

EFT – Emotional Freedom Techniques

Emotional Freedom Techniques....Often works where nothing else will!

This amazing technique, central to my practise for more than 12 years, has enabled me to help people of all ages (from new borne to 90 years) get rid of their emotional & physical issues and attain health, peace & happiness in their life. I teach EFT, so you can safely use this powerful self-help tool if you wish to do so.

"The cause of all negative emotions is a disruption in the body's energy system."

This statement is the very foundation of **Emotional Freedom Techniques**. **Unresolved emotional issues are caused by disruptions in the body's "subtle energies"**. These disruptions inhibit our natural ability to heal, leaving us open to nagging fears, chronic pains & terminal illness. Combining this emotional element with the ancient principles of **acupuncture**, EFT has been able to address the causes of these energy disruptions with a gentle **tapping procedure (using the fingertips)**. **Impressive results ensue because the process addresses causes instead of symptoms**. EFT can identify the **causes** of energy disruptions, often resulting in permanent solutions... without medication! Energy meridians (meridians = subtle energy wiring in the body) that run through our body can be blocked or disrupted by unresolved emotional issues, thereby compromising our natural healing potential.

Through gently tapping with our fingertips on acupoints, we can release blockages in our body's energy system, these blockages are the source of our emotional & physical issues. It is a quick, painless energy technique which often seems to work miraculously where traditional & alternative medicines have come to a halt. Although some cases can be complex and present various aspects each of which might need to be addressed, **results are usually apparent in minutes** and, in most cases, they are also **long-lasting if not permanent**.

Based on the premise that unresolved emotions can compromise our potential for happiness, EFT began as an effective remedy for phobias, addictions and war trauma.

Vietnam Vets were finally able to sleep at night, smokers could choose fresh air, and paralyzing phobias lost their grip...all without medication!

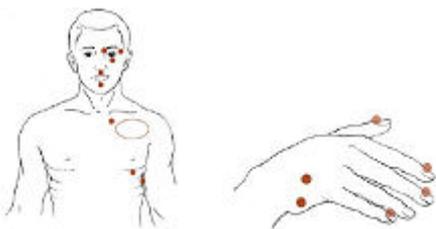
Before long, EFT was providing relief for migraine headaches, sexual abuse trauma, and a wide assortment of everyday ailments. Fascinated by the results, founder Gary Craig taught the technique to therapists, clients and people on the street.

He said *"Try it on everything!"*, so they did. Since then, EFT has grown into a revolutionary healing aid, used by traditional therapists, medical professionals and alternative healers on everything from weight loss to cancer.

The EFT process

The process should not be considered unusual as Albert Einstein, through his famous discoveries, told us in the 1920s that everything is energy. Unfortunately, western healing sciences have ignored this obvious avenue ... at least until now.

Quite often, people are aware of the events or memories that trigger emotional discomfort in their lives, but they have not yet connected those memories to the symptoms of disease in their bodies. Using EFT, it is possible to revisit the event(s) in question, and balance the disturbed meridians. Properly done, both emotional anguish and the physical symptoms often subside.



The key meridian points on the head, torso and hands (also circled is the "sore spots" on the chest). I also use the points at the very top of the head and on the inside & outside of the wrists (not on this illustration).

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EFT – Emotional Freedom Techniques

What can EFT do for you ?

Whether your problem is emotional or physical, whether you have been suffering for years, months, weeks, days, hours or minutes, EFT can most certainly bring about some relief.

The results are often very fast - one session can sometimes be more efficient than hours (or even years) of costly more traditional therapy/counselling.

It would be impossible to list here all the issues that can be resolved or helped with EFT, but to give you an idea, I have helped my clients with the following issues :

Backache - migraine - anger - grief - stress - panic attack - anxiety (related to cancer or other long term illness) - low energy (ME) - Fibromyalgia - arthritis - rehab after stroke, accident or surgery - weight management (gaining or losing) - phobia (agoraphobia, needles, rats, spider, height, etc.) - diabetes - cholesterol - children behaviours (ADHD, bed wetting, etc.) - students learning French (or any other subject) - fear of public speaking - issues with self-confidence - issues with self-worth - anxiety related to exams, driving test - relationship issues - abundance blockages (money, friendship, love) – amongst many other issues...

The 1st EFT session

Usually, the first EFT session lasts 90 minutes.

I spent a good 30 minutes talking about how EFT came about, how it works with our energy and how we are going to work with it. Then for the remaining hour I work with you on your issues. I tap on myself and you follow on yourself (if you can) so that you learn the EFT process.

Sometimes, only 60 minutes are available, in that case I still spend half of the time introducing you to the EFT process.

For Skype session, once I receive the payment, I send you an information package (PDF format) that you need to read before the session so you familiarise yourself with some of the aspects of the EFT process.

Investment

90 minutes of EFT is €70 per person

60 minutes of EFT is €50 per person

90 minutes of EFT is €130 per couple

60 minutes of EFT is €90 per couple

EFT for Children

EFT also works very well with children who quickly learn the EFT procedure.



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