
Testing Testing – Sharks!

This article is to show the necessity of ‘testing fully’ whether the problem has gone after using EFT.

In July 1999 I was attending a Hypnotherapy Master class and met, by chance, Peter Callaway who told me about No-esitherapy – an interesting way of using hypnotherapy, which I’d never heard of before. Well, in November that year I read an interesting article in one of the dailies – about No-esitherapy. And Peter penned it.

So I called him up to congratulate him on this achievement, and he told me about another brilliant, simple technique that I would really really like. It was something called “EFT” and he’d just been on a training course in October at Gatwick. He gave me Gary Craig’s website – www.emofree.com - which I went on and downloaded his free 43-page manual (version 2 I think it was).

Well this manual seemed ok. So I started reading through it and found out about this thing called ‘tapping’ and where to tap and what to say. So I thought what I wanted to ‘work on’ – and ‘sharks’ came up for me.

Now since BEFORE ‘JAWS’ came out many moons before, I had hated sharks. I couldn’t watch them on tv or in documentaries, I certainly DID NOT watch JAWS at the cinema or on video – NO WAY! If pictures of them happened to come on tv I quickly went to the loo or into the kitchen! And it wasn’t as though I was going to meet a shark walking down the centre of Northampton – which is geographically located about the dead centre of the country - certainly about 70 miles from the nearest coastline!

So I thought, “Yes, I’ll use sharks”. And I didn’t read any further.

Well I tapped on the places the manual said, saying, “Even though I hate sharks I deeply and completely accept myself”. Then I tapped the points on the page – *on myself* – saying I” hate sharks”.

And after tapping the points, and doing this *funny thing* on the back of my hand – and I remember thinking “Why do I have to hum happy birthday – how silly!” - and then I tapped the same points again. So then I asked myself “How do I feel now about sharks? Mm - I feel ok about them I suppose, but I’m not gonna meet any am I?” (I know now that that’s a great tail-ender) and then I went on to do something else and just left the manual on one side.

I thought “Mmmm that was easy. Perhaps I ought to go on the training that Peter talked about”. So I found out about THAT training and booked my self on it. It was not until 4th February in Manchester, and was being put on by AMTUK, but I could wait after all Christmas was coming soon, and my 50th birthday.

Well my 50th birthday came, and my dear loving husband had booked a surprise holiday, that I DID NOT want to know about until we were going for the plane. So when we were getting ready to leave, he told me it was Australia. I didn’t say anything to him but I would have preferred Sedona, USA – ungrateful of me I realise, but if I had been given a choice ... I hadn’t even thought about Australia. However I am sure glad we went there – it was a magical place. And later when we did go to Sedona, I was very disappointed – so his decision was right.

Anyway, we were going to be returning about a week before the EFT training – brilliant. So we set off on my birthday trip. And it was to be just over 2 weeks where we visited Singapore, Cairns, Bloomfield in Queensland, Ayres Rock, Port Douglas

then Singapore on the homebound journey. Lots of places to visit and experience and lots to see.

So, we found ourselves in Bloomfield Lodge, Queensland and to get there we flew in a 4-seater plane from Cairns, landed in a field *somewhere*, went in a jeep, got in a flat-bottomed boat and went down a river to Bloomfield Lodge – we stayed in our own log hut, with no glass in the windows but shutters instead, and a mosquito net – which we found that if you leave the light on in your room you come back from dinner to be greeted by dozens of wonderfully startling yet beautifully patterned moths, bugs, creepy crawlies and geckos on our net. So there was no reading in bed at night!

There area around there was beautiful, true primordial forest, we had frogs which started up bang on time at night – and I thought somewhere there was an engine switched on somewhere. There was a lovely green snake sleeping it off in a tree above the swimming pool, it had a bulging tummy – probably it's frog supper! I managed to get 'leeches' twice on a forest walk – no one else did! And THEN there was the picnic.

The picnic on the desert island on the reef! And to get there we went on a wonderful 60-foot yacht. There were about 6 guests and 3 staff on board. We sailed for about an hour and then a small dot came into sight, a few trees on a blip of sand in the distance. The yacht stopped! "Interesting" I thought – "We're a bit away from the island, I thought we'd sail up to the island and get off directly onto it". The captain said, "Wet suits are downstairs, we need to put them on before we disembark into the dingy because it's Box Jellyfish time, and wetsuits can help prevent stings."

My throat clammed up, my stomach went hard and knotted, I couldn't breathe properly, I was sweating like mad and not because of the heat I can tell you! I was in

full-blown panic mode – which was new to me, and I didn't want anyone to know because they'd think I was weak.

I was wondering how on earth I could get out of this – because THIS was GREAT WHITE SHARK territory! Was that noise the 'Jaws' music or was it my blood pumping like mad? People went down to change! I simply couldn't get out of this! I had to go down.

And I can tell you, it's no joke being in the middle of the Great barrier Reef in the bottom of a 60-foot yacht trying to climb into a wetsuit – that was DEFINITELY wet on the INSIDE because I was sweating like billy-ho! The yacht was rocking slightly, the engines were vibrating, I was trying to balance AND pull on this straightjacket clothing. I had NEVER EVER been in a wet suit before! The pink flippers were nice (just my colour!) and there was matching pinky snorkel and mask – but I DO NOT DO snorkelling, in fact I hated anything tight on my face and head. I couldn't even try on my eldest son's motorbike helmet to see how it felt!

I was ALSO attempting to tap whilst I was getting into this straight-jacket clothing, I was beginning to feel sick but was that the motion of the yacht and the vibration of the engine, and I was hungry too ... I was tapping myself all over the place. I couldn't remember where to tap or what to do or what to say – I had never felt so powerless as this before. All I could NOW think of was JAWS! – THE JAWS picture on the front of the videos!

I managed to get back up onto the deck. I managed to climb down into the dinghy. I managed to focus on the island and not look round for THAT black fin cutting through the water, which I KNEW was out there somewhere – just waiting for me.

We landed on the island, and “No thank you! I do not want to go OUT THERE and look at the reef and coral, I'll stay on this island!” And because I wanted to stay on

the island I had to have a ‘minder’ stay with me too – Health & Safety rules are alive in the middle of the Great Barrier Reef!

So I padded around the island on the sand, noticed some very small box jellyfish, which are really quite pretty, didn’t go near them of course. So I thought, “Well I could always just sit in the shallows around the island” – which I did. Then I walked a bit further out to look at some nice small fish – in the shallows. THEN I thought, I’d try out the snorkel and mask and maybe just go out so that my head’s just under the water.

Unfortunately I kept on turning my head around – under the water – just to check that there wasn’t any looming dark shape gliding towards me, looking for its lunch. Of course when I turned my head under water, I breathed in and as I didn’t know what to do with the snorkel I took in salt water!!!

However, I WAS just out of my depth in the Great Barrier Reef – what an invigorating feeling!! Wowee!! What a mixture of feelings coming at the same time – incredible.

Eventually, the others came back from their diving and watching, we had a lovely picnic and went back to the yacht. Having changing back into my ‘normal clothes’ I was on the deck, breathing easily thank goodness. After about 30minutes someone caught a baby SHARK, a little baby great white! Phew! It’s little teeth could only bite off the tips of your fingers – that’s all, but it proved there WERE sharks about. It was only about 18inches long, and it looked soooooo cute. I even have a picture of myself stroking it whilst it was being hand held by the angler. And if any of you haven’t touched a shark skin, imagine a cat’s tongue, it feels like that – of course it must be to help it glide though the water, reduce any water resistance. One way is very smooth, and the other is very rough.

We got back to terra firma and guess what, later there were a group of other baby sharks – ‘Nursing sharks’ this time – swarming about near the small dock as people were throwing food to them. Even more proof there were sharks around.

Anyway, we got back to England boy! Was I looking forward to my EFT practitioner training.

Chrissie Hardisty was the main trainer, with Tam and Mair Llewellyn-Edwards assisting. It was Tam and Mair’s first EFT training session. And I found out, several years afterwards from Tam, that he was about 1/2page ahead of the trainees on the training.

Well one of the practical exercises was to tap between pairs of trainees. I immediately thought of sharks but I couldn’t even say the word. The problem had returned without me knowing about it. So how could I deal with it? Chrissie said, “if you have a problem saying something, just write it down on a piece of paper and read it to yourself OR simply choose a substitute or opposite word to use”.

I tried writing it down – nothing shifted because I was still reading ‘sharks’.

So I next tried the substitute word. Now what could I substitute for ‘that word’? Then it hit me, the feel of the skin, one way it was rough and one way it was smooth – like velvet! So I chose the word “smooth”. But that didn’t make any logical sense to me. Anyway, I went along with what Chrissie had said, and tapped using “Even though I have a fear of smooth I deeply and completely accept myself”.

And I felt so different after going through the tapping just the once - it was great! Such a lifting feeling. I felt I could say ‘sharks’ and I did; I even wrote it; and I drew a shark shape. There were simply zero reactions (SUDs) within me. This was great!

And that clearing has stayed with me. I love looking at shark documentaries now. I enjoy taking my grand kids to Sea Life Centres and standing in those glass tunnels where fish and sharks swim past sooo close.

So what has all of this got to do with ‘Testing Testing’ you may ask?

THIS was a very big lesson I learnt about being thorough when using a technique AND ALSO testing correctly and completely to make sure that everything has been released.

When I first used EFT with my ‘sharks’ problem (in November 1999) I didn’t read go through to read about the SUDs or the testing. Looking back AFTER doing my EFT practitioner training in February 2000, I would estimate that the problem in 1999 was at a 10 and went down to about a 4. I left it at that level – leaving the SUDs to grow and come back. And boy did it come back! THAT holiday was a brilliant test – even though I didn’t appreciate it at that time.

I liken the SUDs of a problem to grass or a weed. If you get the problem down to a 1, it’s like just 1 blade of grass. You cannot grow a lawn from just 1 blade of grass. Likewise a weed – we know to kill a weed we need to get rid of the root system (aka the negative emotional energetic connection). Now if you manage to get rid of ALL of the roots except one, THAT weed cannot sustain itself and re-grow itself.

So when testing to make sure a problem has been released or cleared, make sure you get down to that 1 blade of grass. Test test and test in any and all possible ways to make sure it has cleared, so say it, draw it, watch it, touch it, replay it, think it, experience it – do whatever is necessary to test it fully.

The ONLY exceptions to this are if there is any evidence of previous anaphylactic shock reaction or heart attack/stress reaction. Obviously NOT putting the client in

any unhealthy environment goes without saying – even NOW I wouldn't test my response to my released fear of sharks by going down in a metal safety cage into shark infested waters. However I have tested it thoroughly enough for me to KNOW my fear has gone.

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