



EFT and skillful metaphors for Rheumatoid Arthritis pain

Hi Everyone,

Here are some innovative approaches to chronic pain by **Sangeeta Bhagwat** from India. These ideas should be useful for a wide variety of ailments.

Hugs, **Gary**

I would like to share some visualization (metaphorical) techniques that worked very well for a Rheumatoid Arthritis patient.

First, however, one note: With experience, my sister - Anita Modak (another EFT practitioner) and myself have found that using *Even though _____, I deeply and completely love, forgive and accept myself* usually works extremely well. So we tend to use this as our default setup statement.

I have been working with a Mrs. J (name withheld on request) for her rheumatoid arthritis (RA) symptoms. RA pain is constant and terrible. As she had tried several allopathic and ayurvedic medicines, her homeopath asked her to avoid taking any medicines for about 15-20 days, to allow her body to detoxify. She continued her painkillers and a sleeping pill.

One day, her pain was highly unbearable. So she asked me to try EFT. She was complaining of severe pain in her shoulders. I first did one round using, *Even though I have this unbearable pain in my shoulders, I deeply and completely love, forgive and accept myself*. She reported a reduction in her level of intensity from 8 to 7.5 out of 10. I then asked her to describe the pain; did it have a color or texture? She replied that it was dark grey and like a sticky liquid.

So I started tapping on her with the following setup *Even though I have this dark grey, sticky pain weighing down my shoulders, I choose to drain it away*. While I was tapping, I told her to imagine a tube draining away this pain, while she repeated *drain away* at each point. Two rounds reduced her level of intensity to 2 out of 10.

I asked her to describe the pain again. She said it was now dark and thick. So while tapping at the KC, we used *Even though I have this stubborn, dark and sticky pain in my shoulders, I apply heat to it so that it becomes thinner and can drain away easily*, followed by *I drain away this remaining pain*. The pain subsided. I worked on some more underlying emotional issues and gave her homework rounds to do.

After some days, she again called with severe shoulder pain. When asked to describe it, she called them "4 huge boulders". So I used *Even though these 4 heavy boulders are weighing me down, I choose to break them with a laser gun*. That did not work, so I changed it to *Even though these 4 boulders are weighing me down, I choose to hammer them to pieces*, with "hammer" as the reminder phrase. Immediately, she felt that the boulders had shattered to pieces and the pain had "rolled away".

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She then stood up with some difficulty and said that the pain had dropped to around her hips. When asked to describe it, she said it was like a string of heavy rocks around her hip. So I used *Even though I have this money belt of painful rocks around my hip, I deeply and completely love, forgive and accept myself*. There was only a marginal movement in her level of intensity.

I felt that she was reluctant to let go of the pain, so I changed the setup to *Even though this pain is terrible, I don't want to change. I am used to it and don't want to let go*. After tapping one shortcut round of this, I changed the setup to *Even though I don't want to let go of these 10 rocks I have around my hip, perhaps I could let go of just one*.

After this round, she said 3 rocks had fallen off. So I repeated the setup with *7 remaining rocks*. Shortly there was only one left. So I made the setup *I can keep this one rock, as I am so used to it*. However, on completing the round, there were no "rocks" left!

With regular tapping, Mrs. J was gradually able to reduce pain and swelling. She came down to one painkiller a day and no sleeping pills. Her homeopath also started treatment. After about two weeks, he told her to consider dropping her painkiller and if necessary, using a paracetamol instead.

She was highly troubled by this and she felt that she was dependent on the painkiller and without it, the pain would be unbearable. We discussed the possible side effects of painkillers and I suggested we try tapping in the paracetamol as a substitute. She agreed.

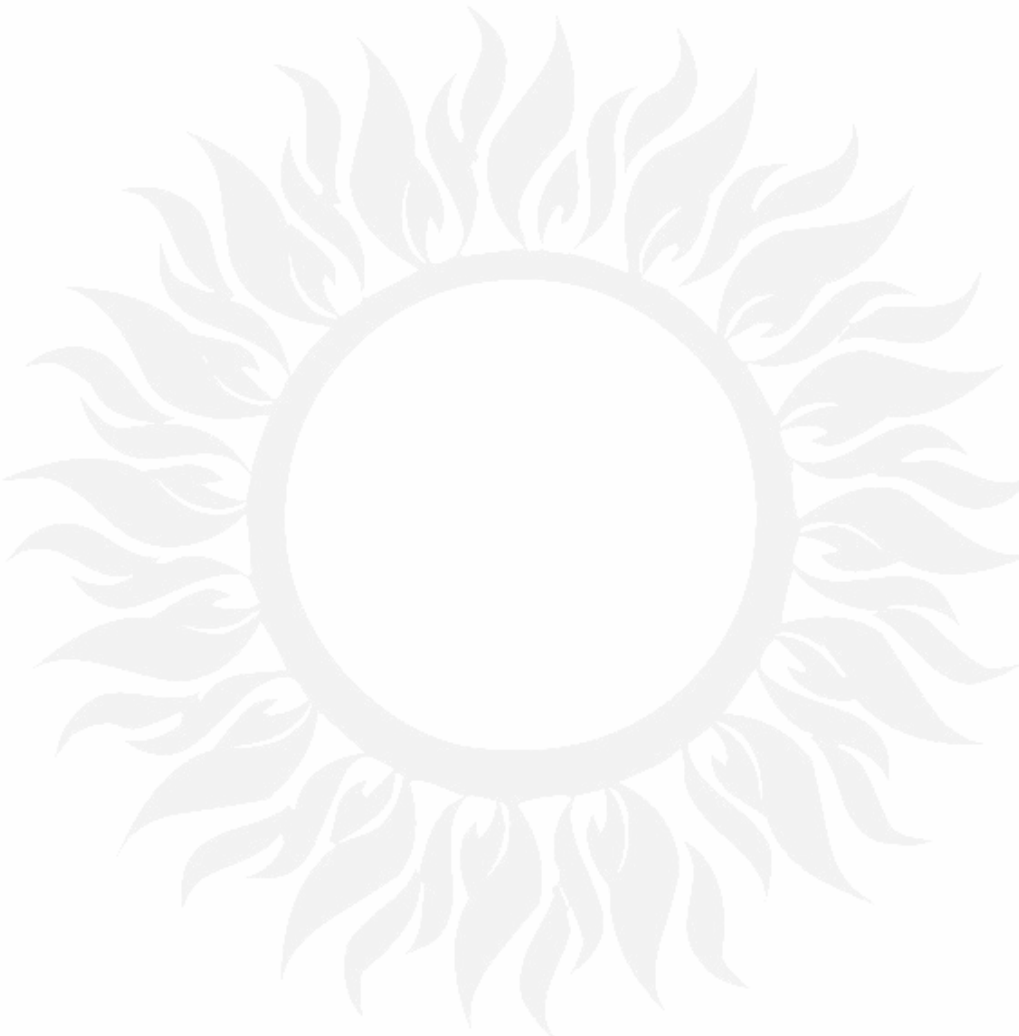
So we did one round using *Even though I think that only the painkiller can provide me relief from terrible pain, taking the paracetamol will prove to be equally effective for me*. Happily, she made the transition very smoothly and says that the paracetamol did work as effectively as the strong painkiller she had been using. We plan to tap away her dependence on this pill after a couple of days. I think this may be a useful way to taper people off addictive and strong medications.

In our last session, after some discussion, she felt that she was facing an internal battle, where there was a part of her that wanted to return to complete health and another that felt attached to the disease as it had served in getting her attention from others and kept family tied to her. (Fear of rejection is one of her major underlying emotional issues).

I asked her to give this defiant part of herself a name and appearance. She decided to call it "Inflexibility" and said it looked like a shadowy image of herself. We tapped for *Even though Inflexibility does not want me to change and be well, I deeply and completely love, forgive and accept myself*. She felt that the image was shrinking in size, until it looked like a small girl with two plaits, wearing a sari. Unsurprisingly, it reminded her of herself as a child.

We next tapped on *Even though Inflexibility has been staging this scary drama where I suffer a great deal of pain and I allowed myself to be conned by this play, I deeply and completely love, forgive and accept myself*. This was followed by *There is nothing to fear, I am safe and well*. In her mind, the little girl burst into tears, so I told her to hug her and tapped *Even though she scared me, she meant no harm. She was doing the best she knew. I deeply and completely love, forgive and accept her*.

At the end of this session, Mrs. J was feeling substantially lighter, happier and stronger. She felt optimistic about improvement and is now more motivated to fight her symptoms. Clearly, there is more work required, but there has certainly been noticeable improvement in her. I think the combination of EFT and homeopathy is proving to be highly effective for reducing her symptoms, in a relatively short time.



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