

Too Much Tragedy

Gwyneth Moss taps with Gillian Wightman

DVD 8 in the [EFT Helps](#) series filmed September 2007

September 2009 Gillian Wightman writes:

Gwyneth called me and given that the clip from my EFT Helps session shows me in a state of considerable distress kindly requested my permission to publish it on YouTube. She asked me if I'd like to comment and I discovered the account that I had written of my immediate impressions and changes just two weeks after the filming in September 2007, which is good because when I watched this video clip today I realized that I had actually forgotten just how bad I was feeling at the time!

To be honest I had no idea what was ahead of me and how difficult things were going to be at the end of my mums life, and also the sudden death of my uncle on the very day I had finally moved him into his hard fought for sheltered house. However I watched this [EFT-Helps](#) dvd clip with compassion but also a sense that I was watching someone else. I remember what happened but those strong, intense painful feelings just are not there. Neither is the sense of overwhelming tragedy. Sure it is a really sad story, but there are many of those around and my story is not who I am.

Because of this experience with Gwyneth and my now unflinching belief that EFT can handle any emotion, if we give it the chance, I was able to prepare myself more fully for my mothers death, and recognising again that I was not coping but now understanding that it was OK to ask for help (not only OK but vital for myself and my family). I am including here one of the most profoundly healing and humbling experiences EFT ever gave me and I feel it is an important adjunct to the work I did with Gwyneth.

<http://www.emofree.com/Articles2/grief-into-beauty.htm>

The thing that helps me most when I am working through this is being with someone who keeps calm, is unfazed by the strength of feeling, who reflects my words back to me without attempt to interpret or reframe too quickly, and who knows when to shut up and just tap:) Gwyneth was able to do all these things for me and be compassionate at the same time which I really appreciated. I still don't know why I offered to be filmed for the DVD's, but I do know that it was the best decision I could have made at the time. I am so glad I didn't run away when I felt that I wanted to.

I won't say this was the only work I had to do on this week and these issues, but it was a really good start and over time I have been able to uncover all of the deeply painful events and memories that I had buried so deeply to survive at the time.

Life now is very good and I am even coping with my eldest son being in India and I have no idea where or who he is with and what he is doing. That is an EFT miracle:) I truly feel that whatever may happen in life I have got what it takes to handle it!

Here is the account written in September 2007 a couple of weeks after the filmed session with Gwyneth. Where I am now two years later is so different but this is where I was two weeks later.

Gillian Wightman: September 2007

When I first got the email from Gwyneth about filming the DVD I knew immediately I wanted to be involved. I knew then there was a chance my mother might have passed away by then as she is coming to the end of her life with an early onset dementia called Picks disease. She is only 60. At point of writing she is not but it really could be any time. I am also arranging care for my Uncle who has the illness my dad had who died 3 years ago at 60. He also had another rare early onset dementia. I was experiencing a huge amount of anxiety and distress. I knew this would be arising from as yet unresolved memories but any attempts at tapping by myself or with others were unsuccessful so far prior to arriving in Ilkley.

I also had a very severe pain in my back right in the middle of my back, which would alleviate with tapping. The pain would ease but later I found myself sobbing in a very painful way which felt to me beyond words and neither the pain or the emotion fully discharged and would return. I was left feeling totally drained. More frighteningly my

fibromyalgia trigger points had reappeared and I thought I was over that!

On the Sunday morning of my planned session I woke up with diarrhoea, my stomach was in knots and I really did not want to go into the 'studio'. I just wanted to keep on driving and it took all my willpower and strength to walk into the building.

By the time I got up for my session I felt like I was spitting nails. I was not even aware of the cameras, I just wanted to tell her how angry I felt. I started my session crying! I remember she tapped for me at this point and I felt calm enough to tell her about my experience on the Tuesday night when I had taken my sons to a rock concert. My youngest wanted to be in the crowd and I had spent the whole evening rigid with fear, constantly searching the crowd to see where he was. I realise now that's when my back pain really intensified.

We tapped on my fear I couldn't protect my children and keep them safe and I then was calm enough able to tell Gwyneth that I had been experiencing this severe pain, which went through my mid back and out at the top of my sternum, feeling like I was being skewered on a big stick. The feelings I had been experiencing felt primitive and I remember tapping for this. I had felt like a wolf howling at the moon. Gwyneth tapping with me about how I had coped and survived, and although I can't remember at which point, I know she said something which made me laugh, which felt strange, unexpected and good. Gwyneth asked me to put this feeling in a box and I could immediately see a black coffin. I chose to put this in a spaceship and send it to another planet. As we tapped the picture changed, a ladder appeared and the coffin magically floated down which changed to one like my sisters coffin.

I can't remember now what we tapped on here but I do remember looking back to my spaceship and the coffin was on earth and I could see another coffin, the one of a family friend who had died a few weeks ago. At his funeral all I could do was imagine it being mums. I was very upset but I could feel it calming down as we tapped and then I felt ready to open the coffin.

I had a clear memory of two days after my sister died, standing in the hall of the residential home my grandfather had been given a place the day before (he had lived with mum and was desperate to escape) talking to the social worker about my mum.

My mothers illness caused her to apparently feel no emotion so when she found out my sister was dead she couldn't understand why we were crying. She was talking about it in a sing song voice as if it was a joke she had been told and none of us could cope with her. We had spent the few days before this, on professional advice looking at nursing homes for her and none of us could take this in or accept it. However after this shock we truly realised how ill she was and circumstances made it clear we need to find somewhere now. Also I know I felt like I just wanted to get rid of her, we couldn't bear seeing her and were angry with her for not feeling this. It felt so wrong.

Now we come to the scene I saw in the coffin. I was standing in the hallway of the Residential Home when I took a call telling me that there was not a place available in the Nursing Home I had chosen. I knew this was not true as I had been to visit and was told there was and I can remember almost screaming 'If you do not get that place for my mother today you will be finding me a bed in Stratheden tonight for me (local psychiatric hospital) I truly felt like I could die from all of this.

I remember talking about my feelings about having to do this again and how hard the system is in UK to get care for people with dementia under 65. It had been very hard to get the care my parents needed, I also remember feeling a familiar and deep sense of grief and regret that I only really know my mother through what her friends tell me of. I regret having felt so much anger towards my parents because I had not understood how ill they both had been through my childhood. We did a lot of tapping on What if and If Only. One phrase that stands out to me is Gwyneth saying "If only is the saddest phrase in the English language". Tapping on this really did help. Somewhere at this point I can remember realising seeing how my sister loves her daughter but their personalities are different. It helped me to really allow myself to feel mums love even if I didn't feel she understood me. However my sister does understand my niece so even now I am realising I can remember things Mum did which show she really did understand and that feels very precious.

I can't remember everything we spoke about but I do remember Gwyneth was tapping all the time on my hands as I spoke and tapped and I could feel myself becoming calmer and calmer. Eventually I could look at this scene and instead of seeing me I could see a tower of golden light. Gwyneth asked me what I wanted to say to the me in the golden light and I wanted to tell her (me) she was amazing. She

got me to tap on this and I felt uncomfortable doing this at first. I could tell her she was amazing but not myself.

Gwyneth suggested I take that golden light inside me and make it mine and it felt so good! All the pain in my back had gone. I felt calm and peaceful. My wolf is sleeping in the sun with her tail tucked under her, but I know she is there when I need her. Gwyneth also asked me to tell her what I could do now that I couldn't do before and I had a sense that something fundamental had changed but couldn't quite put it into words. I did feel I could cope with the little things of life better, shopping, cleaning, cooking, as I felt I was dealing with all the big problems and life was getting lost in the details. I felt very safe with Gwyneth and the group, and totally unaware of the camera. I would never have gone to my darkest hour if I had not feel totally safe and supported, and that's what I feel happened here.

The results of this session have been profound on many levels. Firstly I have no pain in my body whatsoever, all trigger points are gone! I also have much more energy, I am up walking first thing in the morning, by the time I am ready to start work I am organised, my brain is working again. I also know I am responding now rather than reacting to situations and my fear response is just not there. I feel calm.

My situation right now has not changed but I have absolute confidence I can deal with this and I will continue to cope and thrive. I know I have the tools and an amazing support system available to me and more importantly I know now I need to ask for help when I need it and not wait till I am starting to fall apart and now I think I can.

I sensed a difference when working with clients and some of them have made huge shifts. Work is deeper and lighter. I wonder if because I have gone safely to my darkest place, they can too?

A change I had not anticipated is that I have totally lost the desire to drink alcohol. Since my sisters death I had a habit of a glass of wine or two each night. I knew I was tranquillising but I reasoned I had a lot to deal with and I deserved it. I had half heartedly tried tapping with some success for a while, but it has been nearly two weeks now and I have absolutely zero desire to drink and almost an antipathy towards the idea, I am functioning much better without it.

My family have noticed I am calmer too, and although I still can't imagine a reason why my son would be an hour late from school but I do not feel distressed at the thought.

This week has been challenging taking my Uncle to respite and dealing with resulting problems but I have handled it really well. Some further memories arose during this week but I have been able to tap for myself on these.

With much appreciation

Gillian Wightman

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