

# Stories of Healing With Energy Psychology

*The fountain of content must spring up in the mind, and he who hath so little knowledge of human nature as to seek happiness by changing anything but his own disposition, will waste his life in fruitless efforts and multiply the grief he proposes to remove.*

Samuel Johnson, Elizabethan Lexicographer

“Michelle, a bright, perky, 45-year-old woman, arrived in my office complaining of severe bladder pain. She had to urinate frequently and urgently. I did a complete medical workup but could find nothing out of the ordinary by the standards of my profession there was nothing wrong with Michelle. Yet it was clear to me that Michelle’s pain was real, and her physical symptoms were real. After I had finished looking in her bladder with a cystoscope and found everything to be normal, I ventured, ‘Sometimes women with your symptoms have a history of sexual abuse or molestation. Is this possible with you?’ In the corner of her eye, the slightest of tears welled up. It turned out that Michelle had been sexually penetrated by an uncle almost daily from the age of three, till she was ten years old.

“I asked Michelle to think back upon these memories and find a part of her body where they were strongest. She said she could feel them acutely in her lower abdomen and pelvis. I asked her to rate them on a scale of 1 to 10, with 1 being the mildest and 10 being the most intense. Michelle rated her feelings at 10 out of a possible 10.

“I then spent 15 minutes working with Michelle, using some simple yet powerful emotional release techniques. I then asked her to rate her level of discomfort. It was a 10 complete peace. I urged her

to cast around in her body for the remnants of any of the disturbed feelings she had previously felt. She could not find them, no matter how hard she tried. The emotionally charged memories had been so thoroughly released that a physical shift had occurred in her body. Her bladder condition disappeared. In the three years since that office visit, it has never once returned.”

Eric Robins, M.D., who tells this story in *The Heart of Healing*, is a urologist at Kaiser Permanente in San Diego, California. He is trained in several Energy Psychology techniques – powerful therapies which apply the principles of electromagnetic fields to medicine. All work with the body’s electromagnetic signaling system to produce healing in the emotions and cells directly and quickly, without the need for extended courses of therapy, and sometimes without even needing to identify the experiences that caused the disturbance.

As biologist James Oschman, author of *Energy Medicine*, explains, “stored trauma can be resolved as quickly as it was set in place. The body is continuously poised to resolve these afflictions and all of the physiological and emotional imbalances they create. This process goes to the deep energetic level that organizes or incarnates or underlies conscious experience itself. When this happens, the patient may suddenly know that the issue or discomfort will not bother them again.”

## Energy Psychology and Phobias

In a study of EFT published in the *Journal of Clinical Psychology* in 1995, Steven Wells, Ph.D., and his fellow researchers performed a controlled experiment to find out whether EFT could assist people with phobias. The subjects of the study had all been clinically diagnosed as having a phobia to small animals such as spiders, snakes, bats, and mice.

The study used several different measures of the strength of the participants’ phobia before and after the study. They measured their pulses, to see the extent by which they rose when contemplating the object of their fear. They measured the number of steps toward the

feared animal a participant could take. They gave participants written questionnaires and then gave the people in the experimental group a minute explanation of the method, which included one brief session of EFT. The subjects were then put through the same tests.

The results were remarkable. On every measure, the subjects' fear dropped dramatically, and some were able to walk right up to the very animals that before had triggered crippling phobias. Not only were the results of EFT dramatic at the time, but in a follow up study done six months later, the subjects still had a much lower rate of phobic reaction to the objects of their fear. Steve Wells recounts the following story:

One of the ladies in the study was so afraid of mice that if she saw a mouse or rat, or even thought there was a mouse in the house, she would spend the night sleeping in her car! Needless to say, during pre testing, she was unable to even enter the room with the mouse.

After treatment, she was able to go right up to the mouse in the container without fear. Meanwhile, not long after the treatment, her daughter bought her granddaughter a pet rat as a present! A television station recording a program on our research went to this lady's home and took some footage of her. She was cradling the rat, and saying that they aren't such bad creatures after all!

There were many similar examples of people who also couldn't enter the room who, after just minutes of EFT treatment, were able to not only open the door but go right up to the creature that would previously have caused them to run from the room. One of these, a lady with a cockroach phobia, felt that her phobia had been holding her back in many areas of her life. Following minutes of an EFT treatment after which she went straight into the room and picked up the cockroach in the jar to examine it closely, she reported a huge shift in self esteem and confidence that permeated all parts of her life.

Steven Wells's study was later replicated and extended by another research team led by Harvey Baker of New York's Queen's College, lending further credibility to the results.

## The Secret of Healing Allergies

The pilot for a new movie being filmed by the producers of the hit movie *The Secret* captures footage of similar scenes. In one shot, a woman with a lifetime fear of cockroaches panics and screams uncontrollably when her attention is drawn to a fake cockroach. After a brief EFT treatment, she is able to calmly handle a jar containing a live cockroach. In another scene, a man with multiple sclerosis MS who had been confined to a wheelchair for years is seen doing jumping jacks. Even more minor ailments can yield quickly, as this story explains:

A friend of mine who graciously tends my garden came in sniffing. "I have allergies," she explained.

"What's the worst?" I inquired.

"Grass seeds," she said without hesitation. A couple of minutes after I asked her to intensify the feeling, she frowned, and said she had a headache. The allergy and headache was a 10 on a scale of 1 to 10, she said. Her nose was so clogged that she sounded stifled.

I did an EFT tapping routine on her. She said she was a zero.

I ran out the door, cut a few stalks of flowering grass, came back in, and presented her with the bouquet as a humorous tribute to healing. While she held them, I did another tapping routine. Then I asked her how she felt, on a scale of 1 to 10.

"I'm a zero!" she said. Her eyes opened wide at the realization. But the sound of her voice showed that more than her eyes had opened: her nasal passages didn't sound at all clogged as she spoke. She sat on the chair for a while longer,

dazed, clutching the paradoxical bouquet in amazement.

In the words of a leading researcher, what is at work in these cases is that they allow for, “organized or non chaotic energy to spread suddenly throughout the organism to create new structures, functions, and order. This concept is important as a frequent observation of practitioners of energy psychology, bodywork, energetic and movement therapies is a sudden and beneficial ‘sea change’ or ‘phase change’ spreading throughout the organism as trauma or other disorder is resolved, and the whole body reintegrates accordingly.”

The EFT website contains stories by hundreds of doctors, psychiatrists, psychotherapists, sports coaches, social workers, and other health professionals of ways in which they have found it useful, and of patients who have responded to EFT after conventional interventions had failed. EFT and other Energy Psychology techniques give us access to the realm of quantum healing, and promise to dramatically shorten the time taken to heal psychological traumas. To professionals accustomed to lengthy courses of psychotherapy, or resorting to drug therapies, they indeed seem like miracles.

An excellent guide to the EFT routine, called the “Basic Recipe” by authors David Feinstein, Donna Eden, and Gary Craig, is found in their book *The Promise of Energy Psychology*, and also appears as an appendix to this volume. In their account, they list some of the conditions that have been shifted or cured by EFT:

The following are actual examples that illustrate the range of issues where simply applying the Basic Recipe gave some one relief: performance fears for a nineteen year old gymnast, flashbacks and insomnia a woman was experiencing following two automobile accidents during a six week period, a refinery worker stopping smoking after thirty five years, a woman’s extreme anxiety prior to bladder surgery, a six year old girl’s psychosomatic pains, a mother’s fear of flying that was being communicated to her one year old daughter, depression suffered by a single mom with two teenage daughters, a woman’s intense lifelong craving for chocolate and ice cream, a thirteen year old

boy's fear of the dark, a boy with an intense allergic reaction to horses, another boy with severe dyslexia, a woman's pain after reconstructive surgery for a damaged knee. You can read details about each of these examples, as well as hundreds of others, at [www.emofree.com](http://www.emofree.com).

Reports found on the [www.emofree.com](http://www.emofree.com) site suggest that basic tapping methods have resulted in improvement in head aches, back pain, stiff neck and shoulders, joint pains, cancer, chronic fatigue syndrome, lupus, ulcerative colitis, psoriasis, asthma, allergies, itching eyes, body sores, rashes, insomnia, constipation, irritable bowel syndrome, eyesight, muscle tightness, bee stings, urination problems, morning sickness, PMS, sexual dysfunction, sweating, poor coordination, carpal tunnel syndrome, arthritis, numbness in the fingers, stomachaches, toothaches, trembling, and multiple sclerosis among many other physical conditions. This is not to suggest that the Basic Recipe replaces medical care, but it is interesting that an approach designed to address emotional problems is so frequently reported as helping with physical problems as well.

## Ever-Quicker Interventions

Psychiatrist Daniel Benor, M.D., is one of the pioneers of mind body therapy. In the early 1970s, he was the first person to compile a comprehensive database of research studies supporting noetic interventions. A population with whom Daniel Benor has had great success is young people who are locked up in juvenile hall. The following case history is a composite history drawn from Dr. Benor's web site:

Six year old "Joe" had been seriously abused emotionally, physically and sexually by his mother from at least the age of two and probably earlier. He was removed from her home at age four, and had nine foster home placements before his latest foster mother suggested to the welfare worker that counseling might be helpful to him for his temper outbursts, fighting children in his first grade class and after school, inability to fall

asleep till past midnight, frequent nightmares and night terrors, and bedwetting his more serious problems. In addition, he was unable to sit still, was impulsive, distractible, constantly forgetting and losing things, and had no friends.

I diagnosed PTSD moderately severe and possible attention deficit hyperactivity disorder ADHD . I prescribed small doses of Ritalin, as this acts within minutes and, if effective, could provide rapid relief for some of his problems. He responded well to the medication and was much better able to sit and attend in class, less impulsive, and less forgetful. His other symptoms remained. He also had counseling sessions weekly with a social worker at the clinic where I work, focused on issues of relating to his new family, multiple losses, and PTSD issues.

At the initial interview, I taught Joe and his foster mother to use the butterfly hug crossing both arms over the chest, hands draped over the front of the opposing bicep . Joe chose an affirmation about one of the bad memories he had of being left in the dark cellar by his birth mother. He was unable to count, so I had him show me a Visual Analog Scale 'VAS' equivalent of a SUDS with the gap between his hands representing how big his bad feeling was when he thought about being in the dark cellar. He opened his arms wide and said, 'I can't reach to show you how big the bad feeling is.' Within minutes of using the butterfly hug, his hands were touching in the VAS. He had reduced the bad feelings to zero.

Over the next several weeks, Joe with the help of his mother used the butterfly hug daily on various fears, difficulty falling asleep, and nightmares, as well as to calm down after he had temper outbursts.

Within two months, Joe was functioning at near normal levels of behavior in school and at home. Counseling continued for another four months and was discontinued. I have followed

him for Ritalin prescriptions for two years and we have all been pleased with his excellent academic progress in school, and with his good behavioral and improved social adjustments in school and at home.

When you start to put all the pieces together; the scientific studies of Energy Psychology, the thousands of case histories reported on the web sites of practitioners, and the research on the effect of belief and faith on healing, it is apparent that a huge arsenal of treatments is emerging that is safe, swift, and effective. We are no longer limited to a repertoire of drugs and surgery for our wellbeing. The new medicine also offers each of us a degree of control over our wellness, down to the very level of our cells — one that science never even dreamed of a generation ago.