

Sleep solutions with EFT

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One of the most frequent issues that comes up in my client sessions and workshops is that of sleep, the lack of it, the quality of it and how to get more of both. I have had the good fortune to be able to sleep well at night and to be able to nap or doze when necessary. In spite of that there have been times when I couldn't sleep, after my daughter was born, for example, which gave me a personal idea of how important sleep really is.

The first time I used EFT to help someone sleep was just before the EFT Master's program was launched and Ann Adams called to fill me in on the program. She was in the process of creating the program, the examination, and selecting participants at the same time that she was running a large institution with all the pressures of a large staff and even larger case load.

We arranged to talk on the phone at bed time since Ann lived in Georgia and I lived in Vancouver. During the discussion she mentioned talking late was no problem as recently she was too wound up to sleep. I suggested combining EFT and a relaxation process to help her sleep. Thinking that the process of tapping, the movement and motion of tapping might interfere with the ease of letting go I asked Ann to visualize or imagine the tapping instead of physically tapping the points and to slow her breathing and to become conscious of her breath, to hear it and feel it moving in and out. I then lead her through imagining the points. As we went from one point to the next I asked Ann to notice her muscles relaxing – beginning with her scalp and then in her neck and shoulders.

As we moved to each new point I included new muscles to relax such as around the eyes and jaw. **This process involved the conscious mind completely with thinking about the tapping and the breathing and the muscles letting go. There was no room for work or anything else.** In less than fifteen minutes she said "I have to hang up now, I'm falling asleep"

Later, as I used this process with others I added music that begins with an Alpha frequency and moves to Delta and Theta to assist falling into a deep refreshing sleep.

Realizing that this combination of methods could help many people who have trouble sleeping from temporary or chronic stress, I created a [downloadable program and a recording](#) that can be played by the bed as a CD or an mp3 with or without headphones.

The CD offers a choice of twenty issues you can use in set up statement form. These can be used any time to address many of the aspects of sleeplessness. These common issues are intended to help trigger personal insights and facilitate specific events that can be framed and tapped through in case of past traumatic events. Working through these issues can resolve the reasons for your current sleeping problem.

Adding a positive tapping list to do daily before going to sleep is a fun activity and helps focus the mind on a positive result at bedtime.

The results that were achieved by Ann, and many others since, may be from several factors that combine EFT, the sound of my voice quietly leading her from one point to the next as well as the distraction of her busy mind for long enough to fall asleep.

The idea that energy follows thought and the power of intention also may be a factor, since she clearly intended to relax and fall asleep. Ann held the focus long enough for the result, rather than her usual mind storm of thoughts flashing from one issue to another, which probably caused adrenals to fire and emotions to race as well.

If you are having trouble getting to sleep, or getting back to sleep give this a try, and if you feel that you need some support you can find me on the Master's web site or download the program for yourself.

Andy Bryce recently moved from Vancouver to London. Andy combines EFT, body work and coaching. He sees private clients in London and coaches clients all over the world. For more info:

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