



EFT *Emotional Freedom Techniques*

How Does EFT Work?

Energy meridians that run through our body can be blocked or disrupted by unresolved emotional issues, thereby compromising our natural healing potential.

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.

Although based on acupuncture, EFT has simplified the realignment process by gently tapping on key meridian points on the head, torso and hands. Traditional acupuncture needles are not necessary in this process.

Headache Example

A basic EFT application would initially focus on a current issue. This would include simple language designed not only to hold the focus, but also to add self-acceptance to the process. For example, someone trying to address migraine headaches might say "even though I have this horrible headache, I deeply and completely accept myself", while tapping through the points.

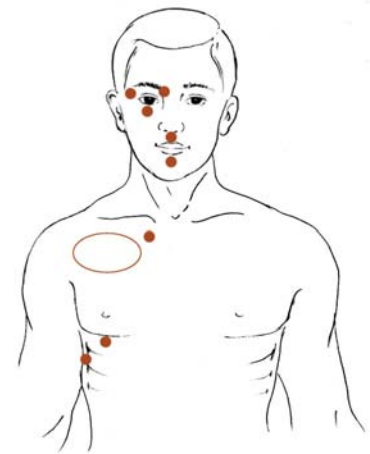
If this initial procedure provides significant relief, then applying the Basic EFT procedure as headaches appear can be very effective. Interestingly, it has provided permanent relief in several migraine cases.

If the headache hasn't vanished after the initial realignment, or if the Basic procedure doesn't provide relief for subsequent headaches, then there is almost always a deeper emotional factor at work.

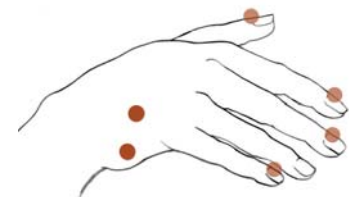
Advanced EFT application can enhance the results significantly, and is usually necessary for more complicated cases. The best EFT practitioners have learned the techniques available for uncovering the core issues, and approaching them with minimal amounts of emotional pain.

Although the Basic EFT procedure has shown astonishing relief for a wide variety of symptoms, applying EFT to serious diseases and chronic illness requires advanced experience. Please consult a qualified health practitioner before using EFT or before discontinuing any treatment or medications.

Please visit www.emofree.com for more information on EFT or to search our database of EFT Practitioners.



This illustration is provided for your reference after you have learned the Basic EFT procedure.



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