

The 2011 EFT Gathering North

This was our third EFT Gathering in Ilkley and a great success for the 120 tappers who came to share and enjoy learning and community. Some were newcomers who gained a sense of what is possible with EFT and were enthused to learn more: some had been tapping for years and yet gained something from each of the presenters and made new friendships and connections. At the breaks, which never seemed long enough, the coffee area was full of chattering groups; people who had met at previous Gatherings and first timers who simply joined in.

Seventy of us had dinner together on Saturday night and there was a constant hum of conversation and laughter interrupted only by songs and music from the future EFT X Factor candidates. Who will forget my recorder accompaniment to Heather Smiles and James Pelham belting out all eight verses of Ilkley Moor Bah't 'At and John Bullough's recital of 'Little Albert' with a perfect Lancashire accent.

The idea for the first EFT Gathering, run in January 2009, came to me after the experience of a Cowboy Gathering in a small town in rural Wyoming. There lifetime cowboys gave an open and friendly welcome to city dwellers in new boots; poets read their poems, storytellers enthralled us, quilt makers sat in sewing groups, singers and musicians entertained and all in a warm atmosphere of community. We needed something like this in the EFT world to bring isolated tappers together and to act as a springboard for practitioners with something to say to launch their careers and reach a wider audience.

This is just what has happened: many of those who are now respected as innovators and experts in the EFT world became known through presenting at the Gatherings. Gillian Wightman and Linda Wood first presented in 2009 and in 2010 everyone will remember a rather nervous Dr Kate James taking to the stage at short notice and holding the whole audience on the edge of their seats as she told her story of her families survival from cancer. And the Gathering has worked its magic too for: Heather Smiles, Rangana Choudhuri, Shoshanna Garfield, Ruth Ablett, Phil Davies and Christine Sutton, plus many more.

This year, as always, each presenter had something for us all to learn. For me, as for other trainers in the audience, there was a tremendous sense of pride and joy as I saw my students take to the stage to share their extraordinary personal and professional learning in front of probably the largest group of people they had

ever spoken too. The Gathering is intended for first timers and the audience are supportive and encouraging, several times I looked round to see people tapping for a presenter's nerves.

This year it was Jessica Mor who stepped in with a few days notice and her deeply profound and inspiring account of how learning and using EFT has brought her life back to her after years of serious mental health conditions held the audience rapt and it is to be hoped that the many mental health professionals there realised the possibilities for the integration of EFT into mainstream care. Jessica's message to all who use EFT is to stay with and respect the present moment and the subjective experience of the client. There is no need to try to change or fix consciously because it's the tapping that does the work. This was also the message of Andy Hunt that we don't need 'premature reassurance' (read his excellent article on the Gathering resource page).

Karen Young who's life turned upside down when she lost her job and her partner when pregnant with her first child shared how she made tapping a regular process and transformed breakdown to breakthrough.

We also learned how EFT helps to relieve the distress of parents of autistic children from Claire Hayes; those going through the menopause from Karen Lewis; and couples with fertility issues from Sarah Holland. Jay Kelly spoke about the role of nutrition in cancer care and prevention and Jan Munchin shared moving stories of her work with those undergoing cancer treatment. Frances Goodall spoke about chronic fatigue and spiritual emergency.

Phil Reed shared the 'Natty LaLa' and his successful work in inner city schools. Sean Grey spoke of his work with top performers and how EFT has saved many musicians and sports people from stage fright.

June Spencer gave a moving and profound demonstration of Inner Repatterning the technique she has developed with Tania Prince and is using with great success for anger management groups.

Heather Carter shared her perspective on the Law of Attraction and showed us how to wake up an audience with genuine laughter. Ruth Fox concluded the programme with a demonstration of how we can connect and honour each other.

John Bullough not only gave a truly valuable presentation on balance in relationships he also gave us the ability to re-experience the Gathering through the excellent quality audios he made and

edited. These will be hosted on the website for the EFT Masterclass (October 22/23 2011 in York) and are freely available to all without time limit. Go to www.EFTevents.com and click on the link at the top left of the home page to access the Gathering resource pages with photos, audios and the presenter's handouts.

All of this happened because of the behind the scenes work of Andy Eckley who this year put the programme together and managed the registration and hotel contract. We owe a big thanks to Andy who did all this time consuming work as a volunteer. Just as Roy Martin is doing for our next event the Spring Gathering in the Midlands www.springgathering.org

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