

EFT AND SERIOUS DISEASE

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In EFT terms, serious disease is a global concept, and the idea of working in this field may feel overwhelming, and even scary. This article is primarily written to give insight to practitioners in the hope of encouraging more people to step into working in the field of serious disease where EFT can offer so much.

The very first step, before beginning to see clients with serious disease, is to focus on your self work. Ask yourself the following questions:

- How do you feel about working with serious disease in general?
- What do you believe is possible?
- How do you feel about working with the terminally ill?
- How do you feel you can help?

Tap on what comes up for you as you answer these questions. It may be that you have had personal experience with serious disease, either yourself or with someone close to you. If so, work through any specific memories that still have a charge attached to them from that time.

It is important to clear your issues to keep an open mind. One of our most important roles as therapists in supporting a client's healing is to be able to let go of any investment in the outcome of the work. As soon as we begin to allow our own agenda, however positive our intention may be, to interrupt our work we will be getting in our own way and no longer be useful to the client. This may sound harsh. However, it does not mean that we don't care, or somehow have become inhuman – of course not, it merely means that for the period of therapeutic time you have together your purpose is not one of friend, or even doctor, your purpose is to provide practical healing tools and a channel through which your client can support their own healing process and symptom/pain management in whatever shape or form that might take. And this may not necessarily be to heal in a physical sense.

It is also vital to remember that we are therapists, not doctors. Do not get involved with any treatment plan, never offer advice, and always be willing to refer on if you feel the need. Ensure that the client's medical team are aware of your work, and that you are there to support their treatments where needed. EFT is the ultimate complementary therapy. It really does work alongside any other treatment, medical or alternative. It is not a case of either/or.

When first seeing a client presenting with serious disease it can be hard to know where to begin. The symptoms may be many and varied, their emotions similarly, and, to quote [Gary Craig](#), there may be numerous doors offering themselves for tapping.

As with any client, the simple solution is to begin with where they are at that moment. **Whether their issue is presented as emotional or that they want to ease a physical symptom, both are flip sides of the same coin and of equal value.** Working with the vibration of the one will positively effect the vibration of the other. How often have you worked with a client's physical symptom, such as backache, and found that their depression lifted at the same time? It is all energy and EFT is the ultimate tool to rebalance the energetic frequency.

The Set-Up statement is a vital component of our tapping when working with serious disease. Society can be very judgmental in this area and sometimes it is the sickness surrounding the disease that can be as negative and debilitating as the disease itself. There are many examples of this throughout history: the plagues in the Bible representing God's anger, leprosy and the stigma it carries, HIV and the moral judgments of some, even the predominantly teenage disease of glandular fever – in my day known as the kissing disease and somehow implying promiscuity.

The Set-Up statement "*I deeply and completely love and accept myself, even though I have this disease,*" is of paramount importance here - mainly because most people don't. These words begin to create a chink in their negative emotional armour. What are your client's self judgments about their disease? What are they telling themselves? Often there will be guilt and issues around deserving, having brought it on themselves etc.

For me, this is where the Law of Attraction, in its simplistic form, can be dangerous. No one deliberately sets out to get ill. No one attracts disease consciously. It is just not that simple, and the element of blame that a misunderstanding of the concepts of the LoA can bring, is at best unhelpful. A client may have a lifestyle which for some can lead to disease, such as recreational drugs, alcohol or smoking, but there will be issues and reasons supporting those choices, which, working with EFT, can often be resolved easily. They are not deliberately doing something to attract disease, however it may seem, we are far more complex than that!

The word 'armour' brings me to the language used around disease. Often doctors will speak of fighting or battling with a condition. We are told to conquer the disease, kill the bacteria/virus/tumour etc. We literally go to war with our bodies. This language is not useful as it is self-attacking. We need to communicate with the disease, discover its purpose. In the same way that client rapport is the vital component of all therapy, whatever the approach, so we need to build rapport between the client and their disease. When someone is able to accept a disease and work positively to understand it, and heal, their vibration automatically rises on the scale, leading to more energy and a more positive healing space. This is the time to begin to introduce your reframes, gently offering the idea that the disease may have a positive message for the client, however unlikely that may seem.

Even though I have to fight X I am open to the possibility that maybe, just maybe, I can let go of the battle now

Even though I am battling with X I am open to the possibility that I can find a new, more empowering way, or managing my healing process

Even though X is attacking me I am open to the possibility that I can accept X and find a peaceful healing solution now

Then, AFTER your client has accepted this possibility it is useful to introduce a healing Choice. The very structure of working through Pat Carrington's 6 Rules of Choices is therapeutic in itself as it focuses the mind on the positive and desired outcome. Give the client a card with ONLY the positive choice on it, and suggest they write it out on post-it notes and place them all around the house, the kitchen, by their bed, the bathroom cupboard etc. The more they can flood their consciousness with these words the better.

Many people identify with their disease. They are diabetic, anorexic etc. They lose themselves to the disease. It is important to use clear language to separate the disease out from the client, it is a part of them, not the whole, and it is there for a reason.

So, NOT: *Even though I am diabetic I deeply and completely love and accept myself*

RATHER: *Even though I have diabetes I deeply and completely love and accept myself*

Can you hear the difference?

Returning to the fact that disease is a global issue. Any disease can be seen as a combination of some or all of the following, and each of these is itself a global issue which will need to be broken down into specifics:

- Environment
- Negative impact of life events
- Life style
- Stress
- Genetic markers
- Trauma
- Nutrition and diet
- Belief systems and more....

Tapping on its own will not change all of these, taking action is needed, too. Support your client to make small realistic changes, one at a time, so that they succeed, rather than feel overwhelmed by the task.

Each of the above areas needs to be addressed separately as appropriate. After a few sessions working with the immediate anxieties, fears and other emotional and physical responses, when a client feels more confident in their own tapping skills, I like to introduce them to the Personal Peace Process as a way of working through their emotional history between sessions. Loretta Sparks' [Personal Peace workbook](#) is an excellent support here.

It is also worth pointing out that working in this area is never going to be a one-minute wonder. It takes time to effectively create a serious disease, and equally it takes time and persistence to heal. This is long term therapeutic work.

We still don't know quite what is possible with the new Energy Psychology approaches. However, most doctors will agree that reducing anxiety and stress, with a patient feeling a sense of taking an active part in one's healing process is highly beneficial to everyone. We can only guess at exactly how beneficial that may turn out to be. Work alongside the medical. My guess is that we are just beginning.

Perseverance is necessary. Emma Roberts, EFT Master www.TheEFTcentre.com