

Releasing Inner Child Issues with Mother and Doctors eliminates emotional and physical pain, instills confidence in doctors, affects outcome of cataract surgery, and improves health, motivation and choices.

Lee contacted me because she was feeling paralyzed in her life. She had many decisions to make, no energy to make them or an idea of what she wanted to do. We tapped on her childhood issues with her mother, thyroid problems and eventually to release her fear of doctors the night before cataract surgery. You'll see how they all tied together. The results are delightful.

Lee has given me permission to share the details of our sessions as well as her letters to me. I think you'll enjoy seeing the journey taken to release these old memories. I know we'd all like to be a one minute miracle, but most of us have layers to move through. Luckily with EFT, they move quickly. I recommend that you be persistent or like Lee seek help with your journey.

Namaste

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Session 1

Lee had been using EFT for a while but wasn't getting the results she hoped for. Yet she felt nervous about asking an EFT practitioner for help. In fact, we started our EFT session with a brief round to release those fears.

We've all familiar with the tingles, yawns and relaxation of the body that can result from EFT. In Lee's case, as she releases her body reacts physically by jumping and/or twitching, she coughs, and her voice crackles, sometimes as a shout or as if the words are being forced out of her. I mention this to let everyone know that beyond the familiar yawns, tears, anger, tingles, etc, each of us has our individual way of releasing blocked energy. To some shouts may feel disturbing, but for us it was a clear indication of which words, concepts, and feelings were key during the tapping process. In addition, I mentioned to Lee that she could interrupt me if a new image or thought came to mind. This "permission" was a great relief for her because she always felt she had to complete each image or thought before going on to the next, and she felt empowered by her freedom to share what she was experiencing.

Lee explained that she was the 5th of 7 children. She was the scapegoat for her parents, who had a terrible marriage. Her mother was vicious. Lee felt unloved and totally alone since her siblings bought into the paradigm her mother created. Later in life she felt inadequate, couldn't move forward because it was not safe, she was not good enough and she would be stricken down.

I asked her to tell me about an experience with her mother. She felt anxiety below her belly button just to think of this story. She was 4-5 years old at the time. Her mother used to read in a rocking chair in the mornings. Lee would come downstairs upon waking to sit in her mother's lap, which on many occasions bothered her mother. One morning Lee came down the stairs, but her younger sister was in her mother's lap. She asked why and her mother's response of "You're too big to sit on my lap" shocked little Lee because

it never occurred to her that you could be too big to sit on your mother's lap. She turned and ran into the bathroom linen closet and closed door hoping her mother would come find her but she never did. Lee waited there a long time. When she finally came out she had the childish notion to show her mother that she was mad at her sister with the hopes that her mother would fix it, but instead her mother got mad back at her. She explained it shocked her all the way to her feet and she never ever felt good after that. For Lee, it was the end of her childhood.

Here are some of the phrases we used:

Even though I was too big to sit on her lap it didn't mean I was too big to receive her love. I was only a kid. I didn't know you could be too big. I wanted to be closer to her to feel her love, not her anger. My sister was in my place and I was jealous because I hardly had any time with mom. I wanted my sacred time even if she didn't pay attention to me. I got hurt and sad. So I ran into the bathroom and hid, hoping she's come find me, but she didn't. She left me there to feel hurt and sad and confused and rejected. She never came for me. I got angry and acted angry with her. She did the same. I was surprised again. Devastated. I lost everything. I was so sad, so lonely, so rejected. And angry as hell because this wasn't supposed to happen. She was supposed to love me. That's what moms do. But not mine. She rejected me. I felt that rejection and felt I couldn't recover from it. But it wasn't my fault. She didn't know how to love me. She wasn't loving my sister either. Everyone was only present but not really loved. I didn't get loved. I deserved to be loved. I still deserve to be loved. I let go of my hurt, anger, and rejection. No one can hurt me. My love starts within me. I choose to love me first. That is the first and most important love. I choose to love me now.

Afterwards the childhood image was flat as the pain and anger reduced. Lee admitted that she had hated her sister her whole life because she was the reason she was left out. We continued with her resistance and anger.

Here are some of the phrases we used:

Even though I want to get rid of these feelings, a part of me doesn't. I forgive myself for that. Those old emotions have been with me for long time. (Lee's body jumped) Even though my body jumped at the idea of my attachment to these old emotions and letting them go, because it knew I want to let them go. It is a little resistant. Even though I have this resistance to letting go of the anger, sadness and rejection I felt at the hands of my mother and sister. I choose to let it go.

This old resistance is dissolving, disappearing. I feel relieved to let this go. I don't have to hold onto this anger, rejection and pain any more. But I'm a little afraid to let it go. It's been with me for most of my life. Who will I be if I let go? (Lee's mind said – I remember this as a reminder to get love) I hold onto this memory to remind myself I need love. But I forgot that I don't have to relive the experience. I can release the hurt and still remember to love myself and let others love me. I give myself permission to let go of the painful part of this memory. I use the knowledge to give and receive love, not remember pain, sadness, anger and rejection. I release the rejection. It has no power over me anymore. I free myself of the obligation to remember the pain. I choose now to remember it but not feel the pain. It was a lesson, not a reason to suffer my whole life. (Lee's body jumped and her voice shifted a lot for all of these statements) I can choose to receive love

without pain. I love myself. I am gentle with myself. I am gentle as I transition from rejection, hurt and sadness to true love.

Her body was very relaxed. The anger with her sister and mother was gone as well as the closet. She saw herself come down the stairs and turn left, not right (where her mother's chair was). Note the shift from the original story as she re-writes the writing on her walls. Yet she still doubted it was possible to have love without pain or that she could really let this go.

We continued with the following:

My body feels relaxed. I see myself coming down the stairs and not repeating the pattern. I turn left instead of right into the pain. I know I want to turn left. I want to turn into happy anticipation instead of despair. I choose to do so now. Even though I didn't do that most of my life, as I can easily bring up 5000 impressions of love associated with pain, I choose to let that go. I choose to turn into love and anticipation of receiving more love. I still don't believe. How can I? I have so much proof to the contrary. I'm choosing differently. No one said I always have to do the same. (Lee coughed) I've released the anger with my mother and sister. Now I release the feelings that I was unloveable and at core a bad person. That was my lie. I actually am loveable. I let it happen little by little. I show myself love little by little. It helps my confidence. I choose to believe I am loveable. It is my choice just like choosing to feel unloveable was. (Lee stated that she looks for validation from others) I look for validation from others instead of trusting in myself. I don't need validation that I am loveable. I just am. I believe I am always loveable. I am loveable. (Lee stated even if people are unloveable mirrors).

After this round Lee realized she had chosen to be unloveable, which means she can choose differently. It's ok that she used to crumble when others were unloving, just like that morning with her mom; she is the one making the decision. She recognized that she could turn left into love and positive anticipation, that she is loveable and believes she is loveable. It doesn't matter that for 12 years she has been disconnected from her siblings. She doesn't have to project that onto other people.

Session 2:

Lee realized after our session that turning left as she came down the stairs wasn't the correct strategy because it wasn't the main way out of the house. The main exit required walking to the right and past her mother in her chair. She could see herself walking past her mother and out of the house as she usually did because she didn't want to avoid her. We discussed how going out the door was symbolic of her leaving the situation behind. Lee also felt empathy for her little sister because she didn't realize her mother had nothing to give.

Lee got out her list of problems because she felt they related somehow to her childhood. She needed to decide if she would continue with her work or not, but she couldn't make the decision. She couldn't make herself go to work either. It was as if her body had a mind of its own and her energy level was so low she couldn't get out of the house. The doctors after much searching found a thyroid disorder, but after medical treatment it got worse, not better. She had lots of brain fog, lack of stamina, was dizzy when walking or standing, lacked vitality and didn't go anywhere. She felt like her whole life was frozen, or in suspended animation, without direction. She was alone all day

feeling despair, completely alone in the world, an inner loneliness and that she is ALONE dealing with her problems. She feared others would reject her if they knew she had needs. Yet she felt a sense of loss over not being part of a family, where ideally people care for one another.

Lee stated even though she grew up being the scapegoat, she should work it out and get on with life. Then she told me that she felt this statement was more objective than anything her brain ever said before. Her symptoms were tension in the forehead from hurts and overwhelm.

Here are some of the phrases we used:

Even though I am in overwhelm, I have so much to release, so much to pack, so much to do and so little energy, I love myself. I have brain fog. Even though I want to move forward, a part of me is scared to do so. I was the scapegoat and feel I can't move forward. It wasn't my fault. It was thrown on me.

I was a scapegoat all of my life. I was a scapegoat for my mother and my siblings. I was their scapegoat so they didn't have to feel bad. I used to be a scapegoat. Now I'm walking away from that. That was my past. I live in the present. I choose not to be a scapegoat anymore. I had lots of self-blame and lots of suspended animation. I was put on hold. I put myself on hold. I release that. I release the self-blame. I release the suspended animation. I am free to move, to think, to live. I choose to be free of my past and my past experiences. I release them. I cut that cord now. It feels good to cut that cord. I feel freer now. I can now think clearly. My body knows how to function perfectly. I let it do so. I ask my thyroid to function perfectly. (lots and lots of coughing) I am cutting through this thick stuff. It is releasing now. I love myself. I love my body. I love having mental acuity and stamina. I have physical stamina. (lots and lots of coughing)

Lee stated that several spots on her body feel cooler. For her, when her body is in alignment it has cool spots all over.

We continued:

Even though I assume I have to stay on the spot until (lots of coughing, coughing, coughing) all the coughing and twitching end, that's just my belief. Even though I am still coughing, the energy is releasing no matter where I tap. (intense coughing)

I release the coughing and I feel more relaxed. I can release easily. I thought it was a lot harder. I felt sick but the doctors couldn't find anything initially. It took them months to find that I had a thyroid problem. Now I have meditation for my thyroid, but I feel worse. It makes me doubt that I only have a thyroid problem. (Lee felt sadness; thought nobody's going to help me) It makes me sad to be so helpless and have no one to help me. I feel so alone. I am alone. I live alone. ALONE. (Lee stated this is how she's felt her whole life). It's how I felt my whole life. ALONE. I don't want to be alone anymore. I don't want to be helpless. I want to be strong and healthy. I want to have healthy relationships. (Lee wants to be strong but not alone – this has worn her down). I want to be strong and with help, and with friendships and relationships, caring relationships. I deserve that. I ask for that. (Lee wanted to release the belief that it won't happen) I don't believe it will happen. I have proof. My life proves that. But that is my past. One only lives in the moment. Therefore, I can choose a different way of living now. I can have loving relationships. I have loving relationships. I believe that. I practice by

being loving to myself. I treat my body well. My body responds rapidly. It is full of energy and vitality. My body knows how to heal. I allow it to heal. It feels good to heal.

At this point Lee felt calm. She had been tapping on the right side and that side of her body felt energized even down to her foot. (I suggested she try tapping on the left side to see if it would energize it too) She informed me at this point that her right shoulder has been out of place since birth because the doctors pulled her out with forceps and injured her right shoulder. (Notice how Lee is now telling me about her bad relationship with doctors since her birth)

We continued with:

Even though I don't have full range of motion on my right side because my mom and the doctor decided when I was to arrive, they pulled me out. I wasn't ready. They hurt my right shoulder. I don't have full range of motion, nor did I have the freedom to come into this world when I was ready. I still allow myself to have freedom of choice. Complete freedom of movement, in my mind and body.

These past months, my body didn't want to go to work. It had a mind of its own. It was choosing what it wanted to do because when I was young I wasn't allowed that choice. My body was making choices. It was telling me things. I don't want to work there. I don't feel connected. I'm missing something. I'm looking for something else. My body was telling me to stop and find it. I couldn't move. I felt stuck. I was in brain fog. I didn't know where I wanted to go, so I couldn't move. I still can't. I don't know where I want to go. So I stay where I am because it is safe. I choose to be a part of great relationships. I choose first to be in good relationship with myself and my body. I choose to be in a healthy relationship with my body. We heal together. (At this point I felt guided to bring in the little girl in Lee) I take the hand of the little girl in me. We hold each other. We share together. We learn about relationship together. We choose to have a great relationship and heal together. I am never alone again. She is always with me. We grow together. We learn together. We have fun together. I love the little girl in me. She loves me. (Lee said she didn't have permission to love her) I don't have permission to love her. I don't know who told me that. But it was not true. It was an old story. A bad story. I throw that story away. I give myself permission to love her. (coughing) I choose to love her. It feels good to love her. She is worth loving. Even though no one else loved her. (coughing) I do. So she is loved. She is shining with joy because she is receiving love. She is receiving the love she always wanted. It has always been here. She just couldn't see it. She can erase the old pain. She removes the veil or curtain that didn't let her see it. She now sees the love. (Lee felt a huge amount of pain) There's a huge amount of pain. Why couldn't she see it before? That's ok. I forgive her and she forgives me. We're ok. She and I choose to erase the pain. We are starting again. We start from the beginning. We are free to love. All the old pain disappears. The angels are taking care of it. They are transforming it into love and sending that love back to me. I am filling up with love now. So is the little girl in me.

Lee stated that it felt good. It was blue. It was the loveliest light sky blue like those on a beautiful spring day. She felt love and sunniness. Love is so light.

Lee couldn't see the pain anymore. The little girl in her liked the light blue sky. Before the little girl would pull back the curtain and only see the pain. She liked the sky because it was a welcoming happy place. Lee felt really calm and relaxed and the left

side of her body became alive. She felt lots of movement of energy on the tops of both of her feet and sensations in her lower legs. Lee felt really happy that she took the step to call me because she needed the help. She felt a good connection with me.

Here is a note from Lee after the 2nd EFT session.

Hi Deborah,

I am happy to report that I still feel terrific about the major work we did last week. It was really the first time I saw the power of EFT in my own life. Very exciting! One outcome (of many) is that there was a major family event set for last Saturday and I had been saying all along that I doubted I would make it (the thyroid thing). However, on Friday, I felt good enough to consider it. Then I also tapped, of course, and ended up going and having a great time. I even stayed far longer than I had planned, and my concerned son sort of sent me home (ha! ha!), because I still had a 60 mile drive ahead of me. He also, added, however, with relief and affection, that it was great to see me out and about (finally!).

Lee

Session 3:

Lee contacted me a day before she was scheduled for cataract surgery on her right eye. She was afraid because her previous eye surgery was botched in 1990. She felt regret and blamed the doctor. She included that the muscles on the right side of her face had been compromised when she was born. The muscles were tight and pulled her face down. Her right eye turns outward slightly.

Lee explained that her mother and the doctor decided to induce her in June even though she was due in July. The birth was hard. The doctor dislocated her right shoulder at birth but didn't pay attention to her afterwards so didn't notice it. Thus, her arm is in the socket incorrectly reducing the range of motion in her arm. She felt resentment against her mother and the doctor because of their choices and for mistreating her. Her old fear of doctors was amplified after her previous eye surgery was botched. Thus, she was afraid her current doctor would botch the cataract surgery even though he is a great doctor. (Notice that Lee is conscious that not all doctors are bad.) Even though I didn't record the coughing, twitches etc during this session, they occurred throughout the session.

Here are some of the phrases we used:

Even though I am afraid of having this surgery because it could be botched and I don't want to suffer more because of my decisions and the bad work of doctors. I love myself even though doctors have been screwing me up since I was born, literally. I love myself completely even though doctors haven't done well by me. I chose to release that need, the need to have them make mistakes, to cause me problems that aren't reparable, that make me suffer, and make me feel blame and resentment.

I feel lots of resentment towards doctors even if there are good ones because of my past experiences. I feel lots of fear about going to doctors. They hurt me. I don't want to hurt anymore. I know they didn't do it on purpose but I was still hurt. I am the one suffering for their mistakes. I am very afraid of them. I am afraid to have this surgery even though he is a good doctor. I know that intellectually, but my heart feels different

about it. I am afraid of having this surgery botched. I don't want to have more problems seeing. I want to see well. Cataracts represent the inability to see ahead with joy. It shows a dark future, just like I believe after my experiences. I choose to release the old belief that the future is dark. I choose to release my need to have bad doctors. I choose to be treated well by doctors. I choose to recover and feel better after a treatment. Doctors can treat me well even if I've had bad experiences before, even back to my birth.

My mom and the doctor made a bad choice and it has affected my whole life. It affected my mobility, my vision, my muscles, my hope, my range of motion. I'm tired of being restricted by other people's choices, like my mom and doctors. I don't want to be hurt by anyone else again. I want to be treated well, cared for well, double checked that I'm well, that the treatment was done right. I release my old experiences with doctors now. I let go of the hurt of the doctor at my birth. He and my mother made a bad choice. I wanted to arrive when I chose, not when they chose. I resisted. I stayed in longer than they wanted. I made the birth longer even though they gave me drugs. I wasn't ready to come out. I wanted more time. I wanted to develop more. They didn't let me. Then they hurt me with forceps and didn't even realize it, or check. I was so angry with them. I am still am. I choose to release that anger. It doesn't help me any. It only makes me stiffer and less flexible. I would like to forgive the doctor and my mom. I'd like to let this go once and for all.

I choose to forgive my mother and the doctor. They thought it was a good idea to bring me into the world sooner. It wasn't. I suffered for it. But I'm ready to release the suffering. I'm even ready to release the locked shoulder and the bent arm and frozen elbow. I choose to be more flexible. I choose to see the good in everything. I choose to release the blame. It hurts me to blame others. It fills me with anger and resentment. I choose to release that anger and resentment. I choose to do so because it feels good for me. It is ok for me to feel good. It is ok to see well. My future doesn't have to be dark. I can see clearly. It is my choice. I release all the old hate from my birth. The sadness and sense of being abandoned. I release all of that now. I release those old emotions that me as a baby felt, the sadness, the anger, the loneliness, the not being understood or taken care of. I release it completely. In that place I put a sure sense of my ability to direct my destiny, and confidence that God and I walk together in this. I am never alone. God is always with me. I ask for clarity, the ability to see what God is showing me, how he is directing me. I trust that God is always with me therefore I am always safe. I am always taken care of.

Lee said the little girl in her has heard some of this before and is saying "Yeah right". She needs to trust the adult in me but has been locked in the closet for a long time.

Even though the little girl in me as has felt locked in the closet for a long time, I choose to open the door for her, and let her look out. Life doesn't have to be dark and untrustable. It can be safe. She doesn't want to come out of the closet alone, so I go to the closet door, the adult in me, offers her my hand, she can take it and come out with me. Together we can learn how to trust, how to have good experiences, how to make good decisions and be and feel taken care of. And learn how to ask God to help us and trust that he is there, really there.

She's heard the story before. She got hurt again. She felt alone. Abandoned and hurt. She didn't like it. She became less trustful. She's had reason. She's been hurt often, but that doesn't mean she will always be hurt. She gets to choose. Now she can work with

me to make good decisions. We hold each others hands. We look in each other's eyes. We see the love for each other. We even give each other a big hug. It feels good to be together, to make decisions together, to learn to trust together, to learn to forgive together. We love each other. We choose to be safe together, to feel taken care of and see joy in life.

Lee liked this last round very much. She could see the little girl within her and saw that she is one stubborn person. She saw her saying, "I'll try it", but also digging in her heels. Lee told her, "Honey, you're going to have to give that up," but she was extremely stubborn. The little girl never felt she had a parent. She ended up at the doorway hugging the adult in Lee feeling happy but still untrusting.

Even though the little girl likes the adult, she doesn't trust her completely, she doesn't want to come out yet, I love myself. Even though she is still distrustful, I'd like to ask her if she would like to learn new things, learn new things with me, to grow together, to live this life together, to learn about trust and faith, to learn how it feels to be taken care of. It is a process. Even though she doesn't trust it, I hope she'd like to learn.

I love her anyway. She is wonderful even though she is stubborn. I still love her, that's what learning is about, that is what being loved is about. I love her deeply and completely. I choose to help her learn how to be less stubborn. I choose to learn how to care for her. I accept that responsibility, that joy, that process. I open the door even wider and with arms outstretched I ask her to come out. I accept her as she is. I take her in my arms just as she is. We are now a team. We work together. We care for each other.

Lee enjoyed the new imagery we did because her previous imagery included the traumatic experience that you can't sit on mom's lap, and you hide in mom's closet, finally coming out mad as hell. So this time even though she was in the same closet, her adult self opened the door. Lee as an adult went into bathroom then the little girl ran into my arms. The adult in her carried the little girl out. Lee felt she was by the little girl's face when she said we are partners. This was brand new for her and the little girl, who absolutely loved being asked to learn as she loves to learn. At the end of the round she felt no resentment, blame, or fear and they were outside the bathroom. (Isn't it amazing how the little child in us has very specific needs and when they are met are very pleased.)

We continued:

Even though we haven't moved from outside the bathroom door, we're outside. We've taken the first step, the big step with me as the adult. We love each other. We are ready for this adventure that we are going to take together. It is so fun to learn. Even though emotional learning was painful in the past, it can now be fun. It can be the greatest game. We visualize how we want things to happen, while feeling joy. We love each other even though we are beginning to learn how to manifest, to visualize, to receive the love that we really want. We are on our way.

I like this journey. It is an adventure. Learning to be emotionally supported can be fun too. I get good advice. I follow this advice. We follow this advice. We are a team. We've having fun being taken care of. Now we take care of each other and we ask others to take good care of us too. We ask that only those who are capable of taking care of us come into our lives. I like that idea. I'd even like capable doctors in my life. I would like the doctor tomorrow to take care of me, to do a good job, to be very careful and very caring, and show me. I'm ready to receive that. I'm ready to see the future with clarity

and light. I choose to see well so both of my eyes stay clear. In fact they get better and surprise the doctor. Isn't that fun!!

Lee felt fine but the little girl didn't trust. Lee wanted her to trust her or obey her more, but the little girl thinks she should be listened to. Lee didn't want to do that even though the little girl was used to running the show and felt a strong sense of entitlement. Lee felt the little girl didn't do a very good job because she is a child. I suggested that there may be times when the little girl is correct and does deserve to be listened to.

We continued:

I love myself and her even though she feels entitled because she was hurt. I would like her to be willing to listen as well as be listened to, so together we can receive the best information to make the best decisions. Even though she is stubborn and feels no one listens to her, that isn't the truth, she is, but sometimes she makes bad decisions too. Now we ask for guidance, true guidance, the ability to see and hear it, then use it to make good decisions.

She releases her stubbornness and her entitlement. Her belief that I deserve better, but haven't gotten it. She releases it all so that she can receive it. The door has to be open to receive. We communicate well; we don't demand or control each other. We share to make good decisions. We trust each other. That is new for us, but we are learning. We ask that good people come into our lives so we can learn to trust others. (Lee saw image of some cousins who are good people.) There are good people in the world. I ask that more of them are in my life. That way I'll be treated well and I can treat them well too. I release the old resentments, old blames and lack of trust so I can ask for good people to come into my life. I do so now.

Lee felt I was very intuitive because she recognized that she and the little girl weren't respecting each other. Lee wanted the little girl to be quiet so she could run the show but it wasn't working. She could see shifts happening.

I suggested that along with tapping she do some visualizing. Imagine how she would like the surgery to go, the outcomes she'd like to attain. I saw an image of a little child receiving ice cream when in the hospital and how happy the child was because of it. I asked her what makes her feel happy like a child with ice cream. Lee said for her it was the flower jasmine. It always made her feel good. I suggested she imagine receiving a bouquet of jasmine after the surgery. This made her smile. Then we envisioned: The surgery went well. The doctor was confident. He re-checked his work. He did follow-up. She came out of the surgery well. Her eyesight was perfect. She recovered without pain. She was cared for. The outcome was so good that it even surprised the doctor. (That got a chuckle) And more. Lee was ready for her surgery.

Here's what Lee wrote after her cataract surgery.

Hi Deborah,

My cataract surgery went off without a hitch yesterday (hoorah!--and NO PAIN afterwards, either.

I did "jasmine" visualization before I went to sleep (the night before surgery), and it was wonderful. The next morning, I woke up with some anxiety, recognized it as "if you had worked harder with your vision exercises, you wouldn't need this surgery" guilt," and then tapped on that.

Driving there, I had a lot of adrenaline, but was feeling fine, and wanted to stay centered in front of my grown son (who drove me). Predictably, I would have rehashed the anxiety with him. But this time, I was calm, and focused our waiting time on hearing about his life. That was fun. Also, he didn't have to worry, because he saw I was not worried. I am positive that this relieved him.

Tomorrow, I will go in for a vision check-up and post surgery check-up with the surgeon. My visualization included that the outcome was going to be even better than he expected. This makes me smile when I think of it. So I am still going with that. I can see beautifully already, however (and can even see my future!!).

With appreciation,

Lee

Here's the post vision check-up report.

Hi Deborah,

Speaking of speedy recovery, my doctor said today that my healing is so well underway it doesn't even look like I just had surgery!

My vision tested out at 20/20. What makes that outcome remarkable is that I had had two prior laser surgeries on that eye (to correct my vision). Thus, initially, the surgeon had observed that this really complicated the situation. He made a point of warning me that there was no guaranteed outcome, but that he would do the best he could. I continually told him, however, that he was the best of the best, and so I was quite confident about the outcome. (He really is, too.) Had I been thinking of it, I guess I could have tapped for him on being as careful and as thorough as possible in his calculations. But I did pray about that.

Anyway, when he saw the results today, his face lit up, and he said, "Thank you for supplying such excellent records of all your past eye surgery history, because those records were what made the difference." I replied, "Thank YOU for making such expert calculations." He received this with a big smile, knowing it was true.

FYI, the day right after surgery, but before I saw him, when I took off the eye patch to put in the prescribed medication, I was taken aback by the fact that the iris on the operated eye was light blue (whereas my natural color is a deep sea blue). Also, the eye looked haggard and bloodshot. But then I immediately began the affirmation "Better than expected, better than expected," while picturing the surgeon's look of happy satisfaction when he saw me for the first time after surgery. I am so glad that I had this to switch to (as per your instructions), instead of staying stuck in the fear (or what I have now come to recognize as a "rehearsal for a disappointing outcome!"). The correct eye color did return within less than a day.

You introduced me to a whole new idea by having me tap on "I choose to give up my need to have a problem." I had not thought of myself as having a "need" for negativity, but yet the minute you said this, my eyes flew wide open due to recognition of the truth of this. (It is an unconscious need, of course! and you helped make it conscious.) Actually, I have used that relinquishment phrase for quite a few things since then, such as: I release my need to be late; (2nd round: I choose to be on top of things, including arriving early). Or, I choose to release my need to have minor accidents that immobilize my legs [I have had two this year]; (2nd round: I choose to move forward with purpose and confidence.)

Anyway, to sum things up, at the time the surgeon saw me for my post-surgery check-up this morning, he was in a heck of a hurry, because he was trying to catch a flight out of town for the holidays. He was visibly relieved after taking a quick look, saying something to the effect that he was happy I would be such a short appt., due to how well I was doing. : >)

Thanks a million, Deborah.

Lee

Isn't it marvelous how a woman with serious inner child issues with her mother and doctors, could after a few EFT sessions release that emotional and physical pain, have confidence in doctors after being treated badly by them since birth, have a speedy recovery from cataract surgery, attain 20/20 vision, recognize her old beliefs and make new choices, be enthused about her life, and visualize how delightful life is. I'm so pleased that Lee took this step to free her inner child from the old pains and step into wholeness. I wish her a life filled with joy-producing jasmine.