

How I discovered EFT - by Yolande

I'd made an appointment with a hypnotherapist for something which seemed fairly straightforward. She explained on the phone that she was using a new technique more and more - it was called Tapping - would I like to try it?

I'd heard of it and even tried it from an audio resource provided by my Coaching trainer, though it hadn't seemed to have much impact. I was totally unprepared for what happened...

I'd hardly sat down when I realised that the problem which I'd gone with was related to my mother's death several years previously. When I saw the connection, it seemed so obvious that I could hardly believe I hadn't spotted it before. But that's a common feeling in Tapping!

With lots of tears, but also lots of relief, we Tapped through that session and I was gradually able to let go of the enormous guilt which I'd felt because my mum had died while I was working abroad in Africa - I hadn't made it home before she died, and had then dashed off again without giving myself time to deal with any of the upset and trauma.

I came out floating on a cloud. Those feelings had been affecting me for years - making me feel vaguely not happy and not myself. But in that one session, I freed myself and learned the basics of EFT so that I could keep Tapping for myself, gradually clearing many other issues in my life.

Although I'd been close to my mum when she was alive, I hadn't been able to have a photo of her around since her death because I felt so cut off from her. I now have a photo of her and my dad on the wall in front of me - and I can now remember her with happiness.

I can honestly say that my life changed on that day - I have since trained as a practitioner of EFT and the most wonderful part is that I've now had countless clients who've also told me that my Tapping has changed their lives... I continue to be amazed and a little in awe of it... But very pleased that I made the discovery.