



NEWSLETTER – SPRING 2010

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1. Note from Mo

Spring is finally here and the sun is shining (today at least). What better time to examine how we are, both emotionally and physically, and then make plans to ensure that 2010 brings us the best it possibly can. For this reason my second article is on physical wellbeing, how we can optimize it and how EFT (Emotional Freedom Technique) can help us do this.

On a sadder note, as many of you will already know, my beloved mum passed away peacefully on 13th March, this year, after a long illness. For this reason, my first featured article is on the connection between grief and depression as this experience has re-iterated to me many important aspects and issues, which EFT can help with and I would like to share with you.

I hope you enjoy this newsletter and find benefit from it. Please don't hesitate to contact me if you have any questions, as I would love to hear from you.

2. Featured Article 1: Depression & Grief – the connection

When my sister died suddenly five years ago, I remember feeling like it was having instant depression; the sun had suddenly gone out of my life and I felt totally depressed.

Having suffered from depression in the past I immediately recognized the feelings, signs and symptoms I was experiencing. Fortunately, I discovered EFT (Emotional Freedom Technique) shortly after this sad event and thereafter used it to alleviate my grief symptoms and ease the grieving process.

I often have clients who come to me with depression but during their session it becomes apparent that they're actually suffering from delayed or suppressed grief.

One gentleman, during a telephone consultation, described himself as having "a mild depression" which he'd had for years and just couldn't shake off. During his session it came to light that his father had died fifteen years previously. He reported to me that he was over this as it had happened years ago. I asked if he would be willing to do a test tapping routine just to check that he wasn't carrying any suppressed emotions relating to this. He agreed to do this, but reiterated that he was sure that wasn't his problem. He was therefore amazed when he became upset during the tapping routine. We spent the rest of his session working on the various aspects of his father's death, and the emotions he was still carrying regarding this. He thereafter reported feeling as though a weight had been lifted off his shoulders and said that he felt better than he had done in years. We did a total of two sessions together, mainly working on his grief issues, after which he reported that his depression had totally gone.

I often describe to my clients that having depression is like having an emotionally full well. You have so many suppressed bad emotions that you can no longer keep the lid on, and your emotions begin to overflow. However once we start to clear these bad emotions with EFT, and the well starts to empty, then your depression will begin to lift. This is very similar to grief.

Grief can be viewed as an instant overload of bad emotions. Grief is also illogical in its format, as we can start to carry bad emotions for things that our conscious brain tells us are unreasonable. For example, I once treated a client who was still carrying guilt for not being at her father's funeral. Her father had died unexpectedly while on holiday in Australia and her mother had decided to bury him there rather than fly him home. It was physically impossible for my client to have attended her father's funeral, but she still carried guilt and tortured herself with thoughts of failing him, and of not having said goodbye. Fortunately, once we addressed these issues with EFT her guilt disappeared and she was able to complete her grieving process and move on with her life.

While EFT cannot remove your grief it can help to facilitate its process and make it much easier to bear. Please don't hesitate to contact me if you require any help or have any questions concerning this.

3. Featured Article 2 – EFT & Physical Wellbeing

If you're anything like me, Spring will fill you with good intentions of improving your diet & getting more exercise. However, although we may be full of good intentions we all have that little voice inside our heads giving us unhealthier, more appealing alternatives and this is where EFT can help.

When you decide on your goal, be it going on a diet, attending the gym or just getting more exercise, sit and think of all the reasons why you wouldn't or couldn't do it. For example, you join a gym and are determined to attend on a regular basis, lose weight, tone up and get fitter. The blocks to this may be, finding the time, sticking to a routine, willpower, and even the energy to go. There are any number of reasons why people join Gyms or set goals but then don't achieve success and EFT can help with them all.

You need to look at why you're self-sabotaging your goals. What are the downsides of your achieving your goal? What mental blocks do you have? List them all and then tap on them until they're no longer affecting you. You may need to do this on a regular basis, e.g. each time you attend the gym, but doing the tapping only takes 5 minutes and the benefits are endless.

This is a very simple explanation of this complicated subject, so once again, please don't hesitate to contact me if you have any questions or need any help with this.

4. Recommended Reading Suggestions.

EFT Master, Emma Roberts has just released a new EFT-related book "Even Though I have Cancer..." This is a wonderful book which addresses the wide range of issues that present with a cancer diagnosis, from pain management and symptom reduction to the many varied emotional responses. It is a self help book aimed at supporting those with a cancer diagnosis, and those supporting them, family, friends and the medical profession.

Click on this link to order your copy <http://theeftcentre.com/eventhoughihavecancerbook>

5. Bach Flowers

As you will know, I am also a registered Bach Flower Practitioner and for this reason I would like to use this space to highlight one of these wonderful Bach Flower Remedies in each of my newsletters. I find that Bach Flowers work very well in conjunction with EFT as they also focus on the emotional energies in the body.

The spotlight this season is on White Chestnut.

White Chestnut is for when your brain is constantly spinning with various thoughts and mental arguments and you find it hard to focus because of this. You may find it hard to sleep at night because your thoughts won't switch off. In a nutshell, you are mentally hyperactive.

White Chestnut helps your head to clear and your thoughts to settle, restoring peace of mind and the ability to think constructively. It's a wonderful remedy to take at the end of a stressful day as it allows you to turn off thoughts or worries about work and focus on relaxation.

In conclusion, I hope that you have found this newsletter beneficial. I would love to hear from you, as always, if you have any thoughts or suggestions for future newsletters. In the meantime, take care and I wish you all the best.

Wishing you love & light in your life.

Mo

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