

Feline Borrowing Benefits – a tale of EFT, three cats and a two bemused owners!

By Linda Parvin

My husband and I have three cats; Lilia, Tiki and Scampi. Scampi is Mister Sociable and adores everyone. Tiki used to be the Mother Teresa of cats, willing to offer her services to anyone in need, or who looked remotely huggable. But after she had two litters of kittens in short succession and some health problems, she was no longer willing to give out her special brand of tenderness.

Lilia is a rescue cat, a petite, ginger tabby, who, at the beginning of this tale, had a passion for eating her dinner on the stair carpet, a fear of the vacuum cleaner and a terror of being locked in a room. She was the original ‘scardy’ cat; who could scam at speed. She didn’t like me or any other females, but enjoyed being cuddled by my husband.

On a recent course I became Gwyneth’s volunteer for the working with animals/surrogate tapping demonstration. I was asked to role play being Lilia and tap myself accordingly. This was surprisingly easy to do, and at one point I even hissed involuntarily! The acceptance phrases Gwyneth used were ‘I’m a good cat’ and ‘Linda/Mark loves me.’ (‘I truly and deeply accept myself,’ would have felt a little incongruent as a cat!) Several rounds were done on Lilia’s fear of the Hoover. I could feel Lilia beginning to shift. Then we moved on to Lilia’s love of eating her dinner on the stair carpet. As Lilia I was adamant that the stairs were the only place to eat my dinner and that Linda’s desire that I eat in the kitchen is quite preposterous! This was quite a juxtaposition, as I am usually annoyed that Lilia’s food ruins the carpet. But soon Lilia’s position moved.

Gwyneth then looked at Lilia’s fear of women and security with men. I found myself as Lilia, explaining that her Mum had been worn out by having too many kittens and that she had been badly treated – thrown around - by her Mum’s owner. As I tapped there was a quantum shift. Then Lilia explained that her fear of being locked in rooms stemmed from my initial treatment of her taking her home. She had been so nervous, I took her to bed with me and cuddled her for the first month with us. She had appeared happy, but, of course, the bedroom door was closed every night. This was news to me - I thought I’d been a caring owner, not one who traumatized animals! While we were tapping on the fear of locked rooms I was aware of how incredibly powerful the sensation was, as if it was two for the price of one!

At the end of the session I was aware that Lilia had made progress, but that there was still some residue of fear, especially around closed doors. When I got home, Lilia let me stroke her and pick her up on the drive, which had been unheard of; then she disappeared for 36 hours. When she returned she behaved like a client who had done good work but needed to do more. She was happy to be cuddled by me, less frightened of the Hoover, but still terrified of closed doors.

However, the EFT session didn’t just move Lilia on, it clearly effected the other cats too. Lilia stopped eating her dinner on the stair carpet, but Scampi, who had never done it before, did it instead! Then I noticed that Tiki was behaving differently;

she wanted to cuddle me all the time and was showering affection on anyone who came in the house, especially for EFT – she had returned to the Samaritan cat of old. It's as if she'd been transported back in time to before she had kittens and the result is delightful.

Recently I did some personal peace procedure EFT on feeling trapped in a lousy place on holiday. This led me back to an experience of being locked in a room by my father as a child, and it was just the feeling I had with Lilia when it felt like two for the price of one. I cleared that trauma on holiday. And guess what? When I came back Lilia was no longer afraid of being locked in rooms and now adores me more than my husband!

From this experience there appears to be subtle, but powerful, dynamics between one animal and other animals, as well as owners, in borrowing benefits.

I now have a husband who is piqued that Lilia is no longer his cat – I wonder what will happen to the cats/owners dynamic when we tap for that.....