
Mental Proxy Tapping – helping deal with the *choices* we make ...

I'd recently returned from a refreshingly relaxing long weekend away in north Yorkshire - the county where I hail from. Whilst hubby and friend were 'walking the hills' I was working enthusiastically with my lap-top, clearing up a backlog of work - with no interruptions - scrumptious. I made that choice, just as my hubby made the choice to 'walk the hills'.

On the Sunday we did the *touristy* bit and went round a picturesque village that had a 'management buy-out cheese-making factory' at its heart - we were seeing the cheese actually being made - it was so thrilling! And then afterwards we bought loads of this lovely local cheese and then decided to have tea and coffee sitting outside the cheese centre - again a *choice* we made as we could have sat inside.

However our *choice* WAS to sit outside in the fresh air, enjoying the wonderful spring colours of luscious greens and vibrant yellows and those 'invigorating' country smells that we so often associate with living in the country. A village that only 10years previously had been decimated when the THEN local cheese-making factory-owners decided to close - due to new regulations. The villagers rallied round and a 'management buy-out' was organised, and the villagers were working again and very successful they are too.

Now, whilst we were outside a young family also came outside and sat near us. And their 2 young sons (aged about 4 and 2yrs old) were really enjoying themselves playing on the climbing frame and play equipment provided by the factory.

The parents however didn't seem to be enjoying themselves - we overheard them complaining animatedly to the waitress that "there was a smell coming from nearby,

and couldn't something be done about it? Wouldn't it be better if the seating were moved somewhere else?" None of the other families sitting outside complained - only THIS couple and they did look REALLY miserable.

This was a beautiful north Yorkshire village, in the middle of the countryside with fields and farms and horses and cows and sheep and geese all around - an idyllic place for kids to experience the wonders of country life. Their kids were really enjoying themselves but obviously these parents weren't.

So, I thought this would be an ideal opportunity to do some tapping with EFT yet couldn't imagine going across to the miserable-looking parents and suggesting it - so I mentally proxy tapped for them: "*Even though this place smells we choose to be here for the kids*".

I deliberately *chose* to use mental tapping – as I didn't want to cause a mass exodus from the area nearby with people wondering what I was doing!

Mental proxy tapping is a great technique to use to help situations when there just doesn't seem any other way of helping. So I *chose* to do it, and then simply sat back drinking my coffee to wait and see what happens.

And within a couple of minutes those parents were chatting away with each, eating and drinking their teas, just as though nothing was wrong - and the smell was still there!

EFT - in one of its many guises - worked yet again!

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