



They're Changing Guard at Buckingham Palace by Emma Roberts

Every so often tapping still manages to take me by surprise – I'm not sure why, I should know its power after all these years of working with energy. I do think that as therapists using EFT we can become blasé about the miracles we witness all the time – the extraordinary changes people make for themselves when using this powerful technique. Anyway, I digress...

A couple of weeks ago, I returned from a last minute holiday late on a Wednesday night. The next day I was going to central London to meet up with Sue and our Commissioning Editor for a celebratory lunch following the launch of our new book, *Step by Step Tapping*

Visit the link below for more:

[http://www.amazon.co.uk/Step-Step-Tappi ... roduct_top](http://www.amazon.co.uk/Step-Step-Tappi...roduct_top)

As a lifelong Londoner, my preference is to drive into town on the rare occasions I venture there. So picture the scene – there I am, jetlagged, and if I am honest, having set off a little bit later than planned. All goes smoothly until I find myself near Buckingham Palace with a police roadblock stopping the traffic. I was the 2nd car in the queue. This gave me a good vantage point to see the 'problem', which turned out to be a change of guard at Buckingham Palace (yes I know, Christopher Robin came to my mind as well).

I was surrounded by a seething mass of tourists – all identically clad in plastic rain capes due to the torrential downpour going on (I wonder what the plural noun for a bunch of neon orange rain-caped tourists is - answers on a postcard please). In front of me, only separated by a solitary very soggy policeman and a taxi, was a long line of guardsmen making their way from Palace back to their base in Wellington Barracks only 100 yards away.

Whilst the soldiers were clearly marching at a good pace, there were so many of them, the stream went on and on, and boy was I stressed! I am not someone who suffers from road rage, in fact I would like to think I am very patient behind the wheel. However I have an aversion to being late for any thing (passed down from my mother who used to make us stay overnight in the airport in order not to miss a midday flight the next day – memories I am now quite fond of!).

On this day, however, my mind was working overtime with thoughts such as:

They shouldn't be doing this at this time of day.

Don't they know people have lives to lead?

This is ridiculous in 21st century Britain – they should get with the times.

And other even less palatable thoughts, which I will leave to the power of your imagination.

As I was tormenting myself with these negative thoughts I found that my hands were tapping me. This seems to happen to me these days, it is as if my hands are a step ahead of my mind and take charge of the tapping before the thought has formed consciously. I guess my unconscious mind knows that it works and is the best way to centre me quickly when I have let myself get out of balance. My unconscious is so much wiser than my limited consciousness!

As I sat there tapping, my body relaxed and I started to notice the spectacle I was witnessing – the vibrant colours, the uniforms, bearskin hats, the rhythm of the soldiers' steps, all the grandeur that the British military are so skilled at. And then I heard the music – how I had managed to cancel that out before is beyond belief – I even had my car window open – but I had. I had not heard a single note, despite having a full brass band pass in front of me. Isn't the mind an amazing thing! But suddenly someone turned the volume up (or was that me?!) and I was watching and listening to a magnificent marching band, with all the pomp and circumstance that accompanies such an occasion, right in front of me. In that moment, I experienced pure joy and gratitude – my irritation had completely vanished – I was fully immersed in this beautiful scene. I am not sure how long I was sat there before the last man passed – maybe 5 minutes, maybe 15. Time seemed irrelevant.

And believe it or not I got to lunch on time – in fact I was the first person to arrive! As I was regaling Sue and Liz about my experience I did wonder what we all miss in our everyday lives when we are not fully present to the moment, when we are stressing, rushing and worrying about things that are over, or things that have yet to occur. Most of us waste many precious hours focussing on the future or the past when actually the present is where it is all happening and is the only place we can possibly really be! After all, the past is over and the future hasn't arrived yet. Eckhart Tolle illustrates this beautifully in his book, *The Power of Now*, and if we stop to think, most of us already know this to be true at some level, yet how many of us really embrace the gift of the present?

I am so grateful that my hands took charge that day and that I was reminded of the importance of being in the moment and appreciating it for all that it is, in glorious 3D Technicolor. Yes, I was privileged to watch a splendid rich spectacle, but that is not the point.

Why not try it for yourself? Just stop where you are right now and experience the moment. Are there any problems here? What has happened to your stresses and anxieties? They can't be there. They only exist in the past or future. They have no place in the present moment.

'From When We Were Very Young' by A A Milne

They're changing guard at Buckingham Palace -

Christopher Robin went down with Alice.

Alice is marrying one of the guard.

"A soldier's life is terrible hard," Says Alice.

They're changing guard at Buckingham Palace -

Christopher Robin went down with Alice.

We saw a guard in a sentry-box.

"One of the sergeants looks after their socks," Says Alice.

They're changing guard at Buckingham Palace -

Christopher Robin went down with Alice.

We looked for the King, but he never came.

"Well, God take care of him, all the same," Says Alice.

They're changing guard at Buckingham Palace -

Christopher Robin went down with Alice.

They've great big parties inside the grounds.

"I wouldn't be King for a hundred pounds," Says Alice.

They're changing guard at Buckingham Palace -

Christopher Robin went down with Alice.

A face looked out, but it wasn't the King's. "He's much too busy a-signing things," Says Alice.

They're changing guard at Buckingham Palace -

Christopher Robin went down with Alice.

"Do you think the King knows all about me?"

"Sure to, dear, but it's time for tea," Says Alice.

A A Milne

Emma Roberts