis. It can lead to frustration and anger at yourself for not being able to control this habit. You know intellectually it isn't good for you, yet you keep doing it.

Let's look at some other daily emotions and responses that may have become programmed into your system. Have you done the following?

You get angry over little things, then blow it out of proportion or yell when things don't go your way. You are angry and take it out on anyone who gets in your way, even if that person has nothing to do with why you are upset. Maybe you yell in traffic because you feel under pressure at work or home; you aren't yelling at anyone specifically, just angry about a potentially uncontrollable situation. You probably felt better afterward because you got to release the anger.

This may be a pattern you saw in your parents or grandparents. As a child, you observed yelling as a response. The pattern was programmed in you and continues. Or you are so terrified by the intensity of anger that you recoil to protect yourself. The pattern becomes established that angry people are unsafe and you hide or don't express yourself. If you get angry, it is doubly unsafe, so you hold in all your anger. That anger has to come out somewhere, so it may come out in gallbladder or liver issues or some other physical discomfort.

Here are a few other examples of behaviors that became automatic programs:

- Do you take everything someone says personally? Does it feel as if you were stabbed in the heart no matter how small the offense?
- Have you responded with sarcasm as a way to defend yourself while at the same time hurting people by using just the right words to “cut” them?
- Have you pushed yourself too hard at home, at work, or even in exercise to prove to you or someone else that you are worthy?
- Do you have to have the biggest and best of everything—clothes, home, car, electronics—because you don’t feel valuable or valued? Do you have to succeed in order to be worthy?
- Do you substitute food, alcohol, or sex for love or attention, or to avoid feeling your underlying emotions?
- As a child, did your parents not have much time for you because they were working so much? You learned that when you had a cold or didn’t feel good, you got a lot of attention. Subconsciously, you programmed the benefits of illness, as simple as a cold, or as big as cancer, to fulfill your need for attention, love, and care.

Your body learned by repetition of thoughts, followed by feelings, followed by a biochemical response, to react in a specific way. A feedback loop was created to repeat the pattern. With time, you don’t even think about it anymore. It shows up automatically.

Now, with an illness to deal with, these very patterns and habits may be exactly what you need to change. Your body can no longer continue in these automatic patterns and maintain its health. An illness is one way in which your body lets you know there are thoughts, feelings, beliefs, and habits that need to be changed or eliminated. Indeed, they may be what blocks you from taking the steps you need to recover.

Even though your programming runs 95% of your thoughts and behavior, that doesn’t mean you can’t change the program. By changing your unhealthy programs, you create different outcomes in your life.

How do you change them? You need to get into the subconscious programs (your brain’s operating system) and, like the apps you no longer want on your cell phone, you need to delete them and install new apps. You remove the old programs and install healthy ones instead. By practicing

healthy choices, thoughts, feelings, and actions, they get hardwired into your subconscious in place of the old ones. These healthy new programs will be beneficial instead of detrimental to your health. EFT can help you find and release those unhealthy programs in a gentle way, support you in letting go of unhealthy patterns, and help you install beneficial ways of thinking and acting.

Expressed intentions produce results due to the emotion added to intention phrases. This works both positively and negatively. You may state your intention vehemently as “I hate being sick.” This is an unhealthy intention because the emotion focuses on being ill. “I am healthy” is an example of a positive intention, but how well it works depends on the emotion added to it. If you truly feel that you are or will be healthy, then this phrase can be a very helpful support for you. What if you actually say the phrase, but underneath you strongly feel it is a total lie? Now that same phrase has a completely different meaning in the quantum field. The message is you are not healthy.

Combining thoughts and emotions can help you install that new healthy program. Thoughts can focus your attention on what you want to create, but anyone who’s done affirmations understands that thought or words alone are not as powerful as when they are coupled with strong heartfelt emotions. This means that having a thought about changing your health isn’t enough. Coupling the thought and intent with strong and elevated feelings and beliefs in your recovery creates a powerful statement of what you desire. Combine the thought and elevated emotions with EFT and you have a powerful yet gentle way to change your programming.

Your thoughts (mind) are the intention setters, and your elevated emotions (heart) are the power source. It’s wonderful to have an intention, but if you have no power behind that intention, it doesn’t do anything. To use another analogy, it’s like having the fastest sports car in the world, but you don’t have any gas in the tank. That amazing car will go nowhere. In the same way, you can use your mind to initiate a new program, but the power to install that new program comes from the strength of the elevated emotions you add to it. The stronger the elevated emotions of love, appreciation, gratitude, compassion, joy, and freedom behind the desired intent, the greater the ability to install this positive, healthy program. Installing programs occurs with both positive and negative emotions, so



choose wisely and use tapping to clear your negative emotions first before installing positive ones.

The following case by Deborah shows how negative and traumatic childhood experiences played a significant role in a man's life and were a subconscious emotional component of his debilitating cancer.

## **EFT Tapping for the Child Within Helps in Lymphatic Cancer**

*by Deborah D. Miller*

Jorge found a lump on the left side of his neck a year and a half ago. Six months later other lumps had formed and he was diagnosed with cancer of the lymphatic system. He had a tumor about eight inches in diameter in his stomach and various tumors along his neck, armpit, and crotch, areas where there are many lymph nodes.

First he tried homeopathic treatment and then in the months before he came to me he'd had 30 chemotherapy sessions. He was scheduled to have a chemotherapy treatment of the nervous system, which would leave him shaking and probably without much memory. His mother asked the doctor if the chemo would heal him and she was told, "No, it would only prolong his life." When she explained this to her son, she asked him what kind of life he would have. She convinced him not to take the last treatment. Instead Jorge began looking for alternatives. He found EFT.

We started with the pain he was feeling in the lymph nodes in his right armpit where some tumors were growing. He thought they had started to grow about a month ago, right after he was playing ball with his young daughter. He was feeling good that day and was throwing the ball quite hard. Afterward, he felt pain and the tumors started to grow. Then he lost all interest in eating, sleeping, and talking to anyone. He was just tired.

His level of intensity was 5 out of 10 when we began, dropped to a 2 out of 10, and then went back up to a 4 out of 10. He told me that a year and a half before, when he found the lump on the left side of his neck, his wife read an article that indicated it could be cancer. She wanted him to go to the doctor. He got angry with her for believing he had cancer. He denied it and wouldn't go to the doctor.

We started by tapping on being angry with her for believing he had cancer and his denial of it. The level of intensity on the anger was an 8 out of 10. It dropped to 0 after one round of EFT and, interestingly, the physical pain under his right arm dropped to a 1. I asked him to describe the pain or tell me if it had a form.

He said it was like a clenched fist, with little pinpricks and heat. So we tapped on releasing the clenched feeling, the pinpricks releasing, the resistance dropping, and the heat leaving. The intensity of the pain dropped to a 0.25 out of 10. What he felt then was the tiredness on his right side. He felt he needed to give more, but he liked being alone or with his dogs more than being with his wife. He felt a little guilty about it. So we tapped on the tiredness, not giving enough, being selfish by enjoying his time alone, and being out of balance. The pain dropped to 0 out of 10.

Immediately after that round, he told the story of his wife and he talking about the cancer when he was diagnosed. Afterward his wife suggested they get something to eat. He wanted first to go to the garden to see his dog. The dog realized how sad Jorge was. His dog fell over for no known reason and was ill for four days. Jorge felt like he had killed his dog. His dog was his best friend. Then he stated that he didn't have many friends, only one good friend, the rest were fair-weather friends who disappeared the moment they found out he was ill.

In the very next sentence, he began to talk about his father. (During this whole time, I allowed him to let his subconscious bring up the stories and events that needed to be released. I was comfortable just to listen until we got to the story that was the most relevant, that of his father.)

His father rejected him when he was a child. His father's favorite word for him was "a—hole." When he was an adolescent, he was his father's favorite a—hole. His father would hit him and yell at him. Jorge wasn't good enough because he became a businessman instead of becoming an academic, like his father wanted him to be.

Jorge said that one day he sat down after becoming ill and asked himself what was causing this. He felt he needed to tell his father about what he felt, to forgive him and to be forgiven. About this time, his father, who was a diabetic, lost a toe, then foot, then leg, and he died before Jorge could speak to him.

Jorge asked me, “Now how do I tell him?” I told him to imagine he was sitting next to his father and telling him everything he needed to say. We started tapping again at that point, as if we were talking to his father.

I led him through being a rejected child, lonely, alone, sad, rejected, being yelled at and hit, not understanding why, what had he done, why did his father hate him, then that it was not his fault, he was only a child, it was his father’s anger, he was okay, he was not to blame.

During the tapping, he told me the story of when he was around 8 years old learning the multiplication tables. His dad sat next to him on the bed and every time he didn’t get an answer right, his father hit him. He didn’t understand why. He hadn’t thought of this event in a very long time. By the time we finished tapping, he felt much more relaxed.

Because Jorge stated often that he was more comfortable being alone or with his dog, I decided to do the following: While tapping, I asked him to take the hand of the little boy in him, to give him a hug, to hold him, to share with him all that he wanted to say, that they were now together, they weren’t alone, they were a team, and that they were healing together.

Jorge started to cry. We continued. I asked Jorge and his younger self to fill balloons with all the negative energy and emotions he was holding within him with his illness. Then they were to cut the strings and let them go, up, up, up into the sky until they reached the clouds where they were transformed into light and love.

At this point, Jorge was sobbing, but sobbing with joy. He felt like he had just embraced the abandoned young boy in him. He had found him. He was so happy that all he could do was cry.

After we finished tapping, he started to tell me about the experience of being with his abandoned young self. He said they were sitting on the bed together. When I asked them to fill the balloons, the young boy kept telling the older to fill them faster, so he did. As he did, he saw the dark negative energy come out of his body and fill the balloons and the balloons were black. He tied them off and let them float up to the sky.

He kept filling and filling balloons as the little boy in him encouraged him. They didn’t see any clouds at first, but kept filling balloons. Finally, the clouds came and transformed the balloons into a beautiful light. Afterward he saw the two of them sitting in his grandmother’s garden, a

favorite place of his as a child. They were arm in arm, smiling and eating tacos.

Jorge was so happy. He never imagined he would find and recover this part of himself. It was touching to be a part of the finding. Through tears of joy, Jorge called me an angel. One of the lovely benefits of facilitating EFT is the gratitude one receives.

Yet even with these wonderful results, Jorge has not returned for another session. We spoke by phone and he is very grateful. He told his mother about me being an angel and shared EFT with her. My hope is that he continues to do EFT on his own. This is another case of success with EFT and the person potentially not continuing to use it. I am still joyous that Jorge felt relief for a time. How wonderful it would be if everyone who felt pain could, at least for a time, feel relief.

\* \* \*

## **Emotional Blocks You May Have**

The following are common emotions that occur in relation to having cancer. Allowed to fester, they become obstacles to healing. Look at how many negative emotional states you can fall into:

Fear

Worry

Overwhelm

Sadness

Depression

Apathy

Victimization

Despondency

Hopelessness

Dejection

Disappointment

Shame

Boredom  
Powerlessness  
Grief  
Anger  
Frustration  
Irritation  
Impatience  
Rage  
Hate  
Resentment  
Blame  
Insecurity  
Lack of self-worth  
Pessimism  
Doubt  
Guilt

## **Emotions That Are Free to Emerge after Releasing Emotional Blocks**

Consider all the wonderful feelings you can experience by identifying and clearing your emotional blocks:

Hope  
Trust  
Optimism  
Positivity  
Enthusiasm  
Passion  
Joy  
Knowingness  
Being in “the zone” (creative flow)

Connectedness  
Compassion  
Empathy  
Empowerment  
Sense of freedom  
Love  
Appreciation  
Gratitude

These emotions are what provide us with the impulse to move higher on the emotional scale, which actually brings emotional health into your body. Emotional health has a direct effect on your physical health. By releasing your blocks, you can feel empowered to do whatever is necessary to support your body as it heals from cancer. In these higher vibrating emotions, your body will be in the solution of love that is a deep part of the healing process.

## **Sample Tapping Language for Clearing Negative Emotions and Instilling Positive Ones**

Remember, it is best to clear negative emotions during each tapping session before instilling positive ones (as in, the dirt is still there if you sweep it under a rug). You can try just to install the positive emotions, and it works for some people, but most of us find we don't "believe" the positive thing we are saying. It isn't that you don't want to believe it, but your subconscious beliefs influence your ability to believe. Hence, it's beneficial to remove the underlying beliefs that make you believe something is impossible. Then you can start installing your new possibility.

For example, for your recovery, saying "I'm 100% healthy" while feeling pain, dislike of your body, or hating yourself for some reason will likely hinder belief that you can recover and be healthy. Start by releasing the negative emotions, thoughts, and beliefs first, then start installing the new, positive ones. Here are some tapping phrases to help you get started. If necessary, change the statements to fit more closely with your beliefs.

## **Clearing Negative Emotions**

*Even though I have more negative emotions than positive on a daily basis, I will accept that I can change this ratio.*

*Even though I tell myself so many negative things every day, I love and accept myself anyway.*

*Even though I've been negative, critical, and filled with negative emotions like anger, frustration, envy, disgust, apathy, self-hate, self-disgust, and self-reproach, I accept those emotions so I can change them.*

*I have a lot of negative programming installed in my subconscious mind.*

*Some days I react automatically with my negative feelings of sadness, doubts, worry, insecurity, guilt, pessimism, apathy, depression, feeling deceived, and even boredom.*

*Other days I react automatically with my negative feelings of fear, frustration, anger, ire, impatience, envy, hate, a desire for revenge, feeling like a victim, and powerlessness.*

*(Note: if you are feeling any of these emotions at the moment, tap on each one separately until the SUD score goes down, preferably to 0.)*

*I think, say, and do negative things that sabotage my recovery.*

*I don't want to think and act this way, but I react negatively out of habit.*

*I don't even think about it; I react and all these negative emotions come pouring out of me.*

*I repeat many of these negative emotional responses most days.*

*No wonder I feel blocked when I want to do something new or when I want to recover.*

*I feel trapped in this slew of negative emotions I've been practicing for years.*

*I'm not really trapped in this emotional pattern because I can make new choices.*

*I can use tapping as a way to lower the intensity of all these negative emotions.*

*I can tap to release these negative emotions until I return to a state of calm and peace.*

*I tap to release myself from these old patterns so I can feel at peace and make better decisions.*

*The old negative emotions may show up over and over again, but I will be persistent in removing them.*

*In my persistence with tapping, I am rewriting those negative subconscious programs.*

*Doing so is good for my emotional well-being and for supporting my recovery.*

### **Instilling Positive Emotions**

*Even though I've been persistently removing the negative emotions and patterns, I now want to install healthy emotions and patterns too.*

*Even though I've spent time removing the old subconscious emotional patterns so I can be free to install healthy patterns, I love and accept myself and the journey to change these patterns.*

*Now that I've removed many of my emotional obstacles, I am ready to use tapping to install healthy responses.*

*I will be persistent in installing healthy ways to respond so they become part of my subconscious programs and recovery.*

*I am removing subconscious obstacles and installing healthy responses to support me and my recovery.*



*I'm choosing what I want to create and adding elevated emotions like self-love, self-care, and compassion for myself.*

*I choose to think about what I desire and to feel elevated emotions.*

*I choose heartfelt emotions to raise my vibration.*

*I choose healthy emotions like love, joy, and a sense of well-being.*

*I choose playfulness, happiness, joy, and love.*

*The happier I feel the more my body can feel that joy.*

*Feeling happy helps my body feel good too.*

*I look for the little things that make me happy and allow them to fill my mind and open my heart.*

*I choose happy emotions because they make me feel good and are good for me.*

*I choose to feel love for my body even as it is now.*

*I feel love flowing through my body to replace all the disgust, frustration, and hate I've had for my illness and body.*

*I let love flow through my body to bring me peace, joy, and love.*

*Allowing myself to feel love for me and my body supports my body's recovery.*

*I choose to think, feel, and do what brings positive feelings into my mind and body.*

*Thinking positive thoughts and feeling positive emotions is sending a message that I want to feel good, be healthy, and live a good life.*

*I feel empowered because I can install calmness, peace, optimism, and love in my system.*

*I choose to feed my body healthy and happy feelings.*

*I love feeling joy, peace, and love and how it nourishes my body.*

*I choose to be gentle with myself as I install new thoughts and emotions.*

*Not only do I need to think about the new program I want to install, I need to feel as if the new program is already installed and functioning.*

*Every heartfelt, elevated emotion I feel brings me closer to having that healthy, new program installed permanently.*

*My body knows how to heal and I help it recover by thinking positive thoughts and feeling positive emotions.*

## **More Benefits of Clearing Obstacles to Healing**

Scientific data show that techniques such as tapping, meditation, and heart-focused breathing reduce stress hormones in your body and help your body go into the restorative mode. Doing these techniques even changes your gene expression. The genes that are expressed are the ones that make the proteins and hormones that contribute to illness or health. These techniques lower the expression of genes that produce unhealthy substances and increase the expression of genes that produce health-promoting substances.

This change in gene expression based on a change in and around the body is called epigenetics. Biologist Bruce Lipton, PhD, states, “The science of epigenetics, which literally means ‘control above genetics,’ profoundly changes our understanding of how life is controlled” (Lipton, 2005). The changes within and around you that can produce gene change include: removing toxic substances; making better food choices; leaving jobs and relationships that are toxic to you; releasing unhealthy emotions, beliefs, and traumas and replacing them with healthy emotions; and changing your daily emotional state to one of relief, peace, joy, compassion, and love.

You can use your emotions as a regulator over what genes are expressed. Removing your emotional blocks and managing your emotions, which leads to a change in gene expression, shows how powerful you are in taking charge of your life and your body.

Remember how identical twins, who have the same genes, can have different health issues resulting from their different responses to their environment; their physical, emotional, mental, and spiritual experiences in daily life lead to different health outcomes. This is an example of how we control our gene activity by how we respond to the world around and within us.

Dr. Bruce Lipton did a study in which he changed the medium around the same type of cells growing in different Petri dishes. He found that the different medium around the cells in the petri dishes caused changes within the cells. What was surrounding the cells (the environment around the cells) caused the change. The same is true for you and me. Change your medium—your thoughts, feelings, and physical environment—to change your health and life.

What medium do you have around you? Are you surrounded by people and situations that make you feel happy, healthy, and loving? Or are you surrounded by people and situations that arouse stress, fear, anger, and negativity? Do you have a stressful job and financial debt, does the news create fear or anger in you, are you addicted to toxic information on social media? Or are you focused on things you appreciate, the family and friend connections that make you smile and feel happy, the support you have. You can learn to live in creation instead of survival. You aren't a victim. You can take back your power and create health and well-being.

Energy is information. Emotions are information. Pain is information. Illness is information. The information you get provides you with clues as to what you need to address, release, or change.

You are not a victim of the outside world. Consciousness via the power of your thoughts and feelings controls your biology. Knowledge is power that helps you create the health you desire. Love is the medium that supports you in creating it, which is why it is so vital to reprogram your negative thoughts and feelings about yourself.

## **Other Ways to Change Your Programming**

Here are some other methods besides EFT that can help you change your programming.

- **Grounding or Earthing:** This is a version of getting back to Nature, connecting with Mother Earth and all the creatures in it. Being barefoot on soil or grass, or even in fresh or sea water is helpful for the body to become balanced. Earthing helps your body release free radicals, which damage the body, into the soil. While you are in nature, you can do EFT, meditate, do breath work, dance, or use another technique that assists in restoring emotional and spiritual balance.
- **Mindfulness:** This is a practice of being aware of the moment, of being conscious of what you are thinking and doing moment by moment. It helps you be in the present instead of focusing on past traumas or future worries. It makes you slow down and be conscious. In so doing, you become more aware of your patterns so you can then use other techniques to change them. Remember that thought is enhanced by emotion, so combining mindfulness with the positive emotions will amplify the result.
- **Meditation:** Choose a method that works for you. The whole purpose of meditation is to get past analytical mind and into the operating system where the automatic programs exist and change them from limited to more productive ones. As you practice meditating, you teach your body to be still and let your mind connect to the universe/your higher power/your deep intuition/the quantum field (however you term it). Meditation helps you rewire your brain.
- **Heart-brain coherence:** *The mind is polar.* The analytical mind thinks in opposites: good/bad, right/wrong, positive/negative, past/future, male/female, healthy/unhealthy. When the hormones of stress are released, you become overanalytical, which causes your brain to go into high beta brain waves, also known as the survival state. You prepare for the worst in order to survive the actual or perceived threat. It is imperative that you move out of stress hormone survival mode into relaxation and regeneration mode, where your body produces hormones that actually help your body repair. Using your mind in conjunction with your heart is more productive. *The heart is nonpolar.* It is present in the moment. This is why it is important to learn techniques that calm the mind and bring you into your heart. Your heart has 40,000 neurites that are essentially the “brain” of the heart. These neurites communicate not only with the heart but also with your

brain. Information passes back and forth between them. In fact, more information passes from the heart to the brain than vice versa. This communication creates coherence, which is the optimal state in which your heart, mind, and emotions are in sync. This in turn improves your heart rate variability, brings your respiration and blood pressure into balance, and calms and stabilizes your nervous system so it can perform well. When the heart goes into coherence, the mind follows and goes into coherence too. When the two are coherent, they reset your autonomic nervous system (ANS), which is the automatic response the body learned during your programming. You are teaching yourself balance and harmony, just as you taught yourself to walk, thus installing a new program that automatically creates coherence in your body. The HeartMath Institute (2021) has studied how breathing at a slower rhythm influences not only the heart but also the mind. For instructions on how to do HeartMath's Heart-Brain Coherence breathing, see the website <https://www.heartmath.com/quick-coherence-technique>.

Clearing all the obstacles to healing, including your subconscious programming, can take time and effort. You will likely get the best results when you build EFT and other health-promoting practices into your daily life. Here is a case study that illustrates how persistent tapping provides long-term benefits for a young girl over more than a decade. See what they are as Grace goes through years of treatments and the outcomes that test her ability to stay positive and carry on.

## **The Long-Term Benefits of Persistent Tapping**

*by Deborah D. Miller*

Grace is a testament to the long-term benefits experienced by people with cancer who use tapping persistently.

In 2009, at the age of 10, she was diagnosed with an osteosarcoma (bone cancer) on her left leg below the knee. I met Grace at that time. I was doing EFT with children with cancer in a pediatric hospital ward to help them manage their emotions. Grace was filled with fear, afraid of everything that was real about her cancer and of what she imagined could happen. Her

imaginary fears were larger than anything that was actually occurring in her body and around her. She worried about things that could potentially happen or might never happen. She worried about her treatments, her family, her results, her prognosis, and more. Since it is known that stress and fear lower the immune response, which is counterproductive if you have cancer or any illness, this was not a healthy pattern for her.

We began by using EFT on Grace's fears. She was so overwhelmed with fear that it was difficult for her to express in words what she was feeling. Instead of stressing her more by asking her to describe her fears, I chose to use a visual to help her gently release these fears. Visuals are an excellent way to focus on the emotion while symbolically releasing it. This works especially well with children who can't describe the situation, pain, or emotion they feel. It also works well because the right hemisphere of the brain utilizes symbols, which allows the emotions to lessen and even be released completely in a way that is gentle and even fun. Gentle releasing is important since ill children in a hospital already have enough frightening and painful experiences.

I had Grace imagine that she could put her fears inside an imaginary balloon and that balloon was in front of her.

I asked her the following questions:

- What color is your balloon?
- Is it small or big?
- Is it a plain color or does it have designs on it like stripes, stars, polka dots, or even clouds?

Whatever color or design she chose was the image we used. I asked Grace to focus on her feeling of fear. Then we tapped as she imagined the balloon filling up with her fears. (Remember, these are imaginary balloons. You don't need to have a real balloon in front of you.)

We began tapping using the following EFT guide I created for my work with children, excerpted from my book *The Dragon with Flames of Love: Helping Children with Serious Illness Improve the Quality of Their Lives*.

## **Round 1**

Tap on the side of the hand point and say:

*Even though I feel so afraid, I'm a great kid.*

*Even though I feel afraid of what is happening to me, I'm a wonderful kid.*

*Even though I'm afraid of all the scary things in my head, I want to feel better.*

*Eyebrow: I'm so scared. I don't know what to do.*

*Side of the Eye: I am so afraid. This fear is so BIG!*

*Under the Eye: What do I do with all of this fear?*

*Under the Nose: The fear is in my head.*

*Chin: The fear is in my mind and thoughts.*

*Collarbone: The fear is in my body.*

*Under the Arm: I am so afraid.*

*Top of the Head: This fear is so BIG!*

## **Round 2**

*Eyebrow: I don't know how to feel better, but I want to feel better.*

*Side of the Eye: I have a great imagination, so I can think of a way to get rid of these fears.*

*Under the Eye: I know—I can put them in an imaginary balloon and send them away.*

*Under the Nose: I have a BIG BLUE balloon. I put my fear in a BIG BLUE balloon.*

*Chin: I blow and blow and blow all of my fear into the big blue balloon.*

*Collarbone: The blue balloon gets bigger and bigger as my fear fills it up.*

*Under the Arm: When it is full of all of my fear, I tie it off.*

*Top of the Head: I let it go and it floats up into the sky and disappears. Yeah!!*

## **Round 3**

*Eyebrow: That feels so much better.*

Side of the Eye: *My mind is quieter, but I still have a teensy, weensy bit of fear left.*

Under the Eye: *I want to get rid of it too, because I don't like fear.*

Under the Nose: *I get out an imaginary PINK balloon, a beautiful PINK balloon with swirls on it.*

Chin: *I blow and blow and blow all the rest of my fear into the balloon.*

Collarbone: *The balloon gets fatter and fatter as I put all the rest of my fear into it.*

Under the Arm: *I'm so glad I can put my fear in the balloon.*

Top of the Head: *I put every little tiny bit of my fear into the pink balloon and then I tie it off and let it float away.*

#### **Round 4**

Eyebrow: *I feel so much better now. No more fear.*

Side of the Eye: *I have all the balloons I need to get rid of any fears I have.*

Under the Eye: *That makes me feel really safe.*

Under the Nose: *I have red balloons, white balloons, pink balloons, purple balloons, yellow balloons, green balloons, orange balloons, striped balloons, flowered balloons, balloons with stars and spots on them—any kind I want.*

Chin: *It is so easy to put all of my troubles into balloons and let them float up into the sky and disappear.*

Collarbone: *I'm so glad I have balloons to help me feel better.*

Under the Arm: *Now I feel light and free and happy!*

Top of the Head: *Balloons make me feel happy.*

Each time a balloon was filled with her fear, we continued to tap as Grace imagined tying it off and releasing it in her imagination. We repeated this process until her fears were gone. After releasing the fears, she took steps toward choosing to live, which for her and her family included continuing her conventional chemotherapy treatments.

When dealing with cancer, there isn't just one fear or challenge that comes up, there are many. Even though we did EFT and her fear disappeared at that moment, some fears came back and others came up



later. That isn't a problem; in fact, it's normal until the mental beliefs completely release. We did EFT on each emotion and fear as it arose. The persistent use of EFT to reduce these fears was key to maintaining calm and raising Grace's spirits and determination to live.

She ended up having a prosthetic implant, an internal titanium post that replaced her leg bone. Afterward, even though the surgery had been a success, with her capable of walking and her doctors recommending that she start walking, she was afraid to take a step.

To motivate her, her parents bought her hot-pink knee-high tennis shoes. More like tennis boots, they laced all the way up her calves to just below her knees. Essentially, these shoes covered the length of her prosthesis. She absolutely loved them. Even with the pink tennis shoes, however, she was afraid to step forward until we tapped away her fears. We tapped on:

*Even though I have a new prosthetic implant, I'm afraid to take any steps.*

*Even though the doctors say I'm capable of walking, I'm afraid to do so.*

*Even though the doctors want me to walk, I'm afraid.*

*I'm afraid the leg won't hold me.*

*I'm afraid I might fall.*

*I'm afraid to fall.*

*I'm afraid I'll hurt myself.*

*I'm so afraid to take a step.*

*I don't trust my leg to hold me.*

*I don't trust myself to take a step forward.*

*I want to release these fears.*

*They are holding me back.*

*They are stopping me from walking.*

*So I take out another imaginary balloon.*

*I blow all the fear of walking into the balloon.*

*I release the fear that's within me and put it in the balloon.*

*I let go of my fear that my leg won't hold me and put it in the balloon.*

*I release my fear of falling and put it in the balloon.*

*I let go of the fear of hurting myself and put it in the balloon.*

*I release the fear of taking a step forward and put it in the balloon.  
I take all my fears and put them in the balloon.  
These fears aren't helping me.  
They are holding me back.  
I choose to let them go.  
I exhale all my fear of walking into the balloon.  
When it is all there, I tie off the balloon and let it go.  
I put on my favorite hot-pink tennis shoes to remind me of how special I  
am.*

*These shoes remind me of my desire to keep walking.  
Every time I look at them, they motivate me to take a step.  
I choose to focus on taking little steps.  
I start with one step.  
That first step gives me confidence to take the next step.  
One step at a time.  
I take one step forward.  
That is a success.  
Each successful step helps me know I can take another.  
My confidence grows with each step I take.  
My leg gets stronger as I walk.  
My leg with the prosthesis IS strong enough.  
It will hold me.  
It helps me walk.  
It keeps me upright.  
As I walk, I have proof that my leg will hold me up.  
I have proof that I can walk.  
That is a victory.  
I challenge myself to walk with ease.  
It just takes some practice.  
I'm ready to walk.  
I like being able to move around freely.  
I love being free to walk again.*

*I'm so happy I can walk again.*

*I like the freedom that comes with walking.*

*I am blessed that I can walk again.*

You should have seen her go after that! She walked around so proudly. In fact, she practically ran, as she felt the joy of being able to walk again.

That prosthetic implant helped her for a couple of years and she thought she was set, until her left leg became swollen and painful. She was 14 at the time. Unfortunately, the cancer had returned and her left leg had to be amputated from the hip down. For most people, this would be absolutely devastating, but instead of despairing and giving up, she decided to live.

This decision to carry on is one of the most important steps for someone who is ill or, as in Grace's case, someone who has lost her leg. The desire to carry on motivated Grace to take responsibility for her emotional state of being, which in turn affected her physical being.

She looked to me for additional guidance on how to use EFT in her current situation. Since she was no longer in the hospital, I would stop by her home and we would tap and talk about how she could change the direction of her life even though she had lost a leg.

Though she already knew how to tap about her fears, this was a new challenge. How was she going to live her life without her leg? How was she going to get around? How would she study when she couldn't even take public transportation to get to school? Plus she had doubts that she would stay well. In addition, she didn't know what to do with her life.

With the enormity of this challenge, she wasn't sure how to proceed with EFT and doubted she could do it well on her own. She doubted she had the right words or the confidence to tap on her own in ways that would truly benefit her. She felt really alone.

I asked Grace then if she believed in a higher being—God, the Divine, a Universal Power (I asked this way in order to respect her beliefs). She told me she did and thought of it as Spirit. I reminded her that she was never alone, as this Spirit was always with her. All she had to do was ask for that divine support to be with her and it would be. I asked her if she believed she could ask for this support. She had forgotten that she could. Then she decided to ask for help from the "Spiritual Healer." Thus she wasn't alone. She didn't have to heal herself alone. She had the most powerful support possible.

I reminded her that when she got overwhelmed or felt she couldn't do the tapping alone, she could tap while she invited the Spiritual Healer to help her. Though she was tapping for herself, she wouldn't feel like she had to do it all alone because the Spiritual Healer supported her and helped her heal. Doing this also helped her listen more carefully to her body's needs while feeling supported and cared for as she took care of herself.

I helped her get started with tapping phrases while asking for support from the Spiritual Healer. We tapped on:

*Even though I feel scared and alone, I now realize I'm not. I have the Spiritual Healer with me all the time.*

*Even though I am afraid again, I now remember that the Spiritual Healer is with me helping me every step of the way.*

*Even though I'm not sure of what the right words are to use when tapping, I know the Spiritual Healer will guide my words and my actions.*

*All I have to do is call on the Spiritual Healer to help me.*

*I connect to the Spiritual Healer with my heart.*

*As I connect to this loving Spiritual Healer, my body and mind relax.*

*Then I can hear what my body needs.*

*Then I can hear what the Spiritual Healer has to say.*

*As I tap, I call on the Spiritual Healer to help me know what to say and do.*

*I have all these fears in my mind and body.*

*I ask the Spiritual Healer to help me so I can let them go.*

*With the Spiritual Healer's help, I let go of my fear of having lost my leg.*

*I let go of my fear that the cancer will return.*

*I let go of my fear of not surviving.*

*I let go of my fear of not knowing how to live now.*

*I let go of my fear of how I'm going to get around.*

*I let go of my fear of what to do with my life.*

*I focus on the fact that I am still alive.*

*I am still here.*

*I'm not alone.*

*I am supported by the Spiritual Healer.*

*I can still move forward.*

*I am strong enough to do so.*

*I feel so much better knowing I always have this support.*

*It helps me be strong.*

*It helps me make wise choices for my body.*

*It helps me hear what my body needs.*

*It helps me feel comforted.*

*I feel guided and supported.*

*I am guided by the Spiritual Healer.*

*I tap and call on my Spiritual Healer every day to help me make wise decisions.*

*I tap and choose to focus on the good.*

*I remember that I am still here.*

*I focus on the fact that I am still alive.*

*My body is healing.*

*I choose to be positive.*

*I choose to be happy no matter what.*

*I am going to create a good life.*

*I wonder what amazing things I will do in my life.*

Every time I saw Grace, she was more positive and more determined. She had to use a walker or wheelchair to get around. This lack of mobility forced her to take online classes to study because she couldn't get on the bus to get to school. There were times when she was sad and disillusioned about her health and her life, but she persevered.

In August 2017, I visited Grace, now 17, in her home. She walked proudly toward me with the new prosthetic leg she had received two weeks before. She had waited a year and a half for the prosthetic leg because of lack of funds to purchase it. This was another example of her persistence. Now she had the goal of getting a prosthesis made for athletes so she could run in races.

Getting involved in activities for disabled in wheelchairs helped tremendously. She started to play wheelchair basketball. Then she started competing in wheelchair races. She would excitedly tell me how many gold medals she won. She also got a wheelchair bike. I had seen her first

attempts at riding a two-wheel bike using one shoe with a bike clip. She did well but switched to the ease of the wheelchair bike.

In 2020, Grace was scheduled to participate in a Paralympic event in Brazil riding a two-wheel bike, but the event was postponed. She is determined to participate at the next available opportunity.

### **Grace Inspires Others**

Grace helped another young girl who lost her leg above the knee who was depressed and didn't want to go out because people would "look" at her. Grace shared the story of how afraid she had been and how she used tapping to release those fears and build faith in herself. Grace sharing her story gave the other girl the courage to go out and not worry about whether people were looking at her as different.

The fear I used to see in Grace is gone. She is outgoing, determined, and creating her own future. Tapping helped her release fears and create confidence, even though she had a relapse and lost her left leg. In addition to her athletic achievements, she finished high school online. Now she is determined to study architecture with the goal of creating ecological homes.

Grace is an inspiration! She touches my heart and soul with her inner beauty and determination. She is a testament to how persistence pays off. I hope she inspires you to be persistent too, in tapping and in your life.

\* \* \*

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# Children with Cancer by Deborah D. Miller, PhD

We've been focusing thus far in this book on the emotional and physical responses to cancer in adults. In this chapter, we change our focus to children. We will look at how EFT can support a child with cancer as well as the child's parents and siblings. First, let's examine some potential reasons for the development of cancer in a child.

## **Physical Factors**

1. **Genetics:** Children can have a genetic disposition for cancer passed on from one generation to the next, or they can have a genetic mutation leading toward cancer. This is one of the less likely causes as research indicates that fewer than 10% (probably less than 1%) of cancers are caused by genetics. In addition, we have epigenetics on our side to counteract the genetics. Just because one has genes that code for cancer does not mean it will be expressed and thus formed within the body.
2. **Lifestyle:** The current poor state of health of many adults due to their lifestyle choices has an effect on the child they conceive. For example, poor diet, lack of exercise, alcohol, drugs, emotional traumas, and accumulated stress affect the adults' emotional and

physical state. Lifestyle includes the type of people, activities, and interactions one has on a regular basis. If we look at this situation and the effects it has on the cells, we can safely conclude that the woman's eggs and the man's sperm will be less robust than someone who is healthy. A child created from a less healthy egg and sperm has a higher risk of predisposition for an illness, be it cancer, diabetes, obesity, or other condition. Remember the sum total of how you live your life affects whether a gene gets turned on or off in you as an adult and subsequently what is passed on to your offspring.

3. **Physical Environment:** The environment in which we live affects human health and children, being small and still developing, are especially vulnerable. Our environment is increasingly toxic. The soil is depleted of nutrients so our food supply is deficient as well. Transgenic foods, pesticides, herbicides, plastics, electromagnetic field (EMF) pollution, water pollutants, and lack of contact with nature can all have an impact on a child's health.

## **Emotional Factors**

The emotional environment in which a child is raised has an enormous impact on the emotional as well as physical health of a child. As explained in [Chapter 10](#), a child's brain runs in theta wavelengths, which is the state in which you absorb everything as if it were truth. This doesn't mean each child is doomed to have emotional scars from the incidents that occur to and around them, but it means they may pick up beliefs that have an effect on their emotional and physical health. For instance, a child may feel guilty or sad about something they did or didn't do. They may feel these same emotions when the ones they love act out with anxiety, fear, anger, hate, or even apathy. They may wonder what they did to cause this, even though they didn't have anything to do with what is going on around them. When the child is a bit older, they may hold beliefs that there is no hope, no future, and despair about changing a family situation such as abuse, alcoholism, or lack of food.

As emotional stress, fear, frustration, anger, and hate become the underlying emotions that lead to a change in hormone production and weakening of the body's immune system, we can conclude that the



emotional environment, whether at home, at school, or in society, sets the stage for how a child responds to the stresses, challenges, and shocks the child experiences. In some cases, this leads to an illness like cancer. No one can determine exactly which child will hold on to a scary or negative experience, but we can understand that it is part of what we call emotional trauma. Techniques like tapping can ensure that the child releases trauma and receives new information on how to manage their emotions and to thrive.

All children want to feel safe, thus a safe environment provides not only physical safety and comfort, but also emotional safety. When there isn't a safe environment or one that doesn't fit their emotional beliefs about being safe and loved, then illness can provide some of whatever the missing attention they perceive isn't available. This subconscious perceived stress doesn't always coincide with the apparently good life a child has. Everything may look fine, but underneath the child is emotionally distressed.

When children are ill, they tend to get a lot of attention, especially when they have cancer and are in a hospital. They get constant attention. It may be negative attention, as in needles and tests, but someone is consistently checking on them. Being in the hospital or being ill changes the family dynamic, in positive and negative ways. It forces family members to be at the hospital with the child because they require adult supervision by a family member. I want to be clear, the desire for attention didn't cause a child to get cancer, but that need for attention may contribute to keeping cancer in place since there may be an underlying belief that getting healthy will mean no longer getting attention and/or their needs met. As discussed previously, this is known as secondary gain, the gain to be had from a negative situation.

Cancer can be a wake-up call for everyone in the family, an opportunity to make positive changes. Cancer in a child may lead to a change in the family. For example, in the case of one child I worked with, his family was troubled and some members were alcoholics, but the whole family changed to support him when they found out he had cancer. They changed their habits, quit drinking, and came together in every way possible to stand behind this child. He thrived in that environment. His family also healed in many ways. In this case, cancer was a motivator for the whole family to change in a positive way.

Paying attention to the emotional state of our children is fundamental in helping them avoid or deal with cancer. In fact, when children release these perceived or real threats to their well-being, much can change in their physical body, supporting them in getting better.

## **Spiritual Factors**

It may be in some cases that these beautiful souls come to learn—for their own growth and to teach their families—through the experience of cancer. What is learned on a spiritual level creates deep growth, understanding, compassion, and healing of inner and family wounds. It can create closeness, forgiveness, and much love.

It is a privilege to witness and support children on this spiritual journey that also creates deep spiritual growth in everyone involved. I believe the growth occurs for those around a child with cancer as they step into the role of unconditionally loving the child.

## **How to Use EFT with Children with Cancer**

I love tapping with children. Even an ill child wants to play and have fun. They just want to feel better and feel loved. EFT is a delightful way to help them feel peaceful, calm, and relaxed, smile, laugh, play, and feel loved. EFT is fun to do. Tapping helps them feel empowered. They aren't just feeling bad, suffering, or tolerating a treatment. They can actually shift their emotional state, shift their beliefs about treatments and their illness, have a vision of what it is like to be healed, and use tapping as a step to creating health.

Tapping with children can be quick and easy. Children tend to let go of their emotions quickly and move on. Tapping with children taught me to change the way I was tapping. I had to be flexible because sometimes I only had a few minutes before a child went off to surgery or for a treatment.

Sometimes children resist using tapping, but then I just tap on myself, declaring how the child is wonderful and loving even though he/she doesn't want to tap with me, as well as tapping that I'm a wonderful person even though this child doesn't want to tap with me. Often by the time I am halfway through a round of tapping, the child is tapping along with me.

Sometimes the child just doesn't want to tap. I tap a few rounds saying phrases out loud so the child can hear my loving thoughts and wishes for the child. Many times that is enough. I never coerce a child to tap. I also find that many children will then tap on their own because they want the privacy. I also use Till Schilling's TappyBear, a stuffed bear that has the tapping points on its body. The children love TappyBear and talk to and tap on him. It brings much relief.

With the children who like to tap, or recognize its value, we actively talk about what the emotions or physical issues are. What does the child feel? Where does it hurt? What does that hurt feel like? What emotions come up? What hurts about their life? I look for clues to the underlying reasons for the current state of health (illness) and then we tap to release those reasons plus tap on the positive to bring into being what they truly desire in their life.

Tapping with children is much simpler than with adults. Using colors, symbols, power animals, angels, or a superhero as part of the tapping phrases delights children. Whatever color, power animal, or superhero the child chooses is what I use. One child's power animal is a horse. I asked what color and he said, "Blue." I was surprised and, being an adult, was going to correct him and remind him there aren't any blue horses, but I realized this was his power animal and it could be whatever color he wanted it to be. He rode off on the blue horse in his imagination as we tapped about how that blue horse helped him feel free.

The concept of having their own personal support helps children feel safer. That support is totally up to them. I may give them some ideas or suggestions so they have an idea of what I mean, but they choose—be it God, angels, a dog, a dragon, a green shield, a rabbit, lion, their mom, their dad, or their favorite superhero. In addition, the more fun, the more playful, and the more imaginative the tapping is, the more joy the child feels. What a delightful way to empower children to manage their emotions and even pain. Another benefit of EFT is that even very young children (2 to 3 years old) can use tapping on their own.

Using symbolism and imagination along with EFT helps children understand what type of cancer they have, visualize ways they can remove it or heal it, picture loving their body and even the ill part of themselves, and, finally, visualize themselves healthy in their future. It allows the child

to focus on the image of their healing, seeing themselves happy and living even to an old age if they want to look that far. Using symbolism with EFT also helps me help children find core emotional reasons underlying their cancer.

Most of these children are unaware of the emotional why, but children are very perceptive about what goes on in the family household and in their community. They may not be aware that they are taking on and holding in their bodies the stress, worry, or fears about what is going on around them.

A preteen with bone cancer realized how much it “hurt” to see all the discord in his village. A young boy wanted more attention as he was the oldest of many children and his parents didn’t have much time for him. Being sick brought focused attention to him, but he also learned how his parents did show him love in the ways they could and how he could share that with his siblings as well as love them. Another young boy was very self-critical and developed a tumor in his kidney. A young girl with leukemia suffered because her dad was never with her and her mother but later married someone else and had more children. She never felt loved by him.

Even though these are sad stories, the fact that the children could discover these underlying reasons allowed them the opportunity to release them instead of holding on to them, change what they believed and sometimes even change the situation, and, most important, feel good about themselves and make wise decisions that created health instead of illness.

## **Using EFT with Children in a Hospital**

In 2007, I was given an opportunity that changed my life. Being invited into a hospital cancer ward in Oaxaca, Mexico, to use EFT with children was my opportunity, but what I did and continue to do goes way beyond what I imagined. I started with the idea of seeing what would happen as I tapped with a few kids with cancer. In a little bit over a year, I found myself working with 135 children and over 500 family members plus many hospital staff, and being officially invited to teach EFT to the whole hospital staff. Who would have imagined it?

The hospital has changed significantly. I share these stories to inspire and give hope to all who read them.

Teaching and doing EFT with these kids has been the most incredible experience of my life. It has helped me grow not only personally, changing my perceptions and paradigms in many ways, but also as an EFT practitioner.

When I first started doing EFT at the hospital, I was curious as to how it would go, given limited working conditions and circumstances. As time went on and with a little bit of encouragement and perseverance, I began to see the magnitude of what was transpiring. Not only were the children feeling better physically—diminished pain and nausea diminished, reduced fevers, faster immune system recovery—but deep emotional changes came about as well, notably getting rid of fears (of needles, nurses, doctors, and their disease) and creating self-esteem and self-worth.

I was also glad to observe that some of the children who tapped with me were learning life skills that are rarely taught to them. They were given back their dignity and that allowed them to embrace their disease on a whole new level. They owned it and claimed their right to heal and actually allow their body to begin the healing process.

I saw child after child tap on their own, tap with TappyBear, and remind their parents to tap with them. They began to choose to feel better, under the worst of circumstances, and to allow themselves to be happy by focusing on all that was good at that moment in their lives. This, in turn, brought back my most cherished trophy: their smiles and joy.

The quality of life has improved drastically for these children and, consequently, for their parents, the hospital staff, the doctor, and me.

These kids are incredible souls and it is such an honor to work with them.

## **How My Work with Kids at the Hospital Came About**

How does one begin such an intense, enormous project as doing EFT with kids with cancer in a hospital? It began with an invitation to participate in a Fundraiser for Kids with Cancer in a local park. I had just gotten my new TappyBear and was eager to see how children responded to him. I went off to the park that day with the following idea: “Let’s see what happens. I’ll spend a few hours of my time lending a hand and helping some children feel a little better.” That simple idea has led to a lifelong project that continues to expand and fill my heart with love.

In the park that day, the kids were lying on cots under makeshift tents. It is quite striking to see these beautiful children in pale green gowns with little to no hair, some calm, some very weak, some with IVs, some silent, some distant.

I worked with four children that day. The first was Dulce who could not see well out of one eye but paid close attention nevertheless. She smiled and was open to trying EFT, thinking it was fun, especially because she got to use TappyBear. It made her feel markedly more relaxed and reduced her discomfort. I was glad at this encouraging start. With the other children, I had varying success. One of them was open to EFT. Another was still in shock at learning she had leukemia, but tapping with her parents brought them some relief. The last child that day was shy. Yet each child relaxed in some way. In each case, TappyBear was a soft and gentle way to approach the children, which is very different from their experience with needles, medicines, and a hospital.

After observing my tapping, the doctor in charge of the cancer ward commented that maybe I could try EFT in the hospital itself. This idea had to settle for both of us, and it took two months before we managed to connect. On the day we finally met, we began by talking about EFT and the needs of the children beyond their physical treatments. The doctor gave me the freedom to do whatever I could with EFT.

I chose to begin by teaching and showing EFT to the nursing staff, as they are in immediate contact with the children on a daily basis. I wanted them to know personally what I was up to and not be surprised by the funny-looking “tappings” and stuffed bear I would be using. I led them through a few rounds of EFT and we ended up laughing, yawning, and relaxing. It created a beautiful connection with the nurses who care so diligently for the children. When I met them initially, I could feel how stressed and tired they were from the work of caring for these children, amplified by the emotional consequences if a child doesn’t survive. I truly believe that connecting with the nurses has been one of the keys to success, as they freely allow me to work with the children and them.

When I first arrived on the children’s ward, much to my surprise, the first child I saw was Dulce. She was glad to see me and Tappy’s blue bag on my shoulder. She told me excitedly that she remembered how to tap, had taught her dad how to tap, and they tapped together. How wonderful that after 10

minutes of tapping with me, she could recognize its value, use it, and teach someone how to do it with her. She was the first recipient of a TappyBear, and I knew right then I would need many more. (In less than two years, with the strong support and help of TappyBear Inc., I was able to give over 80 children with cancer their very own TappyBear.) Every time I give a child a TappyBear, I see the other children looking at me with hope in their eyes that they'll be next to receive one. It makes me wish I could give a TappyBear to every single child right now.

## **Initial Perceptions**

The children's cancer ward has a waiting room where up to 25 parents and children wait for treatments and two rooms with beds. One room has three beds and the other six beds.

The first day I walked into the cancer ward, I was overwhelmed by the sadness, pain, misery, and fear that hit me like a wall of emotions. I saw a mother and child huddled together in a corner, and there were about 30 more people in the room in a similar state. I could feel that, in their perception, they were alone in their misery. It was a lonely, isolated, and depressing picture that deeply saddened me.

With Dulce and Tappy as my icebreaker, I began to shed my doubts as I sat down to tap with her, observed by all others. Her smile was more than enough proof that this was only the beginning.

When I began using EFT, the children and parents who tapped with me started to feel relief on many levels. As more and more of the children and parents learned EFT, the whole atmosphere of the ward gradually changed.

Here are some of the changes I perceived.

One morning I walked in and four children with their parents were having breakfast together and laughing. This was so remarkable that even the doctor noticed it and commented on it to me.

On another visit, the children were playing games together or on their own. They were laughing and talking to each other. They were doing puzzles, drawing, and coloring. They were playing with a ball and constructing things out of Legos.

Another shift was the parents talking, sharing experiences, and helping each other. One mother told me that before learning EFT she couldn't help

anyone else. She was so absorbed in her own problems with her own child that she couldn't even think to look at what was going on with the others, much less help them. Now she felt empowered, because she felt calm and much more relaxed in the face of her child's cancer. She now goes out of her way to help the children and other parents.

The next aspect I was amazed by is that the nurses were more relaxed as they enjoyed interacting with children who weren't afraid (or less afraid) of them or of the treatments they would be giving the children.

A delightful indirect coincidence was that the only place in the whole hospital that got a new paint job was the children's cancer ward. It went from drab gray walls and dark blue doors to fresh and inviting colors like a beautiful soft yellow with stuffed animal detailing and light blue with scenes from the sea.

The parents themselves showed markedly reduced anxiety and intensity of fear, so they could be joyful with their children.

One of the best aspects was that the doctor and nurses found increased compliance with the children when they took their medications or came to the hospital for treatments and injections. That made everyone's life easier.

Now when I walk in to the cancer ward, the energy feels light and comfortable. The ever-present seriousness of disease is still there, but not the intense fear of it nor the inability to manage it. Laughter is now regularly heard on the ward.

For me, these shifts are the gifts of bringing EFT to the hospital.

## **Rodolfo, an EFT Champion**

Rodolfo, an 11-year-old, was back in the hospital because of pain in his stomach and side. He was diagnosed with a calcified mass in his right kidney. I tapped with him to get rid of that initial pain. I left a Tappy with him in the hospital; he slept with it and tapped with it daily.

He was scheduled for surgery to remove the kidney mass. He was afraid of this surgery and we tapped away all those fears. In Louis L. Hay's book *You Can Heal Your Life*, she talks about kidney problems having to do with self-criticism. I told him kidneys represent criticism, especially self-criticism. He agreed he was very critical of himself.



We tapped:

*I'm so critical of myself.*

*I always tell myself how bad I am or how poorly I do things.*

*I cut myself down.*

*I am hard on myself, just like my calcified mass.*

*I criticize others.*

*I'm hard on them too.*

*My family criticizes me too.*

*They are hard on me.*

*No wonder I have this hard mass in my kidney.*

*I feel hurt when others don't like what I say or do.*

We tapped:

*I choose to be nice to myself.*

*I am a good boy.*

*I'm a great kid and I'm talented.*

*I say nice things about myself and others.*

*I am worthy.*

*I choose to praise myself when I do well.*

We worked on the calcified kidney mass itself. We started by imagining it. It was about the size of a grapefruit. We saw precancerous cells encapsulated in light, just like the grapefruit has a skin around it. I asked Rodolfo if he were to imagine doing whatever he needed to remove that mass, what would he do. He said, "Cut it out with a sword." It was a magic sword.

We tapped:

*I use my sword to cut that mass into pieces, five pieces.*

*I burn those bad cells until there is only ash left and I blow away the ashes.*

*I change those bad cells into good cells.*

*Even if the doctors need to take them out, it is okay.*

*It means I get to start again without criticizing myself.*

*I am a sweet boy.*

*I am sweet to myself.*

*I don't take things personally.*

*I know when it is about me and when it isn't.*

*I take responsibility for my stuff but not that of others.*

Once we did this, he was no longer afraid of the surgery. We continued:

*I release any hidden fears or the need to cover them up so I seem strong.*

(He began to yawn profusely as we tapped, a sign of release.)

*I am a good boy, not a bad boy.*

*I change my fears to strengths.*

We imagined how the surgery would go from beginning to end and tapped while we did it. We tapped:

*I am smiling and laughing with the nurses and doctors.*

*They treat me really well.*

*They take care of me.*

*I go to sleep without worries.*

*I know the surgeon is doing his best work.*

*I take five angels with me to take care of me and the doctors and nurses.*

*I come back to my room afterward and feel fine.*

He liked these images very much. He told me that if he felt any fear when he was about to go to surgery, he would tap. In the end, the surgery was put off and this was his opportunity to tap more.

Rodolfo tapped two times a day at home (even without a Tappy) and used his "magic sword" to continue to feel strong and protected. The results were obvious. When I saw him again, he had great color and was smiling ear to ear, even though he was waiting to have his appointment with the doctor. The stomachaches he usually had when at the hospital had gone away. He hadn't gotten a cold, as he usually did.

When I received a donation of TappyBears, I gave one to Rodolfo. I think it was the best gift he had ever received. He beamed a smile at me as he received his Tappy and promised to tap every day.

Rodolfo went way beyond what he promised. He tapped every day with his parents. He taught his younger sister and brother, his aunts and uncles, his cousins and friends to tap. Two of his friends came over every day after school and they tapped together.

When you see Rodolfo, you understand how well he is doing. He has a full head of hair, has grown, and has the most incredible smile. Beyond all of that, the most obvious thing you notice is that he actually emanates peace. You can see it in his eyes. That's why, for me, Rodolfo is an EFT Champion.

## **Tapping During Blood Samples**

Imagine the stress health care staff must feel when having to take blood samples from a screaming child, as well as the difficulty if the child is moving around and resisting. I had a lovely experience helping not only two young boys feel better, but also an intern relax during the process of getting blood samples.

As the intern was about to take the sample from Christopher, I started to tap with him. He was crying and almost screaming, not wanting what was to come. As we tapped, he relaxed and cried less. Actually, he forgot to cry a few times and had to remind himself to do so, "cuz that's what you do when someone pokes you with a needle."

We tapped:

*The intern is a good lady and she will do her best.*

*I am relaxed, so it is easier for her to take the sample.*

*She does such a good job that it is over before I know it.*

*It doesn't even hurt.*

*I'm so relaxed that it all happens quickly.*

I continued to tap and he relaxed more and more. Before he realized it, the blood sample was taken. His arm didn't even bleed. At that point, we started talking about other things as if that was what we were doing before the intern came to take the sample. It was all over and forgotten. A few minutes later, he was asleep.

The intern asked if I would tap with the next young boy, Eduardo, as she took his blood sample. I went across the room and started tapping with him as she prepared herself and the boy. He started to cry for his mommy, but as I tapped and spoke to him, he relaxed, cried a little, relaxed. He was watching her put on her gown, the mask, and gloves and that made him uncomfortable.

We tapped:

*She is wearing the gown and mask to make sure everything stays clean.*

*She's a good intern making sure everything is right.*

*She wants everything to go right.*

*She is making sure everything is perfect.*

*I don't have to be scared.*

*I relax and stay calm.*

Then he saw the intern with the gauze all ugly-colored from the iodine to clean his skin. I could see the panic on his face.

We tapped:

*It is only a liquid to clean my skin.*

*It is like soap, nothing more, but it has an ugly color.*

*It doesn't hurt me.*

*It isn't blood.*

*It is just like soap.*

*See now she is using water to clean off the soap.*

*She wants to make sure your arm is clean.*

He relaxed. As the intern took the sample, he did cry, as it hurt some, but he could immediately relax as she took the sample.

We tapped:

*I'm a brave boy.*

*I relax and it will all be over soon.*

*I relax my arm and it hurts less.*

*I am a good boy.*

When it was over, he did relax. We tapped:

*Now that it is over, I can relax completely.*

*It is all over and I let my arm relax.*

*I send away the pain. I don't need it.*

*I am a good boy.*

*I feel better now.*

His mom asked how it went and he told her it hadn't hurt so much. Even as young as he was, 3 years old, he knew something was different from

what he had experienced before. I could see the curiosity in his eyes as he tried to figure it out.

Afterward, the intern thanked me, telling me that for her it was a much better experience because the boys were much calmer. As I tapped on the boys and watched them relax, I saw her relax and feel more confident. In fact, I was tapping for her as much as the boys by the phrasing I used. It was a nice win-win for both the boys and the intern.

## **Using EFT to Deal with the Pain and Emotions of Having a Spinal Tap**

One of the most fear-causing and painful experiences for a child with cancer is to have a spinal tap. In this procedure, a thin needle punctures the back to reach into the spinal column and remove spinal fluid. I have seen children's tension, fear, tears, and even occasional screams before, during, and after this treatment when they don't know how to deal with it.

My goal is to empower children to create a better experience even when they have to have a painful treatment such as a spinal tap. I do this by first teaching them about what the treatment entails and then ways to overcome the fears and even reduce the tension and pain by knowing how to hold their body, breathe deeply, and use EFT. Tapping is key in this process because, no matter the age, a child can use this technique to feel calmer and even take care of her or his own pain.

Danny is a perfect example. Danny was just 3 and a half years old the first time I had the opportunity to do EFT with him *after* he had a spinal tap. We began by tapping together after the spinal tap because he was angry, upset, and in pain. Just the process of tapping reduced his anger and frustration at being forced to undergo the treatment. It also eliminated the pain that ensued.

If I'm allowed to tap on the child, I may do continuous tapping without words on their tapping points for them. If not, then we each tap on ourselves individually. Just the act of tapping begins the release of the emotion and starts to calm the child. After a couple of rounds, I start with words describing what the child feels to release those emotions too. I've

found that EFT reduces the pain and if one taps long enough, the pain is eliminated, even at the point where the needle is inserted.

Danny and I each tapped on ourselves and used the following words:

*I'm mad.*

*It hurts.*

*I don't like when the doctor pokes me.*

*It really hurts.*

*It makes me so mad.*

*It makes me cry.*

*They make me do it.*

*I don't like that.*

*I'm mad.*

*It hurts so much.*

*I don't want to hurt.*

Just tapping on what Danny felt helped lower the intensity of his anger.

When working with children (and adults), using colors or symbols to represent the emotions they feel is an easy and fascinating way for them to identify and release the emotions they are feeling. I do this because most children don't know how to identify their emotions (and many adults don't want to look at or talk about the issue at hand). In addition, children don't analyze the situation; they just feel it.

The right hemisphere of the brain uses symbols, colors, and whole images to represent the situation, whereas the left brain focuses on words and details to describe it. Taking advantage of this natural brain function allows me gently and easily to help the child release the emotional trauma associated with the color. The "color" tends just to pop into the child's mind, as the subconscious mind participates in the answer even though the conscious mind doesn't understand why it chose that color. While tapping, I switch between naming the emotion and the color separately and then together. I also ask for the location of the emotion in the body.

I asked Danny what color his anger was and where it was located in his body. He said his anger was green and located in his belly. Even though we tend to think of anger as the color red, whatever color the child says is the

color I use in the EFT phrases. In Danny's case, his subconscious mind brought the color green to his mind to represent his anger. We tapped on:

*My anger is green.*

*It's in my belly.*

*The green is big!*

*The green is gigantic!*

*I have lots of green anger in my belly.*

*I have so much green anger in my belly.*

*I don't want green in my belly.*

*I want to take out the green in my belly.*

*I want to get rid of the green anger.*

I asked Danny how he would take out the green in his belly. He said he would throw it on the ground and stomp on it. We tapped on:

*I throw that ugly green anger on the ground.*

*I stomp on that green anger on the ground.*

*I stomp on it till it is gone.*

*I throw ALL the green anger on the ground.*

*I stomp and stomp and stomp until it is all gone.*

*I feel better now that the green anger in my belly is gone.*

I asked Danny if there was still green in his belly. He said there wasn't, but now there was pink. For him, pink made him feel calm and relaxed.

After we got rid of his anger and frustration, then we tapped about the pain and hurt he felt at the moment of having a spinal tap and the emotions that came up until they calmed as well. We tapped on:

*My body hurts.*

*My back hurts.*

*It hurts where the needle stuck me.*

*I don't want to hurt.*

*I want to throw the hurt away too.*

*I want to send it away.*

*I let it go.*

*The treatment is over.*

*It is all done now.  
I can feel better.  
I can let go of the pain.  
I breathe and relax.  
I'm strong.  
I made it through.  
I let go of the pain.  
I breathe and relax.  
I don't have to hurt.  
I can be calm.  
I choose to be strong.  
I am a strong boy.  
I'm powerful.  
I can do this.*

By using EFT to let go of the pain, Danny's attention shifted from what he experienced to how he wanted to feel now that the treatment was over. I've found that first the child calms and then the pain drops off throughout the body. The last place the pain releases is at the needle insertion point. We continued:

*I feel better now.  
The hurt is going away.  
Even the hurt where the needle poked me can go.  
I can let go of the pain.  
Even where the needle poked me.  
I breathe and relax.  
Even where I was poked the pain goes away.  
I send it away.  
I relax and let the pain go away.*

Danny fell asleep at this point relaxed, calm, and without pain.

At a later time, I taught Danny how to breathe and relax his body to be prepared for the next spinal tap. We tapped on how, once he removed the emotions and pain from a particular spinal tap, he could tell his body to



forget about it completely so his body didn't need to be hyperalert in preparation for the next spinal tap.

I also showed him ways to tap to prepare for a spinal tap and reminded him to tap when it was over to help his body release the tension from the procedure.

While he was in his hospital bed, we imagined all the steps involved in the treatment and tapped on the feelings associated with it. We started with the fear that comes up just knowing that a spinal tap is needed. We tapped until the fear of having the treatment was gone:

*I'm scared.*

*I don't want to be poked in the back.*

*I don't want the doctor to poke me.*

*It hurts and makes me mad.*

*I don't like the shots.*

*I'm scared.*

*I'm mad.*

*It hurts.*

*I don't want the doctor to hurt me.*

*I don't want to do this, but they make me.*

*They say it is so I will get better.*

*But it hurts.*

*I'm mad.*

*I'm angry.*

*Being mad makes my body tight.*

*That makes the needle hurt more.*

*I don't want to hurt more.*

*I don't want to have another spinal tap.*

*I can make it better if my body is relaxed.*

*I choose to breathe and relax.*

*That makes me powerful.*

*I breathe and relax my body.*

*I can make it better by breathing and relaxing.*

*I choose to be calm even when I am waiting for a spinal tap.*

At this point, he felt calm about having another spinal tap in the future. I asked him to imagine going into the treatment room. We tapped until the fear he felt was gone:

*Just thinking about going into the treatment room makes me afraid.*

*I don't want to have to go in there.*

*I already feel fear.*

*I'm already scared.*

*But I choose to be okay.*

*I know I can breathe and relax.*

*I am strong and I will be okay.*

*I let go of my fear.*

*I breathe and relax.*

He could imagine going into the treatment room and being calm. I asked him to imagine he was on the treatment table. We tapped until he was calm:

*My body tenses just thinking about sitting on the treatment table.*

*I'm not even there.*

*I'm still in my bed.*

*It hurts already.*

*I haven't even been poked.*

*It's not real.*

*I'm okay.*

*I don't have to be tense.*

*I tell my body to relax.*

*I am safe.*

*I am okay.*

Now he could imagine being calm while on the treatment table. I asked him to imagine having the spinal tap treatment. We tapped until he could imagine feeling calm while having the treatment:

*I choose to be relaxed.*

*I know how to hold my body and relax.*

*I breathe deeply.*

*I relax.*

*The doctor will be relaxed if he/she sees me relaxed.*

*The doctor doesn't want to hurt me.*

*The doctor wants me to get better.*

*I relax so we can do this quickly.*

*I know how to deal with this treatment.*

*I know how to breathe and relax.*

*I know how to talk to my body so it feels good.*

*I am okay.*

He could imagine having the treatment and being brave and calm. I asked him to imagine going back to his hospital bed. We tapped on any emotions like anger, frustration, sadness, or hurt or any pain until they were gone:

*It still frustrates me that I have to do this treatment.*

*I choose to be okay anyway.*

*I let go of any anger, fear, frustration, and sadness I feel.*

*I choose to be calm.*

*I am in charge of my emotions.*

*I choose to be calm and at peace.*

*I am strong.*

*I know what to do to take care of myself.*

*I breathe and tap until I feel good.*

After imagining that the treatment was over and he was back in his hospital bed and calm, we reviewed how to tap after an actual spinal tap to relax and let go of the pain using words, colors, and images of releasing the pain.

All of these steps prepared Danny for the next spinal tap and helped him release the body memory of a previously painful experience as well.

Here is the part of Danny's story I love the best.

One day, Danny was tapping on his own while he was waiting to have a spinal tap. His parents, who didn't use EFT much, asked him why he was tapping. In the beautiful way only a child can answer, he said, "Because it hurts less."

Danny didn't need to know the science behind tapping or how it lowers cortisol levels. All he needed to know was that it hurt less. That was enough

to motivate him to do EFT on his own.

What a gift EFT is when it helps children with cancer feel less pain and manage their emotions in a situation in which most children feel completely out of control and disempowered.

With Danny's tapping, not only about the spinal tap, but also on his anger, he was able, at this very tender age, to direct his own experience, be empowered to create a better outcome, and be his own hero.

## **Tap on Yourself First Before Tapping with Your Child**

Parents tend to focus first on their child. This is a natural response, yet it is essential for parents to take care of themselves emotionally if they are going to be the greatest support for their child with cancer. Over and over again, I've seen stressed and fearful parents when their child has cancer. This is perfectly understandable, but the child feels that fear and it feeds their own. This creates a circular effect that adds to everyone's fear and stress.

This circular effect becomes positive when parents use EFT to calm themselves and feel more at peace. The child picks up on their calm and becomes calm too. It is beneficial for the child and the parents and/or caregivers to use EFT to manage their emotions before and during their interactions with their child with cancer.

Parents utilizing EFT to deal with all of the emotions that come up around having a child with cancer will only improve the situation. If you are the parent, you will be able to manage your fear, frustration, anger and more, which in turn allows you to make wiser decisions for your child. It will help you deal with all of the emotional states your child will go through as well. If you do EFT with your child, it will create a concerted effort and create a deep connection that will support you along the way. Tapping with your children allows you to become more playful too.

Tapping is a loving way to take care of a child with cancer as well as everyone involved.

## **Jonathan Leaves with Peace and Love**

Jonathan was a young man of 15 years when I met him. He would hardly ever talk to me or anyone else. He was angry, frustrated, and disgusted with the world. He closed himself off in his own world of misery, the pain and suffering of leukemia.

Even though he would not talk to me, I would come by, talk to him, and do EFT for him while he watched me. On the rare occasion, he would say something. I did get to know one of his sisters and together we tapped for Jonathan. She told me that Jonathan's father had died when he was 8. He was the youngest of 8 children and his mother had to work to take care of them all, so Jonathan was alone without a parent.

One Friday, Jonathan was in bad shape. I had a mental conversation with him, telling him I understood why he was so angry with his mother for not being there for him and with his father for leaving. I agreed that he had every reason to be angry with the world. I told him he had two choices: Stay and heal it with love in his heart, or leave and be in Spirit. I told him either option was okay. It was up to him. I left the hospital that day with the feeling that he would not be alive the next time I came in. I arrived on Monday to the great surprise of him looking much better and with more of his family with him than I had ever seen.

Over the following months, Jonathan became a different young man. He smiled, talked, and was open. He did EFT with me every time I came in. When no one was around, he used the TappyBear too. I tapped with his sisters and his mother and with him about his healing, about his hurts and wounds, and each of their hurts. I saw that what Jonathan wanted more than anything in life was to feel loved. By doing EFT, he released many of his blocks to receiving love.

The last time I saw Jonathan, he looked truly happy and content as he left the hospital. He had a look of peace in his eyes. He told one of the other mothers just before he left that he felt good, at peace, but he knew his body could not recover. At the time I met him, his body had not been responding to any treatment for months.

Even though Jonathan passed away a few months later, he had gained something grand: He passed on feeling at peace instead of being angry with the world; he created a healing in himself and his family, one that allowed him to feel their love, the one thing he wanted most in life. That gift will live on for a long time.

Bless you, Jonathan, for being such a wonderful soul. I thank you for teaching me that I may not always succeed in helping the children heal themselves of cancer, but that something grander may come of it, healing of the heart and soul.

## **Karen Dances with Tappy**

Karen was a 4-year-old with leukemia. Her face was flushed red with blotches. I showed her TappyBear and tapped along for her. At first she was shy but then enjoyed it. We tapped on Tappy about the fear she had when she first got sick. The first sign of her illness was fever, which came back about every two weeks. The color of her fear was red. We tapped on throwing away the fear. We also tapped to throw away her illness. After this tapping, her face rarely got flushed and red.

Though Karen was very young, she was incredibly smart and had a great memory. Since she had such a good memory, I asked if she remembered why she got sick. She said my dad came back when I was sick. He was away. We tapped:

*I had to get sick so Dad would come home.*

*He came home because I got sick.*

*He came home to take care of me.*

*I had to get sick so he would come home.*

*I am a good girl and don't have to get sick to have my dad come home or stay.*

*I can get well.*

At the point when I mentioned it being safe to be well, she got tired—as if it were too much to give up that belief.

The next day, I tapped with Karen and another little girl. We each had a TappyBear. I tapped on his buttons and they followed along, saying what I did. I continued from where Karen and I left off the day before.

We tapped:

*I am loved whether I'm sick or well.*

*I don't have to get sick to have my dad at home.*

*I can be healthy and have the love of both my parents.*

*I am a great girl.*

*I can heal.*

*My body heals.*

*I am worthy.*

*I am loved.*

*I am an angel.*

*I am love.*

Something clicked when they tapped that they were love. They opened their eyes wide as if it had never occurred to them before. Then they both got up, put the TappyBears on top of their heads, and started to dance around the cancer ward. There was such glee in their dance. I had never seen such a display of joy in this ward before. It brought smiles to all of us in the room to see such pure joy.

Karen quote: "I like to touch TappyBear because he is so lovely."

## **Emigdio and His Fears**

Emigdio had leukemia. The first time I met him he was alone in the hospital bed, lying there pale, sad, and without any energy. He saw me come in with TappyBear and I could see the curiosity in his eyes. Who is this woman and why is she carrying a stuffed bear? I asked him if he wanted to learn how to use his magic fingers. He nodded. When I asked him if he felt sad or had pain, he said he didn't have any energy. We began using Tappy and tapped about energy. His color got better and he sat up.

The next time I saw him, his color was still good and he told me he felt lots more energy and was much less tired. He was smiling so widely that I felt delight.

I decided to find out if he had any fears. He thought a moment and then said he did. I asked what color it was. He said it didn't have a color. I asked if his fear had a shape or form. He said an animal. I asked him to close his eyes and tell me what animal. He thought for a moment then told me it was a dog. When I asked if it was a ferocious dog, he nodded vigorously yes.

We tapped:

*I have this fear and it looks like a dog.*

*It is a mean dog.*

*It is a mean black dog.*

*It scares me.*

*I don't like it.*

*I'm afraid of it.*

*It might hurt me.*

*I think the dog would like some attention just like me.*

*He might need some love too.*

*I can change the mean dog by treating it nicely.*

*I think I'll give it something to eat so it feels better.*

*I change the mean dog to a nice dog, a pet, a friendly dog.*

I asked him to close his eyes again to look at the fear that was a dog. He did, but then opened them quickly with a pleasantly surprised look on his face. He said it wasn't a bad dog, but a good dog. He was smiling from ear to ear. Since he was alone again, I asked if he missed his family. Of course, he did. I had him tap on seeing his family in his mind's eye and that they were always close. When we finished, he didn't feel alone but that his family was right next to him.

The following day, the nurse reported to me that Emigdio had excitedly told her about how we had used Tappy to get rid of his fears.

As I worked with this young boy and saw how excited he was about healing and having a way to get rid of his fears, my heart filled and tears came to my eyes.

A few weeks later, Emigdio was in ICU with an intestinal infection. He told me the infection was green, an ugly green. We used TappyBear to clear out this image. As we tapped, he decided to burn the ugly green. It took a while, but then it was gone. We put healing "energy" in its place.

Now that we had tapped together several times and he felt confidence in me, I asked him if he remembered when he first got sick. Without pause, he said it was three years ago when his little brother got ill. He was scared, that fear was like lots of bad dogs. We tapped to release those fears/bad dogs.

I asked him if there was anything else. He said he was scared for his little brother, so he promised to get sick so his brother could get better. I could



hardly believe what I was hearing. What an incredible promise. How does one heal when one is holding such a powerful promise?

We tapped:

*I was scared for my little brother and got sick instead.*

*He got well, but I stayed sick.*

*I thought I was doing a good thing to make him better.*

*I didn't know he would get well on his own.*

*Then I stayed sick.*

*I am a good boy.*

*I promised to get ill because I love my little brother so much.*

*I chose to get ill for my brother, but I don't have to do that anymore.*

*Now I know my brother will get well on his own and I can get well too.*

*I release myself from that promise to be ill for him.*

*I can now get better.*

He said the fear was gone, but I knew by the look on his face that something had stayed. So I had him look at his disease again. This time it was a pain in his left chest/heart. I asked if he felt guilty and he did.

We tapped:

*I feel guilty because I promised to get sick so my brother could get well.*

*I am a good kid doing what I thought was best.*

*I didn't know better, but now I am free to heal too.*

He looked so relieved. Afterward, he only wanted to close his eyes and sleep. There is nothing like a deep release to make you want to rest.

The next time I saw him, he looked happy and healthy. His father said he was doing well.

## **The Role of Intention**

Many people worry about the wording to use with EFT. Personally, I love the word play and how my intuition and scientific background bring words to me easily. My preference is to be as specific as possible. Yet I had an experience where it didn't matter what words I was using. It was all about my intention.

Seti was a 3-year-old with cancer. He didn't speak Spanish, English, or any language spoken in the hospital where he was being treated. He was obviously very afraid and cried and cried every day and when anyone came near him.

After some time, with lots of smiles and waves on my part along with surrogate tapping on myself as I stood near him, we became friends. I would come by and tap on myself and watch him giggle as I did. Later I could do a little tapping on him too. I gave him a TappyBear.

One day, when I was sitting on the edge of Seti's hospital bed, he grabbed the blue bag where his Tappy was kept, opened it, and carefully paw by paw took Tappy out. He handed Tappy to me as if he wanted me to tap with him. I gladly obliged. I tapped and spoke in Spanish about what a good boy he was while he laughed. He smacked the buttons or just Tappy as I tapped. It was his way of doing EFT with me. Then he grabbed Tappy, gave him a big hug and me a big smile. My heart melted, as I could see that it was his way of telling me he was grateful for my presence, my smiles, my attentions, intentions, EFT, and that he had a lovely Tappy of his own.

He liked the attention and, from my point of view, the energetic connection between us came from my intention to help him feel better. This child changed from the fearful child who would cry and cry to a relaxed, content, and playful young boy. This change would provide a positive effect on his body's ability to heal.

For me, intentions are an important part of doing EFT. My intention is always that the EFT I facilitate be for the best and highest good of the person receiving it. I use specific words when I can. When I can't, as in the case of Seti, I let my intentions set the stage for creating the beautiful interaction and clearing that follow, whatever that clearing may be.

My experience tapping with children with cancer has moved me profoundly and touched my heart deeply. It is truly an honor to be able to support children while they are dealing with cancer. I honor the children I have been blessed to support because they became my master teachers. They have taught me more about how to use EFT than any course or trainer. They taught me to make it simple, easy, fun, and filled with love because that makes their lives and experiences with cancer gentler.

Being playful while tapping is a lesson for us adults too, because most of us have forgotten how to be playful and joyous while living in the moment,

no matter what else is going on—even cancer. These children remind me of this every day I see them. Take this tip from the children, whether you are tapping for yourself, a loved one with cancer, or with a child. Making tapping easy, fun, and filled with love will serve you well.

EFT for children can be a blessing to the child with cancer and the family members. As with an adult, there are many of the same issues, but in the case of children, they don't have the same comprehension as an adult about why they are subjected to the treatments they receive, how their body reacts to the treatments, why they have to stay in a hospital, and what having cancer means. Tapping is a gentle way to help them manage the emotions they are feeling as well as the treatments. Tapping can empower them throughout their experience with cancer and help them make positive choices.

## **Sample Tapping Language to Use with Children**

Tapping with children brings a sense of peace to both the child and the parent. In the following tapping language, you will find phrases that express what children feel and want you to know as well as how to help them feel better. There are tapping phrases to use for fears they may have, pain they may experience, and how they can use their imagination to create an image of themselves as happy and healthy. The first tapping language is for children to use in their tapping with tapping messages from children to their parents. (Author note to parents and caretakers: When I wrote this first set of tapping language, I felt like I was hearing all the children I worked with and what they wanted you to know. I cried as I wrote it.)

### **For Children and from Children to Their Parents**

*Even though I don't know what is going on, I'm an amazing child, so love me.*

*Even though I'm scared because everything is changing, love me because I'm a wonderful child.*

*Even though I don't want to have cancer because I don't like how it makes me feel, I am a child worthy to be loved.*

*Even though I don't want cancer because I don't like all the things they do to me in the hospital, I'm an amazing child.*

*Mom and Dad, I know you worry about me, but I don't want you to worry, I just want you to love me.*

*Don't worry for me, BE with me.*

*Don't suffer for me, LOVE me.*

*Be at my side, hold my hand, and comfort me.*

*Allow me to cry, be angry, be sad, and also be happy.*

*Talk to me, explain what is happening to me in the simplest way possible.*

*I understand more than you think.*

*Respect my inner smarts where my body is concerned.*

*I know what my body feels.*

*I want my body to get better.*

*I just want to be loved.*

*Show me you love me.*

*Tell me you love me.*

*Help me feel okay even now.*

*I am stronger than you think.*

*Let me show you how strong I am.*

*Show me ways to be powerful.*

*Tap with me so we both feel better.*

*Tap with me so I feel calm before I have any treatment.*

*Tap with me after so I can let go of the hurt and smile again.*

*I just want you to BE there for me.*

*I just want you to LOVE me.*

*Together we can do this.*

## **Fear**

*Even though I'm scared because I don't know what is going on, I am a good kid.*

*Even though I'm afraid of the doctors, the hospital, and everything that happens there, I am strong.*

*Even though I'm scared because I don't feel good, I'm strong and able to get better.*

*I'm afraid.*

*I'm so scared because something changed in my body.*

*I don't know what changed, but everyone around me is scared too.*

*I feel your fear and it makes me afraid.*

*I don't like how you are looking at me with such sad eyes.*

*I wish you would explain to me what is going on.*

*Your silence makes me more afraid because I think something really bad is going to happen.*

*I'm afraid because I don't know what is going on and no one wants to tell me.*

*It scares me more because I am left out.*

*It scares me because I feel all the fear around me.*

*I'm scared because I'm supposed to trust that what everyone is doing is for my best.*

*I wish I knew what was happening.*

*I can understand more than you realize.*

*Include me because this is my body.*

*I don't know what is wrong, but it doesn't feel good.*

*My body doesn't feel right and that scares me too.*

*My body is being treated.*

*Share in simple ways what is going on.*

*Include me in my recovery.*

*I am the one who needs to participate in my body healing.*

*It's my body and I need to learn how to take care of it.*

*It's my body, so it is okay for me to ask that my parents, nurses, and doctors explain what is happening to me.*

*Your fear won't heal me, but your love will comfort me and motivate me to do whatever is needed so I can get better.*

*I just want to feel better.*

*I want to be part of me getting better.*

*I can learn how to breathe deeply so my body can relax.*

*I can breathe deeply every day.*

*I can tap to get rid of my fears and feel good again.*

*I tap to let my fears go so I can help my body feel better.*

*I tap to help my body relax.*

*I tap to feel strong and brave.*

*I am strong and brave.*

*I am tough.*

*I am amazing and so is my body.*

*My body and I want to get better.*

*My body is tough too and can get better.*

*I stay strong so my body can be strong.*

## **Pain**

*Even though my body hurts, I am strong and powerful.*

*Even though I don't like how it hurts, I am strong and brave.*

*Even though I don't like the pain I feel, I am going to get past it.*

*Sometimes it hurts so much.*

*I don't like pain.*

*I don't want to hurt.*

*I want to go home instead of having to stay in a hospital.*

*I don't like it here.*

*It's scary in the hospital.*

*I get poked and prodded in ways I don't like and that hurt.*

*It hurts when they poke me with a needle.*

*I don't like it, but I'm brave and get past the pain.*

*I'm strong and brave.*

*I know how to breathe deeply so the pain can get smaller.*

*I tap before I have a treatment so my body is relaxed.*

*I tap during the treatment so my body can stay relaxed.*

*I tap after a treatment so my body can let go of any pain caused by it.*

*If there is pain in my body, I know tapping helps me make it smaller.*

*Sometimes it even goes away when I tap.*

*I like feeling powerful enough to change the pain in my body.*

*I am strong and know I can tap and breathe to make my body feel better.*

*I am determined to help my body get rid of pain.*

*I like I am powerful enough that I can help my body.*

*I choose to think about feeling good.*

*I remind my body that it is powerful too and it can feel better.*

*I help my body feel better.*

### **Creating an Image of My Body Getting Better**

*Even though everyone focuses on the cancer I have, I want to imagine myself healthy.*

*Even though I have an illness, I will focus on being healthy in the future.*

*Even though no one taught me how powerful I can be when I focus with intense emotions, I'm going to think about how good I feel in the future.*

*I have a great imagination.*

*I choose to use my imagination to dream about how good I feel.*

*I play with the image of feeling good, laughing, singing, dancing, and playing.*

*I enjoy letting my body know it can feel better.*

*I imagine sending love to my body so it can feel love moving through every part of it.*



*I love how good it feels when my body feels me loving it.*

*I hug my body and tell it I love it.*

*I laugh and sing so my body can feel how much I want it to feel good.*

*I can imagine that I have help too.*

*I imagine help coming to me from an animal that makes me feel powerful, or a superhero, or an angel, or God, or whatever makes me feel powerful and strong.*

*I like knowing I can ask for support and it helps me feel powerful.*

*I like that a power animal can remind me to be strong like a bear, roar like a lion, run like a cheetah, swim like a dolphin, and breathe fire like a dragon.*

*I like having a superhero take care of me and show me how to use my own powers to help my body get better.*

*I like having angels hold me in their wings and help me fly.*

*I love that God is always with me showing me how much I am loved.*

*I ask for this support every day and enjoy how good it feels to be powerful, strong, tough, and yet loving and kind.*

*I am kind to my body so it knows I love it.*

*My thoughts and feelings are powerful and I use them to remind my body how strong it is.*

*No matter what is going on outside of me or even in my body, I'm stronger than that.*

*I'm stronger than I even know.*

*I use that inner power to create a healthy and happy body.*

*On the inside I'm magnificent, powerful, amazing, and so full of love.*

*I hold my body in this magnificent, powerful love.*

*I imagine myself happy, healthy, and growing up.*

*I wonder how much fun every day can be.*

*I have fun talking to my body about how amazing it is.*

*I love being powerful, loving, and kind so I am happy and healthy.*

## Special Issues Women and Men with Cancer Face

In this chapter, we look at potential physiological and emotional factors that relate to gender-specific cancers. When a health concern like cancer is located in the sexual organs or tissues, underlying hormonal issues may be contributing. Likewise, attitudes toward these sexual organs and their functions may be a factor, for instance, the way one speaks about these areas of the body or how they are viewed culturally. These attitudes, along with personal life experiences and traumas, can greatly affect how one feels about oneself as a male or female and can, in turn, affect the physical body.

Let's look at some of the physical and emotional factors that may exert an influence on the reproductive organs.

### **Physical Factors**

On the physical level, environmental factors are major contributors to the development of cancer via pesticides, herbicides, heavy metals, toxins in our food and water, as well as the genetic modification of our foods. The toxic load on the body is now many times greater than in the past. The standard American diet of processed, high-sugar, high-fat foods adds to our toxic load. Our bodies weren't made to live within the high electromagnetic fields that surround us day and night. Nor were our bodies made to live a

sedentary life; they were made to move and sweat, which helps the body expel toxins. An unhealthy lifestyle or a lack of regular detoxification results in an accumulation of toxins in the body. These toxins may aggregate in the reproductive organs, as those organs tend to be sensitive to toxins.

## **Emotional Factors**

The emotions associated with job stress, family life stress, lack of family life, arguments and disagreements with self and others, and especially traumatic life experiences in childhood and big life traumas can be correlated to health issues (Hay, 2005; Shapiro, 2006). You might think that only the “big” traumatic events such as physical abuse or military combat leave a deep emotional mark, but even what might seem like small events to others but are experienced as traumatic to the individual involved can be scarring. The fact that one has traumatic life experiences doesn’t necessarily translate into disease. If, however, the emotions associated with such experiences are not released but are instead stored in the body, creating unhealthy habits, beliefs, and patterns that are repeated over and over, they may contribute to the development of disease. These repeated unhealthy beliefs produce biochemistry that could detrimentally affect the long-term health of the body (Hay, 2005; Shapiro, 2006).

If we add the stereotypes around what men and women are supposed to be like (e.g., men don’t cry, women are weak, men are dominant, and women are overly sensitive), another layer of potential trauma can be added. Overcompensation or rebellion around gender-defined roles may occur either to change them or to keep them the same. The results can be emotionally detrimental. “Big boys don’t cry” is a highly disempowering statement for a young boy to hear. The message is “Do not express your emotions.” That often leads to emotions being trapped in the body, which can then manifest in illness or physical disability. Sexual statements about a woman’s body or her behavior can make her feel unworthy and devalued, which can also manifest in illness or disability.

The emotions around sexual organs and sexuality can be highly complicated. Individually, we learn from the family, personal experience, and social values what is and what is not considered sexually permissible for each gender. If you have anxieties, childhood traumas, feelings of

worthlessness around your own sexuality, or guilt and shame around previous sexual experiences, abortion, infertility, or sexual abuse, these emotional patterns can affect the health of your reproductive and sexual organs.

Emotionally, any chronic disease tends to be associated with not feeling safe, resistance to change, and/or fear of the future. Cancer may be associated with old emotional wounds, holding on to resentment for long periods of time, keeping a deep secret, allowing grief to undermine and harm you, or holding on to hatred of yourself or someone or something else. In addition, we may carry personal stigmas, humiliations, and negative beliefs about our bodies, especially our sexual and reproductive anatomy.

Later we look at some of the emotional tendencies associated with particular sexual organs, but first here are two case studies. Though the cases involve breast cancer, the information is relevant to both men and women.

In the first case, Judy Timperon, an EFT practitioner specializing in anxiety, depression, pain, illness, and trauma, helps a client clear her childhood traumas and three traumatic shocks that occurred before each of her three bouts of breast cancer. Judy looked at these traumas as precursors to disease and applied EFT as trauma release to set a path toward emotional and physical health.

## **Traumatic Shock Preceded Each Bout of Breast Cancer**

*by Judy Timperon*

Carol is a psychologist in her early 50s. She came to me for EFT, which is the modality most people come to me for. I am trained and experienced in EFT, Matrix Reimprinting, life coaching, lifeline therapy, Equilibration, and Reiki. Although I utilize all of my expertise and experience, my main focus is the tapping. I always use it because it is very effective and we get results.

Clients usually come to me via a referral from someone they know: a friend or acquaintance, physiotherapist, naturopath, and, occasionally, a medical doctor who specializes in alternative healing. I find if clients use the technique, they will experience shifts—not always what they expect, but something does shift for them, often dramatically.

I was a last resort for Carol because she had little time for or experience with alternative healing. She was willing, however, to “try anything,” as she was undergoing her third bout of breast cancer and conventional medicine was not achieving what she desired. She was scared for her life. She was receiving chemotherapy at the time and she reluctantly put aside her skepticism of alternative healing practices to work with me.

As I did my intake with Carol, I explained the importance of making peace with the past, namely memories, feelings, and beliefs formed (often) as a child and still held and unconsciously reenacted today. We discussed how these memories and beliefs are held unconsciously and can be reactivated in a moment, often as a flight-fight-freeze response. This led me to ask about her previous unhappy memories.

I introduced her to the concept of UDINs and how they are recognized as a precursor to disease. The UDIN is a traumatic experience with four characteristics: *Unexpected*, *Dramatic*, *Isolating*, and having *No* strategy for dealing with it.

Carol recognized easily the probable causes of her cancer and was able to list the three main traumas she had experienced prior to each cancer.

The first memory related to her adult daughter who had tried to kill Carol. There were many aspects to this memory and this took several sessions to clear. We worked on what led to this attack, the actual attack, and the aftermath, including the fallout within the extended family. Her daughter had a mental health problem, which Carol has come to accept, knowing that she may never have an ongoing relationship with her.

The event happened approximately a year before the onset of her first cancer.

The second trauma related to her daughter who came out as being in a same-sex relationship. This was a big shock to Carol and something she struggled to accept both for herself and in relation to her peers.

The second cancer followed.

The third cancer was preceded by another shock. Her son also came out as being gay. This dashed her perceived hopes of ever being a grandmother and she took this to heart.

Her third bout of breast cancer was in evidence within a year of this trauma.

Carol had suppressed her emotions for a long time, but she had felt and held onto a lot of anger, resentment, bitterness, and rejection as a result of experiences in her early years.

She would often push people away and that left her feeling more abandoned, which was a major trigger because of her childhood traumas. As a child, she hadn't felt nurtured, cared for, or loved. As an adult, she was married to a man who was also unable to give her these qualities. He was an academic who had little time for anyone's emotions. She described him as being "on the spectrum," so she found it difficult to connect with him and he certainly didn't express his emotions. This left her often feeling very lonely.

Carol believed she was the foundation of the family and had to hold it together, which meant she found it necessary to project a strong facade, even though her private life was under stress. She found it difficult to grieve and to show emotion. She internalized many of her unhappy emotions and was even reluctant to display her happy emotions.

Each session, Carol and I tapped on selected meridian points using EFT (with her permission, I was tapping on her so she could stay focused). We tapped on each painful memory, until each aspect of the memory had no charge to it.

For her daughter's attempt to kill her, we tapped on everything Carol saw, heard, experienced, and felt within the memory. We worked together until each SUD level was at a 0. We worked through the many emotions she felt. Anger was one of them, and we tapped on it until she was able to let it go: *"All of this anger...it's so unfair...my anger is justified...and now I let it go, and as I let it go, I know my body feels more relaxed and at peace."*

After we cleared all this, I flooded Carol's unconscious mind with the possibilities of a happier future, based on what she had told me in the intake. Before tapping, I ask clients what they perceive is wrong with their life and then ask, "What would you like to feel/see/hear instead?" I also ask them what they would like their life to be like if they were free of cancer/fear/pain. I write down the words and phrases they use to answer these questions and then use them in tapping to "flood their minds" with their positive vision after tapping away the things they don't want. I ensure I use their own words (not what I think they *should* have said). This allows

them to reach and often maintain a peaceful, relaxed state, which is where healing can begin.

Another one of the tools I used with Carol was having her “trade places” with her daughter, imagining what might have been going through her child’s mind at that awful time. With this, came compassion and forgiveness.

Forgiveness doesn’t excuse the behavior. It does, however, set the client free from the anger, resentment, and bitterness that was “eating her alive.”

As we did this, new realizations came to Carol. It was not about excusing her child’s behavior, but it was about forgiving and moving on. She knew this was required for her to heal and this was a strong motivating force for her.

We spent most of our session time together tapping and making peace with as many memories as possible, using the intake list of her unhappy memories, both relating to her cancer and to childhood traumas.

I believe it is also important to remove the charge from the doctor’s diagnosis and prognosis as well as doom-and-gloom stories clients may have heard from others. It is very challenging for many of us to heal with these stories and beliefs hanging over us. In my experience, the most effective way to eliminate the charge is with the tapping process. Clients need and want hope—and possibilities. I offer no promises, but I do remain compassionate and positive.

Carol projected a serious demeanor and professional clinical approach, so as Carol left my office for the final time, I was delighted to receive a big hug and a smile from her. As far as I know, Carol is still healthy and alive.

This work made a tremendous difference to Carol’s state of well-being and happiness. We were able to find many links that her mind had unconsciously made between her current situation and her early childhood experiences. She made peace with the painful memories of the past, and not just the more recent three traumas mentioned, but also the unhappy memories from her childhood, and she created a new paradigm of what was possible for her in the future.

Not every client I have worked with has survived cancer, but something they do have in common is they find peace.

Tapping with clients is an important feature of my work. It is the most effective way I’ve come across to release trauma from the body and bring



peace to the mind.

\* \* \*

In this next case study, Sandra Fackler manages her breast cancer using EFT on her own and with the help of a certified EFT practitioner. They worked together to release the emotional traumas and stress that Sandra felt led to her body developing cancer.

## **The Role of EFT in Healing Breast Cancer**

*by Sandra Fackler*

After being diagnosed with breast cancer and having two surgeries, when I refused the standard chemo and radiation treatments, my oncologist gave me the title of a book, *Anticancer: A New Way of Life*, by David Servan-Schreiber, MD, PhD. I was determined to put my cancer into remission by using supplements to boost my own immune system. Beyond that, I was at a loss as to how to proceed.

While the tumor had been found in a timely way, pathology showed that I had a second form of breast cancer as well and had cancer cells already in both blood and lymph systems.

From the book, I found out one of the big items standing in the way of the body's healing system is old emotional wounds. I determined to do mind-body energy work to solve that as well as ongoing problems with family members, which continued to be stressful.

I was already familiar with EFT and, while I had successfully used it for occasional headache or painful muscles, I thought I needed a professional to help me get the most from the technique. Alone, I would find my mind wandering and never finished the needed rounds to persist in the release of emotional blockages. In my situation, I needed to do EFT well and often.

Using the internet, I found a certified EFT practitioner in Burley, Idaho, William "Bill" Jensen. We met in person at his office for two nonconsecutive sessions. The rest of two years, we met by telephone, mostly once a week, for an hour of what I think of as support for the cure.

Each session, we discussed my current stresses with family and/or relationships and then we would tap on one or more issues.

Often during the tapping, I would receive strong intuition about specific things I could do or ways I could think about issues in my life to relieve the tension and be at peace with things I couldn't change.

I had been a responsibility sponge most of my life, but gradually we changed that way of thinking. I found myself having actual boundaries and being able to say no without guilt, as I learned to put myself and my health first in my life. Finally, at the end of two years, my oncologist declared that I am in remission and have no detectable cancer anywhere in my body.

I learned so much from Bill and Emotional Freedom Techniques. My life is in my control much more than ever before in my 73 years of life. I still have a large helping of daily stress, but, thankfully, I take one day at a time and remain calm. I've developed my creative side again and am working on a second book, this one of poetry and watercolor art.

I continue in better health and believe the best is yet to be.

I'm very grateful for Bill's excellent guidance in using EFT to heal my body and change my thoughts, as well as his support and friendship.

\* \* \*

## Women

The reproductive organs of a woman's body are the center of life, where life develops, where a child is nurtured and grows. Many emotions can be associated with this area of the body—about how it feels to be a woman, whether you want to be a mother or not, whether you are a mother or not. There could be acceptance or denial of being a woman, or the disappointment from parents because you were born a girl not a boy. There could be guilt for getting pregnant or for not being able to get pregnant. This very center of life in many women has been abused verbally and literally, as in some form of sexual abuse.

There may be many layers of guilt, shame, conflict, doubt, rage, fear, hurt, loneliness, and being unable to nourish—all associated with the womb. Whew!

A hysterectomy can be interpreted as a removal of the essence of being a woman, thus a woman may feel like she has lost her womanhood and is no longer desirable. It could also be a relief if that area of the body has been a problem in her life.

In the following story, Damaris Drewry, PhD, counselor and psychologist, shares her personal journey of using intensive EFT to clear detrimental beliefs and find her way to cancer recovery.

## **After Intensive Use of EFT: Uterine Cancer Reversal**

*by Damaris Drewry*

Christmastime 2006. Here is the physical history of this condition in my early 50s: Hormone replacement therapy (estradiol patch) without enough progesterone to balance the estrogen had set up estrogen dominance in my body, evidenced by spotting. I did see a doctor and had a sonogram after about a year of this, but nothing conclusive showed up.

The emotional history during the same time frame was a series of situational crises in my life and relationships that created *conflict, confusion, and chaos*. In my way of looking at the mind-body connection, these are the three C words that lead to cancer. On the Holmes and Rahe (1967) stress scale (divorce, moving, career change, death of a loved one, etc.), I was well over 600, where high risk is 300.

The spotting continued. I woke up one morning with a direct knowing that I had either ovarian or uterine cancer. I called the doctor and went in the same day for a sonogram, followed a few days later by a D&C. The gynecologist said the uterine polyp was unusually large, but in her experience, they are almost never malignant, so she was not seriously concerned and felt the D&C would eliminate the problem entirely.

She called 10 days later, surprised to say that the lab results were 100% positive for cancer. The exact wording in the report is: “endometrial adenocarcinoma, Grade 2, diagnosed on D&C. It was recommended that the patient have a hysterectomy and bilateral salpingo-oophorectomy [both ovaries removed].”

I’ve been counseling for over 20 years and earned my doctorate in psychology in 2002. I first learned of EFT during the Energy Psychology

conference in 2000 where I was presenting “The Human Voice in Energetic Healing,” where the voice is used, with or without words, to reframe core issues. I was already good at ferreting out core issues underlying many psychological problems; and I used the power of the spoken word with Kahuna prayers and precise languaging (neuro-linguistic programming, NLP) to reframe and neutralize core issues.

I know that cancer, the dreaded C word, is really the body’s way of getting our attention by creating a chaotic overgrowth of cells in a part of the body that is a metaphoric cry for help = *I’m out of control here, get a grip!*

For the year preceding the diagnosis, I was in a new and struggling relationship in which I felt emotionally and spiritually compromised while trying to be a good friend. The uterus is a metaphor for feminine creativity, and I had certainly been neglecting my artistic, musical, and earth-oriented shaman self for too long because I was preoccupied with grieving the unexpected death of my husband in 1995, and after he died, going back to school to earn my doctorate (my research was after-death communication).

After completing my doctorate, I felt very drained, tried to hide for several years, and, between 2002 and 2006, had two disappointing relationships in a row. Six months before the diagnosis, my stress levels amped up even more when I was taken to court in a spurious lawsuit (I eventually prevailed).

Of course, I was in a panic when I received the diagnosis, particularly feeling as compromised as I did: simultaneous cancer, lawsuit, and loss of meaningful relationship. As a shamanic healer, I knew that I would have to change my vibrational frequency pattern, and do it FAST to kill the cancer cells. I also knew that I would have to change my relationship with myself immediately so that new cancer cells could not form.

Fortunately, I had the skills I needed. I imagined T cells surrounding every cancer cell like my friends were surrounding me in my living room, witnessing me asking my Higher Self to connect to my body in order to release the emotional and spiritual issues I knew were creating cancer cells. I tapped for EVERYTHING I could think of, and my friends surrogate-tapped with me. I ended the compromising relationship. The issues were all intensely personal and the trust level with friends was absolute.

Six days later, when the pathologist (in the operating room) biopsied the organs removed by the surgeon, there was no cancer left and I have needed no cancer treatment in the 18 months after the surgery. Since then, I have been following my bliss, focused on my private practice, workshops, book writing, and singing. Here are some of the statements I used that apply to using EFT to eliminate any adult-onset cancer:

*This is NOT my time to die!* (Address the fear)

*I thank my body for being strong, healthy, and allowing me to experience great freedom and joy!* (Gratitude and acknowledgment)

*I apologize to my body for not heeding warning signals sooner.* (Tell the truth)

*I thank my uterus for containing the cancer completely and sacrificing herself to save the rest of the body.* (Specific gratitude)

*I understand that all of my feelings are valid, and I had good reasons for making the choices I made, given the information I had at the time.* (Self-acceptance)

*The truth is that chaos, confusion, and conflict have made my body feel so out of control that she had to develop cancer to get my attention and change my lifestyle.* (Tell the truth)

*The truth is that I have the right, the privilege, and the power to heal my body in an instant.* (Reclaim personal power)

*I ask my higher self, the part of me that knows how to heal my body, to start that process now and not stop until it is done.* (Ask for help: this problem cannot be solved entirely at the level at which it was created)

*All systems in my body are returning to their optimal level of functioning.* (State the desired outcome)

I tapped hundreds of other statements about specifics that are too personal to share.

Please note that the tapping points I have used in over 500 sessions are simple: side of the hand, eyebrows, sides of the eyes, cheekbones, under nose, above chin, beneath collarbone, under arms, top of the head, and the pulse point on the wrist. I never used the 9 Gamut.

\* \* \*

## **The Uterus and Menstruation**

While the uterus is where life is created, menstruation represents not creating life. Having your menstrual cycle can be celebrated when you do not want to get pregnant or perceived as a punishment if you want to be pregnant. Your menstrual cycle can represent the monthly pain and bleeding a woman must endure from the first to the last, as many women have beliefs around the suffering women undergo in life.

Problems here can represent some of the following:

- I don't want to be a woman.
- To be a woman means you have to bleed (figuratively and literally).
- You have to bleed for your family.
- It's painful to be a woman.
- A woman has to sacrifice and bleed.
- Others bleed you to death.
- Being a woman is to suffer.

## **Endometriosis**

Endometriosis is a condition in which cells similar to those in the endometrium, the layer of tissue that normally covers the inside of the uterus, grow outside the uterus. What should be inside has escaped or overflowed. Emotionally, endometriosis may be associated with frustration, disappointment, blaming self and others, feeling insecure, and lack of self-love.

In her work as an EFT practitioner and author, Aileen Nobles demonstrates how emotions contribute to *dis-ease*. In the following case study, she helps a client find her voice and her breath, supporting the release of suppressed emotions and behaviors that affected the client's health.

## **EFT Tapping for Cervical Cancer**

*by Aileen Nobles*

When “Chloe” contacted me, she was in a state of total panic. She had been to the emergency room twice in a week because she could not catch her breath. She had been diagnosed with cervical and vaginal cancer a few months earlier and felt out of control, as if her world were falling apart. She was open to look at any techniques that would keep her away from chemotherapy.

Chloe had been raised in an Asian family and never felt she had a voice that was heard. She had tried to be a model child, but it became increasingly difficult as she grew into her teens. By the time she was ready for college, she was also ready for “drugs, sex, and rock and roll!” She lived a rather wild life, fully enjoying her sexuality.

Throughout her married life, she also had affairs, and was having one at the time she contacted me. She was married to a British man and they did not discuss how they felt. Nothing intimate was ever brought up, and sex or no sex was not a point of discussion.

As we talked, I shared my feeling that what she consciously thought might not be in agreement with her subconscious. I needed to find out how she was handling her sexual adventures over the years from a place that was far removed from her conscious beliefs, yet was running the show 95% of the time.

Consciously, she was comfortable with her choices, but when I checked in with her Higher Self, she carried fear, anger, shame, feeling unheard, and feeling dirty.

As she had been in the emergency room only two days prior to our session, we started clearing the breathing issues first. Her breathing was shallow and a struggle all the time, but it had become much worse the couple of times she went to emergency.

Chloe’s subconscious told us that fear was the emotion triggering the inability to catch her breath. She was an 8 on the intensity scale as she thought about it, but over-the-top 10 as she was experiencing it.

We started tapping on:

*Even though when I was told I had cancer, I panicked, I love and accept myself anyway.*

*Even though I panicked and felt it was a death sentence, of course I did, but I completely accept myself anyway.*

*I have all this fear inside me about dying from cancer.*

*I have all this fear inside me and it's affecting my breathing.*

*I don't have enough air to breathe, I feel like I am dying.*

*I can't get enough air, I have so much fear inside of me.*

*I am trying to keep a stiff upper lip and it's not working very well.*

*I have to stuff this fear and not talk about it.*

*All my life I have repressed my emotions.*

*I am feeling so constricted inside.*

*I am feeling out of control, and I always have such control over hiding my emotions.*

*Part of me accepted cancer as a death sentence, but another part of me knows better.*

*I recognize my not being able to breathe was about my fear, and I know my lungs are fine.*

*After a few rounds of tapping, the intensity was down to around 4.*

*I want to be able to breathe easily.*

*I can breathe perfectly well.*

*I know this is all part of my Soul's journey into Wholeness.*

*Fear is natural but is not making me healthy, so what's the point of holding on to fear.*

*I am reframing the way I feel, I choose to breathe deeply, allowing my cells to be oxygenated, facilitating my healing.*

*Fear was down to 0 and she was breathing easily.*

*Her chest felt open and clear, but now there was a blockage in her throat. As I connected with her Higher Self, her subconscious tested "yes" on her inability to speak up and on not being heard.*

*Even though I have stuffed all this pain and anger all my life, I completely accept myself anyway.*

*As a child I was not listened to, I just had to look pretty.*

*I had to be quiet or be beaten.*

*I have all the anger and screaming stuffed in my throat.*

*We released all the anger and pain, and then she allowed forgiveness of her parents. The blockage in her throat was now completely gone.*



In the next session, we worked on how she felt about her sexual activity over the years up to the present time.

Testing her subconscious, she responded to a “yes” on punishing herself with cancer of her female organs. Remember that consciously she thought she was at peace with her behavior.

*Even though I had no control over my life when I was so young, I completely accept myself anyway.*

*No wonder I rebelled and got out of control when I reached the age of a young adult.*

*I actually used sex to control the men I was with.*

*It gave me such a sense of power and it still does.*

*But I don't need to have lack of control anymore or control others.*

*Now it's up to me, and I am free to speak up and behave as I choose.*

*Even though I was out of control with sex and drugs when I was young, I completely accept myself anyway.*

*I understand why I was the way I was.*

*I was young and had a great deal of fun in the '70s, but I don't want to judge myself for my behavior.*

*I don't choose to carry shame inside me.*

*I know my emotional body has been talking to me through my physical body, and I am listening.*

*Because I am listening to my body, which has been talking to me through cancer and not being able to breathe, I don't need to have disease any longer.*

*I now send love to my physical body and ask it to befriend me.*

*It's time to let go of shame.*

When I checked with Chloe's subconscious, it said she was still holding on to shame, even though Chloe felt clear of the issue. She tested that shame and conflict were triggered by her present relationship with her lover. She wanted to continue that relationship. We talked about being honest with her husband and she thought that was a good idea. She thought he would turn a blind eye to it, as they had not had sexual relations for years, but she would feel better if she actually told him.

We did further tapping on:

*I don't choose to be ashamed of my love affair if my husband knows about it.*

*My husband and I are good friends, not lovers, and he wants to keep it that way.*

*I let go of all shame and I choose and allow myself to be healed completely.*

Chloe was given a clean bill of health when tested a few months later. She had no more breathing issues and was feeling happier than she had in years.

\* \* \*

## **Ovaries**

Ovaries are another part of the female essence. Look at the deepest, most profound beliefs and conflicts you have about being a woman and the life-giving portion of your body—the egg. Problems here are often associated with conflicts around having or not having a child or an experience of profound loss such as of a child or another beloved person, but it can also be other kinds of loss. If you lost a loved one suddenly in an accident and you blame yourself because you hadn't been in contact or never resolved a conflict, that may be an emotional factor in your ovarian cancer.

## **Cysts, Fibroid Tumors, and Cancerous Tumors**

While most cysts are benign, some are cancerous. A cyst may act as a place to localize trapped emotions such as sadness, grief, anger, frustration, and fear; metaphorically, the emotions are in a knot. Fibroid tumors may be associated with repeated focus on a hurt from a current or past partner, a hit to the feminine ego, or knotted up frustration and anger that is being held in the breast. Women who did not want to or couldn't breastfeed may be holding anger or shame. Women who have been sexually abused may have a negative view of their breasts and other parts of their body. They experienced that it is not safe to have breasts; that energy can get stuck there and may appear as a cyst or tumor.

## **Breasts**

Ask 20 women what they think of their breasts and you will get 20 different responses, based on personal beliefs and societal views. Breasts are a symbol of femininity, nurturing, sexuality, and desirability representing the essence of being a woman. They are also criticized for being too big, too small, too high, too droopy, too lumpy, or too heavy. Images of them are used to sell things that have nothing to do with breasts. They are ogled, groped inappropriately, and focused on in pornography. Breasts are placed in uncomfortable bras to give lift and supposedly make them look sexier. Breasts are part of sexual interactions and love. They are also meant for nurturing a child. Some women struggle with the dual role of their breasts being for nursing a child and for arousing their spouse or partner. No wonder many women have an emotional charge associated with their breasts. Given the symbolism of and the many expectations placed on breasts, it is almost as if this body part doesn't belong to the woman but to society at large.

Add to that the personal experiences each woman has had involving her breasts. Was she shamed, leered at, made fun of, touched, or worse? These emotional traumas can leave energetic traces held in the breasts.

Breast cancer coincides with thoughts and feelings about being a woman. As breasts represent mothering and nurturing, breast cancer may be associated with an inability or resistance to nourishing oneself or with over-nourishing others. There may be conflicts about being a woman, a worker, a lover, a mother, then later in life being the wise woman or labeled the crone. Confusing thoughts and feelings can arise from the multitude of roles a woman plays in her life as well as conflict, rejection, or abuse from a lover/partner/spouse, disgust or shame at not being able or not wanting to breastfeed, rejection by a child you nurtured, feeling like a failure as a woman/spouse/mother, giving more (support, nourishment, love) than you receive, feeling the need to overprotect or be a helicopter mom, or even anger and rage at not being cared for, loved, or appreciated.

For instance, women with breast cancer tend to be over-caretakers. They tend to give and give and give of themselves, their time, their attention, their service until they have little or nothing left to give. Breasts, as the symbol of giving, may end up being the site of illness. If a woman is out of balance, doesn't know how to ask for what she needs, doesn't feel she deserves to receive or know how to receive to create balance between giving and receiving, then energetically the breast tissues may be holding

on to this exhaustion from giving everything. Releasing these emotions and restoring the balance between giving and receiving is an important aspect of healing from breast cancer.

In this next story, EFT practitioner Françoise Vache shows that you can manage a complex case by tapping on one aspect at a time, or as she states it, “Chop one tree at a time.”

## **EFT Tapping: Progress on a Complex Breast Cancer Case**

*by Françoise Vache*

Thanks to this wonderful tool of EFT I have been able to help my 49-year-old friend Lisa (not her real name), who not long ago was facing a whole series of alarming health and personal problems.

Lisa and I were already tapping on terrible migraines she had suffered for years as well as low blood pressure and lifelong constipation. But then she was diagnosed with infectious meningitis! This was when I offered to do EFT with her on a more regular basis (several times per week). At about that time, she also learned she had breast cancer.

She had already changed her food habits and seen an acupuncturist/energy physician. The doctors wanted to intervene with an operation straight away, which could not have been done as she also suffered from an inflammation of the fibrous sac of the heart (pericarditis).

So as all these extremely serious health problems piled up and her whole life came to a kind of standstill, we just got to work and proceeded to “chop one tree at a time.”

To start with, Lisa, as a trained neuro-linguistic programming (NLP) coach, created a mental script wherein she boosted her healthy cells by supplying them with boxing gloves, boots, helmets, knives, and guns to go out and kill the cancerous cells. She programmed herself and played this mental movie in her head every day, imaging the healthy cells increasing and winning over the nasty, cancerous ones.

She also negotiated with the doctors supervising her to give her until September before considering surgery and without her needing to undergo chemotherapy or radiation for the time being. The doctors agreed but insisted she do tests from time to time to check on the progress of the

illness. As the weeks went by and we worked on “one tree at a time,” her doctors were intrigued and confused by the fact that the cancerous cells were significantly decreasing!

In the past 15 years, Lisa had faced a lot of difficult issues: divorce, a job loss as a manager in an international company, significant financial setbacks, a previous cancer of the uterus, a near-death experience (NDE), the grief of raising her schizophrenic daughter on her own—so much had piled up over the years.

As the sessions went by, we started tapping on her difficult childhood. A lot of sadness came up as she connected to the young girl who had to work on her father’s farm from an early age and look after her younger sister, as their mother was too depressed to take care of her kids. We worked on her relationship with her father, who had tried to rape her when she was 10. We used the mental Movie Technique and she visualized a whole scene in which her father told her that he would have preferred a boy rather than a girl, as boys never complain. He would tease her, telling her that anyway she was “flat-chested” like a boy. It was not difficult for her to link this to her present breast cancer and the threat of having both breasts removed.

Months later, the doctors postponed the planned breast operation for two months, again puzzled by the marked improvement in healthy cells and her overall condition. Lisa, who had been married to an extremely difficult and demanding man for the previous 10 years (her husband being almost the age of her father), realized that, in order to get better, she needed a more uplifting and healing environment than her present setup at home.

We therefore tapped on her finding a convalescent home she could afford—not an easy endeavor considering her tight financial situation. But the magic of the universe started unfolding and, after several days of tapping on her deserving to find an affordable and suitable place to rest and heal, her health insurance company out of the blue offered her a place to stay for the next couple of months.

Lisa is doing so much better now. The doctors went ahead and removed her right breast, but the operation was much less drastic than had been planned all those months previous, and she has been recovering remarkably quickly. My friend has found an energy and sparkle that had been gone for many years. She has virtually no headaches anymore and her self-confidence and optimism amaze everybody around her.

Although she still has lots and lots of issues to work on, it all seems manageable today. Somehow she has become invincible, a sort of Peter Pan equipped with a magic wand that no one can take away from her. She uses EFT on a daily basis, patiently chopping down her trees and creating more and more space around her. She now has the energy and vision to prepare to move away from her stifling husband. I have no doubt she will succeed!

I feel so astounded and happy to have been able to help my friend in such a profound and concrete way. She now masters an extremely effective tool to face one challenge after the other.

### **Follow-up**

The lymph nodes under Lisa's arms had started swelling and her doctors thought they would have to remove them, as they might be cancerous. So we tapped again on:

*Even though these nodes worry me...*

*Even though I'm scared these nodes may be cancerous...*

*Even though I'm doubtful I can heal these lymph nodes, I choose to be confident I can heal them as wonderfully as I healed the breast cancers.*

*...I choose to offer the K [natural killer] cells the same helmets, boots, gloves, and guns to kill the cancerous cells.*

Within 15 days, the lymph nodes had reduced just enough for Lisa to hear her doctors say, "Your cancer is stabilized—just go ahead!" (They knew she was doing "strange things" but didn't ask what.)

\* \* \*

Some women who have the BRCA genes running in their family choose to have their breasts removed. The same BRCA genes are also associated with ovarian cancer, so the mastectomy may relieve one possibility but not the other. There is no judgment against the women who have had preventative mastectomies, but let's look to see if there is an alternative. Interestingly, what used to be labeled as junk DNA has been found to contain many RNA snips. Some of the BRCA RNA snips confer some survival advantages and even increase the chance of surviving breast cancer. It has been found that RNA snips in real time are capable of altering the expression of genes in the body and even in the soma cells leading to

changes in the eggs and sperm. This information is to help you realize that what you do now in this moment will affect you and all future generations produced.

It is important to remember that if you have had to have a mastectomy voluntarily or because of cancer, it does not mean you are less of a woman. Your breasts are only a part of you and not having one or both does not make you less of an amazing woman. A woman has so much to offer the world.

With all of these underlying beliefs about breasts, how can a woman love them and accept them as an integral part of her? That is where EFT tapping and other techniques come into play. They help a woman release the underlying beliefs hindering her ability to express herself fully so she can become content, happy, and filled with self-love and love for others.

## **Sample Tapping Language for Women's Cancer**

Here are sample tapping Setup Statements and Reminder Phrases for cancer related to being a woman. Choose the phrases that fit with your situation or modify them so they do.

*Even though I don't know why I ended up with \_\_\_\_\_ cancer, I am going to do my best to love that part of my body. (Insert the type of cancer and the body part.)*

*Even though there is so much stigma around a woman's body that may have affected my beliefs about myself, I will love myself and my body anyway.*

*Even though society portrays women negatively and I have taken on some or a lot of that negativity and held it in my body as illness, I choose to recognize my inner beauty and intelligence.*

*Even though society and media show that only one type of woman is acceptable, so I hated my body because I didn't fit that profile, I choose to accept my individual beauty and talents.*

*Even though I'm an amazing woman who happens to have cancer, I choose to stop believing what society says about me as a woman.*

*There are so many beliefs about what a woman can be and can't be, should and shouldn't be, no wonder I get confused and have had issues about being a woman and about my body.*

*There are so many conflicting beliefs about being a woman, and I've been conflicted and disgusted with my body.*

*My family, friends, and other women and men have believed these false views of women too and have told me from since I was a little girl to now an adult that I'm not good enough or don't look good enough.*

*There are cultural beliefs that have carried on for centuries about what a woman should be, and it is hurtful to me and to my body.*

*No wonder my body has felt such pain throughout my life.*

*I've believed many of these negative beliefs about a woman and my body, and stored so many of them in my body as pain, hurt, and illness.*

*I've had my own conflicting experiences about being a woman that have led me to dislike myself, my breasts, my belly, my butt, and being a woman.*

*My inner conflicts are also part of what held this negative energy in my sexual organs—wanting but not being able to have a child, not feeling worthy of being a mother, or the opposite of not wanting a child but feeling I should because that is what women do, or wanting to be a successful business person and a stay-at-home mom, and wanting freedom and the security of family too. (Choose the scenario that fits you.)*

*I've been made to feel less than, worthless, unwanted, guilty and shamed about my body and my sexual experiences, so my body held those experiences as pain and illness.*

*I've internalized many of these untruths in parts of my body—my breasts, my ovaries, my uterus.*

*These untruths don't represent who I really am, but my body doesn't know that because I keep repeating how much I dislike certain parts of my body and being a woman.*



*I've chastised and even abused my body throughout my life by overeating or undereating, eating the wrong foods, following fad diets, under or over-exercising and telling my body how much I dislike it.*

*The abuses by others, verbal and even physical, have caused me to hate being a woman, and therefore hate my body, and consequently, I was telling my body over and over again to hate itself.*

*I've kept secret the horrible things that happened to me because I felt ashamed and humiliated, but my body knew, felt them, and held that pain as a cancer.*

*I've not felt safe in my body because of my past experiences and conflicting beliefs, and now that I have cancer I feel even less safe in my body.*

*I'm afraid to change, afraid to let go of my old wounds, my old angers and resentments, and that energy got stored in my sexual organs as a dis-ease and ultimately cancer.*

*Then add my frustrations with the toxic environment and my fears around having the gene for a certain cancer.*

*The shock, fear, shame, hurt, and pain got stuck in my body.*

*Who would I be if I let go of my negative and hateful beliefs about myself and my body?*

*I'd be the divine being I am, having my individual experience here in my body.*

*I'd like to find and release the beliefs about myself that are harming me and influenced me getting cancer.*

*I choose to release these beliefs even if I don't know what they are.*

*I choose to release these beliefs even if I can't specifically identify what they are.*

*I choose to release any belief about my body that has harmed it.*

*I choose to recognize the upsetting, hateful, and harmful beliefs I have so I can remove them and replace them with healthy beliefs.*

*I choose to remove the thoughts, feelings, and experiences that hurt or damaged me while I was a little girl growing up.*

*I choose to let go of society's, my family's, and others' beliefs about women and about my own traumatic personal experiences being a woman so my body can be free to heal itself.*

*I choose to release the experiences I've had that have harmed me and my body, leading to cancer.*

*I choose to love and honor myself and my body so it can recover and feel loved and cherished.*

*It is okay for me to let go of the traumatic experiences in my life that got stuck in my body's memory.*

*I give my body permission to let go gently of the emotional and physical traumas it has stored within it.*

*I give myself permission to shine, to be the amazing woman I am, and allow my body to be healthy and filled with vitality.*

*It feels so loving to accept myself and my body so together we can be vibrantly healthy and filled with love.*

## **Men**

As with women and femininity, men have been subjected to stereotypes around masculinity and what it means to be a man. Men have traditionally had the dominant role at home, at work, in politics, and in religion. For men, there are many beliefs around needing to be a success, a good provider, a good partner, powerful, strong, intelligent, capable, and a warrior.

A man's sense of personal power often derives from his sexuality and fertility. He may feel tested in his sexiness and ability to satisfy his partner.

The male genitals represent prowess, strength, power, masculinity, capability, and manliness. The idea that bigger is better shows up in the comparison of size of the genitals themselves as well as chest, arms, and legs. There may also be a comparison of mental capabilities as in who is considered to have the biggest brain or is the smartest and most capable. These comparisons are seen in sports, in the military, in professions, and in relationships. Symbolically, a man may want to “conquer” his mate/partner as if he were a conquistador or even have many partners to show prowess. The upside of this comparison and competition may be the motivation it provides, but these comparisons can lead to men having emotional issues around their body and sexuality.

Your mate/partner may have expectations of you and your ability to provide satisfaction and security. If a man doesn't succeed in either category, his partner may be disappointed or even emotionally cut him down on a regular basis. If a man can't father a child when his partner has a profound desire to have children, it can create dissidence in their relationship.

Society teaches men what it is to be “manly.” If they don't meet the criteria or think they don't, they are viewed or view themselves as weak. This puts a lot of pressure on a man. Phrases like, “Man up,” “Suck it up,” “Be the man,” “Men don't cry,” indicate a man should be strong enough not to feel, not to react, and to let go of whatever is bothering him. If you do not fit this profile, you may be bullied, another show of aggression against perceived weakness. In many societies, there isn't much room for sensitivity or emotions except those shown in male-approved ways such as slaps on the back/butt, high fives, and man hugs.

As with women, the restriction of societal gender roles and internalized devaluation can have an adverse affect on a man's health. What happens emotionally and energetically if a man feels unable to live up to the male stereotype? With the pressure to be a financial provider, how does he feel as he becomes physically weaker and isn't as virile as he ages? What happens when a man is no longer the provider for his family and offspring because he is retired or has lost his job? Where does a man then find his usefulness, his purpose? All of this can impact health and well-being.

When it is not possible to live up to his expected role in life because he is struggling to succeed or fighting for survival, then it is as if he failed his

primal role of hunting and providing. He may consider himself a failure, incapable, doubt himself, feel inadequate, and even give up. Many older men may get cancer from physical issues and potentially from the unresolved emotions of not being able to view themselves as successful.

## **Testicular Cancer**

The testicles are where sperm is formed, thus where the male's half of creation begins. Testicular cancer is often associated with a man's fear of and conflicts around expressing or repressing his sexuality and gender, his ability to father a child, his fear of being a father and the responsibility that ensues, a tendency toward lack of self-worth and self-esteem, or previous abuse. It tends to be closely associated with a profound conflict around rejection or loss, as experienced through the death of a loved one. Along with it may come a deep rejection of self, as the death of this loved one triggers conflict and self-blame.

## **Prostate**

The medical profession tells men that developing an enlarged prostate, known as benign prostatic hyperplasia (BPH), will likely be part of life as you age. In fact, BPH is on the rise even among younger men. The prostate is a key part of a man's reproductive system. The prostate's most important role is to create seminal fluids, a component of semen. It produces one third of a man's semen. It also plays a role in regulating urine flow, so changes in the prostate's size can affect urine control and sexual performance. When the prostate becomes enlarged, it impinges on the bladder, which can cause frequent trips to the bathroom both day and night, leaking, and sporadic pain.

These two prostate functions, producing seminal fluid and regulating urine flow, could be associated emotionally with a man's sense of personal power, control, sexuality, and fertility. As prostate issues arise as men age, they may coincide with retirement, adding to the potential for a decrease in feelings of worth and power and increase in boredom and a sense of staleness in current relationships. Many men don't like to admit they are getting older and that their bodies have changed.

Prostate cancer may involve issues around a man expressing himself and feeling worthy, or a perceived loss of manliness. Prostate issues may lead to guilt, giving up, and sexual performance pressures for fear of feeling less of a man or less masculine. All of these issues are associated with beliefs about aging and with feeling unworthy. Thus prostate cancer can be associated with a man's conflicting issues around expressing himself, his masculinity, and his worthiness.

Nancy A. Morris, counselor, EFT and Matrix Reimprinting practitioner, and a cancer survivor, offers a case study showing how EFT helped a man with cancer release blocks and restore his libido.

## **EFT Restores Libido after Prostate Cancer Diagnosis**

*by Nancy A. Morris*

Sam (not his real name) is 58 years old and came to me to improve his libido. During our first session, I learned that he'd had a high PSA blood test result and a biopsy that, surprising to him, showed cancer in his prostate. Since the original biopsy, he'd had three more biopsies. Prostate biopsies are not a pleasant experience and there is often blood in the semen for some time thereafter.

This all seemed a reasonable explanation for his lack of libido. Fortunately, Sam was very open about his situation and gave me more information as we tapped on "*Even though I have a low libido...*" (I often sit with a client and tap on the general issue as a way of working into specifics.) Sam explained that he always had an orgasm, but that it was "more about the lack of intensity in my coming."

I asked, "If before the cancer and biopsies, your orgasmic intensity was a 10, what is it now on a scale of 0 to 10?" Sam replied that it was now a 2 out of 10. There was less amount of pressure/buildup, less sense of release, a lot less semen, and, consequently, much less pleasure. Sam felt his "stamina, focus during sex, and his ability to ride out my desire for orgasm and last longer" had substantially diminished. We tapped on:

*Even though these biopsies have ruined my pleasure...*

*Even though this cancer diagnosis changed my life...*

Here, Sam became emotional, so we continued on the cancer diagnosis, the shock of getting the news, the fear of dying, and the sense of vulnerability that he'd never even thought of before this diagnosis. Several rounds of tapping on these issues reduced them each to a 0 out of 10. We even managed to go toward the positive changes in his life that he's made since he realized he's not going to live forever (he bought a much-wanted sailboat and loves it!).

As our time was drawing to an end, I worked with Sam on setting up homework tapping phrases. I explained how important it is that he use his own language and encouraged him to be brave in speaking up.

First we addressed the problem. Through back-and-forth conversation we arrived at the following Setup phrase: *Even though these biopsies have changed my ability to really enjoy coming...* Reminder phrases: *these damn biopsies, can't enjoy coming, it sucks, this stupid cancer, these biopsies.*

Then we worked together to create a choice statement and came up with the following graphic statement (this is what really spoke to Sam's internal language): *"I choose to feel fully alive and uninhibited while fucking."*

Finally, we made up a request for Sam's body. This, too, is graphic but proved to be very effective. Originally, we came up with "I ask my hormones to flow freely and build up delicious pleasure in my cock," but when he said it out loud, it sounded too girly to him. We changed it to: *"I ask my prostate and cock to join forces in explosive coming."* Given the problem as Sam had stated it, this seemed just right.

After a few weeks, we had our second and final session. I checked in with Sam on his intensity about the biopsies and cancer diagnosis. He was still at a 0 out of 10. I asked about improvement in his sexual pleasure and he said it had changed a little but that he "gets turned on and I am interested in sex, but it's difficult to know the right way to get started with my wife... so it's easier not to get involved."

As we began tapping to probe this area further, Sam said his wife was a mystery to him. She knew he was doing this EFT work, but she never asked him about it or how it was going. He felt like he was doing it for "both of us" to improve their sex life and she didn't appear interested. Sam felt lonely about this at an intensity level of 8 out of 10. We tapped on:

*Even though Carol shows no interest in what I'm doing...*

*Even though I feel sad and lonely that I'm doing this for us and Carol isn't even interested...*

Very quickly Sam started to talk about similarities between Carol and his first wife of many years who “set him up” by expressing verbal support for his personal growth activities, but then she’d undermine him with lies to their children about where he was and what he was doing. We tapped on all these old issues that still had emotional hooks for him and, as the intensity lowered, I called to mind the differences between his first wife and his wonderful and supportive current wife, Carol. He was nodding and agreeing as we tapped.

As the intensity went lower, I brought back the point about Carol not asking about his EFT progress (all while tapping), suggesting that maybe she was waiting for him to speak up. He hopped right in saying, “Yeah, she’s probably just giving me space and privacy.” I could see the relief on his face and the smile as he said, “I don’t have to be a victim, I can share, I don’t have to wait for her to ask.” We tapped on all these positive things.

We rechecked the homework phrases and they still seemed perfect to Sam. One month later, I talked to Sam. He said he had gone home and brought up the subject of his EFT work and Carol was very interested and they had great conversations. Sam said he realized that though he’d thought he was tapping “for us” when Carol appeared totally disinterested, that once he talked to her and saw her deep interest, he realized he was mostly doing the EFT for him (honest insight).

Best of all, Sam said that her interest made his resentment drop away; he was emotionally holding everything back before and now it flowed freely and so did his ejaculation and the pleasure feelings. Sam said his pleasure and intensity in coming, which was a 2 when he came for our first session, was now at a 9.5 on a scale of 0 to 10.

Final note: I sent Sam a copy of this story for his review and approval before submitting it. I just received this email in reply: “Nancy, it’s perfect. Thank you! Last night coming was a 10+. Sex with Carol was soooooo good. Thank you for your work. Keep it up. Sam.” (Cute how he used the substitute names in his reply.)

It’s a joy to be able to work with and help people who are so honest and vulnerable and wanting a positive change.

\* \* \*

## Sample Tapping Language for Men's Cancer

The following Setups and Reminder Phrases are examples of how you can release beliefs around cancer, health, and being a man. Modify these statements as needed to match your own language and feelings.

*Even though there are a lot of beliefs about what being a man means that affected the health of my body, I am willing to release these unhealthy beliefs.*

*Even though what is expected of me to be a man goes against my nature and my body wouldn't accept these expectations, I choose to take care of my body.*

*Even though being a man requires a lot of me, I choose to be kind to myself.*

*Even though my body has cancer, I'm still a good man and worthy of being well.*

*I'm supposed to be a provider, strong, capable, and fit into what society, my family, and others believe a man should be, but now with cancer that isn't my first priority—staying alive is.*

*The beliefs about being financially successful, a good provider, able to father a child, and a good partner and lover are very stressful and put a lot of pressure on my body.*

*What I learned from my father and other men has put a lot of pressure on me to be what generations of men have taught men to be.*

*Some of these beliefs don't fit with who I really want to be and put pressure on me to be something I'm not, leading to discord in my body.*

*Much of that pressure might have led to my body becoming ill with cancer.*

*Those old emotions and experiences got stuck in my body and contributed to the development of cancer in my body.*



*These beliefs prevent me from receiving the kind of respect, care, freedom, health, and love I deserve.*

*My painful and unresolved childhood experiences are stored in my body, contributing to my illness.*

*The emotional upset, fear, pain, and confusion in the little boy in me are hidden inside of me but expressing themselves in my thoughts, emotions, and even in the cancer in my body.*

*No matter if the cause of my cancer is physical, mental, or emotional, I choose to release the underlying reasons contributing to this cancer.*

*I choose to take charge of my beliefs by removing the ones that hurt or damaged me while I was growing up.*

*I choose to let go of society's, my family's, and others' beliefs about men and my own traumatic personal experiences as a man so my body can be free to heal itself.*

*I choose to be strong by recognizing the upsetting, hateful, and harmful beliefs so I can remove them and replace them with healthy beliefs.*

*My power doesn't come from my outward appearance but from my inner strength and courage to confront and address my emotional hurts.*

*My power comes from my choices now no matter what hurt me or my body in the past.*

*My power comes from being gentle with the little boy in me who wanted comfort, acceptance, support, guidance, and love.*

*I choose to love that hurt little boy in me so he can release his pain and be free.*

*I support the misunderstood boy and man within me, so together we can heal our old wounds and be strong in mind and body.*

*My courage to address and release my old mental and emotional wounds helps me heal emotionally and helps my body heal too.*

*It is okay for me to ask for and receive support because recovering from cancer is a team effort.*

*I allow myself to receive all the support I need so my body can feel the relief of being supported.*

*I gift myself the support needed for my body and mind to recover and live a fulfilling life.*

*I choose to look inside to find my own inner truth and live from there.*

*I know that as I let go of these unhealthy beliefs, I will feel better physically and emotionally.*

*I like taking charge of my own life and how I choose to present myself as a healthy man.*

*I like being my own man who lives in integrity, who is congruent, and who is kind and respectful.*

*Being a man of integrity empowers me to live a healthy life.*

*I choose to be a man of integrity in order to empower myself, other men, and women.*

## **Women and Men**

How many of the beliefs men and women hold have been passed on generationally? What conflict do these generational beliefs play in a world where traditional roles for men and women are changing? In the last few generations, women have entered in increasing numbers into professional fields previously limited to men. Now a man or a woman may be more financially successful than their partner, or they share equally the financial burdens in life. Men are taking on more of the caretaker role for their offspring or splitting the home and childcare with their spouse. Though these changes are occurring, not all of the conditioned beliefs have changed, leaving underlying patterns, beliefs, and emotions that can cause internal conflict. These inner conflicts can be a part of the emotions behind cancer.

In all cases, we need to remember that it's not what happens to you, but it is how you live through it. Thus, if you have emotional techniques, strategies, and tools like EFT, you can live through any conflict calmly and come out the other side more gracefully.

EFT can help both men and women manage the underlying emotional conflicts that may have an effect on the development of and the recovery from cancer. If every male and female would use tapping to free themselves from the conflicts associated with being male and female, imagine how much healthier the world could be.

In the next chapter, we address the topic that most people dread—dying. We'll look at death from the perspective of the person dying and those who remain behind, and the emotions associated with each. (P.S. Remember to tap if you find yourself getting upset as you read the chapter.) But first, here is another case study to inspire you on your healing journey before you approach a difficult subject.

Nora Aboulenein, therapist and tapping expert, specializes in assisting trauma and cancer patients. In this case, Nora tells her own story of how she used and continues to use EFT and other interventions to manage her breast cancer. You can learn much by reading the detailed explanations and examples she provides. Again, though the case is about breast cancer, Nora's approach is applicable to any kind of cancer.

## **There Is No Time—Only Change**

*by Nora Aboulenein*

In September 2016, at the age of 49, I was diagnosed with triple-negative breast cancer (TNBC). This cancer is so named because the most common receptors fueling breast cancer growth (receptors for estrogen, progesterone, and the HER-2/new gene) are not present in this type of tumor. As a result, TNBC is unresponsive to hormonal therapies that target these receptors. TNBC is considered more aggressive and to have a poorer prognosis than other types of breast cancer, mainly because there are fewer targeted medicines that treat it. Studies have shown that triple-negative breast cancer is more likely to spread beyond the breast and more likely to recur after treatment. The recommended treatment is neoadjuvant

chemotherapy (administered before surgery) and then surgery, followed by radiation therapy.

I broke off chemotherapy after the third cycle (16 were planned), had surgery to remove what remained of the tumor, refused radiation therapy, and much to the horror of doctors, family, and friends have been in naturopathic treatment ever since. In terms of statistics, I probably shouldn't be among you anymore.

I decided to support my body and my immune system instead of weakening myself to the point of no return. I decided to take full responsibility for my healing path, and this is what I have been doing since.

My treatment consists of:

- High-dose vitamin C infusions
- Homeopathy
- Acupuncture
- Hyperthermia
- Optimizing my nutrition (I've been a vegetarian for ages, but after the diagnosis, I almost completely removed dairy products from my diet, switched to low carbohydrates, and added lots of vegetable juice and intermittent fasting.)
- Vitamin and mineral supplements
- Regular and extended walks in the woods
- Regular cardio and power training
- Meditation and visualization
- Tapping on my issues every day

I also wrote a book to help me process this major challenge in my life. The title of the book is *There is no time. Only Change*. I gave it this title because time, in terms of prognosis and past and future, does not exist for me. The present moment and what I can make of it are my reality.

## **My Tapping Protocols**

Here are the tapping protocols that have helped me so far and that I still do.

## 1. Classic EFT

- Setup (while tapping the side of the hand point):  
*Even though I have this issue, I choose to love and accept myself.*  
*Even though I have this issue, I choose to love and honor myself.*  
*Even though I have this issue, I choose to deeply and completely love, honor, accept, and forgive myself, and anyone else who may have contributed to this issue.*
- Tapping sequence: Name the problem while tapping through the other points. For inspirational sentences, I refer to Brad Yates clips, which are absolutely brilliant ([www.bradyates.net](http://www.bradyates.net)).

## 2. Be Set Free Fast (as Brad Yates teaches it)

- Setup:  
*Even though I have this issue (name the problem), I choose to love and accept myself.*  
*Even though I have this issue, I choose to love and honor myself.*  
*Even though I have this issue, I choose to deeply and completely love, honor, and accept myself, and anyone else who may have contributed to this issue.*
- Tapping sequence:  
EB: *I am now eliminating all of the sadness and trauma in all of the roots and the deepest cause of all of this issue.*  
SE: *I am now eliminating all of the anger and resentment in all of the roots and the deepest cause of all of this issue.*  
UE: *I am now eliminating all of the fears and worries in all of the roots and the deepest cause of all of this issue.*  
UN: *I am now releasing all of the embarrassment in all of the roots and the deepest cause of all of this issue.*

Ch: *I am now eliminating all of the shame and guilt in all of the roots and the deepest cause of all of this issue.*

CB: *I am now releasing any remaining fears and worries in any of the roots and the deepest cause of all of this issue.*

UA: *I am now releasing all of the low self-esteem in all of the roots and the deepest cause of all of this issue.*

TH: *Setting myself free in body, mind, and spirit.*

### **3. Diary technique**

Every night before I go to bed, I pretend I am talking to my diary/my best friend, and tell her all that has happened on that particular day—my thoughts, feelings, worries and fears, and so on. Did the encounters I have on that day go well? If not, why? What would have helped me? What was missing? While I go through the day as precisely as possible, just talking to myself, I tap the points again and again.

### **4. F2F (face-to-face) tapping**

Placing an empty chair in front of me, I ask different people (who are not physically present) to sit down so we can talk. I talk to every person who comes to mind (mother, father, brother, sister, children, friends, colleagues).

If I find there are situations that still impact me, I invite the person involved and tell her/him everything that needs to be said while tapping through the points.

I also place myself on the other chair and go through my own biography—how I perceived myself then and how I perceive myself now.

In my conversations with myself and others, I point out what's good in the relationship, what needs improvement, my hopes and wishes. I am very frank about my thoughts and feelings and try to find answers to these questions: Is there a lesson to learn? Where is the growth potential in this situation? What is the essence I draw from this? Do I choose to become stronger with the help of this lesson or will I allow it to turn me bitter?

### **Example of F2F tapping**

I've had a difference of opinion with a friend, so I place a chair in front of me, put a piece of paper with her name on it on the chair, and tap nonstop while telling her about my disappointment/anger/sadness. My words are nonjudgmental and I speak entirely from my perspective, using phrases like: This is how I understood you, this is how I feel about what happened. Would you like to tell me what your intention was? I avoid accusing others. They must have had reasons for behaving as they did, and it is wise to ask what their reasons/intentions/motives were.

## **5. Inner team tapping**

When I find I have an issue with something and cannot reach a decision, I invite the involved aspects of my personality to a conference. Every aspect (the angry one, the sad one, the one in denial, the traumatized one, etc.) explains the reasons for his/her behavior and what the original (good) intention was. Then we start negotiating for the best possible outcome, while tapping, tapping, tapping.

### **Example of inner team tapping**

I've been offered a chance to move my practice into a center for holistic medicine and I'm not sure why I hesitate. So in this case I invite:

- The one who thinks she cannot work in a team
- The one who dreams of being a part of something bigger to discuss this new project.

There's a chair for me and for each of the other two participants. I start by asking them, while tapping, what their concerns are and where we can meet in the middle.

A good ending for this tapping protocol is reaching a compromise.

## **6. Body scan tapping**

I scan my body for tension/pain/symptoms and talk to the affected regions, observing without judging and tapping, tapping, tapping.

Free body scan meditations in audio format are available at [www.freemindfulness.org/download](http://www.freemindfulness.org/download). While listening to these, you can tap through the EFT points.

## 7. Belief tapping

I conduct an inventory of my beliefs. When did they originate? Who was involved? Why did I believe those people? Maybe they were helpless and couldn't handle the situation or me any better. I end this with tapping affirmations that match the subject.

## Example of belief tapping

My teacher asked me if I would like to be assistant trainer for the neuro-linguistic programming (NLP) master practitioner training he is planning. First, I am flattered, but then... The more I ponder the issue, the more I find that this is turning into a question of "Am I good enough for this?" So I use the classic EFT protocol for "I am not good enough" and, while tapping, I try to find out where this belief originated and why I believed whoever suggested that I am not good enough.

For inspirational sentences, again check Brad Yates—I am probably his greatest fan.

## 8. Trauma tapping

- I visualize entering a movie theatre and finding a comfortable place to sit. I choose an old scene to watch in black and white. While I am detached (dissociated), I speak out loud what I see and tap through all the issues that come up.
- I also tap on transgenerational trauma. I know that I carry old burdens for my ancestors.

**Caution:** Trauma tapping is not recommended for beginners or with therapists who are not experienced in trauma tapping. Only do this with a qualified therapist by your side.

## 9. Goal tapping

I specify a goal I wish to reach and visualize the details with all my senses (seeing, hearing, smelling, tasting, sensing) and imagine reaching it while tapping, tapping, tapping.



## **Example of goal tapping**

One of the things I would very much like to do in the near future is see free orcas. So I start tapping while imagining:

- Making up my mind where I want to travel to see them
- Going to the travel agent and booking the trip
- Packing my suitcase when my travel is due
- Driving to the airport
- Checking in
- Arriving at my destination
- Taking a boat out to sea and seeing the orcas

**Important:** Involve all your senses while tapping through the scenes. In the case of the last item in my visualization: I feel the boat rocking, hear the waves lapping against it, feel the sun on my skin, smell the sea air, feel the rising excitement, my heart is beating, and so on.

## **10. Immune system tapping**

The fact that my immune system failed to detect and eliminate my cancer cells means it must have been suppressed. I visualize my immune system getting stronger by working with inner pictures that come up while tapping.

Connect with your immune system and find out what it needs to support it (and you, in the end) to overcome your current health challenge. Use visualizations that strengthen your immune system and tap with the images.

## **Examples of immune system tapping**

- Imagine a cleansing crew in a boat, some dressed in white, others in red, floating through a river and cleaning it with large nets, ridding it of toxins, dangerous objects, things that have no place in a clean river, as a metaphor for cleaning your bloodstream and your lymphatic system.

- Imagine a grapevine that is exposed to intense sunlight (your inner light) and slowly drying up, as a metaphor for tumors/metastases withering away.
- Familiarize yourself with how your immune system works and find pictures you can work with.

## **11. Nervous system tapping**

Stress and trauma take their toll on the nervous system. If you're stuck in the fight-or-flight response, some of your systems (such as the immune system and the digestive system) are on energy-saving mode. By tapping while using inner pictures as a metaphor for a nervous system back in sync, you can take the tension out so the nervous system learns to return to its healthy rhythm. Use guided imagery to restore the balance between your sympathetic (fight-or-flight) and parasympathetic (rest and recovery) system.

### **Example of nervous system tapping**

- Imagine you are on a swing. First you swing slowly (parasympathetic system—you are relaxed and comfortable), then you swing higher and higher (feel the excitement—sympathetic system). Just don't go sailing off the swing, please. Then reduce the speed again (you are slowing down—parasympathetic). Switch between slow and fast a couple of times and tap while you are imagining the scene.
- Find similar pictures you are comfortable with and work with them while tapping.

## **12. Visualization tapping**

Whenever I visualize situations that make me feel better, I tap. It intensifies the effect. While tapping, visualize situations or moments that make you feel good and use your senses to help the good feeling get bigger and spread throughout your entire body.

### **What tapping has given me/helped me with:**

- Immense stress relief
- Clarity

- Inner peace
- Detoxifying my life
- Finding it easier to make decisions
- Taking better care of myself
- Love and forgiveness for myself and others
- Getting much closer to myself than ever before
- Resolving old traumas and helping old wounds heal

**Outcome of my healing program:**

- I've never felt better.
- I feel stronger than ever before.
- I choose more wisely how to spend my time and energy.
- I've become more honest and authentic in all that I do.
- I am much more self-confident.
- I give myself more attention.
- I've put myself on my priority list—right on top of it.
- I choose to live.
- I choose to make the best of every moment.
- I choose to make the best of my life.

**What this health challenge has given me:**

- Access to my deepest strength and resolve
- Access to my deepest faith
- Access to my self-confidence
- A chance to release old fears, traumas, and pain
- A chance to grow

It's been two and a half years since the diagnosis. I have regular checkups every three months and there is no cancer anywhere in my body.

My blood test results are great, the tumor marker is well below the norm, sonography shows all is well and cancer-free, and my heart, liver, and kidneys are as healthy as can be. My doctors are happy and I am too!

I will continue on my own healing path and continue to help others on theirs. As a therapist and coach, tapping has become standard procedure in my practice. I use it with all my clients. I mainly work with trauma patients and cancer patients. I am also a relaxation trainer so I know how important it is for both groups to get the nervous system out of fight-or-flight mode and back in sync.

This is the advice I give my clients who are dealing with cancer:

- Change/optimize your nutrition with the help of a nutrition expert.
- With the help of a therapist, check what your body needs in terms of vitamins, minerals, and other supplements.
- Choose the treatment that is right for you because *you* believe it will work for you, rather than letting doctors, family, and/or friends pressure or emotionally manipulate you into doing something you don't really want to do.
- Detoxify your body with the help of an expert.
- Detoxify your life. Let go of everything and everyone that is not good for you. You wouldn't drink poison if it were served to you, would you? It's not only your right but also your duty to set healthy boundaries.
- Get regular physical exercise. If it's not already part of your life, start.
- Learn a relaxation technique.
- Learn some creative art—writing poetry, playing an instrument, pottery, knitting, whatever.
- Make peace with yourself.
- Make peace with the people in your life, even those who have passed away.
- Be kind to yourself and to others. None of us can transport today's wisdom into yesterday's actions, so:

- Forgive yourself. You did the best you could, even if you think it wasn't enough.
- Forgive others. They too did the best they could, even if you think it wasn't enough.
- Take extended walks in the woods. It is proven that a walk in the woods boosts your immune system. Check forest therapy for more details on how this can benefit you.
- Ask yourself these very important questions:
  - What is my health issue forcing me to do?
  - What is my health issue preventing me from doing?
  - What kind of a person do I want to be?
  - What do I want to make of my life?
- Your health issue could be your body's attempt to find a solution for an inner conflict. Find that conflict with the help of a therapist you trust.
- Words like *never* and *forever* are illusions. Stay in the present moment. The past is gone, the future is not here yet. All you really have is the here and now, so don't make vows and promises you may not be able to keep, because you cannot control life.
- Being grateful is healthier than being resentful. What is good in your life and how grateful are you?
- You can make healthy choices every single moment. That power is yours and yours alone. Be a creator of your reality and let go of being a victim. Life is not a blame game. Life is about evolving and about taking responsibility for yourself.

\* \* \*

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## On Death and Dying

Many of us, especially in Western culture, have been taught to fear death and, in that fear, to shrink from the very subject. Regardless of whether you fear death or not, facing it as a possible outcome of your cancer may be the most difficult part of your journey. As you are reading this chapter, remember to tap if you find yourself getting upset and ask your support team for help if you need or want it. We will all eventually leave this earth suit (our body) behind, so it behooves us to prepare ourselves, regardless of whether we have a terminal illness.

Death doesn't have to be a dreadful experience. Leaving the body can be serene. Those who have had a near-death experience tell of beautiful experiences of pure light and love. Though a spiritual belief of some kind may make acceptance of one's death easier, it is not automatically so nor is it necessary for a serene passing.

Though letting go of life or letting go of someone you love is not easy, it can be gentler in the presence of acceptance and love instead of being an event filled with dread and suffering. EFT is an effective tool for clearing resistance to acceptance, fear of suffering, and all other aspects of death and dying. EFT can also help with the grief connected to death. That doesn't mean EFT will eliminate grief. Rather it will ease the severity and allow you to feel the grace that occurs with a passing, which can be a comfort in itself.

This chapter shows how to use EFT to help deal with being the one leaving and with being the one having to let a loved one go.

## **Leaving This World**

How do you prepare yourself mentally and emotionally to go? Preparing for death is an individual journey and how you prepare or don't prepare is a private, personal experience. Acknowledging that personal experience for you and respecting your wishes is important to creating a serene passing.

There is a mental and emotional journey to leaving the body, and again, it is different for everyone. Techniques such as EFT can make the transition gentler, more respectful, and much more peaceful. It all depends on how you approach death and whether you prepare yourself and your loved ones. If you have the opportunity, it is helpful to close cycles, complete pending issues, resolve problems, accept that you are going to leave your body, release old traumas, forgive yourself and others, free yourself and your loved ones, and connect with love. Cancer, like other serious illnesses, prompts you to heal all pending emotional traumas, issues, patterns, and beliefs and return everything to a state of love.

How do you prepare to leave your physical body, to die? Again, there is no one way because this journey is individual. Each person has their own unique path to leaving the body. With cancer, it isn't quickly as from an accident, but it can come to pass quickly and gently. Or it may be a longer journey, depending on the advancement of the cancer. No matter what path, it can be filled with peace, calm, dignity, and love. This is not to say there won't be times when you rage against the injustice of having to go before you are ready, when you, like Dylan Thomas, resolve not to "go gently into that night." Tapping can help you deal with what can be an emotional roller coaster.

The outer physical journey can be peaceful, as in a gentle falling asleep. Both authors of this book have experienced this with people and animals and, in Deborah's case, with many of the children with cancer that she helped pass away. Some people are in a lot of pain because of the cancer, but the moment of leaving tends to be peaceful. You can bring that intention forward so that is what you experience.



You may be suffering from the effects of cancer and you know your body and soul want to rest, want relief, want release, to surrender to love and leave, yet your soul does not let your body go. You stay alive because of will or some pending reason. The reasons for this occurring are varied. It may be the fear of what is on the other side or if there is another side. It may be fear of dying itself. It may be not wanting to leave your loved ones; you are worried about how they will survive without you. There may be other pending items to resolve before you go. In some cases, it is waiting for your loved ones to be ready and give you permission to go. You want to know that it is all right for you to move on. Other times, it is you giving your loved ones permission to let you go. Once that permission is given, you rest peacefully and cross over.

Attend to as many of these issues as you can so you are in a state of inner peace when your time comes. Ask for support with this process. You don't have to do this alone; you can seek the help of family, friends, a cancer support group, and/or a therapist, EFT practitioner, or other qualified caring professional. Gift yourself this release and freedom so your journey is peaceful.

Peta Stapleton, PhD, is an innovative and evidence-based clinical and health psychologist and EFT researcher and trainer. In this case, she helps a woman reach closure on several unresolved life issues and discover an underlying core belief as well.

## **Working with a Terminal Patient**

*by Peta Stapleton*

Julia made contact for a session because she had followed the EFT research conducted by my colleagues and me over the years. She explained that she had terminal pancreatic cancer and had been given only months to live but wanted to use EFT to find closure on several life issues. Though she lived a 20-hour drive from my practice, she planned to travel for the session with a family member, and thus arrived one day in January.

Julia was in her late 50s when we met for an extended session. She quickly discussed her diagnosis, the treatment that had now come to an end,

and that she had reached peace with the fact that she was terminal and palliative care would be her last stage in the coming months.

However, Julia wanted to find closure and peace on several life issues that still bothered her. She knew of EFT and had practiced meditation and used prayer for many years. We went through the Basic Recipe and how it worked and I asked Julia for the laundry list of things she wanted to address. There were three main concerns:

1. She felt she had never recovered from her divorce 10 years earlier (her husband had met another woman and left her).
2. She had not completed her university nursing degree when she was in her 20s because she had gotten pregnant and left to start her family, never to return to her studies. It was a regret that she had never been able to work as a registered nurse.
3. Her father had left her mother when Julia was 17 years old. While she was not a child and could understand his reasons, she felt this was something she had never dealt with.

Julia wanted to start with her own divorce. We began with the Tell the Story Technique, focusing mainly on the moment in time when her husband walked into their bedroom and said he was leaving. She felt shock, disbelief, panic, and then anger. We worked through all of these layers individually. Julia was eventually able to tell the story of that moment with calm and she even laughed. There was, however, a feeling she couldn't put her finger on.

We decided to begin discussing the university experience to see if the feeling would surface in the background. After several rounds of tapping on the feeling of knowing she had to leave her studies because she was pregnant (anger, disbelief, panic, uncertainty, fear), she started crying and said that ultimately she didn't feel she deserved success or achievement. Julia also realized it was the same feeling she had with her ex-husband—she didn't feel she deserved a happy marriage that lasted, as her parents' marriage hadn't. A link was also there to her father leaving—at some level Julia felt she had played a role in his leaving and so she didn't deserve a happy home life like some of her friends had.

We knew at this point we had uncovered a tabletop, a core belief that had influenced many life situations. Rather than tapping on the last memory, we

drew a table with many legs to it, with “I don’t deserve” written on the top of the table. I then asked Julia to tell me all the times in her life she felt she didn’t deserve something. The list grew long and the memories became younger, starting with being 4 years old. Her sister had been born and finances were quite tight. Her parents had asked her what she wanted Santa to bring her for Christmas that year, and she made up that she wanted a cheap plastic pull-along toy, rather than the teddy bear that could record your own voice. She remembered her parents being surprised at her choice, but she felt she didn’t deserve more in that moment because they were struggling with money.

We completed our session by working through this memory with the Movie Technique until Julia felt calm and at peace. She was able to imagine that younger version of herself feeling complete. Our time had come to an end at this point. Julia only had the one session, as she traveled very far. She stayed in contact over the next few months, though, reporting that she worked on several of the other legs herself with tapping and ultimately felt peaceful and centered in her life—for the first time.

\* \* \*

## **Sample Tapping Language for the Dying Journey**

Here are some Setup Statements and Reminder Phrases you can use to tap on for the dying process and letting go. Remember that your own language is the most effective when it comes to tapping, so modify these statements as needed to match your circumstances and feelings.

*Even though I know that my body isn’t long for this world and I’m afraid of dying, I choose to love and accept myself and my body.*

*Even though I’m not ready to die, I accept myself and my journey.*

*Even though it is scary to think that I may not be here much longer, I choose to release my old traumas and unwanted emotions so I can pass in peace.*

*I’m afraid because I don’t know what it will be like.*

*I’m not ready to go yet.*

*I feel I have so much to do yet, but I'm not being given the time.*

*I don't want to suffer either; that is not how I want to live.*

*I don't want to live in pain or suffer.*

*I'd rather be calm and love myself and others.*

*I'm here now so I have the opportunity to take care of some pending items.*

*I can forgive myself for whatever I felt I did wrong.*

*I can forgive others for the wrongs they did to me.*

*Those feelings aren't useful to me anymore.*

*I choose to forgive, release, and forget them.*

*Right now, it is too important to me to be peaceful in mind and body.*

*I'm ready to accept my dying when it is my time to go.*

*I'm not ready to accept it now, but I trust that I will be when it is time.*

*I will do everything I can to be ready.*

*I will even release not accepting or being ready.*

*I know that doing so is important for me and those who love me.*

*I want to love and accept myself completely and profoundly just as I am.*

*I choose to connect to the deeper love within me and around me.*

*I choose to find that inner joy, peace, and love.*

*The truth is they have always been with me.*

*No matter where I go, I take that joy, peace, and love with me.*

*I will also leave joy, peace, and love behind me.*

*I choose that to be my gift to myself and the world.*

## Letting a Loved One Go

Letting go of someone who is dying of cancer is difficult for most of us. As with accepting your own dying, it is important to remember that your loved one's process of leaving is a journey personal to them. They need to be the one deciding how it will go for them. At the same time, your experience of their leaving is *your* journey, likewise personal and individual. Your job is to observe your own process while avoiding pushing your wants and needs on your loved one. As you respect their leaving experience, you also respect your experience of accepting that this person you love will cross over.

Do your own personal work to release old patterns, fears, and issues with your loved one or with any issues that arise as you face this person leaving. For example, perhaps old feelings of abandonment or betrayal suddenly resurface. (Yes, we can feel betrayed by our loved one for leaving us, even though they are not doing it on purpose!) These are issues you can clear on your own; your loved one does not need the added burden of helping you work through your issues. Tapping through whatever comes up is a good way to take this journey, which can be as much a roller coaster for you as it is for the one who is dying.

You will need to come to terms with your loved one leaving, whatever form those terms take for you. Accepting that your loved one's death may be for their best and highest good could be the biggest gift you can give. When you come to terms with their journey and give your loved one permission to go, then they can peacefully cross over. Your part is to accept that leaving. Do all the emotional clearing you need to do in order to be loving and fully present with your loved one during those final moments. Let it be a blessing.

You may be resistant to letting your loved one go. You aren't ready for them to leave. You may not understand why your loved one is leaving now, but there is a specific moment of passing for each person with a terminal illness. When you recognize this as truth, then you can feel calm and allow your loved ones to cross over at their moment. It is best for everyone if you come to this acceptance because when it is your loved one's time, the leaving will occur, whether you are ready or not. You can hold on or give your loved one the permission, the freedom to go, knowing that you will

remember, you will carry on, you will love that they were in your life and it was a blessing.

Again, you do not have to do all this alone. Family, friends, professionals, and grief groups are available to help you deal with losing a loved one, and tapping is always at your fingertips, ready to help you manage the emotions that arise before, during, and after the departure of your loved one.

Jose Manuel Hoffman-Medina shares a case in which EFT helped a woman reduce her pain and suffering so she could recover her dignity and die in peace. This type of EFT is a profound gift for the person dying, the family, and the EFT practitioner.

## **EFT Helps Advanced Cancer Patient Live Final Days with Dignity**

*by Jose Manuel Hoffman-Medina*

Today I'm going to tell you about a wonderful experience I had with EFT. I received a visit from a family friend whose mother had been ill for some months even though she chose not to tell us what the illness was. Whenever we asked, she would say it was a gastric ulcer or it was a kidney infection. Each time it was a different illness. On this day, she arrived very upset and crying and told us the truth. Her mother had cancer at a very advanced stage and the doctors had told her they could do nothing more for her and to take her home and prepare for the worst.

This friend knew about tapping through some mutual friends I had treated free of charge and they'd had excellent results, so she asked me to heal her mother. I told her that to be honest I had never dealt with cancer and I couldn't guarantee she would heal, but if it would make her feel better, then I would visit her mother.

I'll call my friend's mother Alicia. When I arrived at Alicia's house together with my friend and my wife, I encountered a very difficult situation. Alicia was in her bedroom with her other daughter and Alicia was just a small bundle consumed by the cancer and the chemotherapy. She was sedated, but even so it was obvious she was suffering intense pain. Alicia

had not eaten anything for several days due to her condition and she was dehydrated.

With my wife on one side of me and my friend on the other, I started to tap on Alicia. As she was completely out of it due to her medication, I thought it wouldn't work and above all I didn't know what to say. As I tapped briefly on the points on her face in silence, I received words from my higher self and started to say things such as: *"I'm fed up with this pain...let me rest...get rid of this pain...I want to be free...I'm dizzy...I'm angry"* and other phrases that came from within. I did about 10 rounds of tapping on Alicia because I was really just letting what I felt flow freely.

When I stopped, Alicia opened her eyes and they didn't look as dull and lost as they had when we arrived and she said, "Thank you, Manuel." I asked her if she wanted me to do some more tapping and she nodded, so I continued with phrases regarding her health: *"I don't feel well...I feel dizzy...I feel very weak...I'm thirsty..."*

At this point, she nodded and I stopped tapping to ask for some water. My friend had told me that normally they just moistened her lips as she couldn't swallow water and if she did, she would immediately throw it up and that would be very hard on her considering her state of health. But Alicia took a couple of sips of water through a straw and nothing happened. Ten minutes after drinking the water, she fell deeply asleep.

We left my friend's home and I felt very much at peace, even though I knew inside me that Alicia would not survive.

Every day during the next week, I went to tap on Alicia for 10 or 20 minutes. Throughout that week, she recovered consciousness, ate without throwing up, and recovered her clarity of mind. The pain was now completely bearable. Alicia's daughters were very happy and they thought she would live and thanked me, so I let them live their moment of happiness.

The day before Alicia died, her daughters, my wife, and I were in the room when Alicia thanked my wife and me for the tapping treatment, which had helped her recover her dignity and now she could die in peace knowing that in her final hours she would recognize her daughters and kiss them. She blessed us and fell asleep. My wife and I went home and the next day we received a phone call telling us of Alicia's passing.

I felt great peace as well as sadness. I know that she went in peace and is now promoting EFT in heaven.

It was a great learning experience. What I learned is that even though EFT didn't save Alicia's life, it allowed her to live with dignity right up to the very last minute of her life. As an EFT therapist, I have matured, as now I can leave EFT in the hands of God for Him to work through me instead of wanting God to do my will because I am an EFT therapist. I can truly say with a happy shout, "Mission accomplished!"

*This article was translated from the original Spanish by Vera Malbaski, a member of the EFT Insights Spanish Edition translation team.*

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## **Sample Tapping Language for Letting a Loved One Go**

Here are some sample Setup Statements and Reminder Phrases for tapping to help you in the process of letting a loved one go. Remember that your own language is the most effective, so change the statements as needed to fit you and your feelings. In these samples, the phrase "loved one" is used instead of the name of the person or the pronoun him or her. If you like, change those phrases to the name of your loved one.

*Even though I'm so sad that my loved one is going to leave me, I accept that life has specific cycles.*

*Even though I don't want to let my loved one go, I choose to do what is best for my loved one.*

*Even though I don't know what to do to make dying an easier process for my loved one and myself, I choose to love myself so I can love my loved one.*

*I'm resistant to letting my loved one go.*

*I don't want my loved one to go.*

*I want to scream, be upset, and yell because it isn't fair.*



*Why does my loved one need to die?*

*I want my loved one to stay here with me.*

*I don't want my loved one to suffer from cancer.*

*It upsets me to see my loved one suffering.*

*I want my loved one to feel at peace.*

*Being upset and angry is not going to change things for my loved one.*

*Being upset and sad may actually make my loved one even sadder.*

*I need to step up and deal with my emotions.*

*I choose to deal with all the sadness, upset, fear, and worry.*

*I even choose to let go of the unfairness.*

*It is my loved one's journey, so I choose to be lovingly at my loved one's side.*

*I choose to accept what is best for my loved one even if that means I have to let my loved one go.*

*I choose to give my loved one permission to go if that is what my loved one needs to do.*

*I want my loved one to feel at peace, so I stand in peace alongside my loved one.*

*I choose to focus on the light and love that so many people say is what they experienced when they crossed over temporarily.*

*I choose to trust that my loved one will be enveloped in light and love.*

*I choose to sense my loved one free, joyous, peaceful, happy, and feeling so much love.*

Whether you are the one leaving or someone is leaving you, be gentle with yourself. Whatever emotions come up, embrace them, accept them. If

they are emotions that make you feel sad, upset, angry, or afraid, then do EFT or another modality to come back to a sense of calm. Acceptance of the path that each person has, including yourself, will support you in choosing to feel love even at this time.

If possible, do things with your loved one that you love to do together, that make you smile; tell stories, hold each other, be present with each other, and love. Love yourself. Love the people you love. Love the life you have. Love the life you had. Life and love are what you have been blessed with. Feeling love at every stage of life is the most important emotion you can feel. Live every stage of your life with dignity, grace, peace, and love—and know that your ending can be that too.

This chapter merely touches on the plethora of feelings that arise as one prepares to die or supports a loved one in dying. The emotions are extensive. In summary, if you are the one dying, you can use EFT to manage your emotions, any discomfort, and prepare yourself and your loved ones for your leaving. The whole experience can be a gentler more loving one. If you are the one losing a loved one, EFT can support you in reducing the intensity and duration of your grief and allow you to feel peaceful even as you grieve. With EFT, instead of suffering for a lost loved one, you can remember your loved one with a sense of grace and an open heart.

## Self-Care for Caretakers

This chapter is dedicated to caretakers and the vital role they play. We will focus on the benefits of you as a caretaker taking care of yourself, whether you are a full-time caretaker or a provider of auxiliary support. Either role can become overwhelming and exhausting. Being of greater support to the person you are caring for requires that you take care of yourself.

Probably one of the greatest desires you can have is to be of service to your loved ones, especially if someone you love has cancer. You need to determine how best to support that person by figuring out what is needed and delivering it. This can mean providing transport to the hospital, doing the cooking and/or cleaning, running errands, being there during treatments, and giving hugs and lots of love. These are all important aspects of care for someone who is dealing with cancer. Your support is invaluable for the healing process. Be sure you respect and honor your service and caretaking.

To be of best use and for your own health and well-being, you need to consider not only the needs of your loved one, but your needs as well. It benefits no one if you give so much that you become depleted, tired, grumpy, angry, frustrated, or any of the other emotions that accompany overwhelm. The exhaustion and attendant feelings usually lead to unwanted emotional responses or actions. Then comes the guilt for that response and concern that you are not caretaking correctly or doing enough. It is very easy to get overwhelmed, overworked, and exhausted when helping

someone manage their illness. It is never beneficial to you or your loved one to weaken your own system.

Parents with a child with cancer get so worried about their child that they don't sleep, don't eat well, are overly stressed, and often come down with a cold or flu. This is not good for the caretaker, but it also puts your loved one at risk of infection because of their already lowered immune system. It is worth repeating: You need to take care of yourself in order truly to support another.

So be kind to yourself, take care of your health, breathe deeply often, and attend to your emotions and physical state. It does not take away from your caretaking if you also take care of yourself—just the opposite. You will feel good, be a bright light to the person who needs you, and have the energy to accomplish all the tasks needed to be supportive.

Judy Timperon, an EFT practitioner trained in Matrix Reimprinting and Birth Reimprinting, specializes in anxiety, depression, pain, illness, and trauma. In this case study, she helps a client who was diagnosed with cancer while taking care of her dying mother.

## **Cervical Cancer: Like Mother, Like Daughter**

*by Judy Timperon*

Izzy came to see me because she was experiencing (in her own words) “a weird traumatic time.” Her mother had cervical cancer and a terminal autoimmune disease. She was in “the end stage of her life,” as the doctors had given her no hope. Izzy had relocated from another state to spend time with her mother.

Izzy had also recently been diagnosed with cervical cancer. It was the type that was not related to the HPV virus and it was higher up in the cervix.

She was now juggling being a support to her mum and caring for herself. A friend had advised her to do EFT, which she willingly did.

Evette Rose, author of *Metaphysical Anatomy: Your Body Is Talking, Are You Listening?* cites the following as probable factors in the development of cervical cancer, and these were all relevant to Izzy:

- Suppressed resentment toward men
- Not feeling like you have rights or a voice
- Feeling invaded, disempowered, or controlled by “authority”
- No right to stand your ground
- Association with love may be mixed with negativity, guilt, invasion
- The pattern you had with your mother is repeating in your personal relationships

Izzy’s childhood family situation had been very chaotic. Her father was emotionally abusive to all of the family. “He was detached, cold, and unloving. He grew up as an orphan,” Izzy said. “Mum was a gentle soul who wasn’t able to deal with this.”

When Izzy was 6, her parents separated. Soon after, she had a stepdad who was both emotionally and physically abusive.

As a result of the turmoil at home, when Izzy was 19, she left the country to work overseas. She did this to get away from everyone and everything and all the responsibility that she had to accept in relation to “family stuff.” Although it was a difficult decision, she knew it was best to separate from her family.

Much of my time working with Izzy dealt with making peace with her traumatic memories and the beliefs she developed back then (which were no longer serving her). Most of these memories involved her family.

Many of the techniques I used were specifically related to trauma, but I also used the Tell the Story and the Movie Techniques.

Some of her memories included:

- Izzy’s sexual abuse at the age of 4 by a family member
- The emotional abuse from her father—many “legs” to this “table”
- Stepdad dragging Mum by the hair down the street while Izzy was watching and crying. No neighbor came to help because they were all afraid of her stepdad.
- One memory Izzy didn’t think we would be able to resolve was the death of the family dog. A local policeman shot the dog because the

injuries inflicted by Izzy's stepdad were so severe. (Yes, we completely took the charge away from this memory—tap, tap, tap.)

- Her stepdad's friend sexually abusing her at the age of 12
- Emotional and physical abuse from her stepdad
- The illnesses of her mother and the many illnesses Izzy had as a child—like mother like daughter
- The responsibility that Izzy had to accept as a child, and the guilt when the responsibility shifted to her younger brother when she left the country
- Izzy's cancer diagnosis that so matched her mothers, and her prognosis
- Izzy's mum dying, and all the challenges and grief that went with this

Izzy could see all the current patterns in her life as a mirror of her mother's life. Although she hadn't had many partners, each of them was like her dad and stepdad, with a "hardness of character, cynicism, and harshness." She felt she was being punished for being herself, just like her mother had been.

We used tapping on all of the memories listed, all of which had a SUD level of 10 out of 10. As we tapped on them, the SUD levels became lower and lower until they reached 0. The lesser memories, which had a lower SUD rating, collapsed alongside these major ones.

We were collapsing the "table legs" that were supporting the "table top," her cancer.

We then changed the memories to what she would have liked to have happened back then and reimprinted that into her mind. Some of the techniques I utilized with Izzy (e.g., allowing the memories to change and reimprinting them) were from the hybrid versions of the original EFT.

While we were doing this work, Izzy had two operations on her cervix. After the first operation, she got a rather bleak prognosis. After the second operation and as a result of the tapping work (she believed), Izzy got a favorable diagnosis, although she was told she should not expect to be able to have children.

As you can see, the work with Izzy wasn't a "one-minute wonder." She had a number of sessions.

In Izzy's own words, "The work we did made such a huge impact on my health and well-being, and Judy taught me how easy it was to tap on myself when away from her." Izzy is no longer repeating the patterns of her mother.

After we completed the initial work, Izzy went on to meet a man to whom she is now engaged and, in her words, "He is a good man."

I hadn't had much contact with Izzy when, in late 2018, she contacted me again to ask for some more work. This time we worked on her gut issues. She said she thought she was in fight-or-flight again, so we found the memories relating to this and tapped on them—mostly related to her father and stepfather. "To put it bluntly, he tortured us," she said of her stepfather. "He was very sick."

The body never lies—it was giving her messages to do some more healing. Because she was a survivor of cancer, and after watching what her mother went through, Izzy was ready to do more work.

We also went back and did a whole session on her life in the womb and on her birth. I learned to do this work from fellow practitioner Sharon King. I do this with a lot of clients now and am teaching it to other practitioners. With this, we cleared the anxiety of her mother and the neglect of her father, as he made it very obvious he didn't want a child.

I spoke with Izzy in February 2019 and she reported that her health is really good and her gut is so much better, 80% of the time functioning perfectly.

As she is preparing to be married, she recently went to a specialist to see about having a baby. Although previously they said no due to the damage caused by her cancer, they are now saying yes. Izzy reported that, since doing the sessions on her birth, she feels her body is now ready to have a baby. Rightly or wrongly, she feels this is because of the work we did in assisting her body to heal itself.

Interestingly, Izzy says that, since doing the work, her relationship with her father has improved greatly. As a practitioner who has heard this kind of side benefit many times before, I am not surprised—delighted, but not surprised.

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In this next case, Nancy A. Morris, EFT and Matrix Reimprinting practitioner and a cancer survivor herself, helps a man overcome the paralyzing fear and worry he felt about his wife having cancer and the possibility of losing her. With EFT, he found a sense of peace and calm.

## **EFT Calms Paralyzing Fear over Loved One's Cancer**

*by Nancy A. Morris*

John called me and said he was at a loss as to what to do with himself. His wife, Annie, had been diagnosed with breast cancer that had metastasized to her spine and had major surgery to remove the tumors. She'd been on various drugs since then to stop the cancer from spreading. John said her latest blood tests and tumor markers showed it had not stopped, the numbers were consistently climbing, and she was experiencing pain in her bones. He was worried, obviously, and described himself as feeling anxious and hypervigilant.

John said he felt unable to function in his day-to-day life, that he felt paralyzed with fear and worry.

I told John to tap along with me and listen to what I was saying and repeat it, but that he should adjust the words so they were most like his own "internal dialogue." John rated his fear and worry at a SUD level of 9 or 10 on the 0-to-10 scale.

We tapped:

*Even though I'm scared to death, I deeply and completely accept myself.*

*Even though I'm really, really afraid, I deeply and completely accept myself.*

*Even though I'm scared shitless, I deeply and completely accept myself.*

We tapped through a few rounds just to settle him down. I explained that it made sense he would be worried and afraid and that would most likely not go away (his wife was scheduled for more tests in the next week), but EFT could help with the excess emotion he was complaining about—the feeling of being paralyzed and the paranoia (he'd been watching her so carefully, looking for signs of how she was doing).



I asked him to say what he was afraid of and he bravely replied, “I’m afraid Annie’s going to die.” I asked him where he felt the fear and it was in his stomach, deep inside, a big, hard, dark knot. The SUD level of the knot was a 10.

We began tapping on the “fear knot” inside of him with Reminder Phrases like:

*This fear*

*This anxiety*

*This worry*

*This knot in my stomach*

*I’m really afraid*

*I feel paralyzed by this fear*

With several separate rounds of tapping, we brought the knot from a SUD level of 10 down to a 6.

Then we talked about what he wanted. John wanted 30 more years with Annie; he said he wanted more time to do things with her, to do things for her, to enjoy their retirement years together. Again I asked about the knot and he said it was still at a 6 out of 10.

We tapped more on:

*This fear*

*This knot*

*This anxiety*

His SUD level came down to a 3 to 4 out of 10.

Then I told him we’d do a really long rambling Setup and to keep tapping on the side of the hand point until I directed him to move to the other points.

It went like this:

*Even though I’m scared shitless that Annie may die, I deeply and completely accept myself.*

*Even though I’m really afraid that we won’t have 30 years together, we probably won’t have 30 years together since we’re both 60, who knows how long we’ll have, I deeply and completely accept myself.*

*Even though I’m really afraid and it’s making me paralyzed, I deeply and completely accept myself.*

*I really want to do more things with Annie.*

*I want to do more things for Annie.*

*I want us to have fun together.*

*All this worry and fear is keeping me from enjoying her, from enjoying my life.*

*I'm wasting the precious moments that are left; at 60 we're never sure how many moments are left and I'm wasting them.*

*This stupid fear is keeping me from being the man she needs right now; I want to enjoy our time together now.*

*I don't want to waste another moment on this stupid excess fear that paralyzes me.*

Then we tapped several rounds on the points with Reminder Phrases from the previous long Setup. John's level of intensity was down to a 1 out of 10. We had only a few minutes left.

I told him we'd do a Choices statement for him and suggested, "I choose to feel relaxed and grounded and to enjoy every minute I have."

He said that sounded wonderful. So we tapped through this several times. I asked John his level of intensity and he said it was a 0.

I told John he could tap on himself whenever he felt anxiety building.

Five days later, I received the following email from John:

"Words are not adequate to express my thanks for our recent tapping session and the profoundly successful results it generated for me. Our tapping session restored a sense of peace and calm in me. I am still feeling calm and in charge, and looking forward to more sessions together. Also, I want to get Annie involved, since her emotions are a tangled bundle of fear and worry as well and I'm sure tapping will bring her great benefit too."

Note: The results of Annie's scans showed that "everything is stable." Just maybe, tapping might help keep it that way.

\* \* \*

Based on experience in working with children and their families, Deborah Miller has the following to say about the value of attending to your own needs while caring for others.

In helping children with cancer, I learned how important it is for me to take care of myself first in order for me to be able to truly support these children and their families in the hospital setting. If I was upset, sad, frustrated, or even angry about their situation or something in my life, I was then less effective in supporting them. I decided that in order to be of greatest help to them, I had to make sure I was taking care of myself first. I was determined to make sure I was centered, peaceful, and in the most loving state I could be. I dealt with my emotions around the situation—how it isn't fair that a child has cancer, feeling helpless, frustrated with the system, the types of treatments, and even the apathy of the patient and family when they feel overwhelmed, blocked, or afraid so they do nothing at all instead of taking all the steps possible to help themselves or their child get better. I became more determined to be in a centered place rather than let all these obstacles get in my way. As I practiced doing so, it came to be. Whatever I had to deal with that day, I could manage gracefully, whether it was a painful treatment, emotional outburst by a child, a parent paralyzed with fear, or treatment reactions, and experience all the joyous moments of successful release, healing, and love.

I didn't realize this change had occurred in me at first, but I was deeply touched when many of the nurses would say that when I walked into the children's hospital area, they noticed the children perk up, the parents relax, and even they, the nurses, felt supported. Sometimes all I did was smile, be present, hold a hand, share a story, or listen to their experiences. Most of the time, I did EFT with the child and/or parent to release the stress and emotions they were experiencing. We did EFT and other modalities to learn how to manage the fear, frustration, treatments, and even pain. We used EFT to envision the future. I thought of myself going into the hospital as a beam of light and love.

I'll say it again: taking care of yourself is key. It is essential. You are worth it. It will change everything for you and those who need you. It brought me peace during the children's treatments. It even brought me peace of mind when a child crossed over. It brought me peace and joy when a child healed. Allow yourself to find and create that inner peace. It is probably one of the best gifts you can give to yourself and your loved ones.

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You might say you don't have time for self-care because of all the extra tasks you now have. The truth is you don't have time *not* to. It is that important. You don't have to spend hours to get connected and feel calm. Even a few minutes of deep heart-focused breathing or a few rounds of EFT can be enough to center and calm you sufficiently to carry on. Even being mindful as you do your tasks can bring you calm. If you start using these calming techniques several times a day, you will find you are then able to restore a peaceful and loving state quickly when you do happen to get off center.

## **How to Take Care of Yourself**

How do you go about taking care of yourself and managing your fear, worry, anger, frustration, exhaustion, and more? The same techniques we have taught throughout this book for people with cancer can be used by all who are caretakers. A round of EFT takes less than a minute. You have seen how EFT interrupts the stress response in the body. Take time out for EFT throughout the day.

Simply turning your attention to your breathing for a few moments can bring calm. Or try simple breathing techniques like HeartMath's Heart-Brain Coherence breathing (HeartMath Institute, 2021). For this, place your hand over your heart and breathe in to a count of 5 and exhale to a count of 5 for two to three minutes. If you can focus for the last minute on something you are grateful for, care for, or appreciate, it will expand your heart field. If you don't find anything to be grateful for at that moment, then just breathe slowly. Breathing in this way creates an expanded heart field, which allows more energy to flow within the body and raises the vibration around you. What a simple, lovely gift you can give yourself and the one you are caring for. You can do this technique together.

When taking care of yourself, what emotions do you focus on? Observation of your emotions and reactions to situations and others as you take care of someone will give you insights into what you need to take care of emotionally, which you can then handle with EFT, right then or later. The emotions and reactions to address first are the ones that come up frequently and instantaneously. Remember, be gentle with yourself. You're not expected to be able to feel calm and centered all the time. Allow yourself

those moments when the emotions take over. Then come back to center again. Emotions are information, so even those moments when you were off center give you insights into other beliefs and topics to release.

What can you do daily? Start with looking at what emotions you feel moment by moment. For instance, as you read this paragraph, what are you feeling—tired, stressed, fear, panic, anger? Identify the emotion. Notice where it is located in your body. Then start with something simple like taking deeper breaths. It harmonizes your heart, mind, and body by creating coherence. Then use EFT to reduce or release the emotions. At the same time, you will be lowering stress hormones in your body. Once you do, then from this more relaxed state of being, you will feel more connected and centered, able to think, make decisions, and able to move forward. You can always ask an EFT practitioner for help with EFT so that you release any old habits or patterns from earlier times in your life.

While you are calm, observe the emotions you have when you think about your loved one having cancer. Do you feel guilty, angry, frustrated, sad, worried, or something else? Once you identify these emotions, you can continue to feel them until you can't stand it anymore, or you can start tapping to lower and release the feelings and bring yourself back to calm. Get help from a trained EFT practitioner if you need it. Caretakers deserve to be supported in their support work. This is why there are support groups for caretakers and these are an invaluable resource.

We might think that only the adult, spouse/partner, or parent who is the caretaker needs self-care. Actually, it is much broader than that. Anyone who is giving support of any kind to the person with cancer needs to practice self-care. Cancer is emotionally confronting and brings up all manner of issues in anyone touched by it. This includes family members, hired caretakers, medical staff, social workers, educators, psychologists, and all hospital personnel, including the cleaning staff. Each person involved in the support of a person with cancer deserves to take care of themselves.

In learning to take care of yourself, you learn how best to care for another. How can you convince someone to do what is necessary for their health if you are not willing to do so yourself? How are you going to help other family members manage if you don't manage your emotions? When you do self-care, not only do you feel better, but you model to others how to

find calm in the midst of the situation. That is in itself a beautiful gift of support.

Here is a note of caution for caretakers: Watch out for what is known as the “savior effect.” This is where a person tries to take on the role of doing everything possible to “save” another. The problem with this is that if you are the savior, you will become frustrated with all you have to do and, truthfully, much of what you will try to do isn’t your responsibility. It’s not your job to save someone. Trying to do so doesn’t allow the person who is ill to follow fully their own healing journey: physically, emotionally, mentally, and spiritually. You are there to support, not take over. The savior approach is usually done with love, but it won’t accomplish what the “savior” intends. It is best that each person take care of themselves emotionally, or with appropriate non-rescuing help, so that all heal.

Using EFT will help you maintain calm and release your own fear, worry, anger, and frustration. You can also tap on your own, without involving the other person, to clear unresolved issues between you. This can be an enormous relief and a profound gift to both of you. As you take care of yourself and are in harmony, you will find that everything flows more easily and you will feel as though you have more time.

EFT, being so easy to use, can be a method to bring family members closer together. This also works with friends, coworkers, and members of the support team. If you take the time to tap together, everyone will calm, the stress will reduce, and a sense of balance and harmony can be created. It also provides a way to help the loved one with cancer. By tapping with them, for them, or on them (with their permission), you support their emotional and physical healing. The tapping empowers everyone involved.

In this next case study, EFT practitioner Christine Disant shares how she taught a client how to use EFT to clear the extreme anxiety she was feeling about seeing a close friend with cancer. The detailed tap language can serve as a “survival guide” for dealing with the emotions that come up for you as you support a loved one with cancer.

## **Your EFT Survival Guide to Supporting a Friend with Cancer**

*by Christine Disant*

My client “Sally” has a friend “Jennifer” with whom she has been close friends for many, many years. Now, midway through life, Jennifer has breast cancer. Sally is doing her best to support Jennifer and her family (two young children) and has kindly offered to help out with household chores from time to time.

The last time Sally saw Jennifer, her friend was okay, but when Sally came back from being on vacation, she learned that Jennifer had become worse in the two weeks she was gone. At the time Sally spoke with me, she was planning to go visit Jennifer later that day and felt extremely anxious. She didn’t know how Jennifer would be.

Sally, a very skeptical person, had heard about Emotional Freedom Techniques but had dismissed it. That day, however, her anxiety was so high she was ready to dial emergency responders—instead she dialed my number. I could fit her in for an in-person appointment, but the idea of an office visit actually added to her stress. She feared our session might delay her from getting to Jennifer.

I asked her to measure her anxiety right at that minute over the phone. She rated her SUD level of intensity as “Maybe a little bit anxious, 6 out of 10.”

I then asked her to imagine she was in Jennifer’s house. I couldn’t finish my sentence before Sally reacted, “Oh, now it’s a 10!”

Before starting EFT tapping, I always check whether the standard “*I accept myself*” Setup phrase feels right. It didn’t really work for Sally (5 out of 10 on the Validity of Cognition scale, with 10 being totally true), so we agreed on something she truly believed about herself: “I am a good friend!”

We tapped over the phone:

*Even though I’ve got this anxiety, I’m grateful I’m a good friend.*

Reminder Phrases started to reframe the anxiety issue:

*I’m REALLY anxious*

*All this anxiety*

*My breathing is heavy*

*I’m going to start shaking any time*

*I think of her door and the anxiety is going up*

*Not sure I can cope with that*

*I'll be no good to her if I'm anxious  
But I can't control it  
How could tapping on my face control my anxiety? (laughs)  
I'm not sure I believe in this  
But why not?  
I'd like to be open to the possibility that I could let go right now  
Whatever I can do to help Jennifer, it doesn't involve anxiety  
Friends have plenty of love  
And love can cope with everything  
At least I hope so  
I will be no good to her if I feel anxious  
But my whole body is full of anxiety  
I'd like to clear it up  
I'd like to inform all my cells that I'm letting go of this anxiety  
Clean my cells from it  
I choose to feel calm in my mind, body, and spirit.*

This was the first time Sally had used EFT. She looked at me, intrigued, “Something’s drained out of me.” But her SUD level for anxiety was still a 5 out of 10 when thinking of the door “because of my brain—I know this is serious!”

We tapped:

*Even though my brain KNOWS I'm anxious for SOMETHING, I'm anxious for Jennifer, and I can't do anything for her, but I'm grateful that anxiety is going down, and I am a good friend.*

Reframes:

*My brain is very clever.*

*My brain knows that I'm anxious for something.*

*My brain knows I'm anxious for Jennifer.*

*I can't look at Jennifer and not feel anxious.*

*That wouldn't be fair... wouldn't be fair to Jennifer to look at her and not feel anxious... or would it?*

*I wonder... would my anxiety help Jennifer?*

*Maybe my anxiety is not there for Jennifer.*



*Maybe it's there for something else.*

*Maybe it's been here for a long time.*

*I can't feel bad enough to help Jennifer.*

*But if I feel really good right now, if I bring laughter and happiness to her home, maybe it would be more help to her.*

*She does need light, she does need love and I have plenty of this, and the anxiety is a barrier to my life, I choose to let go of it, I know what my brain is saying, but I choose for my heart to take over.*

Sally now felt “much calmer.” She was ready for a new SUD level test, so I asked her again to imagine going to Jennifer’s and measure her anxiety. “I’m okay. My anxiety cannot help her. It’s about 3.” She said it could not be a 0 because she was an anxious person and it was normal to get upset in such a situation.

We tapped:

*Even though I've got this automatic upset, part of me knows I don't need that, like I've got a conflict in me, but I'm full of love, and there's no conflict in that.*

The reminder phrases questioned this “automatic upset,” including:

*I wonder if I felt anxious as a baby.*

*What if I learned it?*

Sally had never looked at it that way, and I could see her brain going “Hmm, how interesting...” but right in the middle of that tapping round, her mobile phone rang in the background. She jumped off the phone, put her mobile phone on silence, and apologized before we started again, using this trigger and a little humor before we went to the core of the fear.

We tapped:

*Even though I've learned this automatic upset, the phone rings and I get anxious, I see Jennifer and I get anxious, I see ANYTHING and I get anxious! (laughs) I am a good friend!*

Reframes:

*Part of me knows I don't need that.*

*What if I let that part of me talk?*

*I learned it, maybe I don't need it.*

*I'm wondering could I let go?*

*Do I need anxiety at all?*

*I choose to put love instead of anxiety in every cell of my body, let go of the remaining anxiety.*

*Not everybody gets anxious when the phone rings. (more laughing)*

*Everybody gets anxious about death because we don't know.*

*Maybe it's not half as bad.*

*Death is a definite thing, and I'm not sure how I can cope with that, but I know anxiety is not helping, I choose to let go completely NOW.*

I was about to ask her to find where the anxiety was in her body when the light bulb just switched on in her eyes. She looked at me in wonder, "It just flew out! Did you see it?"

Well, it would have been difficult to miss such a transformation. Her face lit up and her body got straighter.

We finished the round tapping on gratitude for what had just happened:

*I'm so grateful the remaining anxiety went away, this is so much fun! I'm going to share the fun with Jennifer!*

Sally commented in the midst of a big burst of laughter, "And I'm the most skeptical person in the world! That was really bizarre!"

Before we tested again to check that the anxiety was really down to 0, I explained it might come back with such a serious trigger and how important it was that Sally continue daily tapping on her own.

I then tested her, describing her arriving at Jennifer's, making the situation look the worst I could imagine, with Jennifer in a really bad way when Sally came to her.

This is how Sally felt: "Before, I would probably have broken down, now it's the love thing."

I tried to get the picture even darker, and Sally was still okay, giving all sorts of good reasons for her to feel absolutely fine.

She went to Jennifer's after our tapping session, where she enjoyed seeing her friend again. She commented in a later email: "Cannot thank you enough for your help. The visit to Jennifer was lovely actually. Now I know why you always seem so at peace with yourself!"

Sally continued to use EFT tapping when needed, including one time when she got a stomachache she knew was stress-related. She tapped it

away, with immediate relief. She says knowing EFT is at her fingertips is very reassuring. She actually feels absolutely fine and doesn't believe that she needs a daily tapping practice. But if she should need it, she knows what to do.

\* \* \*

## **Sample Tapping Language for Self-care**

Here are some sample Setup Statements and Reminder Phrases you can use to tap for taking care of yourself, the caretaker. Your own language is the most effective when it comes to tapping, so modify these statements as needed to fit more closely with your feelings.

*Even though I feel it is my job to take care of my loved one with cancer, I get so overwhelmed by all there is to do and I accept these feelings and love myself anyway.*

*Even though I want to take care of my loved one with cancer, I find myself frustrated when I don't know how to do what needs to be done.*

*Even though I want to do my best and I don't always feel I can, I love and accept myself.*

*I want to take care of my loved one to the best of my ability.*

*Sometimes there is just so much to do that I run out of energy.*

*I get so exhausted and stressed trying to do my best for my loved one.*

*I get overwhelmed with all there is to do to help my loved one.*

*I worry that I won't be able to do it all.*

*Then I get upset with myself when I can't pull it off.*

*Or worse, I get mad at myself when I get tired, frustrated, angry, and upset.*

*I just want my loved one to be comfortable and be okay.*

*When I can't pull it off, I get so upset with myself.*

*I push even harder to do all the things that need to be done for my loved one, knowing I still have all my own responsibilities to take care of.*

*It feels daunting the number of things to do every day.*

*I want to do my best but am not sure how.*

*I choose to take a moment, to take a deep breath, to calm myself.*

*I choose to remember that I have to take care of myself in order to take care of my loved one well.*

*It feels like there aren't enough hours in the day to take care of my loved one and myself too.*

*But I know that when I take care of myself, I feel better.*

*When I feel better, everything I need to do goes smoother and I don't get bothered by it.*

*I know it is important to take care of myself so my smile is a true heartfelt smile, not a fake one.*

*I want to feel love so I can share that love with my loved one who needs me so much right now.*

*I choose to take care of myself so love flows through me and into everything I do and say.*

*I choose to gift myself self-care in order to be the best caretaker ever.*

The biggest lesson of self-care might be: Be gentle with yourself. It is a big task to help take care of someone with cancer, whether you are the primary caretaker or auxiliary supporter. Each person who helps is a gift. Honor yourself by taking the best emotional, mental, physical, and spiritual care of yourself you can. As you let your inner light and love shine through, you will become a blessing to many.

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# Conclusion: The Common Characteristics of Recovery

We've been on quite a journey as we've gone from chapter to chapter sharing information to help you look at physical, mental, emotional, spiritual, conscious, and subconscious aspects that pertain to managing cancer. It is likely your cancer didn't develop because of a single occurrence and resolving it will be more involved than a simple change in diet or one medical treatment. Complexity is not cause for despair, however, because you now have the tools to look systematically at the underlying reasons cancer developed in your body and to remove those contributing factors.

In this book, we've provided you with many insights on the science behind how habits and behavior patterns form and get fixed in your subconscious. We've even looked a little at epigenetics. We've given you resources, insights, and options for managing the emotions and the many physical aspects of dealing with cancer. Now you have the knowledge that releasing old patterns, problems, and traumas can be highly beneficial during your healing journey. In addition, this book gave you tips on communicating about cancer to family, friends, and acquaintances and guidance on how to ask for and accept help. You now have myriad ways, including the one at your fingertips—EFT—to aid you in your healing and recovery process.

As a final note and an affirmation for your healthy future, we consider the possibility of complete reversal of cancer. This may or may not happen for you, but it is worth exploring the characteristics shared by people who

have what doctors term “spontaneous remission,” which simply refers to the fact that the medical profession doesn’t know why it happens. Authors Caryle Hirshberg and Marc Ian Barasch use instead the term “remarkable recovery” as perhaps a more accurate description of the phenomenon. In their book *Remarkable Recovery: What Extraordinary Healings Tell Us about Getting Well and Staying Well*, they researched the characteristics shared by people who experience a reversal of their cancer. Here are the commonalities:

- They accept the diagnosis but not the prognosis.
- Their treatment decisions are in alignment with their belief system.
- They have at least one supportive relationship for their healing, whether partner, friend, family member, or therapist or other health professional.
- They deal with their emotions rather than suppressing them.
- They cultivate self-worth, self-fulfillment, joy, creativity, and life purpose.

Other research supports these findings. One study of “radical remission” (defined as “remission that occurs without medical treatment, or with medical treatment considered inadequate to produce the remission”) identified six factors as possible causes: diet change, deepening spirituality, increasing happiness, releasing suppressed emotions, taking supplements, and using intuition (Turner, 2014).

All of this tells you that it is possible to recover from cancer. EFT can help you every step of the way in developing and integrating each factor of remarkable recovery/radical remission.

You can tap on accepting your diagnosis but determining your own future. You can tap on hopelessness and on optimism. You can tap to identify your core beliefs and what treatments would fit best with those beliefs. You can tap on clearing any problems in your relationships so they can be a strong source of support for you on your healing journey. You can tap to bring in the support you need. You can tap to clarify what you need and want in terms of support. You can tap to help yourself make changes in your diet and lifestyle that support your well-being.

Perhaps most important of all, there is EFT's specialty, "emotional freedom." As you free yourself of the traumas and emotional upsets from your past and attend to all disturbing emotions as they arise in your daily life, you lift a heavy load from your body, mind, and spirit. That release opens doors and windows to all the positive in life. In the process of tapping away what holds you down, your self-worth, joy, and creativity soar. You live your life's purpose and feel fulfilled.

Thank you for reading this book and tapping along with the tapping language provided. Our fervent hope is that what you learned will support you while you are managing cancer and support those who care for you. May you find inner peace, optimism, and self-love to sustain you on your journey, wherever it may lead.

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- Hirshberg, C., & Barasch, M. I. (1995). *Remarkable recovery: What extraordinary healings tell us about getting well and staying well*. New York, NY: Riverhead Books.
- Turner, K. A. (2014). Spontaneous/radical remission of cancer: Transpersonal results from a grounded theory study. *International Journal of Transpersonal Studies*, 33(1), 7.



# Appendix A

## EFT's Full Basic Recipe

The Full Basic Recipe is the original form of EFT. It starts with the shortcut method called the Basic Recipe. This is followed by tapping on four points on the hand and the eye movement routine called the 9 Gamut Procedure. Then the shortcut Basic Recipe is performed again.

In simple cases, the shortcut Basic Recipe is able to reduce SUD levels, but there are many issues for which the Full Basic Recipe including the 9 Gamut is essential to successful treatment.

### The Hand Points

In the Full Basic Recipe, right after the shortcut Basic Recipe and before the 9 Gamut eye movements, points on the hand are tapped. These are:

- Thumb (Th) point: On the outside edge of your thumb at a point even with the base of the thumbnail.
- Index Finger (IF) point: On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail.
- Middle Finger (MF) point: On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail.
- Baby Finger (BF) point: On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail.

This hand sequence does not include the ring finger, because later in the protocol another point on that meridian is tapped. Some people include it, however, since it can be hard to remember to omit just one finger, and it makes no difference to the effectiveness of the method.

## **The 9 Gamut Procedure**

To begin the 9 Gamut Procedure, you first locate the Gamut point. It is on the back of either hand a half inch below the midpoint between the knuckles at the base of the ring finger and the little finger. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the Gamut point would be located at the apex of the triangle.

With the index finger of your tapping hand, feel for a small indentation on the back of your tapped hand near the base of the little finger and ring finger. There is just enough room there to tap with the tips of your index and middle fingers.

Next you perform nine different steps while tapping the Gamut point continuously. You begin with eye movements and end with humming and counting, activities designed to integrate the healing by engaging both the left and right hemispheres of the brain.

The nine actions can be performed in any order, except that the last three—humming, counting, and humming again—should be performed in that sequence. It's easier for client and practitioner to perform them in the sequence described here since this avoids having to remember which ones have been performed. If a song arouses negative associations (for example, "Happy Birthday" may awaken memories of unhappy birthdays), an emotionally neutral song should be chosen.

## **Putting it All Together in the Full Basic Recipe**

Now that we've covered each of the steps, let's review how it's done. The Full Basic Recipe uses the shortcut Basic Recipe tapping points first, then

the hand points and the 9 Gamut Procedure, followed by a second round of the shortcut Basic Recipe.

### **Shortcut Basic Recipe #1**

STEP 1: Define the problem. State the problem in a Setup Statement and Reminder Phrase. Assess the degree of distress around the problem using a SUD score from 0 to 10.

STEP 2: Work the problem into a Setup Statement, such as:

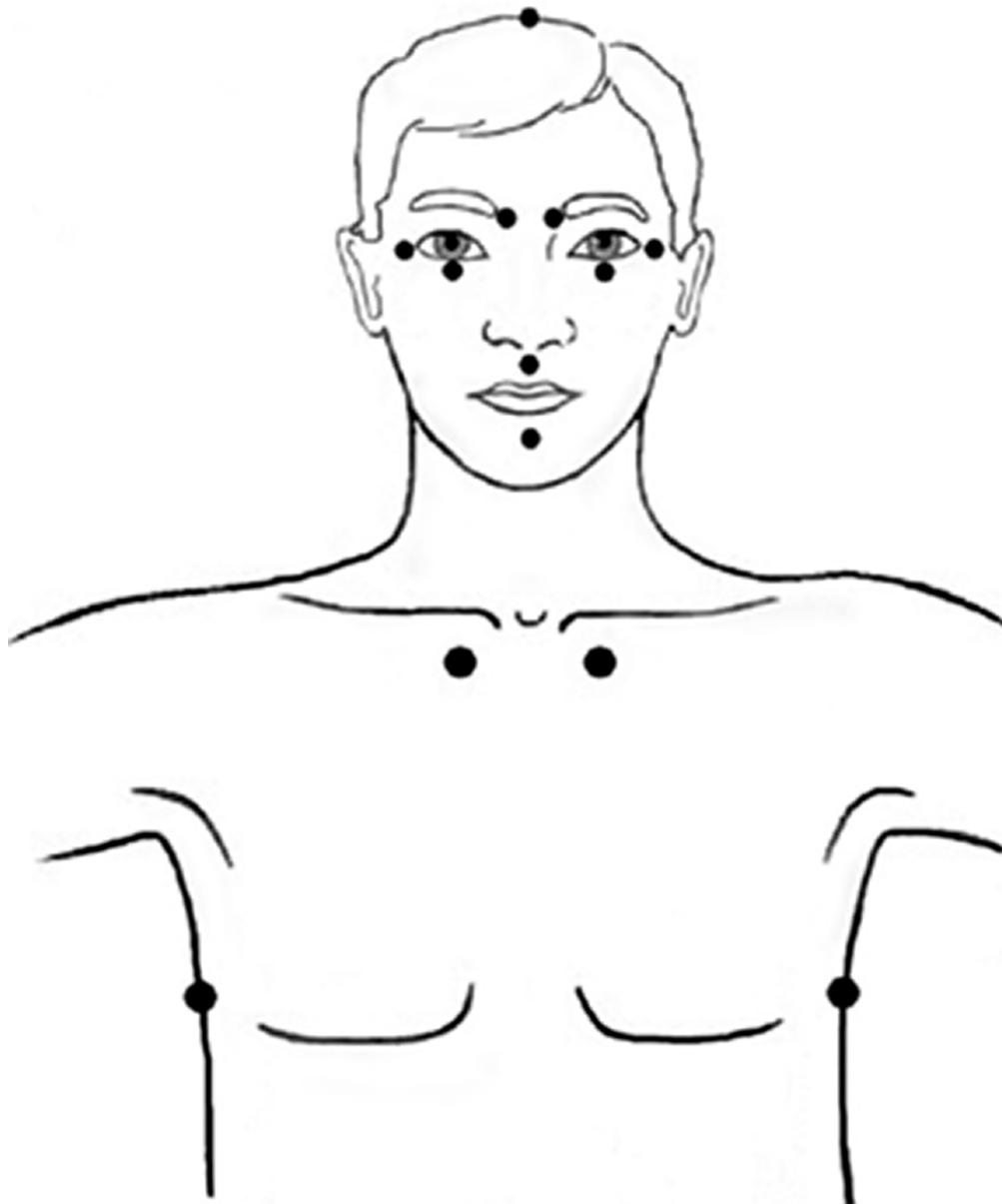
*Even though I have this \_\_\_\_\_, I deeply and completely accept myself.*

While reciting the Setup Statement three times, tap on the side of the hand point.

STEP 3: Tap on each of the shortcut points while repeating the Reminder Phrase.



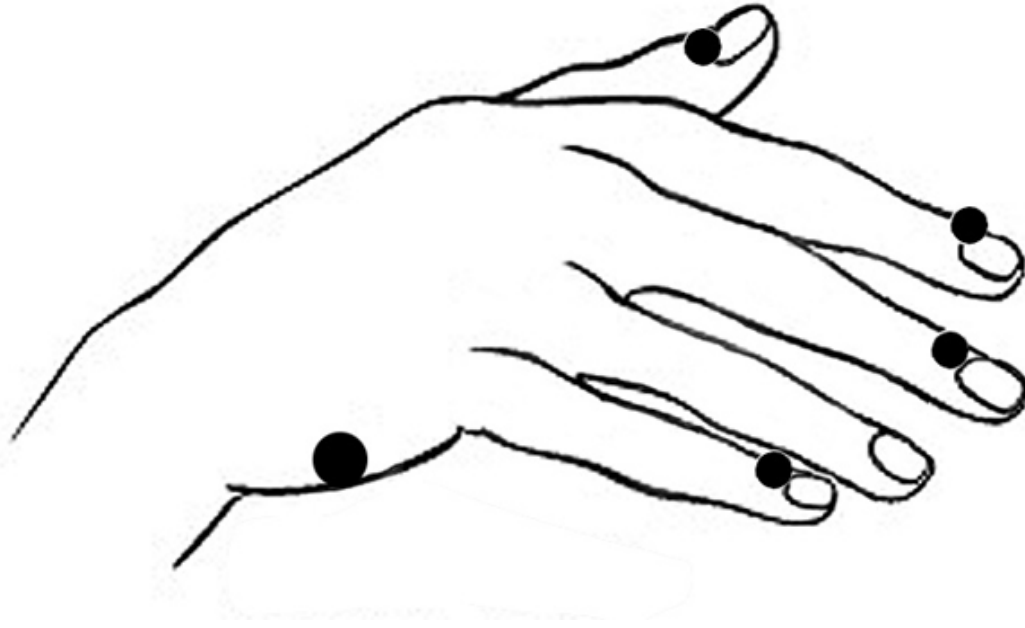
Side of the hand (SH) point



Shortcut Basic Recipe points: TH, EB, SE, UE, UN, Ch, CB, and UA

## Hand Points

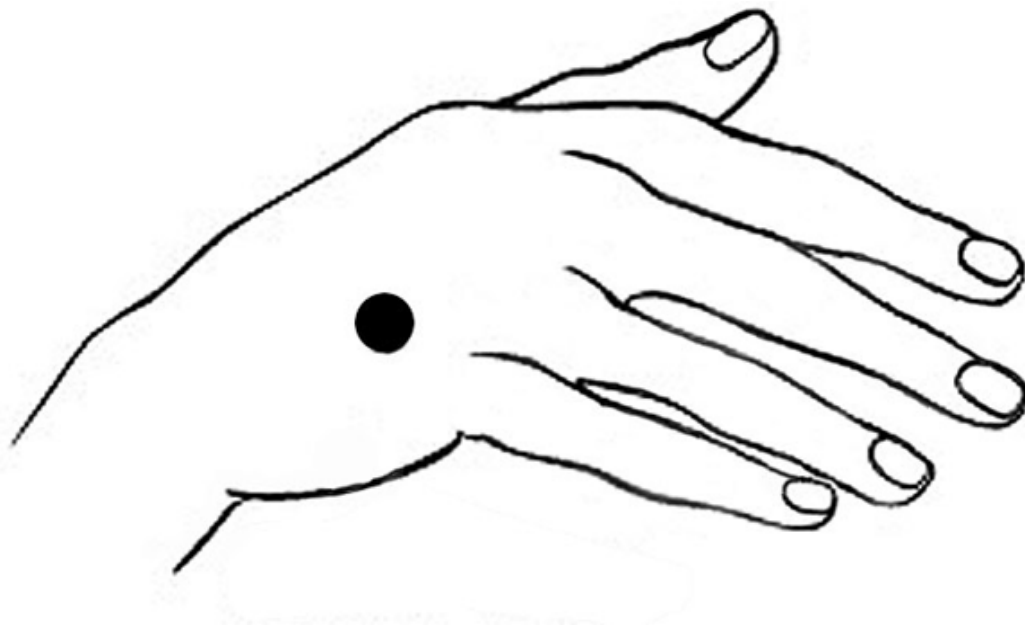
STEP 4: Tap on the hand points.



Hand points

### 9 Gamut Procedure

STEP 5: Perform the 9 Gamut Procedure with eye movements while continuously tapping the Gamut point on the back of the hand.



Gamut point

The nine steps are:

1. Eyes closed.
2. Eyes open.
3. Eyes down hard right while holding the head steady.
4. Eyes down hard left while holding the head steady.
5. Roll the eyes in a circle as though your nose is at the center of a clock and you are trying to see all the numbers in order.
6. Roll the eyes in a circle in the reverse direction.
7. Hum 2 seconds of a song (such as Happy Birthday or the National Anthem).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

### **Shortcut Basic Recipe #2**

STEP 6: Repeat the shortcut Basic Recipe. Tap on the side of the hand point while repeating the Setup Statement. Tap on each of the shortcut points while repeating the Reminder Phrase.

STEP 7: The final step is to test the effectiveness of your work. Get a second SUD score.

While this might seem a lot to remember, it will soon become routine. You're simply using the shortcut Basic Recipe you already know first, then inserting the hand points and eye movements in the middle, like the filling between two slices of bread in a sandwich, and finally repeating the shortcut Basic Recipe again.

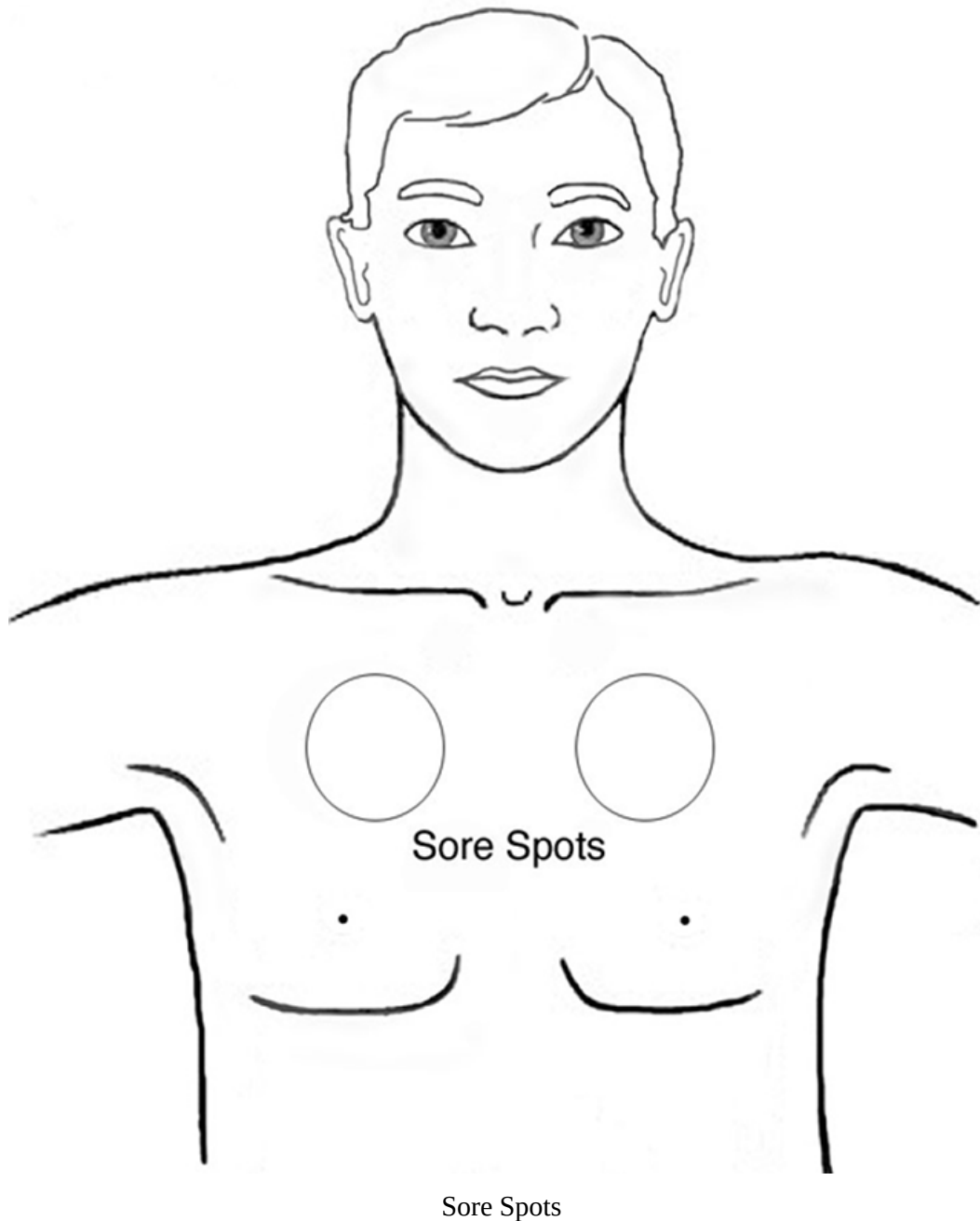
### **Optional Tapping Points**

There are more than 350 acupoints on the body. EFT taps only eight of them in the shortcut Basic Recipe, and only 13 in the Full Basic Recipe. There are several other points that practitioners have found useful. The most common ones are:

- Sore Spot

- Below the Nipple (BN) point
- Wrist point
- Thigh point
- Ankle point

We'll review these one at a time, starting with the Sore Spot.



These two spots (one on each side of your sternum) are called the Sore Spots because they're often tender. This is due to congestion in the lymph glands in that location. Massaging them with the fingertips for a few days usually relieves the congestion and tenderness. Before psychologist Roger Callahan identified the side of the hand point to correct for Psychological Reversal, he used the Sore Spot. This point is still often used by practitioners. You can rub one or both sides of the chest.

The Below the Nipple point is rarely used but can release a lot of tension for some clients. It's believed to be especially useful for family and relationship issues. It's rarely used in EFT because of its awkward position. It's where the under-skin of the breast meets the chest wall. Some women call it the "underwire" point on an underwire bra. As an easier alternative, you can stimulate a point a little lower, on the bottom rib. Rubbing either above or below the bottom rib stimulates the same acupuncture meridian in a slightly lower spot.

The wrist point is two thumb-widths from the crease on the inside middle of the wrist. It can be tapped or rubbed. Many practitioners bring both wrists together to stimulate the wrist point on both the left and right side of the body at the same time.

The thigh point is on the outside of the thigh where your hands naturally touch your legs resting by your sides when you are in a standing position. This point is usually stimulated by slapping it lightly with an open hand.

The ankle points are on either side of the anklebone, both inside and outside each leg. They are about 4 inches (10 cm) above the bone. The usual way to stimulate them is to lightly slap both the inside and outside of one leg with both hands, then move on to the other leg. According to acupuncture lore, this point should not be stimulated by pregnant women or women who wish to become pregnant because it's believed to interfere with the energy of fetal development.

Once you're using EFT regularly, you can experiment with the optional points. You might find that some of them produce a noticeable shift for you. Others might not. Each person's energy system is different, and in time you'll discover which techniques work best for yours.



# About the Authors

**Deborah D. Miller** has a PhD in cell and molecular biology and is a trainer and expert in EFT tapping. She is also a Life Transformed Coach, a Reiki Master, and an internationally renowned author.

Since 2007, Deborah has been working with children suffering from cancer to help them and their caregivers alleviate the fear, anxiety, stress, and pain arising from the illness, functioning in a complementary way to other treatments.

Deborah is the author of *The Dragon with Flames of Love*, dedicated to empowering adults, parents, and children facing the challenge of a serious illness in a way that provides relief and peace, and *Green Drink Red Drink*, offering information and recipes to add healthy greens to your meals. She is coauthor of *Emotional First-Aid for Children*, which provides practical and easy-to-use trauma techniques and interventions to help children prevent challenging events from having long-term traumatic effects.

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In addition, Stephanie has a practice in animal communication and energy healing for animals, in which she uses EFT, Healing Touch for Animals, and other energy medicine modalities. She also runs the Animal Messenger Sanctuary, a safe haven for farm animals in northern California. Website: [stephaniemarohn.com](http://stephaniemarohn.com)

## Case Histories

The case histories in *EFT for Cancer* are from two sources: cases written specifically for this book and cases from the EFT Universe archives. In addition to Deborah Miller who shared numerous stories in the book, the following are people who contributed original cases. Thank you to each of them and to all those who shared their cancer stories in the archives.

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