

Too Old to Dance???

By Elham Kashefi

My friend Helen called to invite me to a national dance competition she was participating in. This was a big deal for her since she's in her 40s and at least twice the age of all her other team-mates! So I arranged to meet her there and was really excited to see her perform. On the morning of the competition she called from her bed in the B&B to say she wasn't going to be able to perform because she had developed the most extraordinary pain in her abdominal area in the few days leading up to the competition. It felt like a muscle tear and hurt badly when she tried to sit up. She was really upset and asked if I could help her at all.

I said that we could try doing some EFT over the phone there and then but she was quite tearful and I realised that her team-mates were also in the room so she wouldn't have any privacy in that space. So I agreed to go over early to see what we could do.

I got to the competition venue to find her with a very anxious and petrified look on her face. She was walking ok but the dance routine had lots of moves in it that she said she knew was going to hurt. Nevertheless she'd decided she was going to give it a go anyway rather than drop out at this point. We had about 4 hours before her team performance in the competition. After about an hour of being there she said she was ready to find somewhere quiet for us to work in away from her team-mates. The competition was in full swing by this point, and there was very loud music booming out of the speakers with lots of teenage girls in lycra running round screaming around us! There was no point being prissy about this – we had no choice - we found a piece of carpet to sit on amidst the make up, hair bands, leotards, music and chaos of competition but away from her team area and began.

I asked her how she was feeling. She said she was really upset for letting every one down. She's 40 for god's sake and her teacher had told her weeks ago she might not be able to do the performance and she should have listened to him and it's all her fault. Her doctor had told her she might have something wrong with her ovary. So we started tapping on that straight away, with the set up phrase ending in I love, forgive and accept myself anyway. She started crying as soon as she started tapping and she was feeling overwhelmed. She said she didn't love or forgive herself so we changed it to I'm ok, I want to forgive myself, and it's ok, it really is ok. A couple of rounds of 'even though they think I'm too old' and 'even though who's ever heard of a 40 year old dancing' and 'even though it's all my fault and I'm letting every one down' she stopped crying, looking a bit relieved. Her face had opened up.

So how do you feel now, I asked. I'm just worried now she said. She didn't blame herself because she's been in the team for a long time and wanted to be here but she was worried about how awful the pain was going to be. So I asked her to describe the pain and we tapped on various phrases such as even though I have this tear in my right side I am safe, even though it feels like a hot burn in my right side when I try to sit up I accept myself anyway, even though it's absolute agony down my right side when I try to sit up, I'm here and everything is okay anyway. A couple of rounds and her anxiety about the pain seemed to have reduced. She said she was down to a 2. She was smiling now.

So I asked her to imagine that she was on that dance floor now and we looked over to the girls performing below us. I asked her to go through the steps she had to do. How do you feel about that? She said she was partnering some one and described the moves she had to make which she knew was going to hurt her. Plus which, in one part of the dance she had to lie on the floor and hold her partner up in the air with her legs – she knew this thing was going to rupture and she was going to bleed everywhere and it was going to be really, really embarrassing. So we tapped on all of those things, going through the different scenarios (relating to sitting up, legs in the air, jumping, partner and so on) and the anticipated bleeding, pain and rupture of ‘the thing’. She was able to say I love and accept myself at this point. By the time we finished several rounds of this she was laughing at herself and at me and at us sitting on a piece of carpet in the middle of this surreal scene. She didn’t think it was going to hurt at all now.

So I checked again, imagine you’re on the dance floor and you’ve got your legs in the air. How does it feel to be holding her up now? She said it was going to be fun and she wanted to give it a go. Then she pointed to a bald girl who was competing at that moment – see her, she said? Janet - from my dance school – she’s having chemotherapy for a brain tumour but she’s come here to compete – she’s got balls that one.

So we did a couple of rounds with even though I’m here dancing in my 40s, I want to have Janet’s balls, I really do, I choose to have Janet’s balls! Even though they said I couldn’t do it, I’ve got Janet’s balls, I’ve got Janet’s balls, I’ve got my own balls, I’ve had 2 kids I know all there is to know about having balls. She laughed some more, got up, kissed me and said right I better get on.

I wasn’t sure what was going to happen in the performance to be honest - I was half expecting a bleeding ruptured mess and half not. As she came to the side of the stage before their programme started she mouthed over ‘Janet’s balls’!!!! – which I took as a good sign. Anyway, they performed and it all went really well, she came off the dance floor and hugged me and said thank you soooo much. It didn’t hurt at all. The pain’s gone completely. I left before the results were announced but she called me later to say her team had won and they were the national champions for the second year running! I said that she should definitely go and get a medical check up from her doctor just to make sure. I had a text about 5 days later after she’d had a scan which read ‘my ovaries are shining like stars’.

I think one of the things I learnt that day was that it doesn’t matter where you are or what’s going on around you – you don’t have to be sitting in a quiet room with crystals and candles for EFT to work! (I have also been learning the same lesson in my spiritual healing practice). It works anywhere anytime anyhow. All you need is to listen to the person in front of you and support them to find their own truth. Then it’s the tapping that does the work. You help them find the words to access the issue but it’s the tapping that’s miraculous.

I’m really glad we did the future scenario – a bit like what you mentioned in the training as the future movie technique – for her to go through the dance steps – if we hadn’t done that we wouldn’t have come across the idea of her ovary rupturing and

her bleeding all over the dance floor because actually that's what she was really worried about – the doctor had unintentionally planted that seed and underneath the worries about letting the team down was her fear that her ovary would rupture. That was a really important anxiety to hit across and to release. And also using Janet's balls was a great idea at that point – it brought humour into it which I knew Helen would appreciate, and it gave her something to hang on to as she was getting prepared for the dance. She admired this woman's courage so much and through tapping brought that quality into her own self. EFT! I Love it.