

The Right Place at the Right Time: Nairobi Embassy Bombing

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When I first heard about Thought Field Therapy[®], I knew that I wanted to learn it for my work in Africa. I give seminars there, and I thought that people there would benefit from knowing a rapid way to eliminate trauma, physical pain, anxiety, addictions, phobias, and all of the other areas that are addressed by Thought Field Therapy[®]. I didn't know just how much it might be needed.

In July 1997, I received an invitation to conduct a two-week training sponsored by the Carmelite Community in Nairobi, Kenya from August 3-14, 1998. I would be working with priests, nuns, students, counselors, educators, social workers, and others who were involved in the helping professions. I accepted with pleasure and made plans to teach a number of topics that had been requested, as well as a section on Thought Field Therapy[®].

The bombing of the U. S. Embassy in Nairobi occurred the morning of Friday, August 7. We were in the training at the time, which was about 25 minutes away from downtown Nairobi. Only during the afternoon did we begin to realize the devastation and the extent of the damage that had been caused by the bombing.

All weekend, the Sisters in the training were at the hospitals serving people. Other activities had been scheduled for me, so I went along according to plan. On Monday, people in the training were starting to question Thought Field Therapy[®], as I had just introduced it the previous Friday. They reasoned that, after all, people had just been in a bombing. Surely Thought Field Therapy[®] wasn't powerful enough to help people with trauma that severe. I knew that I had to and wanted to go to the hospital and work with bombing victims.

The Sisters were going to the hospital after the training was over at 1:00 PM and agreed to take me with them. As we went through police roadblocks on the way there, I began to realize the severity of the situation. We arrived at Kenyatta Hospital and went directly to the wards. Doubts began to surface.

Sure, I knew that Thought Field Therapy[®] worked; however, these people had been in a bombing the previous Friday. Would it work with them? As I followed the Sisters from ward to ward, I asked myself questions like, "Who do you think you are?" "What if it doesn't work?" and "Fools rush in."

In many of the wards we visited, people's faces were filled with stitches. Eyes were bandaged. It would be unthinkable to ask them to tap on their eyebrows and under their eyes [Note: In such cases, people can tap equivalent points on the toes—outside the little toe by the nail instead of the eyebrow, and the inside of the second toe by the nail instead of under the eye]. We went from ward to ward. The Sisters seemed to know what to do. Obviously, they had done this before. I thought I would just follow them around; however, I was praying and asking for direction. With whom, if anyone, should I use Thought Field Therapy®?

We finally came to a ward in which people had mainly lower body injuries. First, I went to a woman near the window and tried to build rapport. She didn't appear to want to talk, so I moved on.

Then, I went up to a woman who was lying on her bed, staring into space, and began talking with her. She was in a great deal of pain—a "10." Her shoes had been blown off in the bombing, and she had walked out. She had a lot of glass in her feet, among other injuries, and she was on strong pain medication. Since her injuries weren't quite as severe as others, the doctors hadn't had a chance to work with her yet. After building rapport, I said timidly, "I have something that MIGHT help you. I'm not sure if it will work. It would involve tapping on these particular places on your body (I showed her where the points were on my body) and would take about five minutes. I'm willing to try, if you would like me to."

She said, "I'll do anything. I'm in so much pain. I also keep thinking that a bomb will explode any minute in the hospital. I know it's probably not going to happen, but I can't get the thought out of my mind!"

I decided to work with the pain first. After tapping the pain algorithm, the SUD came down from a "10" to a "5," however, it wouldn't go any lower, even after she tapped for reversal. It occurred to me that we needed to tap for trauma before the pain would go any lower. Of course, the trauma was a "10," and it came down to a "0" immediately. After that, we tapped again for pain, and it readily went down to a "0."

She blinked her eyes and looked at me, a little bewildered. She said, "I've played the pictures of what happened the day of the bombing over and over in my mind, almost without stopping, since Friday. It's really strange, but I'm not doing that any more. I think I'll be able to get to sleep tonight." Then, she looked straight at me, smiled, and said, "God saved me for a reason." "Yes, He did," I said. I told her that the pain probably would return because she still had glass in her feet, and I wrote out what she could do when it did. I told her that the trauma probably

would stay gone; however, if it did, the directions were there for her to follow (including Psychological Reversal).

About that time, the Sister came to me and said, "The woman in the bed across the way says that she wants to be healed, too." I went over to her. She was just staring into space. Her arm was bandaged, and her hand was limp. After talking with her for a few minutes, I asked her if it would hurt if she tapped on the hand that was limp (gamut spot). She said it might hurt a little; however, it would be worth it in order to be able to experience the changes that she had just seen the woman in the bed across the way experience.

She was "10" on both trauma and pain. I decided to work with the trauma first. The SUD came down fairly quickly to a "0," with no Psychological Reversal. Then, we worked on the pain, which had already gone down to an "8" after working with the trauma. As she tapped, the pain went down to a "0," too. She was moving her hand all around, color was restored to her face, and she was smiling and laughing. I wrote down what we had done. Her husband, who had been watching, asked the Sister if the tapping might help his neck pain. She said, "Of course."

By now, the first woman was sitting up for the first time since the bombing, eating dinner and talking with her husband. They were smiling and laughing. While I was working with the second woman, the first woman's husband had told the Sister that the past three nights, his wife had panicked when it was time for him to leave because she didn't want to be alone for fear that a bomb might explode. He reported that this evening, for a change, she felt fine about his leaving and told him that she would see him the next day. The woman told the Sister that she had been on extremely high and frequent doses of pain medication and was planning to use the tapping sequence for pain to lessen the amount and frequency of the doses.

The next day, the Sister said that the first woman whom I had approached had asked her, "Why did she heal the other two and she didn't heal me?" The Sister's response was, "She wrote down what she did for the other two. Ask them to work with you."

The next day in the training, the Sisters shared what had happened in the hospital. People were amazed, and as I did demonstrations with people in the training around their trauma related to the bombing, they became believers and launched into the practice sessions with vigor. Furthermore, they sent their friends who had difficult problems to me to work with in the afternoons for the rest of the week. I also had the opportunity to introduce TFT to therapists at a local

counseling center. They were planning to follow up by ordering materials from Dr. Callahan.

Yes, I knew that I was supposed to share Thought Field Therapy® with people in my seminar in Nairobi. I didn't know just how timely the training would be!