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## Trauma and PTSD

Roberta Leah Moon shares an in-depth case study detailing the work she did with a client who is reluctant to acknowledge that there was an issue with his birth, even though the signs pointed there. She gently leads him to clear all the lock-in sensations of the moment he came into the world, with amazing results for both. [Email Roberta](#) and visit [her website](#).

By **Roberta Leah Moon**

### Marion Birth Experience

#### Background/Presenting Issue

This client, we shall call Marion, is a 60 year old male, single, and has some limited but a good working knowledge of EFT. He is a Research Scientist with multiple [degrees in](#) theoretical physics, chemistry, and mathematics. He is trained in Tai Chi, Qi Gong and other Kung Fu's. Marion has a keen interest in healing. Marion is as open-minded as he is strong in mind and opinionated.

Some years before he came to me, he participated in several years of Jungian Therapy and various other therapy modalities – both for personal interest and research. None of these experiences or research has brought him the byproduct of improved mental or physical health he had hoped for. He is quite verbal and knowledgeable about these experiences and appears to have learned more about the human nature of his [therapists](#) than revelations about himself.

Fourteen years ago Marion felt and found his colleagues intolerable toward him and the life-long health issues he has had to deal with. Consequently, he chose to take a disability from university teaching after seventeen years of service at his last school. He has not returned to work since.

Marion states that he had a terrible birth experience. Medically his mother was ill while she was pregnant and they were Rh incompatible at birth. These two factors do indicate that Marion's birth process was less than ideal and at best difficult. He was ill at birth and states he has been so ever since. He also states that he can remember his birth.

#### Pre-Session/The Week Before

Marion expressed interest in releasing his [birth trauma](#) but was never successful in the past prior to making acquaintance with him. His birth trauma was not a priority for him but did come up in passing discussions. Marion expressed a desire to try again and came for two sessions in the last week to explore releasing his birth experience using another modality. While the process produced some positive results, it was apparent to me that this modality was going to be too long and drawn out and was less than ideal to meet his needs.

Intuitively I felt EFT was the direction that we might find the best results. I had given this some significant thought as well as meditation as to how I might approach the birth trauma. Marion was most positive about the two sessions we had just had and remained open to continuing in some fashion.

As an aside, I had previously attempted EFT with Marion on another topic the year before. But as I drew closer to what I thought was a core issue in my successive rounds, he projected a wall and shut down. There was no possibility of any cognitive shifts here. The shutdown was so energetically palpable that it physically hurt, leaving me to do my own set of tapping on the session. Neither one of us have chosen to re-address the subject matter since then, nor did I do more EFT with him.

#### Rapport/Client Comfort

I now made the suggestion that I thought EFT was a good approach. I told Marion I had some specific ideas from EFT that I thought would be quite workable. I left this idea with Marion. In later communication he was agreeable and we set up a session. I felt a strong sense that the Movie Technique would be a most successful starting point. I was so sure that I made extra notes to put beside me.

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**Session**

Before we started I noted to Marion that I had some notes that I thought would be helpful for me to refer to as we went, so that he would understand if I glanced at them. I had the **movie techniques** out of Gary Craig's manual along with core issue prompts that I wanted at my fingertips as well as the "never settle for less" from the manual and some tips about cognitive shifts. We began with a general discussion to relax with that shortly zeroed in on his birth.

**Practitioner:** Marion, if you were to make a movie of your birth trauma how long would it be = 20 seconds.

What would the name of the movie be? Marion paused so long as if he were reliving the entire birth. Finally he looked at me incredulously and said: "You have got to be kidding me!"

**Practitioner:** You don't have a movie name?

**Marion:** That is the name of my movie

**Practitioner:** Oh, this was an opportunity to have a good laugh. I had not realized his expression of what he was thinking about had carried over outwardly so much so that I thought he could not give his movie a name. It WAS the name of his movie.

**Test/ and to attempt to move to a specific event:** Is there a specific incident in the birth you can make a movie of?

**Marion:** No, that's not possible.

**Practitioner:** He explained in no uncertain terms there was no way he could describe anything specific about his birth. Marion went on to explain that he was preverbal and it would not be possible for him to provide any kind of information about himself or anyone else in the delivery room. He was adamant that no further descriptions were possible. He further stated how ridiculous it was for me to expect him to provide such information. The same energetically palpable wall came down as it had the year before when we were in an EFT session. But, I had also tapped on this and felt I could come in from a neutral detached space now. Marion made it clear that no prompting would cause him to describe any features of his birth.

**Practitioner Insight**

*Marion had just last week provided the details to me of the doctor and nurse in the delivery room as well as what he felt each of their intentions were and even some of what they said. He had given me a rather exact description of the nature of the doctor and nurse as well as how he physically felt during the delivery... cold, bright... I made no mention to him of what he had told me the previous week.*

**SUDS =10**

**Practitioner:** Okay, let's do...(Global Round)

**Set Up:** *Even though I have this birth movie trauma movie, I deeply and completely love and accept myself.*

**Round:** Marion took off on his own and did a full sandwich with gamut and finished without looking up.

**Practitioner:** Take a deep breath and see how you feel about the birth trauma movie.

**SUDS = 10**

**Marion/Shifted to a specific aspect after global round:** I cannot protect myself or my mother.

**Practitioner:** He explained more, expressing several emotions around his inability to protect himself and his mother.

Thankfully, this single general global movie round following his insistence that nothing more could be defined around his birth served to catalyze him to move to a more specific aspect. *God Bless Gary Craig!*

(Mirroring) I repeated the words he said to me and redefined them. I suggested that as an infant being born that he did not have any way to take care of himself or his mother to which he readily agreed. He appeared to reflect an awakening to the realness of this new thought. I also suggested that many births in hospitals across the world left infants subject to birth trauma. I asked him if he felt "defenselessness" was a good descriptor. "Absolutely" he said. His posture and facial expression confirmed his confidence in this word.

**Round/Mirroring/Active Listening:** *Even though I have Defenselessness (here I stopped and checked with him to make sure that was "his" word) during birth, I deeply and completely love and accept myself.*

He went head down into another complete set of rounds not missing a tapping point and didn't look up until he was

done.

**Test/Practitioner:** Close your eyes, take a deep breath and if you were to imagine now how you felt in the delivery room what number would give it?

**SUDS = 5**

**Marion:** He now described his birth as an energy field that included the delivery room with the doctor, nurse and the hospital. He gave quite an eloquent description of this "energy field" and what it represented to him cohesively. He explained the negativity he felt toward all of it.

**Practitioner:** I asked him to explain this energy field until I could feel it and what he meant. It made a lot of sense to me and I repeated back to him the way I understood it and we were on the same page with the same energy field.

I was careful not to give advice but to present information as I knew it about birthing, especially in this country.

I noted that unfortunately babies were born in hospitals under these kinds of circumstances all the time. He agreed that it was a common scene and unfortunate. He seemed to exhibit sympathy with all the others that had been placed in similar circumstances around the world in birth and labor rooms.

**Set Up:** *Even though I have this energy field (checking with him to see if he agreed upon the word - and then we changed it to "damn energy field"). Even though I have this damned energy field, I am defenseless, and I can't do anything about, I deeply and completely love and accept myself.*

**Rounds:** *Damn energy field*

**Practitioner:** I did catch his attention as he did rounds and began some shortcuts but returned to the full sandwich round. The full rounds were working so well for him that I changed very little. I added the tapping from the bottom of the sternum to under the nose and extra KC points.

**SUDS = 2 ½**

**Practitioner/Cognitive Shift:** Marion said he now felt he had an increased capacity to work with the energy field at that age. He said he felt relieved when I asked him how he felt about the energy field now.

**Set Up:** *Even though I still have some of this energy field, I deeply and completely love and accept myself.*

**Round:** *"Remaining Energy Field"*

I used tapping up from the bottom of sternum and also the 6 second eye roll while tapping on the Gamut Point.

**SUDS = ½**

**Test/Practitioner:** Is there anything else about this energy field that bothers you?

**Marion:** If you are looking for another aspect, I have one. In the energy field, the primary point is the doctor because he is in charge and real dumb. I wanted to kick him out. He hurt me.

**Practitioner:** In our ensuing conversation, I noted to him that forceps, head suction, pulling and pushing were unfortunate standards in many births to which he readily agreed and nodded his head that he was not the only one that had a struggle at birth.

**Marion:** I could teach him how to deliver. I could work with him but he was not aware. The doctor was not aware I could do that.

**Practitioner:** So your anger was at him because he didn't know how. We stopped, stretched and got a "big" glass of water. We both knew about hydration and muscle testing and knew it carried over. It also gave us both a moment to process.

**Marion:** If he had just gotten out of the way he could have just let me come out. He was making the problems worse.

**Set Up:** *Even though this dumb doctor did not know enough to get out of the way, I'm okay and I deeply and completely love and accept myself.*

**SUDS=0**

**Practitioner:** Is there anything else about the doctor?

**Marion:** His Voice

**SUDS = 10**

**Practitioner:** What about his voice?

**Marion:** It carried the weight of someone who is in charge but not the efficacy of someone who had the slightest idea of what they are doing. A tin dictatorship. Power and authority and no intelligence. Not a clue what he was doing. Thought he was in charge. My Mother and I were spiritually right.

**Practitioner/Mirroring:** Spiritually right?

**Marion:** Yes, we were doing what was spiritually right in the birthing process and he was in the way.

**Practitioner:** Okay, you and your mother were in line spiritually with the birth and he was not?

**Set Up:** *Even though the doctor's voice revealed his usurping mine and my mother's spiritual right to my birth, I deeply and completely love and accept myself.* (Marion's words)

**Marion:** He said "stealing my own birth" was correct for the round.

**Round:** *"Stealing my own birth"*

**SUDS = 0**

**Marion/Cognitive Shift:** "I just reclaimed my own birth."

**Practitioner:** Is there anything else about the doctor?

**Marion:** His arrogance and ignorance about willingness to learn about infants. I could teach him something. Too busy being in charge to be aware of what he was really supposed to be doing.

**Practitioner (While doing KC Point):** We had a discussion along the lines of my suggesting that it sounded to me like the doctor's underlying issue may have been fear. I suggested he was scared and used his authority in place of wisdom to ward off his own fear. I also suggested he substituted and was driven by fear as well as what he was "supposed" to be doing because he was indeed "in charge" at the hospital. Marion was interactive throughout this conversation adding his feelings, understandings and new ways he might perceive his birth. I was not leading as much as commenting here in-between his thoughts to me.

**Practitioner:** Perhaps he used his authority and was not confident. Maybe he really was a very fragile human being. He used his authority and position as his default. He did not remember his purpose because of the fear and was too afraid to enter "the field" as Marion described it. This conversation was a give and take and went well with Marion saying "Exactly Right" and enthusiastically agreeing as I explained the doctor's fear of successfully participating in the "energy field" of the hospital, delivery room etc... all the while tapping the KC Point. Marion added his own feelings and summaries and then some statements below.

**Marion:** He stressed the fuck out of me and there was no need to. He did not need to. It was greed for power and money.

**Practitioner:** Maybe the doctor really did not know better. If he was an evolved human being he may not have had the agenda of greed and power and money.

\*Note – while this conversation sounds harsh in writing, it was really a set of thoughts that held no SUDS for Marion.

**Marion:** Clueless, he was clueless.

**Round:** (Install positives) *Even though they were "clueless," I chose to forgive them and I am now free to live my life as a calibrated laser beam.* (This is a reference I used earlier in regards to his scientific knowledge that his negative birth experience was like a laser beam that loses its focus and spreads out as it moves through space if it is not correctly calibrated at its origin (his birth). The point was that if the underlying structure or source was weak, all that follows will not function or be clear and sharp. Similar to having a psychological reversal and nothing will successfully respond until it is corrected. We tapped the energy field that included the doctor, hospital and nurse in his energy field.

**Final SUDS for session = 0**

Marion felt relieved, more open and I suggested that perhaps we had treated an event that was not far enough back last year and now these newly released birth incidents may well leave an open road for the future – to which he agreed and felt open to.

**Practitioner:** We reviewed our rounds and how many aspects we had found and gone through as much for him as for me. We both felt happy and satisfied and surprised with this wonderful session.

**Summation:** During this session I was careful with my wording. I made what may appear as some large leaps with Marion that would not have been accepted in the past. But, the door felt open and he was receptive at every turn. It felt like we were in another zone as we worked. Marion is a client that will not accept any idea that is not of his own origin and as I re-read the script I am amazed at how receptive he was and ready to neutralize this birth

trauma. This indicates to me that I was on the mark. Many times he nodded his head and once even said "exactly right". I spoke from the heart with a sense of right placement and he was ready and willing.

Also, shortly after we started I felt this was a good session to submit as a case study. Since Marion is a research scientist he was quite delighted to allow me the time to take notes on my computer as we did setups and rounds and reframes. In hindsight, this worked greatly to our advantage. He felt he was being valued and also contributing which was a double positive as we worked through him feeling that his birth went un-noticed. I felt this was a wonderfully congruent set of events and could feel that my using this as a case study greatly contributed to his sense of worth and may have contributed as a positive prompt for him to move through some old thought patterns and reframe them to one of positive nature and with compassion. I feel the time I used to quickly type in my rounds and setup became an incredible processing time for him. I noticed that the lesser eye contact and direct face interaction we had, the more freedom and less threatened he felt until we were a cohesive working unit with one goal. He was describing, zeroing in on and creating his sense of what was next as I typed. I feel the processing he and I did between rounds while I typed, created a magical progression of healing as we moved through the session and something I will draw from in the future as I work with him and others.

## **2<sup>nd</sup> Session with Marion -More Follow Up and an Unanticipated Session**

Two Days later Marion stopped by and I asked him how he felt about being at 0 now and if he felt we had addressed all the aspects- to which he had an immediate surprising response back.

**Marion:** The nurse dropped me. She dropped me from at least four feet and did not tell anyone

**Practitioner:** Would you like to try some rounds on this?

**Marion:** Sure!

**Rounds:** *Even though the dumb ass nurse dropped me, I deeply and completely love and accept myself.*

*Even though my kidneys were hurt in the fall and my kidneys bothered me all of my life up to this point, I deeply and completely love and accept myself.*

**Marion:** He went right through these two rounds re-setting them on his own without looking up and I could not interrupt him. I stopped him at the end of his second setup and round got the following SUDS = 0

**Practitioner:** Marion stated he did not want the nurse touching him when she dropped him. He did not want to be in that toxic environment called a hospital. I suggested that in all probability she did not throw him down but may have accidentally dropped him. I suggested that perhaps he may have felt so much negativity toward the nurse that he had squirmed hard and she lost her grip and that she may have feared for her job and told no one. Possibly even she was a single mother that had children at home to support and telling authorities could have destroyed her entire career and life.

The image of Marion squirming out of the nurses hands as she bent to place him in the bassinette came to mind. It reminded me of the "death rolls" that alligators do. He knew of the death roll too and resonated with it. He said he was angry at her for touching him and with his strong mind and anger he may have expressed himself quite literally. Just because it is not on the developmental chart for an infant does not mean it cannot happen.

I then told him about the personal experience I had had with my youngest daughter the day I brought her home from the hospital. I placed her in the middle of a LARGE square cushion and proceeded to put my luggage down from the hospital. I heard a thump and peaked around the corner to see her on the floor. I was horrified that I had let that happen to my little newborn. No animals or other children were present. I quickly checked her over and assured myself that the drop was a short distance and onto a wood floor and that I surely must have placed her too close to the edge. She was not crying and looked perfectly fine. Nonetheless, I berated myself and carefully re-centered her on this large cushion with her swaddled in a blanket and returned to hang my coat. Again, a thump, and I immediately ran to see her on the floor again. Mystified and feeling even guiltier - I had no answers. No dogs, no children in the room. I was at a loss. I remembered she had been tended by a German nurse in the hospital that believed in swaddling her tightly (not an American habit). This nurse had told me several times that my daughter was turning over because she was sure she had left her face up and would return to find her turned over face down. Neither one of us had an answer to that while I was hospitalized or to the nurses insistence that she saw definitive smiles that were far more than gas. From that time on I never placed my newborn anywhere other than a crib with sides up or directly on a blanket on the floor. She did roll over and smile and she also went on to become a world level champion runner. This story gave Marion some space to open into the possibility that the nurse may have lost her grip on him. Some more comments and discussion followed briefly and he remained at a 0.

**SUDS = 0**

**TEST:** Is there anything else that bothers you about the nurse =No Is there anything else that bothers you about the

doctor=No Is there anything else that bothers you about the delivery room?

**Marion:** The Cold, the Light, and, the drugs they gave my mother during her pregnancy.

\*Note – I wanted to stay focused on the birth itself before addressing his last statement involving the drugs he felt throughout his mother's pregnancy.

**Set up** (He wanted to do the lights first):

*Even though the lights above were very painful to my eyes I deeply and completely accept myself.*

**SUDS = 0**

*Even though the operating room was very cold to me I deeply and completely love and accept myself.*

**SUDS - 0**

What really bothers me is the drugs the doctors shot my mother up with while she was pregnant. She was on drugs when I was conceived and it persisted throughout the pregnancy.

**Practitioner:** Let's see if we have all of the birth aspects before we move to pre-birth. Is there anything else about the birth that bothers you?

**Marion:** It was crude, primitive and brutal.

**Set Up:** *Even though my birth was crude, primitive and brutal, I deeply and completely love and accept myself.*

**SUDS = 0**

**Test/Practitioner:** Imagine the energy field now with the doctor, nurse, hospital ... is there anything else that bothers you? Marion was quite impatient with me and wanted to keep going.

**Marion:** My mother was so drugged up that she was not connected to me and the nurse and doctor were so ignorant they were even more disconnect.

**Set Up:** *Even though everyone in that operating room was disconnected from me and one another, I deeply and completely love and accept myself.*

**Round:** *Disconnection*

**SUDS = 0**

**Volunteered Information:** I can even tell you what they were occupied with at the time and why they were disconnected from me. My mother was drugged out of her mind, the nurse was preoccupied with someone at home and the doctor had his mind on another patient. No one was present for my birth.

**Set Up:** *Even though no one was present for my birth, I deeply and completely...*

**Round:** *Nobody present for my birth*

**SUDS = 0**

**Practitioner:** After several breaths I suggested we take a look at the birth room and see if there are any other aspects.

**Marion:** We haven't done cold yet.

**Set Up:** *Even though the operating room was extremely cold, I deeply... (his word choice)*

**Round:** *Extremely Cold*

**SUDS = 0**

**Marion:** He offered the smell of the operating room immediately after finishing the cold.

**Set Up:** *Even though the operating had a toxic smell.(his words)*

**Round:** *Toxic Smell*

**SUDS = 0**

**Marion/Cognitive Shift about dying:** Unprompted, he said someone had just died in the operating room. He said he was in an operating room not a delivery room and also there was a loud noise like people rustling around outside the operating room taking care of an emergency situation or something important. He felt someone was dying outside the operating room. When asked if the death he thought was in the operating room was really the one outside he said yes. He initially thought it was in the operating room but it was someone dying outside the

operating room and he thought that may be why the doctor was so distracted. While working on a setup he said it was not the person dying but the people's reaction to it that bothered him. They were more than distracted because it was prolonged and no-one ever connected with me.

**Set Up:** *Even though no-one noticed I was being born, I deeply...*

**Rounds:** *Noticed I was being born. A lot of belching and yawning accompanied this round.*

**SUDS=0**

**Practitioner:** If you think about the loudness is there anything else about the loudness that bothers you?

**Marion:** Nothing on the loudness. The loudness is associated with their reaction to death.

**Practitioner:** Do you get anything more associated with the loudness and their reaction to death?

**Marion:** No I don't

**Test/Practitioner:** Tell me about the birth from the beginning.

**Marion:** He remembers the voices in the room and who was there before going to the operating room, the sound of the gurney rolling and the bump getting into the elevator or thru a door and the emotions of the people around him. He is still zero as well as all the details of what was going on. He remembers everyone being told to stay out or being stopped at the operating room door with no intensity. Primarily what he gets is the illusion of separation on this side and that is his primary experience prior to birth and during birth. It is everyone's illusion of separation. Like everyone is in a trance believing they are alone and separate. Alone from one another, God and separate from the Universe and that is the source of the brutality and crudeness. The illusion that all of your thoughts and feeling cannot be known by everyone, particularly God.

**SUDS = 0**

**Practitioner:** Does anything bother you about the drugs you said your mother took all through pregnancy.

**SUDS = 0**

He is not bothered emotionally but needs to clear the drugs from his body. He feels his kidney, liver, and his brain are suppressed by those drugs.

**Practitioner:** I took this opportunity to review all the aspects we had just gone through to allow the client to review the numbers of aspects that we had JUST NOW traversed. It was delightful for him and for me to see this wonderful progression and made us both want to continue. Do you want to do a round?

**Set Up:** *Even though my kidney, liver and brain are dulled down by the drugs they gave Mom, I deeply...*

**Round:** *Kidney, liver and brain dulled down* - accompanied by lots of belching and yawning throughout the round.

**SUDS = 0**

**Practitioner:** Can you say my liver, kidney and brain were dulled down without intensity?

**Marion:** What I get is they (kidney, liver, brain) had been compressed and now it has been let off some.

**Practitioner:** If you were to make a movie of this kidney, liver brain compression how long would it be = 1 second

What would the title be = experiment. If you were to run that movie in your mind would you have any SUDS? = No

If you were to look at this compression what does it look like?

**Marion:** It is like a shoe has been taken off my foot. Like the shoe is still there but the compression is not there.

**Practitioner:** What color would your foot have been before the shoe/compression was removed = purple.

What color is your foot after the compression is let off = red.

Does that color feel correct, right or comfortable for your foot? = yes

**Marion:** The overall experience of letting off the compression could be summed up as "youthing"

**Practitioner:** Do you feel there is "some" compression left = No

Are you in process of the remaining compression releasing = Yes

**SUDS = 0**

**Closing Conversation:** We reviewed our two sessions, discussed the evolution of the aspects. Instead of noting

the **cognitive shifts** we discussed births, traumas, hospitals, doctors, the nature of birthing in this country and I could see that he had made many cognitive shifts from his initial space of having been a horrible victim of an awful birth. That was worth its weight in gold. He demonstrated a new space to think from about his birth through his statements and comments that were no longer loaded with negativity and victimization.

**CLOSURE**

**Comments**

This second session was unexpected but welcomed. It provided me with new insight and reminded me about the emphasis Gary Craig and his associates put on "continuing until complete." Test in the real world, from every perspective, and apply it on everything AND continue to test.

**Cognitive Shifts:** There were a number of cognitive shifts throughout this session with Marion's view of the nurse's intention, the possible reason for the doctor's distraction and understanding of his mother's lack of awareness due to the drugs and that many birth experiences are not always under good circumstances. He came to understand his frustration about knowing how to be born but no one listening. He was able to define what he felt was missing at his birth. He realized and felt birthing was a spiritual process in being born and he came to understand why he felt the people present were interfering.

Marion and I both thought we had cleared all to zero in the first session two days before. The SUDS dropped and he felt nothing else. This second session unrolled an entirely new set of aspects that neither one of us saw coming. Neither one of us had anticipated the second session. Fortunately we both had schedules we were able to cancel and continued on with the session until we came to the current end (at least for now). And, I still feel a chuckle that Marion's opening statement was the announcement that nothing could be said because it is all pre-verbal. *Thank you Gary Craig!*

**CORE ISSUES:** Marion has always felt threatened by authority figures. He took the equivalent of two sets of PhD courses until there were no courses in his rarified area at the university left for him to take. He was unable and unwilling to write his dissertations due to the combination of University politics and faculty - which I speculate was related to authority figures and a core issue at his birth. While I am not a psychologist, I suspect that the birth experience played a role in holding him back from engaging in successful interactions with his peers enough to allow him to complete his dissertations. Of course that is conjecture. I suspect he may have felt his time better spent taking more course work over writing a dissertation related to someone else's research. We both feel that last year's EFT attempt was related to this year's successful releases and that we reached a core issue that last year's attempt could not. I think we needed to start further back as we did this year. Marion says he already feels different about his life. A brief call from him confirmed this and he is anticipating a more "spacious" place to spring from. I personally saw his body posture relax and his sentence structure reflected a person less interested in defending themselves by defensive verbal posturing.

**Bonus:** Marion felt less on the spot and freer to process and move forward with my back to him as I typed notes for his rounds. This was an extra bonus and a hidden gold mine gained from this case study that was unexpected. He did not have his calendar but will be setting up another session

Roberta Leah Moon

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