

Client who bought Magic almost three years ago and suddenly, out of the blue sent this email to Thank me!

Linda, I just wanted to thank you for "Magic Buttons" - he has given me a lot of comfort tonight. Magic came into our lives over three years ago and I use him often with my two little boys but it was tonight when I especially needed him for me.

My Father has a serious illness and is currently in hospital. As a result he has been going downhill emotionally.

I got into bed around an hour ago and was so distressed when suddenly I felt a very strong urge to get Magic and to try and tap out as many of the issues as I could think of - feeling scared and alone, hating being in that place, being in pain, not knowing what was happening, being surrounded by old people ill and dying and thinking that he was dying himself, etc. Before long I brought up major emotions. Eventually, I began inserting positives. I called on all his angels and guides to be with him and surround him with healing, comfort and protection, tapped in remaining calm, also on learning any lessons to be learnt from the illness and on releasing any unresolved emotional trauma. Finally that he would sleep easily and deeply and awaken restored and refreshed. I was then kind of praying and Magic just seemed to be looking at me with wise and sympathetic eyes. I so appreciate the help of Magic Buttons tonight. With love, Jane

Client who so appreciated being able to work on an emotion in a way that helped him to feel 'safe' to 'go there.'

Linda, I so appreciate being able to use Magic Buttons in our EFT session that we did together. I didn't feel it was safe to deal with my anger until you introduced me to the bear. In fact, I just never acknowledged anger at all. It wasn't safe for me to even think about it. When you introduced me to Magic Buttons, I could immediately see that it was okay to 'go there.' I feel so much differently now that I've dealt with many of my anger trees and my life is beginning to move forward in ways that I'd never thought possible.

An EFT Practitioner in one of Gwyneth's Level three courses who couldn't imagine how tapping on a bear could work until she volunteered to experience it for herself with amazing results!

Linda, when you came to give a demonstration of surrogate tapping with 'Magic Buttons' at Gwyneth's recent Level 3 training, it was the first I'd heard of tapping on teddy bears.

As no one else volunteered to be a client for your demo and as the experience was new to me I decided to volunteer. You asked me to pick a 'magic buttons bear'. They were all wonderful, some very beautiful, and I was drawn to a gorgeous floral bear. I explained briefly that even though I'd already done plenty of tapping over an issue of being cheated out of thousands of pounds and lied to by a supposed friend the pain kept returning. I didn't want to feel the way I did about this woman yet I couldn't seem to tap it away and let it go. After hearing what my issue was about, you promptly asked me if I wanted to change my bear and get one that wasn't quite so cute. The funny thing was I did. I chose a bear with a dark face and limbs this time, still very lovely, but it had a totally different feel – how mad is that!

I am not going to go into the details of all the tapping rounds; the main reason being is that I can't remember. Like so many of our clients I came out of this session with a feeling of amazement and detachment from the situation.

But I do recall tapping for things such as:

'Even though you screwed me out of £25k.....'

'Even though I hate you for what you did to me.....'

'Even though I was stupid.....'

'Even though you were supposed to be my friend and friends don't steal £25K from each other.....'

'Even though you betrayed me when you did what you did.....'

I remember tapping this poor bear to death as if it were the ex friend and calling her awful names and tapping on how I couldn't believe she had treated me like that. I also recall the revelation I made that it was with this friend that I had first attended an EFT class. I remembered not wanting to tap on her at the time. As a trained nurse and

therapist this 'not wanting to touch' had been at odds with my character. How could this so-called spiritual person be so fake and how had I been so taken in? I tapped and I cried.

Then came the turning point, forgiveness! How could I forgive this awful person? Still tapping on the bear and crying I told you I couldn't forgive her so you continued guiding me with words like: "I can't forgive you, I'll never forgive you, I don't have to forgive you, maybe there's some part, someday that I can somehow forgive but not now. What if I could somehow forgive some part so that it doesn't have to poison me? Suddenly I remember looking at you and saying, "I could forgive her soul."

So we continued tapping on our Magic Buttons bears while saying, 'Even though you did this awful thing to me I can forgive your soul, your soul is good, I don't hate your soul...'

I had suddenly realised that her behaviour and personality were not her soul. My belief that we are all one could stand as I could forgive her soul. Wow, this felt like such a relief! I wasn't an awful person because I could now let go of this hate, this pain. I could let it go, forgive her soul, and also forgive myself for not knowing, for being taken in by her. What a release! All while tapping on this amazing bear!

Now, weeks later I can look back over the last few years being fully aware of all that happened but without the pain inside me and most importantly without the anger and hate towards the woman that set me up, or towards myself for not knowing better. **If someone had told me how powerful surrogate tapping on a teddy bear had been I'm sure I never would have believed them.**

Thank you so much Linda, and of course thank you Magic Buttons Tapping Bear. Rosie

**My client that I worked with on stage at Gwyneth's recent Exploring Consciousness Workshop:
We both did our session by tapping on bears while hooked up to brain wave equipment so we could
actually see what was happening in our minds and bodies as we tapped!**

Linda, This is what has happened since you worked with me at the EFT Exploring Consciousness Conference. Since I've been back from the EFT workshop, crowded buses, trams and underground trains are easier to be in. I lock my door in the morning and I no longer go back to double check it!! If I go out on my bike, I feel happier to lock it, leave it and not worry about whether it's going to get stolen or not. I've got insurance, so there!

Someone asked me the other day about how I came to be in Austria and when I told the story, I wasn't embarrassed to say that my daughter had stayed in the UK with her dad and had spent her school holidays with me. I didn't feel I had anything to justify and that was a huge relief.

In addition to all that, I no longer feel the need to reproach myself for having wanted a separation from my ex-husband. Therefore, you could say I unpacked a lot of baggage during that one tapping session on Magic Buttons Bear.

Magic Buttons will always have a special place in my heart, for helping me to get rid of my guilty feelings. Thank you Linda and I hope to see you again soon. Love, Alison

Grandmother story: A grandmother willing to try anything to help with her granddaughter's extreme phobias.

One day a lady phoned me and wanted to know if I could work with her grandchild to help with some extreme phobias. I told her I could but that I'd like to have the little girl, the Mother AND the Grandmother all come along. She said she'd mention this to her children and see what they said.

A couple days later she phoned to say that her son and his wife had rolled their eyes when she mentioned EFT so now what? I told her that if she wanted to come spend a half day with me, I'd teach her how to work both surrogately for the granddaughter and also with her.

Grandma drove several hours to get to me and brought Grandpa along. Grandpa was being a good sport and supporting his wife in this but it was clear to see that he was quite sceptical too. He did, however, choose a bear to work with but pulled his chair back into the corner and let his wife come up to where I was sitting. I'd previously asked Grandmother to make a list of Lucy's issues so that I could show her how to work with each one.

Let me make it clear that we were not trying to SUDS anything or collapse anything but rather I was just taking each issue and showing her how to tap for them. Keep in mind also that Grandmother knew very little about EFT. She had never taken a course or watched any DVDs but had only read up on it on Gary's website. She picked up on it very quickly however.

And soon, as I was showing her how to tap for different issues, Grandma's own issues began coming up, emotions inflating like a balloon, then releasing as if the air was being let out, all the time while we each tapped on Magic Buttons Bear. It was at this point that Grandpa began moving his chair closer, looking on with great interest and tapping along on his bear with more enthusiasm. Soon he was injecting different points about Lucy.

I told them that a good place to start is always either in the womb or at birth and asked if there had been any problems with her birth. They both began to remember the traumas of her birth, the doctors having to use

instruments to pull her out, the blood collecting at her head and them not being allowed to touch her for a couple days. I explained to them that they would need to tap on each one of these aspects and we ran through a round for each so they would get the idea. They also took notes on what we all talked about.

Upon leaving they both felt like they had a tool that would definitely help them and they could see by the changes in Grandma that it could indeed work. Grandma, armed with her new Magic Buttons Bear, chosen specifically by herself for her granddaughter, left feeling quite relieved to have finally found something to help her deal little granddaughter's extreme fears and phobias. (note that normally had I been helping her surrogately tap, I'd have had her 'tune in' to her granddaughter and we'd have worked with SUDS and numbers to clear issues but this session was more about teaching Grandmother how to do this both on her own and with Lucy.

It's important here to realize that no one knew Grandma and Grandpa had come to see me. Yet, as coincidences would have it, Grandmother had no sooner gotten home, anxious to practice a bit with her Magic Buttons before introducing it to Lucy, when suddenly they received a desperate phone call from her son. He told them that Lucy was screaming uncontrollably and not wanting to go to bed and they were so desperate for help because this had been going on for three weeks yet they'd not told anyone about it. He asked, "Do you think you and Dad can help in any way?"

Grandma thought, "Oh no, I only just learned this and now I have to go put it into practice. Can I do it?" Not feeling she had much choice she put Magic in a secret bag and went over to see what she could do. She suggested that everyone else stay downstairs and settle the baby who by this time was also screaming, while she go upstairs and 'talk' to Lucy.

As she entered the bedroom, Lucy was standing there shaking and crying and begging her not to make her go to bed. Grandmother ignored her and sat on the bed, took out Magic and began tapping on him as I had just taught her. "Magic Buttons is scared to go to bed and he's still a cute bear." Lucy began to settle a bit and watch and listen and soon she began interjecting things like: Magic is scared of noises. He's scared of aeroplanes. He's so scared of blood. (And she gave a tremble all over her body as she said that one.) Grandmother just kept tapping

and used the words that Lucy came out with. Some of the issues Grandmother knew about and some were little surprises.

Lucy soon wanted to join in and came over to help tap on Magic and to also reach up and tap on her own magic buttons. Before long, about 40 minutes, she was totally relaxed and sound asleep.

As Grandmother went back downstairs to report what Lucy was doing, Mum and Dad were shocked. "How did you do that?" they asked.

Grandmother had to come clean and pull out Magic Buttons and explain to them that she'd been to see me. Of course, by now they no longer rolled their eyes but were asking how to get in touch with me to learn more.

On the third day after seeing me, Grandmother emailed to report to me: "Joy oh Joy - Lucy went to bed with a smile on her face tonight. Calmness returns to their house!

Mum said that when she took Lydia to school this morning - she walked past the dogs tied to the school gates without any fuss. **A first!!** She is also talking about other things not bothering her any more."

She then went on to say: "**But perhaps the biggest surprise involved me!** Here we worked on Magic Buttons 'for' Lucy, yet on Monday I had a day shopping, just for mundane stuff and some Christmas presents but for some reason I felt totally exhilarated, almost on a high! Normally I would have been very anxious and wanting to get back home away from the crowds. I was so happy I wanted to sing and skip (I had to contain myself!)

It lasted all afternoon.

You have certainly had some input into our lives Linda and we thank you so much for it. I hope we may be able to bring the whole family to see you one day but until then I will continue to learn and explore this great and fascinating healing therapy and hope that one day I might be able to give something back to it."

A couple weeks later she again reported to me: "I want to tell you that Lucy is a different girl - going to bed happily, even though she still gets up and goes into mum and dad's bed about 3 in the morning (I'm working on that)

She has a much calmer, happier outlook on life at the minute and so has the rest of the family and they are talking more with her about her worries."

(Note: That I'd not done ANY more work with Grandmother nor had she yet taken any classes or watched any DVDs. She had simply continued to tap on Magic Buttons like I'd shown her in that one Half day session and here is what she is still reporting to me...months later.)

Several Months later when Grandma was going to go on a long plane trip:

"Now I think I told you that I had this big journey coming up and was so worried about the flying part of it., not the safety aspects but the trapped in feelings.

If I was to make a plane journey before I had to go to a hypnotherapist for a session or two but this time I knew, after your "training" and with Magic Buttons I could do it myself - and I did. In fact, although I prepared myself with relaxation and music downloaded on my I POD, I didn't really need it - the tapping did the trick and I got a real rush of excitement and adventure instead as the plane took off. After that, the other flights to complete the journey were easy!!

On Wednesday I had to have a wisdom tooth removed, so I tapped on Magic for the worries and anticipation of it. I got into the chair with not too much bother. However the procedure got rather involved as the tooth broke and the roots were firmly imbedded and impossible to remove that time. The cracking noises of bone and tooth and huge implements in my mouth pushing and pulling were horrible and traumatic so as soon as I got back home,(along with roots still in), I immediately began on Magic for the healing of my mouth and trauma. Results - no visible bruising or swelling and pain reduced to discomfort only. All of the above from that one half day session where you simply showed us how to tap on Magic for our granddaughter's problems. Thank you so much Linda and Magic Buttons for making such a difference in our lives.

I've now signed up for EFT courses in my area and have ordered Gary's DVDs so that I can learn as much as possible about this amazing therapy."

What were the choices for this little boy if he'd not found EFT?:

Linda, Just wanted to share with you that I worked with a little boy today who didn't want to go to school. His psychiatrist had told the Mother to either let him scream or put him on Ritalin. Not wanting to do either, she brought him to me for EFT. I introduced him to Magic Buttons and asked him if he'd help me to help Magic solve a problem. I told him that Magic didn't want to go to school. He excitedly helped me tap on Magic. "Even though Magic doesn't want to go to school, he's still a cute bear." He helped me discover reasons why 'Magic' didn't want to go to school and before very long he was dancing around the room and telling his Mum he can't wait to go to school. Then he walked over to Magic and said, "Don't worry Magic, you'll love school too and it will be alright." Linda, what other choices did this boy have had it not been for Magic Buttons and EFT?

Another Mum who came to a Workshop that I did and took home two Magic Buttons Bears so that she could work with her own children. Here is what she immediately reported:

Linda, I just wanted to tell you that I used Magic Buttons Tapping Bear with my 3 year old daughter, she always starts crying when I try to sing for her when going to bed. A wonderful session with her!
And, my son, who is 5 years old, has had chickenpox for a week now. We used Magic to deal with the fear of taking medicine for the itching and fear of throwing it up. It worked extremely well.
So the Magic Buttons bears are much help when dealing with children! Thank you so much.

A client who is now one of Magic's biggest fans:

Linda, when you were working with me and you first brought that bear out I thought you were crazy. Then as we began tapping on all my 'Mother stuff' I realized that it was now okay to 'let it rip' about how I felt about my Mother. I couldn't believe all those feelings that I'd been repressing.

As you remember I bought two Magic Bears myself and although in all my 45 years I've never taken a stuffed toy to bed with me, I now take one of my Magic Buttons Bears to bed every night and when I'm too tired to tap on myself, I tap on Magic and he comforts me as I go to sleep. Thank you so much for this wonderful healing tool.

It's so exciting to see these children at 3 and 4 years old, already beginning to notice when their feelings are making them feel bad and they know what to do to change them!!!! This is what Magic is all about!

Linda, I'm excited to report to you that after working a few times with Magic, my two young children are now learning to recognize when they are angry or upset. They come running to me and ask to get out Magic buttons so that we can work together to release their excess anger or upset. I feel this is helping us to form a much stronger bond with our kids, something I didn't have the opportunity to do with my own parents. Thanks so much for sharing this Magical Bear with us.

Another Mother who came to have me teach her how to work with Magic, writes:

Linda, all three of my children, from my teenager down to my three year old are now working with Magic Buttons Bear and doing much more tapping with him than they would have ever been willing to do on themselves. Thanks so much for the time you took to teach me how to work with my children and with Magic Buttons. We're already beginning to see changes.