

Achieve Emotional Freedom for Better Health

By: Michelle Hardwick

Emotional Freedom Techniques (EFT) are particularly helpful for dealing with health issues like weight control or food addiction. EFT has also helped people reduce their risk of diabetes by cutting their intake of sugar and refined carbohydrates (white bread, pasta, pastries). In fact, the “turbo tapping” technique in EFT is one of the best available for cutting the sugar habit. EFT works by helping you redirect your focus away from what you will be losing from dropping certain foods that you crave and towards what you will be gaining (such as increased energy).

EFT is a set of techniques, easy to learn and use, that combine traditional Eastern and Western healing methods. They target the root cause of any difficulty we are struggling with and follow the principle that the cause of all negative emotions is a disruption in our body's energy system. Repressed emotions create imbalance in our body system and, if left unresolved, can often lead to dis-ease and disharmony. EFT helps to free us from our self limiting beliefs and its benefits are often felt within minutes. If we use it daily, we experience greater happiness, peace, personal empowerment and freedom.

EFT grew out of an earlier energy therapy linked to Kinesiology known as Thought Field Therapy (TFT) developed by US psychologist Dr. Roger Callahan. Gary Craig, founder of EFT, was an early TFT practitioner but felt that TFT was rather cumbersome and complicated. Using his engineering background, he reassembled it into the much simpler form of EFT.

EFT involves talking while tapping on certain stress-relief points or meridians found around the face and upper body and it has been likened to acupuncture, but without the needles! Eric Robins, a physician in the US, has said of EFT: "Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools, as it is for me."

EFT Applications

EFT is an effective technique that works often where nothing else will. By addressing unresolved emotional issues, EFT has proven effective with a wide variety of serious diseases, everyday ailments and personal performance goals.

Weight, Eating Disorders

Anxiety/Panic Attacks

Relationship Challenges

Headaches & Migraines, High Blood Pressure

Allergies, Asthma

Irritable Bowel Syndrome (IBS)

Insomnia, Depression, Chronic Fatigue
Pre-Menstrual Tension (PMT)
Women's and Men's Issues
Sexual Abuse Trauma
Fear, Phobias incl. Fear of Public Speaking
Addictions, Addictive Cravings, Compulsions & Obsessions
Pain, Carpel Tunnel Syndrome, Fibromyalgia
Anger, Negative Beliefs and Behaviours, Dyslexia
War Trauma, Post Traumatic Stress Disorder (PTSD),

EFT helps to enhance:

Self-Confidence, Self-Esteem, Self-Worth
Empowerment, Self-reliance
Abundance
Sports Performance
Patience, Discipline, Concentration,
Harmonious Relationships
Relaxation and Peace
Enthusiasm, Joyfulness, Happiness
Well-being, Stability and Health
Spiritual Connection

EFT Research

Some excellent results are being reported in worldwide research studies. One study, carried out in 1999 by psychologists at Curtin University in Western Australia, found EFT to be successful in treating specific phobias and the results were superior to more traditional treatment. Behavioural shifts achieved in the 30-minute treatment sessions were maintained at follow-up sessions six to nine months later.

Most people start to relax almost immediately and report that their traumatic experiences are less bothersome after EFT treatment.

EFT for Change and Freedom

Are you ready to claim a healthier and happier life by releasing pain, trauma, or old mental or emotional baggage? Are you interested in learning a skill to help your husband, your wife, your children, your friends, or even your pets? The Emotional Freedom Techniques are simple, easy, and *they work*.

Michelle Hardwick, International EFT Trainer and Practitioner, will be at Shakti Healing Circle in April teaching EFT at Levels 1, 2 and 3 as well as offering individual healing sessions. You may check out the schedule either at www.healthytimesonline.com/hk/events, www.shaktihealingcircle.com or call 2521 5099 for schedule times and/or more information.