

## **How does EFT feel? Two testimonials**

### **Tapping for deep family and childhood issues**

'Went to see Yolande with a spirit of curiosity, an open mind, not much expectation.

The session was about an hour and did feel a bit silly doing what she said, but an amazing outcome.

I'd been going to a counsellor trying to figure out this particular issue for years. It was a constant nagging pain. Since seeing Yolande and in only one session, I wonder now what all the fuss was about. It's not that I've forgotten the issue, it just doesn't trouble me any more - WOW.

A big thankyou over a year later.'

Jacky

### **Tapping for Menopausal Night Sweats**

'I had been having periods of occasional night sweats, nothing too serious, then suddenly things moved up a gear.

I was being woken nightly, often several times with a full wave of heat, sweat and irritation. I was taking some herbs but found they no longer made much difference and after weeks of dreadful nights, waking feeling worn-out and grumpy, I announced that I was going on HRT. I mentioned this next day to Yolande who offered a Tapping session on it. Having found that Tapping helped with other but much less physical stuff, I was sceptical but willing by now to try anything.

The Tapping helped me become aware of what was attached to the flushes psychologically for me, and gave me the opportunity to undo those links. I no longer engage with the flushes or get irritated or agitated by them. They bother me so little now, I barely awake when they happen. They haven't ceased - my toleration for them and the temperature swings has expanded to enable them to become ok and in that acceptance, I am less agitated and react physically and emotionally so much less that I now sleep well.'

Fran