



TRIBUTE TO GARY CRAIG

When I first came across EFT I had been softened up for the “weirdness” of tapping by exploring TFT many years earlier and deciding it was too rigid to be for me. Later I trained in EMDR and found it extremely useful. So when another strange therapy from across the water crossed my path I was ready to have a look at it. And I never looked back. EFT came to dominate my practice and my life and still does. It was like coming home.

There was a time when I felt I had spent many years and huge sums of money learning other therapies only to give them all up for EFT. But I came to realize that how I use it is informed by all the other trainings I have ever done. That is one of its strengths. That, and the ways it enables a therapist to follow a client where the client goes, and clients to go where they need.

My EFT understanding and my passion for it went up a gear when I was privileged to be one of the 15 therapists who had the chance to do an advanced training with Gary in his home while he filmed for the Borrowing Benefits series. It was wonderful to have that opportunity to get to know Gary and to learn from him first hand. We arrived from the UK with a free day to recover from the flight before we started work. We were having breakfast in the nearby town where we were staying when Gary walked right out of his DVDs and into the café. He had figured there were only a few places we would be breakfasting and had driven into town to visit them all and welcome us. That week was also the beginning of the some lasting friendships in what has come to be, for me, a real community.

The next time I spent time with Gary was for the Masters programme. It is a tribute to the power of EFT in my own life that I felt able to go for it. And EFT saw me through the rollercoaster of the process. I will be forever grateful to Gary, and to Ann Adams who ran the programme for him, for the chance to be part of that. It was probably the most testing thing I have ever done and certainly the most rewarding. I am still amazed by the ripples from it in my life and work.

EFT has begun to find its way into so many areas of life that it would be impossible to put the genie back in the bottle even if anyone wanted to. I have been driven by a taxi driver who taps when the traffic is getting him wound up. Medical and mental health professions are beginning to discover its power to treat quickly, effectively and without the side effects of drugs. Children teach it to one another. Clients take it from therapy as a lasting gift for their lives. I have no doubt that it will continue to find its way to where it is needed.



Thank you Gary, for starting this snowball rolling, and for the difference you have made to so many, many lives. May you enjoy health, peace and fun in your retirement.

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