

# EFT Goes To The Dentist

As an EFT practitioner, I always feel such gratitude for EFT when I watch people transform suffering into peace with EFT. It's gratitude and relief when I personally experience moving through a painful experience with ease and grace using EFT.

I recently had a dental checkup and found I needed two cavities filled. It had been a while since my last filling and I thought, "Oh well, I'll get through it somehow." As the time approached for the appointment, my anxiety climbed higher and higher. My fears all centered round the Novocain shots. For years, I would only go to dentists who used "laughing gas" to tolerate it. I realized this was just another form of substance addiction to avoid dealing with my underlying fears. I purposely started going to a new dentist because he didn't use the "laughing gas" in hopes I would "get over it".

So even though I had helped others with shot phobia using EFT, I had not used it for myself as I had conveniently avoided getting any shots. At first, I decided I would have the fillings done without the shots, as I had been able to do that several years ago when the filling was very superficial. On the way to the dentist, I did several rounds of tapping on my fear of the shot and for being afraid to talk about my problem with the dentist.

When I got to the office, I was able to talk calmly with the dentist and his assistant about my dilemma. I was able to discuss it without being in tears, which would have been the normal reaction. That was a good sign.

Because one cavity was in an upper right side tooth and the other a lower right side tooth, it would require two shots. When I suggested that I was considering doing the fillings without the Novocain, the dentist was able to clarify the situation. I might be able to do OK with the lower one as it was shallow but the upper was deeper. He thought it best if I had at least the upper one to start with. As you can imagine, my SUD's (Subjective Units of Discomfort) rating started climbing immediately.

I had brought a portable CD player with a self-help tape (not EFT) to play as a way to distract my mind, but I could tell it was not doing much for my anxiety. I also was afraid to tap while he was giving me the injection, as I didn't want to jar him or me during the procedure. I also didn't trust that trying to do it without any tapping, just mentally, would be effective.

So I, spontaneously, tucked my thumb inward and gently pulsed the thumb point with my index finger during the topical application and the shot itself. I wasn't able to formulate any setup phrases, as my distress was too high, so I hummed instead. I felt pretty silly but believe me, at that stage it was all I could manage and I knew from the 9-gamut procedure, that humming could help unlock the blocks.

Here's the amazing part. I was aware of sensation happening in my mouth where he was inserting the needle but it was not really pain, just varying degrees of sensation that I simply witnessed, pulsed my thumb and breathed my way through. I literally felt wave after wave of tension leave my body followed by a deeper breath after each wave.

After the shot process, which was slow and gentle and took a minute or two, (this dentist is known as one of the best at giving shots), the dentist asked how I did and all I could do was give a "thumbs up" with a smile while breathing through the tears that were now welling up in my eyes in sheer relief. He and his assistant praised me for doing so well and I said, "It's not me, it's the EFT."

That alone was worth sharing but wait there's more! I still had to see if I could get by with only the one shot and have the lower tooth filled without the numbing. My anxiety was about half of what it had been anticipating the first shot but still present, so again, during the drilling process, I pulsed the thumb point. I was able to leave out the humming and I'm sure everyone was grateful for that. I occasionally tuned into the relaxing/releasing tape playing in my ears and was able to breath almost normally.

Again I entered into the "witness" state and objectively experienced the sensations of the drilling and even the nerve sensitivity but without resisting it or needing to label it "pain". I simply noticed varying degrees of sensation (most of which I would normally resist and call "pain") and I got through it with amazing grace and ease! Now that's a miracle!

Thank you again, Gary Craig, from the fullness of my heart for this amazing tool!

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