

## USING EFT FOR MEDITATION

(Please note this article was in Gary Craig's newsletter in March, 2004)

EFT is well known for its "stress release" or relaxation features. Accordingly, it should be of no surprise that it would enhance and deepen meditation.

Maggie Adkins gives us evidence of this by sharing her personal experience below.

Gary Craig

---

### **EFT and Loving Kindness Meditation**

By Maggie Adkins

Years ago, Ondrea Levine suggested I do Loving Kindness meditation for myself for 30 days. It was a great idea and I finally embraced it and actually did it several years later! Every morning and every evening I said each of the following four times. Sometimes it was out loud and sometimes it was in my mind.

- May I be free of suffering.
- May I know the joy of my own true nature.
- May I be happy.
- May I be at peace.

It was a very powerful and life changing experience.

Enter EFT, stage left.....

Recently, my mother and a friend both died within a week of each other. I could not bounce back like I wanted to. I had no energy. I cancelled a few appointments with clients because I felt I could not do the work. As a friend said, "You are out of it" – whatever "it" is. After several weeks of trying to cope, I went into retreat for a week. I stayed home but I didn't answer the phone or see anyone, and I didn't allow myself to work.

I found myself drawn, once again, to Loving Kindness. This time I did EFT and the Loving Kindness Meditation at the same time. I said all four of the affirmations at each tapping point and I did it anywhere from five to fifteen times a day.

After my week's retreat – just seven days – I did not recognize myself. That was six weeks ago and the results have stayed with me. I have more energy. I am more creative. I walk around singing. I am doing things that I had put off for months and I'm happy to be doing them. I am so very happy to see my clients and the Universe must know because more and more people are coming to me. I am doing a gratefulness ritual for the abundance in my life. In particular I am careful to be grateful for my money, whenever I pay a bill or purchase something. My relationship to food has changed.

Needless to say, I would highly recommend combining EFT and meditation practices to anyone, anytime, anywhere.

[Maggie Adkins, EFT Master](#)

[earthwomandreaming@bigpond.com](mailto:earthwomandreaming@bigpond.com)

[www.maggieadkins.com.au](http://www.maggieadkins.com.au)

In Australia: 02 6556 7661 0420 314 837