

Financial Belly Ache Resolved

by Sara Illig, EFT Practitioner
09/01/15

“The retirement accounts got hit pretty hard in the collapse of 2009.” he said. “I’ve had this mysterious pain in my lower right stomach ever since. I’ve been to all sorts of doctors and specialists. I have had every test in the book done and no one can tell me that there is a thing medically wrong with me. I have come to the conclusion that it must be mental or emotionally based.”

The pain was only a little less than it used to be. Of all the things he had tried, counseling, chiropractic, massage, physical therapy, doctors, MRI, he said stretching and yoga were the most helpful, but still, the pain lingered incessantly. The fact that yoga helped at all seemed a good indicator to me that a meridian based therapy was a hopeful direction for his mysterious condition.

During intake, he explained how during the financial crisis of 2009 he had been responsible for handling other's retirement funds. He received a lot of blame, even got sued by one man. He felt guilty, sad and at the same time knew he had explained the risks of investment to his clients at the time. Since that time, a knot appeared in his side the size of a baseball.

We began tapping some rounds together...

Even though they blame me... I deeply and completely accept myself.

Even though a part of me feels guilty... I deeply and completely accept myself.

Even though they think I'm an a*# hole and they suffered loss... I still deeply and completely love and accept myself.

Even though they wanted me to suffer too since they were suffering, I am willing to release myself from suffering for all our good. I forgive them in every way I am able for wanting to share their pain with me.

I am willing to be released.

The sensation in the knot began to shift. “Wow! This is great stuff he said.”

We tapped several rounds on the specific event of a man suing him over his losses.

Tapping....He wanted me to suffer. I still love myself.

He wanted me to lose. I still accept myself.

It was so stressful I got a knot in my belly! I still love and accept myself.

We tapped for a full 90 min EFT session.

Afterwards he said the pain had subsided.

We followed up with some abdominal massage. While the knot was still present at the beginning of the massage, there was no pain. By the end of the massage, the knot had disappeared.

“I’ll give you a call tomorrow,” he said. “Usually when I get work done on my belly, it’s better temporarily and then it comes back a few hours later with a vengeance.”

I didn't hear from him the next day. After 48 hours I sent him a message asking how his condition was.

He said. “All good, Sara. Still feeling great...Thanks again!”

It has been a couple of weeks now.. and still no pain has returned.

Financial belly ache resolved!