



## TRIBUTE TO GARY CRAIG

I first came across EFT 11 years ago, when my hypnotherapy tutor asked if I would be his guinea pig, "for this strange tapping technique that I've just learned." I agreed and I was blown away by it. It shifted stuff so fast for me that I could hardly believe it had happened. I asked him to train me to use it and so my EFT journey began. I used it hesitantly at first as it seemed so strange and then I tapped on feeling that it was strange and it didn't seem strange anymore!

I quickly found I was using it more than hypnotherapy and soon I was only using EFT. One day working with a colleague he pointed out that I was using all my hypnotherapy and NLP skills while I was tapping. I had no idea. It had just fallen into place so easily and elegantly and EFT proved to be the perfect vehicle for delivering things like reframes. Not only were my clients shifting an enormous amount of "stuff" my life was changing too. As I worked on myself and shared sessions with colleagues, the layers of rubbish I had accumulated were peeled back like layers on an onion. If I think back to myself 10 years ago, I find it hard to recognise myself. Even if I had never used EFT for clients, using it for me, is the best thing that I ever did. I can't thank Gary enough for spending so much time, effort and money, to "get it out there." It needed a special sort of person to do that and Gary was the right person.

Visiting him at his home to film the Borrowing Benefits DVD was an amazing experience for me. It made me feel part of a community and it was great to meet Gary himself. When I applied to become an EFT Master, it was probably the hardest thing I've ever done and the most worthwhile. I thank Gary and Ann for sticking their necks out and going for something when they had no idea how time consuming it would be. It was life changing for me in ways that I couldn't begin to see at that time.

It's been amazing to watch the growth of EFT and see it creeping into every area of public life in the UK. Gary supported the growth with his newsletters, DVD's and workshops. And now, it's the end of that era. There's a feeling of being kicked out of the nest to survive on our own and like any good parent Gary has fed us enough of what we need to survive. He's done his job well, played his part in the "bigger picture" to perfection and I wish him joy in his retirement and much fun playing around in the penthouse of the healing high rise. I look forward to seeing what he creates next :) Thanks Gary for being you and for your contribution to changing the lives of so many people for the better. Enjoy yourself.

With love

Jaqui Crooks, EFT Master  
<http://www.beacontraining.co.uk/>