



TRIBUTE TO GARY CRAIG

I stumbled into EFT nearly ten years ago at a two-day workshop promoting four different body-mind therapy techniques. EFT was one of them. But even to a therapist who was fully committed to significance of the body-mind connection, the idea of tapping on people's bodies was radical. I remember worrying whether this was really psychotherapy. I wondered what my New Zealand therapist colleagues would think?

So, Gary, I first met you on fuzzy videotape: Those early videos were not very clear by the time they had been converted into VHS. But your integrity, commitment, energy and humanity shone out of every one. I could really see this stuff working. But ... could I do something this weird, and still work as a psychotherapist in New Zealand?

It was not very long before I was thinking, "I can only do the very best for my clients, if I use what works best. And experience was showing me that the very best for my clients included this weird tapping stuff. Not one of my supervisors at that time knew anything about EFT, and with each new supervisor, I had to help them understand why this weird tapping stuff was so important. When the journey felt too lonely, I could see you there on video, showing me the way.

Some years later, I took the next big step in the dark and applied for the Masters programme. I had never met you face to face, never been to any other EFT training, never been to America. I am so pleased that I took the risk; so grateful for that opportunity. I had finally found myself with a group of people who talked the same healing language. Oh, the power of being with people who actually understood what I was endeavouring to do. And we were there because of you, Gary: passionate, gentle, energetic, committed, watching, explaining, teaching, and stretching us all a little higher in the healing high rise.

I will be watching this space for the next exciting edition in the life and times of Gary Craig. Thank you from the bottom of my heart.

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