



unlock your future

Some of the ways EFT can help with cancer sufferers?

There are many ways in which EFT can help cancer sufferers, from working with the immediate fears and anxieties to exploring the roots of the cancer itself, as well as pain and symptom management. It is also a wonderful tool for reaching acceptance of death, and inner peace and resolution.

EFT does **NOT** claim to offer a cure for cancer. It is a valuable support to the healing process, clearing the body's blocks to healing at a physical, emotional and spiritual level. The body's natural balance is one of health. When illness occurs it is because something is blocking that process. EFT can provide support along the healing journey and be used alongside whatever conventional medical treatment a client chooses. It is really a truly complementary therapy, as Gary Craig says 'It is the ultimate healing tool'.

I believe that it is possible for everyone to heal from cancer, but that that healing may not necessarily come in the anticipated form. As a therapist, one of the biggest lessons I had to learn when beginning to work in this field was to let go of my investment in the outcome of the work. It is about accepting the client's process, whatever shape that comes in, and assisting them to do the same, which may not always involve physical healing.

There is considerable evidence now of the link between cancer and trauma, and the fact that sudden trauma may, in some cases, be one of the contributory factors to a cancer diagnosis. This does not mean that everyone who experiences trauma of some sort (which most of us will do at some point in our lives) will then go on to develop cancer. There are many other important factors which play a part including life style, environment and genetic disposition. All these areas need to be looked at and worked with.

A cancer diagnosis affects more than just the patient. The repercussions on family, friends and colleagues can be devastating. EFT can provide an excellent support for them as well, especially children, and allows them to feel an active part of the patient's healing process.

EFT can help cancer victims in the following areas:

Immediate emotional response: fears, anxieties etc. Areas may include finances, family/children, coping etc. Fears about treatment (chemotherapy, radiotherapy, surgery etc)

Trauma of diagnosis; specific negative events, procedures (biopsies etc)

Lifestyle changes: smoking and alcohol cessation etc

Phobias: needles, hospitals etc

Pain relief

Symptom management: tumours, immune system etc

Depression

Clearing negative beliefs

Creating a positive future

Personal Peace Process: an emotional spring clean to clear unresolved past trauma

Supporting a patient's family

Supporting a peaceful death

In conclusion, whilst EFT is so effective in resolving and rebalancing the energy system, and therefore as a healing support, for me the most powerful thing of all is that it enables a cancer patient to take back some personal control in their healing process, to step back into their power. In my experience, working persistently through the various areas above, at some point an acceptance of the cancer will emerge. At this point the true healing begins.

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