

“He’s Gone.”  
By Tom Masbaum

She could vividly remember hearing those words in her head. They were so distinct they sounded as if she or someone said them out loud. She was sobbing as she related her story to the group.

Four and a half years earlier, Sharon’s husband of 30 some years experienced an apparently minor heart attack. Taking it very seriously she insisted they go immediately to the emergency room at the closest hospital, only 10 minutes or so away. Minutes later they were on the expressway when he suffered another, and fatal, heart attack. She remembered how he looked at her, gasped, and collapsed. “He’s Gone” reverberated through her mind as she helplessly watched her husband’s lifeless body slump half on the passenger seat and half on the floor. Because they were speeding on the expressway, they drove like that for the next 5 minutes to the doorway of the E.R. The medical personnel were there immediately and put his limp body on the gurney. She doesn’t remember who, but someone offered to park her car for her. She handed over her keys as she ran alongside the gurney as far as they let her. Even in the midst of the excitement and hope in the expertise of the medical personnel, somehow she knew. Those words were so firm, yet supportive and loving, “He’s Gone.” No excitement, no judgment, yet so final. Just part of her life’s story. “He’s Gone.”

Sharon was telling her story to the 30 plus people attending an introduction to EFT workshop. I had asked for a volunteer to experience the wonderful releasing of long term grief with the gentle tapping of EFT, Emotional Freedom Techniques. This is the tapping procedure where we gently tap on some spots where needles would otherwise be inserted in a session with an acupuncturist. It has been called acupuncture without needles. EFT is all about expressing negative emotions and tapping them away.

In working successfully with hundreds and hundreds of clients for releasing grief, EFT is usually only a one or two session process for complete relief. Before I came across EFT a dozen years ago, I could remember many people in prayer groups and discussion groups expressing grief. The grief was expressed for the loss of a loved one, an old relationship, a job, a pet and many other losses. In expressing the grief, they almost always make reference to woulda/coulda/shoulda statements. This gives credence to Louse Hay’s famous statement that we all “should all over ourselves”. Now with EFT, I take the client to those types of thoughts while using the magical, gentle yet very effective tapping of EFT to release the painful emotions. And, it works.

Sharon willingly tapped as she voiced a whole batch of “shame on me” thoughts to her deceased husband, as if he could hear her. These included an evening when she got exceedingly angry over a simple incident. Also when she insisted on a particular vacation destination against his wishes and it turned into a disaster. They both wished they hadn’t gone. She had too many “headaches” during the last 5 years of their time together along with other

“shame on me” thoughts that surprised her when they came up. Then she came up with the thought that has been bugging her ever since he passed. The larger hospital, with renowned heart specialists was actually in the opposite direction, and only an additional 10 minutes further away. While tapping the EFT spots with my guidance and focusing on that nagging shouldathought, Sharon started laughing and started to have tears of joy. She told us “I just heard a voice in my head saying “You’re being silly, Sharon, remember that I left my body 5 minutes into the trip.” She would have had to drive ten minutes longer with his body in the car. “By the way, I’m OK. I’m happy here.” She related more thoughts from him but this is all I remember at this time.

I love what I do, and I love helping people release many emotional & physical issues. It works on PTSD, grief, anger, colitis, IBS, back aches, hip and knee aches, etc. Call for an appointment on the phone or come to a workshop. Have a group that might enjoy this? Call me. Tom Masbaum, [708-955-3634](tel:708-955-3634), [www.EFT-Tom.com](http://www.EFT-Tom.com), or [EFTwithTom@gmail.com](mailto:EFTwithTom@gmail.com). CE’s for massage therapists, at the classes and even for a private session.

**"This one session with you has done more for me than 16 years of therapy." (From a former nun, out of the convent for 17 years, troubled by grief, PTSD & digestive problems.)**