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Quality uses of EFT for success with sleep apnea

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"Words escape me. EFT is truly astounding. It could change the human race."

Michael Killingback

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Hi Everyone,

Listen in as Damaris Drewry expertly applies EFT to a severe case of sleep apnea. Note that in this case the core issue was found within "past lives." You may or may not believe in past lives but it's often best to go with the clients beliefs. Damaris does this beautifully.

Hugs, Gary

By Damaris Drewry, PhD



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This is what Steve had to say three days after the first session:

"After the tapping I didn't put the [C-PAP] machine on and I slept for 4 uninterrupted hours! When I woke up I put it on, more out of habit than because I really needed it. If I had been fully awake I wouldn't have put the mask on. I decide to let myself go into a peaceful sleep..." (please note that the most uninterrupted sleep he has had in 36 years is 90

minutes even WITH the C-PAP machine). Six days after the session he said: "I slept all night without the mask!"



Background: Steve has had sleep apnea for 38+ years. It was diagnosed 15 years ago and since 1993 he has been using a C-PAP machine every night to keep him breathing normally during sleep. The machine he uses is designed to keep the epiglottis from closing over the trachea which keeps him breathing. The mask fits over his face in such a way as to be distressingly claustrophobic but it is "better than suffocating". The most uninterrupted sleep he usually gets in any given night is 90 minutes with the machine.

He is a Reiki practitioner, very self-aware, and happily married (36 years), but had a very unhappy childhood as the youngest of 6 children.

Childhood emotional issues aside (they will be the focus of the second session), the sleep apnea is the stated reason for Steve's first session.

Steve told me everything he knows about his vivid recollections of two past lives that ended by drowning. He made solving the problem easier and the session shorter because he had already identified the past life

memories and connected them with the present day problem.

What I look for when someone is telling me the problem they want to solve, is the beginning of a pattern created during a traumatic event(s) sometime in the past. There are several what-to-look-for guidelines I've developed over 7 years of working with EFT and NLP:

- traumas result in a shock to the physical body.
- the shock causes a "version" of a person (child) to "freeze" in time and space until the traumatic event can be assimilated later in life.
- a decision, either conscious or unconscious is made at that point.
- the combination of physical and emotional shock creates an instantaneous vibrational imprint in the etheric body.
- the etheric body is carried forward from lifetime to lifetime along with an individual's vibrational signature.

Metaphorically speaking, the result of the above factors is that "programs" start running on the body's bioelectric "computer hard drive" at the point of trauma and they keep running "in the background" until consciously stopped and erased. These cause repeating dysfunctional relationship patterns and physical illness.

At the end of the first session with Steve, I said to him...

"Given that the goal we are trying to reach is for you to sleep normally without the use of C-PAP machine, this is what your body has revealed: Based on 2 past life experiences of being (1) stabbed in the back and thrown overboard; and (2) near drowning, surfacing and being stabbed, falling back in the water and drowning ... Both times the etheric body "FROZE" from shock and trauma and this information was recorded as a vibrational imprint in the etheric body at the time of death. This program was effectively "running on the hard drive" of your etheric body when you came into this lifetime and was activated by jumping into the deep end of the swimming pool at age 5 without knowing how to swim.

"The program that is running in the background is: "dying - living - dying - living ... and is an automatic "loop" triggered while falling asleep when your brainwaves are between 4Hz (delta brainwaves - sleep) and 0 Hz (flat lining i.e dead). There are many layers of consciousness between 4 and 0 Hz that science knows little about. But your body knows.

"Based on the past your body is trying to keep you alive in the present: It misinterprets sleep as "dying" and replays the program so that you stop breathing and then it jolts (shocks) itself into remembering to breathe again. It got stuck at the point of death and replays the scenario like "Groundhog Day" (the movie) many times every night. So, say this just before you go to sleep while tapping on all the points:"

"The truth is that part of me thinks I am dying when I am falling asleep. The greater part of me knows that sleep is a normal part of daily life and that I will wake up tomorrow morning. I ask my epiglottis to remain in normal breathing position for sleep. I ask my Higher Self to tell my body's wisdom and intelligence to STOP running the "living-dying" loop program/scenario and erase it from the hard drive. It's all based on the past and I am living in the present. There is no real and present danger of dying. I am safe and looking forward to a refreshing night of undisturbed sleep, breathing normally and easily. All systems in my body are functioning optimally NOW. I am guided, inspired, loved, and protected by the most loving and wisest forces of love and light in the universe."

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When I woke up I put it on, more out of habit than because I really needed it. If I had been fully awake I wouldn't have put the mask on. I decide to let myself go into a peaceful sleep..." (remember that the most uninterrupted sleep he has had in 36 years is 90 minutes even WITH the machine)."

Damaris Drewry, PhD

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