

## Forgiveness and a clever idea made the difference for Marie Holliday-- severe pain from spider bites

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Hi Everyone,

Read this one carefully and note the power of forgiveness. Note also how the severe pain persisted until Marie (from Spain) shifted her EFT approach. The main idea here is useful across the board and should be studied by everyone. Gary Craig.

The Editors

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By Marie Holliday, EFT-ADV



Learn EFT

Hi Gary,

Whilst I am constantly amazed working with EFT and clients, this personal issue with a spider bite was a new experience with EFT where I didn't seem to be getting anywhere. We live in one of the main farming regions in Spain and with the dry climate there seems to be an abundance of creepy crawlies at certain times of the year. My first aid box at home mainly includes EFT as my first port of call for myself, partner and two dogs.

One day, while tidying up in the garden, we were moving some old fencing which had been lying around for years. As we lifted the fencing, a small insect jumped out at me and bit my eyelid several times. The pain was so severe I screamed out. It was indescribable. Instant agony! I knew I had been bitten by a jumping spider. These spiders are tiny but are notoriously known for their ferocious pincer like bite. The bite normally needs instant attention requiring a hospital visit to administer an injection.

I started tapping immediately for anything and everything around *this pain*. I was in so much pain I could hardly verbalise any words to tap with. After ten minutes or so, the pain relinquished but only a little. I asked my partner to tap on me whilst I tried some statements. My face, eye and cheek started swelling severely and my partner suggested going to the hospital.

As a Practitioner with my own personal use and experience with EFT, we can get blase about pain diminishing quickly; we almost expect it as the normal. However this pain wasn't budging much after half an hour. I thought, there is something missing here ... I decided to tap from the spider's perspective.

*Even though this tiny spider jumped out and bit me on my eye, I took his home where he has lived for a long time, I may have taken his young spiders' home too, his whole family are left without anywhere to live ... now he has to go looking for a new home when he was settled and undisturbed there. He was only defending himself, just the way*

*I would defend myself if someone attacked my home and kicked me out! I forgive this spider, he was only defending his home ... I forgive him, I forgive him.*

I kept repeating this and remarkably, the pain disappeared instantly on the word Forgiveness! I uttered a Wow! With all my years of experience using EFT this amazed me and still does when writing it. Additionally, the swelling started going down on my cheek, face and eye!

The following day, I had absolutely no swelling and only a visible sign of three little bites ... two on my eyelid and one under my eye.

Advocating the use of Forgiveness is always high on my list along with Love and Gratitude but I have never before thought about using it along these lines! Interestingly, I am not frightened of these spiders now. Don't get me wrong Gary, I don't exactly throw a party when I see one but think this may be a benefit I hadn't thought about before. Using EFT may also have eliminated a potential future fear or phobia.

The good news was, I also got a glass of wine and a relaxing night in front of TV. Now how cool is EFT? It not only took my pain and swelling away, removed a possible fear of spiders, no need to visit hospital, no injection or pain killers required and finally allowed me to enjoy my evening at home?! Oh and no spiders were killed in the making of this story. Wow !

Warmest wishes,

Marie