

Basic tips for working through and beyond Cancer with EFT
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To prepare allow yourself to deal with and **work through your own issues surrounding cancer**. Your empathy and understanding is invaluable but you must remember to care for yourself and your own needs and for want of a better phrase get yourself out of the way. You can't give and support others if you are unable to give and support yourself.

Work towards keeping yourself clear and free. I love the concept of mirrors. I feel our truest friends and the most gifted therapists are those who we can safely look to as if looking in a mirror. Then we can see a crystal clear reflection of ourselves exactly who and where we are on our own journey. Developing and nurturing your own sense of spirituality and holistic health directly facilitates your ability to act as a channel for others. Indeed perhaps the most powerful way of assisting others in their healing is living holistically and embracing your own journey towards love and self acceptance, kindness and non judgement.

Support a patient to embrace a general holistic approach through cancer. EFT has a wonderful synergy with a chlorophyll rich dietary programme, homeopathy, acupuncture, reflexology, chi gong, yoga and eastern spirituality and much more. Remember the effect of using several of these together helps to loosen things much more, so the benefit is much much greater.

What do you sense? Intuition our most valuable tool After a patient has made an energetic connection with you and before you work with them, perhaps shortly before they arrive, you might like to take time to ask your intuition and inner guidance to give you an insight into a patient's world and body. I like to send out to the universe that my intention is underpinned by working with them for their highest good.

I find this is most helpful when I know little or nothing about them although some perhaps prefer a fuller picture in their conscious mind. Sometimes I surrogate tap to tune in. Other times I close my eyes and go within and meditate. The key concept is to experiment and find your own intuitive space.

You might just like to allow things to come or perhaps you might pose a question or two ie: what is my feeling about what is going on now and what factors are underlying it/ are at its very core ? What do I sense about their childhood and past and what does it tell me about their current condition? What might be the cancer's message? What might come can vary greatly? Some people describe feelings, others sensations in their body which correspond to the patient's blocked areas.

Some hear words or sentences, some colours, some see pictures as if seeing snapshots of the person's life. Be sure to protect yourself.

In relation to the body it is interesting to see what one is able to sense in terms of a person's aura and energetic appearance of different parts of the body. A systematic way is to work down from the crown chakra observing each of the chakras in turn.

Different approaches for sensing patients work for different practitioners. I think if we work at our own pace within our own belief system in a way with which we are comfortable this approach can be invaluable. I like to think a little bit of curious experimenting can give us amazing insights.

I believe we all have this ability or 6th sense if you like however it is almost as if some of us haven't discovered it yet or haven't realised its full potential. I think a clean, high vibrational diet with lots of chlorophyll rich foods and other superfoods like the etheriums and purple corn and practices like EFT and meditation take us much closer to finding and developing this.

I treat insights into others with the upmost respect and sensitivity and work to use them appropriately in keeping with the patient's belief system and crucially **AT THEIR PACE, LED BY THEM, IN THEIR OWN WAY**. It can be tempting to become attached to the outcome and find ourselves trying to work at our own pace. I think **the real skill is to simply be present and allow**. This follows on nicely to...

Be patient and never lead. Tap with whatever your patient feels they want to start with. As much as you may be tempted to go for what you think is at the very core let a patient find their own way there. If you are able to create a loving supportive environment which EFT does so beautifully you can just let matters unravel in their own time.

Sensitively offer some alternative interpretations of the cancer. Judgement is very important here and working at the patient's pace using a form of words to which they can relate. (The beauty and efficacy of EFT is very much about its dynamism so I give the following just as a teaching template.) If /when the time feels right perhaps try something like....' *some people think serious illness is the weirdest kind of opportunity/ the strangest kind of friend/ a friend in disguise...allowing them to be freer somehow... To find a way of finally being able to listen to their body and what it has to teach them.... What if I too could be open to what this experience has to give me, somehow trust in it, and accept it as just another part of my life/ somehow working for my highest good. What if I could move through the fear/pain/helplessness (ie centred around that repetitive pattern of learned behaviour- often of repressing and suppressing their own feelings- classically their needs and welfare comes last of all) What if I could finally make a choice to release that old pattern/problem and from now on always be true to myself/honour my truth?'*

Another one to try depending on a person's belief system is ...' some *people believe that what happened to our soul in a previous life can mean in our lifetime it holds lots of fear/guilt/ anger and it is our challenge in this lifetime to help it to move through and grow towards a greater place of safety, love and acceptance within ourselves and the universe* .(This is particularly useful when working with children with serious illness.)

If these concept seem out of a person's belief system don't worry just suggest and sow the seed. It will grow exactly when the conditions are right for it to and that might mean in the next lifetime. Always remember Just by regular tapping and creating a trusting, open and safe environment the rest will fall into place at exactly the right time.

What's my message? It doesn't matter if a message or theme doesn't appear straight away. Sometimes this takes time, everyone is different. Just encourage your patient to know that by staying open and trusting whilst tapping and talking emotions/ patterns that need to be freed will find their way.

Don't battle and fight the Cancer and remember our parts. Support a person to work towards an acceptance of the cancer part, just like working with any other part. This tends to be a process and a dynamic approach is integral. The aim is to avoid reinforcing divisions within, supporting a person in finding unconditional love and acceptance of the whole self and all of their parts. If a person is really struggling remember simply working with and being willing to compassionately hear and listen to their difficult part/ parts often the cancer's voice is an enormous step in the right direction.

Don't be scared. This is one of the biggest things I have learnt. If you are dealing with issues surrounding mortality ie dark thoughts trust in EFT. Keep tapping just as if you were tapping with any other issue. You will nearly always find that as a person allows themselves to TRUELY FACE AND FEEL their deepest fears as they clear a new direction towards hope will come, often thoughts of the future, springtime, rebirth etc.

When working through such a process **always remember to be gentle and loving and praise, praise and praise again** supporting the person to recognise the brave steps they are taking to move forward and explore their emotions . (I often explain the concept afterwards of how when we allow our body to go to these places and fully face and feel them release is spontaneous and one finds oneself so much energetically freer.

Remember the mountain climb. Helping a patient deal with uncertainty can be one of the biggest challenges. I like to use the analogy of climbing a mountain. When you begin your climb you just can't predict how heavy the blizzards will be tomorrow or the exact direction in which the wind will be blowing the next day, and

therefore deciding there and then on what special equipment or help you might need to call on would be of no help at all, in fact it would panic many of us. Take things a few steps at a time.

This might be a good opportunity to suggest something like” *some people find comfort in the concept of trusting and being open to the possibility that we can draw exactly who and what we need to assist us on our journey exactly when the time is right.* “

Be flexible and versatile in your approach and always work with the body's own wisdom and direction. EFT always takes us back to our equilibrium. For example If you are tapping to support a person through Chemotherapy or radiotherapy be prepared that choosing for their tummy to feel so comfortable and soothed after treatment may for some simply be unrealistic . It is much better I find to tap with the symptom concerned, choosing to trust the innate wisdom of the body in bringing the person back to balance as quickly and easily as possible. In this way symptoms and discomfort can be accepted and encouraged to ease and pass relatively smoothly.

Always remember the body knows exactly what to do WHEN WE CLEAR AWAY THE BLOCKAGES` ie” *My lung cells choose to know how to breathe....I don't have to teach themjust like my digestive cells know how to take exactly what I need from the food I nourish myself with and excrete the rest . I can trust the innate wisdom of each and every cell in my body to make a choice to accept / welcome my chemotherapy/radiotherapy or let it pass by/reflect it. each and every cell of my body knows exactly what to doI don't even need to think about it. Just by trusting and staying open and embracing all of these wonderful things that have come to me to support my body I have all I need to heal/move forward/grow stronger“*

Work at a cellular level. I find this is one of the most simple yet profound ways of working with cancer. People seem to find visualisation in this context amazingly powerful and comforting. Likewise **use visualisations on a different level.** It is lovely for patients having treatment to revisit wonderful memories or discover future daydreams. This very much ties in with the concept of **safe places and spaces** another amazing tool at our fingertips.

Help them at every opportunity to be kinder to themselves. With Cancer often comes guilt, it's all my fault, I'm to blame, my needs don't matter. Keep checking for, 'yes buts!'

Remember it is a process. Healing and moving through cancer has many layers and aspects to it and is often a complex process. I like the analogy of healing being like peeling an onion sometimes thin layers come off sometimes lots at once.

Don't forget the family/carers. We can do so much on so many levels by supporting a patient's family/carers with tapping sessions and by teaching surrogate tapping. This can be deeply therapeutic for everyone and is a good way of working if things become more difficult with a patient, ie if they are admitted to a hospital or hospice.

Be careful with exact goals and timings. Support your patient to know that by being trusting and open and choosing EFT to support their journey their body will heal at its own pace. Aims are good for some but take care as if they are too exact they can add a dimension of pressure, ie knowing exactly how or when they may reach a certain step can contradict the body working at its own pace. I often use choosing to trust my journey and know that so much healing has happened already/ moving through and beyond this is just around the corner.

And last of allJust keep tapping. I'm sure I don't need to say why this one is so important! Encourage patients to tap twice or thrice a day for 5-10 minutes or as a first aid measure to help to keep them clear. Then work together weekly or as required for a longer session.

Remember EFT is about working for a patient's highest good. It is wonderfully rewarding and a great privilege to be part of a person's journey and watch them grow within themselves but if they don't or they move away from EFT let go knowing that you did your best to support them and don't hold yourself in anyway responsible. You were there to facilitate them. We cannot personally change a soul's destiny. **I like to think people can come to us and work with us, and as the universe works through us to our patient's soul it can be nudged and rebalanced, choosing to live and survive in its present form in a different way. This can seemingly change what the person thought was their soul's destiny.**

Be sure to clear and care for yourself!!!

EFT can have an enormous role to play in supporting people and their families through cancer facilitating physical, emotional, psychological and spiritual healing. My personal experience has been even in people with very advanced disease and complex difficulties with the practice of EFT they are able to enjoy a sense of personal peace and safety that they may not otherwise have been able to find. Always remember anything's possible..... *"If just one person has been successful in healing at a physical-cellular level, then it means that every human body is capable of cellular healing."* From Brandon Bays The Journey

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