Note: This article assumes you have a working knowledge of EFT. Newcomers can still learn from it but are advised to get our Free EFT Get Started Package or our Affordable DVDs for a more complete understanding. For more, read our EFT Info and Disclaimer Document

EFT used to assist recovery from Open Heart Surgery

Hi Everyone,

We have loads of evidence that doing EFT before surgery can provide impressive benefits. Shelley Hawkins-Clark gives us another example of this as she describes her use of EFT before her father's open heart surgery. Please consult physicians on all medical issues.

Hugs, Gary

By Shelley Hawkins-Clark, EFT-ADV

Hi Gary,

I'm writing to share my dad's recent remarkable recovery from open-heart surgery with results, I believe, that can be attributed, at least in part, to EFT. As you've mentioned on your website, heart disease can be a difficult one to address since diet and other factors play such a strong role. There are many factors for which EFT would be useful, for example, healing the issues that have caused us to close our heart to love and joy. In this example, I used allergy elimination techniques in a last minute effort to ease the surgery and healing process. I'll begin a little before the surgery because, I think, it adds meaning to the story.

Recently, I attended a workshop for additional training in allergy elimination techniques using energy therapies, including EFT. (This is the wonderful work of Sandi Radomski and Allergy Antidotes). While there, I borrowed benefits while one of the other participants was volunteering up front. During the demonstration, an issue came up for her about her mother not accepting her assistance with some serious health issues.

Though our circumstances are different, it reminded me that my dad, now 69, had been having angina pain for many months, but was reluctant to accept my help. The doctors had prescribed nitroglycerin because his heart, as had happened before, was building new arterial pathways to correct the problem and they were giving him time to see if his heart could finish the job on its own. He really didn't want to have surgery and was hoping that time, gentle exercise and the assistance of the nitro would work. We had tapped together by phone on some symptoms and he experienced some shift. But he didn't pursue it. He has been a long time learner and participant in natural health in terms of the body, but finds EFT and the energy therapy techniques I use in my practice to be a bit of a leap.

He has watched mom experience freedom from allergies after I worked with her as well as my healing. We've also had several great discussions about energy, including emotion as energy; Einstein in contrast to Newton; understanding the body-mind as one rather than the western medicine notion of the mind and body

being separate; and perhaps most persuasively, the results I experience with my clients. His (affectionate) nickname for me has been “voodoo babe.” It has a bit of a ring to it, don’t you think? He understands the concept of frequencies, that each person has their own frequency, each disease. But he resists the idea of emotion being a player behind his physical ailments. This is an unfortunate leap for many with conventional conditioning that says if your emotions or mind are involved, you must be weak or making it up.

After clearing the issue for myself by borrowing benefits, the same night, I talked with my husband by phone. He said my parents had called that evening because dad wanted to see if I could work with him. It was already late and I was traveling most of the next day, so I decided to call him when I got home.

The morning after I got back, mom called to tell us dad was in the hospital scheduled for open heart surgery the next morning. I called dad at the hospital right away. We talked for a while and I asked if I could muscle test him surrogately for a few things. He said, “Sure.” Since, for example, diabetics generally test sensitive to their own insulin and asthmatics test sensitive to oxygen, I wanted to test dad for oxygen and the plaque in his arteries (it was now determined he had four blockages in his arteries). Since surgery was imminent, I also wanted to test his reaction to his own blood.

He tested sensitive, or weak, to all three (oxygen, arterial plaque and blood) and we proceeded to clear the sensitivities individually, using EFT by phone. I tapped on me and he tapped on himself until all three were confirmed clear through muscle-testing. He didn’t feel anxiety about the surgery, but felt disappointed that his heart wasn’t able to finish building the new arterial pathways. The nurses then came into the room. So after hanging up, I tapped surrogately for him on feeling disappointed.

He had surgery on a Wednesday morning. On Sunday morning he was up, ready to go and discharged from the hospital! In addition, he felt so good, he and mom decided to drive straight to their church and then out to dinner. He has continued with this level of energy and in great spirits. I don’t know how long most people take, *but the hospital staff found it quite remarkable*. Except for some pain in his chest around the incision (also a tappable component if he chooses), he has continued to progress very well, with little of the weakness and drag that others apparently experience.

It leaves me wondering, how much quicker my mom, who had open heart surgery 6 months earlier, might have recovered if we had addressed these same sensitivities? How could clearing these sensitivities earlier have affected the progression of the disease in mom or dad or for others? It is interesting to consider these possibilities and I hope others dealing with similar forms of heart disease or the prospect of surgery may benefit.

Shelley Hawkins-Clark, EFT-ADV