

A Few Examples of What Works and What Doesn't

Morgan Uceny, a Cornell graduate, was the top rated woman in the world in 2011 in the 1,500 meter run and favored for the Olympic gold. At the U.S. Olympic Trials she tripped and fell $\frac{3}{4}$ of the way through the race and did not finish. She made the team as she had the best time going in to the Trials. Now, for the Olympic games in London 2012, the USA staff is full of coaches, sport psychologists and trainers and you think they would want to know what her worries and fears were. In the Olympics she ran in an outside lane with the hope she would not fall, but she got too close to the runner in front and hit her shoe. She fell, was not injured, but instead of getting up and back into the race she stayed on her knees and pounded the track with both fists. Fast forward to the Spring of 2016 at a track meet Morgan is running in the 1,500 again and falls $\frac{3}{4}$ of the way through the race and doesn't get up again. What was she thinking? After the Olympic Trials her thoughts were negative, "I don't want to fall". So she became what she was thinking. A one hour session of Emotional Freedom Technique would have taken her fears and worries and rid herself of them, replacing them with positive thoughts.

Now see what the power of desire, goals, positive motivation and a positive attitude can do. Kayla Montgomery loved playing soccer in high school. However, she came down with Multiple Sclerosis. Her doctors advised she quit playing because of potential injury. So she started running with the boys cross-country team as it was deemed less dangerous. One of the problems of MS is with a heat build-up due to hard exercise, Kayla would have a complete loss of feeling and sensation in her legs. Pain was severe and she would have trouble breathing and literally collapse at the end of her races. Her father would catch her at the finish. She would have to be iced down, as well as drink ice water to begin her recovery. As she went through high school, her MS progressively got worse. Did she quit? In her senior year she won her State High School Cross-Country championship. She went on to win the State Indoor distance championship. At the State outdoor 3,200 meter championship, one quarter of the way into her last lap she fell, about the same place that Morgan fell. She rolled over, was stepped on, but got up and ran. About 10 yards behind the last runner, she took off and won, collapsing in her coach's arms at the finish. In 2014 on a college scholarship, as a freshman she was chosen a second team all-star, even though she would spend much of her day in a

wheelchair. Watch her story on You Tube “Catching Kayla” at 15:11 or a shorter version on You Tube “Young Athlete Pushes the Limits of a Crippling Disease”.

In general, we don't realize the power of negative thoughts verses positive thoughts. Richard Hunt, a retired Jesuit priest and a skilled healer tells the story of a divorcee who came to him for help because she had cancer. After a while her cancer disappeared. He told her she had emotional issues she needed to address as the cancer may return or another illness would, more than likely, take its place. She had gone through a terrible divorce and hated her husband, even though he was no longer in her life. Within a year, she was back looking for help as the cancer had reappeared. Again, after a while the cancer disappeared and again he said you need to address this hate you have, but she wouldn't. So, though her husband was no longer in her life, her hate for him, that she would not let go, would be her demise.

Plato, in “Charmides”, written in 380 BC, said, “The cure of the part should not be attempted without the treatment of the whole; and also, no attempt should be made to cure the body without the soul, and therefore if the head and the body are to be well, you must begin by curing the mind. That is the first thing...for this is the great error of our day in the treatment of the human body, that physicians separate the soul from the body”. Sadly, almost 2,400 years later this is still the case.

People will often self-heal without knowing it by putting their hands on meridian points of the body that address the issues they are facing. Examples are, putting your fingers on your temples while cradling your chin at hearing upsetting news; covering your forehead with your hand during a time of distress; clasp your chin (the Thinking Man statue) as you try to figure something out; bringing your index finger to the top of your forehead while touching your thumb to your temple as you quietly contemplate a problem. These are some of the ways we contact comfort spots automatically and unconsciously. It is a universal human tendency to use our hands for support and comfort. This is using EFT without knowing it.

Liza,

Corrections on Examples of What Works and What Doesn't. Also, the pieces I sent on each of the services were compilations and were new writings . I thought I had saved them but cannot find them in word. Do you have the files for these and can you send them back to me so I can make the corrections. As you can see I have trouble saving things. I did delete several trash and sent e-mails as well. The ones I am missing are;

- Emotional Freedom Technique
- Reconnective Healing
- Dowsing
- L.I.F.E.Systems Bio-feedback

Tom