

Emotional Freedom Techniques™



This is an Email support list for those who have taken our video based EFT courses. Anyone is welcome to listen in, however.

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Today's Tips:

1. For EFT's use with singing performance see [The Freedom to Sing](#)

2. For insights into finding core issues see [Henry's phrase points to core issues](#)

3. For insights into EFT's use in couples therapy see [A how-to guide for using EFT with couples](#)

Thought for the day... *"Even if you are on the right track, you'll get run over if you just sit there."* Will Rogers

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Asthma attack, Impotence relief and an EFT Family Circle Magazine article

Hi Everyone,

First, here are two interesting stories from Damaris Drewry, PhD, an experienced EFT'er from Arizona.

The first is a brief application of EFT for an asthma attack. Note that in two simple rounds of EFT the asthma attack abated completely. It doesn't always work this way but, when it does, it certainly gets your attention. In my experience, we can frequently get immediate relief from asthma and other breathing problems. Longer term relief may take more sophisticated uses of EFT.

The second story involves the vanishing of male impotence and it was done entirely by surrogate tapping (Damaris tapping on herself as though she was this gentleman). We have long known of the value of surrogate tapping and, although it does not produce results as consistent as in-person tapping, it is certainly worth a try. The success, in this case, was spectacular.

For those interested in the "permission" issue regarding surrogate tapping for someone else see <http://www.emofree.com/faq/surrogate.htm>

Finally, Steve Wells and David Lake from Australia received permission

from Family Circle Magazine to place an EFT article on their web site. The title of the article is "Helping your kids to be happy" and can be viewed at....

<http://www.eftdownunder.com/docs/Helpingyourkidsbehappy.pdf>

Please note that it is a pdf file and requires that the Adobe Reader be installed on your computer system. If you don't have this reader, it is available as a free download at <http://www.adobe.com>

Hugs, Gary

By Damaris Drewry, PhD

Two stories

1. I was on a RV trip - a woman having an asthma "attack" struggled into the bathroom with her husband's assistance. She sat down in a chair and he left. I happened to be in there just getting out of the shower. I walked up to her (in my bathrobe) and said I knew of a simple way that might relieve her intense fear at not being able to breathe. She agreed to try. After one round she could breathe better; after two the attack had abated completely.

2. A major success (delicate issue!) with impotence. The gentleman (age 56) had suffered with this for about a year. Said it was just a natural aspect of aging but he was obviously distressed about it.

After listening to lots of foundational issues (Catholic school from 1st grade through Notre Dame University); Things he said to describe the "affected body part"; I surrogate tapped for him without his knowledge for two hours straight - naming every issue that could possibly underlie the problem (physical, mental, emotional, psychological (need to control sexual experience with partner) to name only a few: at the end of the day, he reported an experience with his partner of multiple o's (for him) without Pfizer's little blue pill. In the following twelve months he used the pill 3 or 4 times, but not because he felt he had to.

WHAT DO YOU THINK OF THAT?

Blessings,

Damaris

www.damarisdrewry.com

Important note: While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Gary Craig is not a licensed health professional and offers EFT as an ordained minister and as a personal performance coach. Those who want to discuss the use of EFT for a specific emotional or physical problem with a professional in the health field are referred to our Referral section, where a number of licensed and unlicensed practitioners who use EFT in their practices are listed. Where appropriate, qualified physicians should be consulted.

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