

EMOTIONAL FREEDOM THERAPY

BY PATRICK HAMOUY FROM "ALTERNATIVE THERAPIES"

The Effects of Negative Emotions

Our body reacts to stress by producing the hormone adrenaline. For every molecule of adrenaline produced, one molecule of vitamin C is needed. A depletion of vitamin C in the body will lead to cardiovascular problems.

Negative emotions are by far one of the most important factors in illness with diet and environmental toxins.

Included in emotions are: stress (work, family, neighbours, transport etc..) depression, bad news, death relatives/friends, loss of job, divorce, moving house and any negative event that worries or depresses you.

It is not the event itself that is important but the way you process it.

Yes, the way we process an event is what does the damage. Not the event itself.

For example, one person loses her job and goes into severe depression because their whole life revolved around their work. They felt needed and the income was needed to pay the bills. This person has a greater chance of getting sick than the person who loses her job but hated it anyway and knows that they can get a better job easily... or enjoy the extra time doing nothing.

Two stories to illustrate this point:

1. This gentleman had been gradually losing the use of his legs for the past ten years. I attempted to change his diet but he refused to make any changes. He was not interested in a trip to the Philippines to see if one of the healers may be able to help him but only wanted to receive Reiki healing. After several healing sessions, he started talking and told me a story he had never told anybody before (Reiki is absolutely wonderful to bring up negative emotions). It transpired that some eleven years ago, three Caribbean women had raped him. He had been so ashamed by this event that he did not want anything to do with the lower part of his body and had been gradually losing the use of his legs for the past ten years. *The rape did not paralyse him. It is the way he handled it that did the damage.*
2. Another customer came to me suffering from liver, oesophagus and lung cancer. His chances of survival with modern therapy were 0.1% at best. He became Macrobiotic and recovered. Eventually, he went back to a normal diet and died quickly after receiving thermal chemotherapy in Germany (and eating hospital food). His cancer had been emotionally triggered by his wife having three miscarriages in a few years. This gentleman desperately wanted a child and could not accept that he may never have one. This triggered his first cancer (oesophagus). Once again, it was not the event that triggered the cancer but the way he processed it.

WHAT TO DO?

- Development of spirituality
- Learn Reiki or Emotional Freedom Therapy to speed up process
- Understand that you are responsible for your illnesses
- Be grateful for everything. You will learn more from bad than good
- Get yourself a hobby
- Accept your condition. Stop trying to go against the flow. It is difficult to swim upstream but easy to let yourself be carried by the current.

MAKE PLANS FOR THE FUTURE

To be positive, it is very important to make plans for the future. Keep your dream alive.

Have a goal, have an ambition. It is OK to be happy. We are not meant to suffer. Many people who try to become spiritual think that being poor is the only way to be. This is not my understanding. Most successful spiritual teachers are well known and well off. Does this mean they are bad? Not at all. They are successful because they believe in what they are doing. They live their dream. God, or whoever you believe in, never meant us to suffer and be poor. It is OK to enjoy life. Money is just a mean of exchange. You need some to be able to live your dream, help yourself and help others.

If you are in a traumatic situation, try to see yourself healthy and happy. This is vital to your recovery.

TRAUMATIC EVENTS

The loss of a close friend or relative

This is always a difficult one. If you believe that the death of the person means you will never see them again and that they have disappeared from your energy field forever, then the mourning will be very difficult.

Bearing the death of a close one is much easier if you believe that you will see them again. The leaving of the body and going to a better world is something that will eventually happen to us all.

After the death of a companion, a client of mine asked me for the name of a good clairvoyant who may be able to contact their lost friend. They went to see the person I recommended and received precise messages from their departed friend. These messages could not come from anybody else. They came back from the consultation with the firm belief that the person's soul was still alive on a different dimension. They stopped hurting.

One of my favourite book on the subject is "**Saved by the light**" by Dannon Brinkley. It tells his true story when

he was struck by lightning and died for over 20 minutes. Whilst dead, he saw his girlfriend fussing over his dead body, part of his journey to hospital, some of his surgery etc.. He was also taken to a "Cathedral of knowledge" where 13 angelic instructors showed him 117 events that were going to happen in the world prior to year 2000. Out of these 95 have already come to pass. The fall of the Berlin wall and Chernobyl were amongst these events.

Whilst in the "Cathedral of knowledge", he felt intense love. So much so that he refused to go back to his body when asked to do so. Eventually he did, but his fear of dying was gone forever.

Another one of my favourite book on this subject is "**Many Lives, Many Masters**" by Dr Brian Weiss. This tells the story of a medically qualified Psychiatrist who accidentally, through hypnotism, regresses one of his patient to several previous lives. At first, he rejects the idea, but receives so many proofs that eventually he believes it. This book looks at reincarnation as a way for the soul to "live" through different experiences. It also helped take away my fear of death. As death is not in fact the end of something but the beginning

Always have a positive plan for all options. If your mind is at rest believing you will be alright, there is a good chance you will do well. If your mind is uncertain and believes trouble is coming, it is also right. You materialise your belief.

IT IS DIFFICULT

When you have been diagnosed with a cancer or another serious condition, it is difficult to remain positive. Especially if your body is giving you pain signals. It is hard to imagine that you are getting better. The problem will compound itself, the pain will force your mind to concentrate on this part of the body, and the more you concentrate on it, the more you will feel (or imagine) the pain.

Lets try a simple exercise:

- Concentrate on your right shoulder
- Imagine you have a pain in your right shoulder
- Feel the pain
- Concentrate on it

Soon, your mind will make you feel that pain. The pain is not really there. But your concentrating on it certainly brought it on. Release the pain now. It was never there in the first place.

Most of you will have felt the pain doing this exercise and you will have realised the power of the mind.

It is a **prime** condition for your overall recovery to keep a positive outlook and constantly feed yourself with positive images and messages. If you have physically done everything in your power to get better, then get your mind behind it.

Affirmations such as "everyday in every way I am getting healthier and healthier" are good. Saying it however is not enough. You should also try to visualise your tumours or disease shrinking and disappearing. Constantly keeping this image and autosuggestion in your mind can greatly help your body to heal. The best time to repeat the words is last thing at night just before going to sleep or first thing in the morning when you wake up. This is the time when your mind is in alpha state and is most receptive to suggestions.

GOOD EXERCISES ARE:

Visualise your tumours being eaten away. There are different ways of doing this. Use whichever way suits you best.

- For example a child may visualise his tumours eaten as in a PAC MAN game.
- Where an adult may prefer to visualise his tumours being soft rocks that are gradually eroded by the waves of the sea.
- Imagine that each in breath floods your body with a shoal of hungry Piranhas that are eating away your problems and cleansing your body.

Use whatever method is best for you. Make up your own. As long as your visualisation is strong, you believe in it and you do it frequently, it will help you.

THE SUPPORT

Emotional support and belief from your spouse, partner, friends or family is important. If this is not given, it is better to leave. A very negative home environment will keep the disease alive and spreading. I know that doing this is not easy at all, but you are worth it.

Ideally, the cooking associated with recovery should be from a healthy person with positive energy.

STORY - THE POWER OF THE MIND

From the New York Times, 13 October 1998:

"Many doctors know the story of 'Wright', who was found to have cancer and in 1957 was given only days to live. Hospitalised in Long Beach, California, with tumours the size of oranges, he heard that scientists had discovered a horse serum "Krebiozen", that appeared to be effective against cancer. He begged to receive it.

"His physician, Dr Philip West, finally agreed and gave Wright an injection on a Friday afternoon. The following Monday, the astonished doctor found his patient out of his 'death bed', joking with the nurses. The tumours, the doctor wrote later, 'had melted like snowballs on a hot stove'.

"Two months later, Wright read medical reports that the horse serum was a quack remedy. He suffered an immediate relapse. 'Don't believe what you read in the papers, the doctor told Wright. Then he injected him with what he said was 'a new super-refined double strength' version of the drug. Actually, it was water, but again the tumour masses melted.

"Wright was 'the picture of health' for another two months - until he read a definitive report stating that Krebiozen was worthless. He died two days later."

EMOTIONAL FREEDOM THERAPY" (EFT)

Many people go for counselling when they have negative emotions (depression, stress, anxiety, panic attack etc..) and many are disappointed with the results. Negative emotions are brought up to the surface and they are left to deal with them. No advice, as the counsellor is not allowed to offer any.

The sufferers may have to follow this therapy for months sometimes years and often with no concrete results. There is a much quicker and better way.

In December 2001 I was introduced to a therapy called Emotional Freedom Therapy (EFT). The thinking behind this therapy is that negative emotions are not only locked into the emotional (the mind) but also into the physical (body). Trying to get rid of negative emotions by just working on the mind will not work as we are only addressing half the problem. The EFT motto is:

"The cause of all negative emotions is a disruption in the body's energy system".

As we all know that we are Mind, Body and Spirit. However we tend to forget it.

EFT is based on the belief that emotional imbalances are linked to imbalances in the body's energy system. We cannot release negative emotions just by working on the mind. We must also release imbalances from the body.

Correcting these imbalances, which is done by tapping on certain points, often leads to rapid remedies. EFT uses meridian points.

Meridian points are also used in Acupuncture, Acupressure and Shiatsu and find their origin many thousand years ago. Could men thousand of years ago have been wiser than us? I think so.

FEED BACK ON PREVIOUS EFT COURSES

Carol K had a fear of public singing and hitting the wrong note - After the EFT treatment, she sang in front of the rest of the class without any fear.

Ken B had had a pain in his back for 6 years after a bad landing on a trampoline - After the EFT treatment, the pain was gone for the first time in 6 years

Zen A had an addiction to Coffee - After the EFT treatment, she refused all coffee offered by her sister who kept tantalising her with offers of hot coffee and moving the cup viciously under her nose.

Gail P had a fear of being in a group - This fear disappeared easily after the EFT treatment and she relaxed and participated more as the weekend progressed. No fear was left.

Zarine A stopped biting her nails after treatment

Suki was claustrophobic (deep fear of confined spaces) - I worked on her with EFT for about 30 minutes and, as she felt that her fear had gone, I asked her if she could go into the (completely dark) broom cupboard and stay there a few minutes (she had previously said that she would never do that). She agreed and stayed a few minutes in the cupboard, only coming out as she heard us laugh and felt "she was missing something". She said she could have stayed much longer. No fear - gone.

Lesley G fixed a problem with her ankle and a pain in her back.

Sylvia B could only manage to bend down to just below her knee because of a stiff back. After using EFT, she was able to bend down and touch the floor.

Dominique G could not stand anybody touching her feet. By the end of a session with another student, she received short foot massage from several people in the room.

Four people on the same course worked on food addictions. They believe they were successful. Alison M reported "feeling full" and not wanting any food. Sudesh S felt she did not need sugar in her tea or coffee any longer. (these results often are permanent).

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