

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. You can't give and support others if you are unable to give and support yourself.

Support a patient to embrace a general holistic approach through cancer.

EFT has a wonderful synergy with a chlorophyll rich dietary programme, acupuncture, 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.

Suggest turning our conventional view in the west on its head in a way that resonates with the individual. *Out of curiosity 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/ 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?' 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 and acceptance'* (This is particularly useful when working with children with serious illness.)

If this concept seems out of a person's belief system don't worry just sew the seed. It will grow exactly when the conditions are right for it to. Always remember Just by regular tapping and creating a trusting, open and safe environment the rest will fall into place in its own 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, sometimes in a way that the patient is not consciously aware of.

Don't battle and fight the Cancer and remember our parts. Instead try to accept that part, just like any other part. This avoids reinforcing the divisions within, supporting a person in finding unconditional love and acceptance of the whole self. If a person is really struggling remember simply working with and being willing to compassionately 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 truly face and feel their deepest fears if you clear them all properly a new direction will come, often thoughts of the future, springtime, hope.

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 and trust by being open that you will draw exactly who and what you need to assist you on your journey just when you need to.

Always work with the body's own wisdom and direction. EFT always takes us back to our equilibrium. 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 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 and trusting the parts of the body that don't need the chemotherapy/radiotherapy to know to effortlessly release or reflect it.

Use visualisations and safe places. It is lovely for patients to have places to visit during their hours spent in hospital or whilst actually having treatment. Choose wonderful memories or future daydreams or places that they find through EFT work.

Be gentle and loving and praise, praise and praise again. Always support the person to recognise the brave steps they are taking to move forward and explore their experiences in a different way, facing their fears and dark thoughts instead of running from them. As we move through our fears they no longer paralyze us energetically.

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.

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 it 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 just let matters unravel in their own time.

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 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 particularly for some, ie knowing exactly how or when they may be fully clear and also can contradict the body's innate wisdom to work at its own pace. . I often use choosing to trust my journey and know that so much healing has happening 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 a day for 5-10 minutes or as a first aid measure to help to keep them clear. Then work together weekly or more frequently 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 move into remission and beyond 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, and choose to live and survive in its present form in a different way thus consciously or subconsciously seemingly changing 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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