

Hi Gary

From Lis Hammer

I want to give you my personal story about EFT, what it did to me and to tell others that it is possible to work on your own and resolve quite big issues.

I had a migraine for years – about 35 years. It started when I was a teenager and since then it went up and down but as the time went by it got worse and worse. I was suffering from a lot of things such as: nausea, dizziness, nightmares, anxiety, tensions in the neck and jaws and a very big fatigue. I was lying in my bed for several days a month and sometimes I felt quite sorry for myself – did not have the time nor the energy I wanted for my family and my work.

I have spent a lot of time and a lot of money to get rid of the migraine: acupuncture, healing, Cranio Sacral therapy etc., etc. I attended a lot of courses and became a proficient healer and therapist. I was able to help other people with their problems but I could not help myself. So I thought that something was wrong with me.

In the spring 06 I passed my exams as a gestalt-therapist – but unfortunately it did not make the attacks better. On the contrary in fact. After each course where I had been working on old traumas, I went to bed, vomiting, my head aching and sleeping for two days. So after four years of hard work I wanted a break – did not want to look on myself anymore.

But the break was not long.

I had heard a little about TFT and as a lot of other people I thought that it sounded very silly. Some sort of miracle – and I did not believe in miracles. Anyway something told me that this was my last chance of getting a normal life. . . I bought a book on TFT, began tapping and felt that something was happening. The same day I found [www.emofree.com](http://www.emofree.com), printed the manual, ordered some of the dvd's . . . and I was tapping and tapping. I spent a lot of time during the summer watching dvd's, reading the manual while tapping and tapping.

I do not remember how long it took to get totally rid of the migraine – I really was a newcomer to EFT, so it took time. But I adopted the word '*persistence*' - and experienced that it pays to be persistent. I tapped when I did not have the attacks so I would not know if it made a difference. But I was optimistic.

I started with all the most simple sentences like: '*Even though I have this migraine. . .*' '*Even though I have this tension in my neck. . .*' '*Even though I sleep for days. . .*' '*Even though I have had this for years. . .*'

Gradually I found out to be more specific and to work on the feelings connected to the problem, too. And I began tapping on my huge fear to get another attack of migraine. And when a migraine was coming, I was able to tap it down quite fast when I tapped on different aspects.

In short - it is now three years ago that I had the last migraine and I know that it will never come back. It is so fantastic and it is hard to describe. My life has changed in many ways. . I have a lot of energy, I am able to plan events in the future and I do not fear that I have to cancel them. I can handle all what I want and I tolerate more stress than ever. And I almost do not fear anything now - because I did not only tap the migraine away. In fact I tap every day because there is always something to be cleared.

I have become much wiser since my first days of EFT. I now know that I was suffering from PTSD and that almost everything was retraumatizing me.

In 2007 I went to Ilkley, UK, to participate in the EFT-masterclass there. It was really great being there – my first trip abroad all on my own and everything went well. Last year I went back to Ilkley to complete the level 3 workshop with Gwyneth Moss, and during the Easter I was in Scotland to visit one of the other participants. October I attended the masterclass. . . it is a never ending story. .

I am so happy having found the EFT, even if it was a long journey to get there. But better late than never and on my way to this I have learned I lot of things. I am using EFT daily on myself and in my work with clients, too. Teaching it to others because it is the most gentle and still the most efficient technique I have seen. So thank you from my heart for sharing all this with us.

Best wishes

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