

# The EFT Gathering 2010 – Insights, Innovation and Inspiration

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By Ranjana Appoo, co founder of [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

What a way to start the year. If I was asked for 3 words to describe the event I would say that it was one full of **insights, innovation and inspiration**. This is truly a groundbreaking event where the audience are the presenters and the presenters are the audience, each inspiring the other to shine in every sense of the word. The presenters all glowed, when asked to pick a favourite I simply could not because they were all brilliant, but more than that I found them uplifting. There was one moment that really stands out for me when one of the presenters asked the audience how many people practised an EFT style that they had combined with other skills, 95% raised their hands, isn't that amazing? So what we were really learning is how each of us was/is using EFT in a unique way to heal ourselves and then to share this process. Our creativity and connections was clearly on show. It was wonderful hearing people going up to each other and share, "you know i am doing something similar.....or you have shown me my missing piece.... let's work together" ahhh music to my ears. For me this event was also about community spirit and collaboration and about nourishing this so that,

1. We can collate a body of work that will give credence to EFT through EFT Research. For more information please contact:
2. And we can also bring further credibility to EFT by being part of a professional body, The AAMET, which is about maintaining high standards of professionalism, setting useful training guidelines, and about creating a support structure for all its members. For more information please contact:

So without further ado the highlights:

[Dr. Kate James](#) chatted informally with Gwyneth setting the tone of the event; she focused on EFT being an important part of Integrative Medicine. Along with a green diet and good breathing practices she emphasised how EFT can support the healing process especially for those with Cancer. At this point Mair Llewellyn shared a small part of her own journey with breast cancer and how Kate had been a part of this.

[Sarah Marshall](#) discussed the many ways she works with M.E. clients. She shared the importance of breaking the stress cycle, how personality drivers, cultural understanding and beliefs keep people stuck in the stress cycle and most importantly how to change focus to increase periods of calm.

[Heather Smiles](#) delighted us all with the quick tap process that works on animals, children and maybe even spouses. By simply changing the inner negative picture dialogue to a positive one and then tapping on the positive can quickly shift where we are at. She also shared that if we are getting stuck and it is not working it is because our own issues are coming up.

[Masha Bennett](#) enlightened us on Pyscho babble and how to speak to NHS personnel and conventional medical officials that are happier to hear that EFT can be self administered rather than a self help tool. Percussive as a term would be more user friendly than tapping and definitely do not tell them to try it on everything. Avoid anecdotes and start using questionnaires to quantify results.

[Joan Draper](#) has the challenging task of working within the NHS in Stop Smoking clinics. She knew more about smoking than most smokers. She has incorporated EFT and found that with EFT she is more likely to get fewer relapses and better results. At present she is compiling data to check her theory.

[Dr. Rangana Choudhuri](#) shared a process with which to discover passion and purpose. It was an ingenious method that got everyone writing, tapping and discovering their purpose, the blocks that hold them back and how to get the resources to experience the heart's passion that ensures the fulfilment of their purpose.

After this Helena Fone spoke about the developments with the [AAMET](#) and how the new changes means that the [AAMET](#) is now a legal non profit professional body dedicated to supporting EFT professionals. This is a big step forward and although Helena did not share all the challenges the Executive committee and other volunteers had to overcome it was clear that the changes ahead especially the new website were not just to support the EFT practitioner but also to make EFT accessible to all.

The day ended with filming a tribute for Gary Craig. I was at first sceptical of this idea, how do you share personal gratitude and all the times when we did not love Gary in such a public way, but being EFT'ers we found a way. This was so much fun. We had tears and laughter and "Awesome" energy. I am hoping that Roy Martin who filmed this will make it available to all of us soon.

Dinner and dance followed.

The next day, [Bennie Naude](#) acquainted us with that old friend Shame that some would much rather not talk about. He discussed the difference between healthy shame and toxic shame, how the cycle of shame manifests, the internal experience and some ways to work with Shame. When discussing how shadow work helps heal toxic shame issues he asked for more ways of describing "issue" ...So Bennie this is for you...so how about instead of issue: challenge, concern, project, ordeal?

[Soshana Garfield](#) was next, her experience with trauma and her path of healing was profoundly moving. She described the various myths that come up when dealing with trauma and how to meet them. She wove personal experience with wisdom and so the energy of transforming great pain into forgiveness and freedom became real for everyone.

By this time the atmosphere was quite charged and [Michelle Hardwick](#) took over. She demonstrated using EFT for clearing intense emotions in an intuitive and leading fashion. Michelle also pointed out the value of big (man sized) tissues and a way to clear the stomach meridian by a vomit action.

I noticed that a few EFT'ers were concerned with Michelle's extract from Brian Weiss, advising practitioners to never touch a client while they are having an abreaction because the practitioner may embed the trauma into the client and yet Michelle also stated that energetically we are all one and when we tap on ourselves we tap for each other (a contradiction, because if we are one then tapping on someone, a bear or ourselves will have a beneficial result depending on the intention). As a few therapists came up to me and shared how this statement shocked them and they were concerned about all the times they had touched their clients while the client was experiencing an emotional hijack, my advice then and now is Intuition and Discrimination. If a child has remembered a traumatic moment and is experiencing high emotional intensity, do you say to the child, tap on yourself, this will empower you or do you gently stroke their meridian points? Another good question is in your own experience when you have experienced intense emotional pain and a friendly EFTer is on hand has their touch taken away your power, embedded that experience into you? Or has it helped you find freedom? Having worked with many clients who have experienced abuse and trauma, I found that for some of them touch would have been inappropriate but for some it was deeply healing. Intuition and Discrimination are crucial.

[Enid Welford](#) then described the many ways in which Transactional Analysis has supported her use of EFT and vice versa. She delighted us with practice exercises and insights into the many ways in which writing on

our walls happen. She described the use of Family constellations and how our internalised family talk affects us.

After this, [Ann Unsworth](#) shared her experience of getting Tapping into Schools. This was informative and educational as it was coming from an ex head teacher! She advised us to get in touch with the Special Needs Coordinator but make sure that when we booked an appointment to have the head teacher present. Focus on how EFT can help with behaviour problems and make everyone's job easier.

Next was [Ruth Ablett](#) with Cuddle Therapy, we were now definitely stretching the boundaries of Wierd Energy Work. It was inspiring to see Ruth with her daughter Meg hold life like baby dolls and share stories about how simply holding these dolls brought up core issues for people for them to heal. How she took her baby dolls to nursing homes for elderly people to hold and find peace.

[Roy Martin](#) was the last presenter and definitely not the least. He was all about integrity, authenticity and ethics in action. His depth of experience and his understanding of the tragedy of war held powerful messages of compassion. He spoke about business practices and marketing, making it easy and just doing one thing, acting on a thought, follow through and you will make it (whatever it is) happen.

The Event closed after we met the panel of people who were in charge of [EFT Research](#). For me seeing this was amazing, how far we have all come. When I started using EFT in 1999, all I could get my hands on was Gary's DVD's and now we have an EFT Research Panel...

As [Gwyneth Moss](#) (the inspired imagineer of the Gathering) said, there are great advantages when working together, doing EFT, in groups. The changes are more profound when there are more people tapping.

Are you ready for travelling up the EFT healing high rise? Let us gather and journey together the next EFT Gathering 2011 will be in the Midlands.

[Ranjana Appoo](#) had collaborated with [Martine Moorby](#), for the much loved Joy and Endorphins Workshop in Ilkley (one of the post EFT Gathering events). They will be sharing more of their experiences, techniques, tips and Artistry in relation to the [Alchemy of Change in June](#).

In the picture [Ranjana](#) and [Martine](#) are surrogate tapping during their collaborative adventure. Is that an orb in the picture?

Following the Gathering and the Joy and Endorphins Workshop here is a couple of Feedback emails:

[Heather Carter](#) wrote...*a wonderful weekend of companionship, joy and discovery...*

Deborah Thorpe wrote,

*Thank you all for a wonderful day and weekend. Ranjana and Martine your workshop was brilliant. I put my new techniques to good use before I even left the hotel, as when I was checking out the receptionist asked what we had all been doing this weekend. She had been puzzled by the observations she had made of seeing people distressed and upset one minute, only to be bright and happy a short time after. They seemed to be doing something with other people in corners of the hotel corridors, she said! Of course I explained a*



*bit about the weekend. She exclaimed that her son has terrible anger problems. You guessed it, I advised the finger holding technique! A quick and easy thing to explain and put to immediate use.*

*The best thing was on Friday, I visited my brother in hospital. He'd had complicated major surgery a couple of days before( which had not had the best outcome), was in pain, tearful and distressed as he could not move any part of his body and had been lying flat on his back for a couple of weeks. He just wanted to have a wriggle to shift his weight a little. I set to work on fingers and toes, since the rest of his head and body were inaccessible due to tubes. I encouraged him to choose a strawberry, he chose one that made him feel calm and relaxed. I asked him to remember another one that made him laugh. He was soon smiling whilst in a peaceful state of relaxation. When visiting ended, he was amazed at how great he felt and when he actually lifted his pelvis up off the bed, shifting his weight, he was even more amazed!. The next day I didn't visit him, his wife rang me, to say when she arrived he was laughing and joking and was sitting on his chair! He also stood up for a while to stretch a bit. The amazing thing is that my brother told me that he was a very big skeptic of this weird stuff and had only let me do my stuff to be polite, he is now pleased he did and wants more and more!*

*Also, I had a visit from a close friend, she was asking about my brother and I told her the story. She was interested in the fingers and toes. She text me this morning to say she used it on her husband last night (he's had bowel cancer) and he slept for the first time in over a year! He was very skeptical too, but has asked her to do it again tonight!*

*I've also used it on my mum who was distressed about my brothers suffering and she felt a great sense of peace and happiness to replace her sorrow and frustration.*

*Sorry if I've bored you all, but I'm so excited when good things like this happen*

*Lots of love*

*Deborah xx*

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