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Obituary

Goodbye to Gary Craig **By** **Tina Craig**



It is with a heavy heart that I announce the passing of Gary Craig, Founder of EFT ... and my father. He was his usual enthusiastic and charming self until the very last moment, and he went peacefully in his sleep, lying in his favorite recliner, overlooking the Pacific Ocean. With the creation of EFT, he opened new doors, combining scientific approaches and an energy component to revolutionize the healing of emotional issues, and bringing awareness to the emotional causes of physical issues. Personally, I cherished the

opportunity to work by his side; in partnership with his teachings, with a front row seat to his generosity, and inspired by his spirituality.

In hindsight, on his behalf, I would offer distinguished gratitude to the members of ACEP who were first exposed to EFT. They were licensed mental health professionals willing to give it a try, applying his truly unfamiliar approach to their cases with cravings, phobias, and PTSD. That's how it all started, and clearly it grew in many directions from there, but without the opportunity to teach and develop EFT among those in the field, it may not have spread across the world as it has.

One day, shortly after EFT had been introduced, Dad found himself struggling through a moment of deep frustration. Suddenly, in his description, he was transported to "the other side" where he could see, feel, and experience the profound love that we as humans cannot. It lasted only a few moments, but once he came back to his human experience, he would never be the same. Through the teachings in A Course in Miracles, he understood it at first as a Holy Instant, and later realized it to be a Revelation. Throughout the rest of his life, he wished to have another.

As far as I know, he never went back, but that experience definitely worked its way into EFT. His final version, Optimal EFT, combined the best of EFT in a partnership with the unseen. Through decades of developing his EFT skills, it became clear that a greater force was just waiting to be invited into the sessions, and provide a powerful new dimension in healing. The mechanics of EFT have a way of opening our energy systems to this greater force, and by combining the two, he found a new horizon.

On his passing, Dad would hope that we all continue to find peace through genuine healing, and his request is that we do not organize a formal ceremony to honor his life. However, on the path of practicing any form of EFT, for ourselves or with others, we will occasionally be called to stretch; to look deeper, to ask better questions, to improve our connection with the unseen. As stretching toward anything greater can be uncomfortable

and easy to avoid, I ask that we take those opportunities to stretch, in his honor, whenever we see them.

As I sit here now, in his favorite recliner, overlooking the Pacific Ocean, I can see that Gary Craig raised me in a Palace of Possibilities. He showed me, starting at 5 years old, that anything is possible, and he provided me with the tools to get anywhere I want to go. I believe he has given the same to the world, and in exchange, his Revelation will now be eternal. May he rest in paradise.

His loving daughter,

Christina (Tina) Craig

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