

Change *Your Life* With EFT

- Are you suffering from the effects of stress?
- Do you long to feel vibrant & healthy?
- Is weight loss constantly on your mind?
- Are negative emotions weighing you down?
- Do you feel stuck and unable to achieve your dreams?
- Have you tried about everything yet still find yourself in the same old patterns?
- Do you feel ready to give up on trying?

**If you said 'yes' to any one of these questions
... are you wondering if there's anything that will truly HELP?**

There is something that can help and it's called Emotional Freedom Techniques (EFT)! EFT is designed to help you let go of beliefs that may have you feeling unworthy or undeserving. EFT helps you remember to love and care for yourself and feel better, much better!

What is EFT? EFT is based on a discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well-established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorise and is portable so you can do it anywhere. The basic principle is: *"The cause of all negative emotions is a disruption in the body's energy system."*

Founded by Gary Craig, EFT often produces **amazing results** in a short amount of time. It applies to just about every event, or emotional, health and performance issue you can name and **it often works where nothing else will.**

Who uses EFT?

- Doctors, Nurses, Chiropractors, Therapists, Teachers, Coaches and Individuals
- EFT is safe for all ages, anyone can learn and use it
- People often use EFT for their pets

What are the advantages of using EFT?

- It's safe practical, realistic and can be used just about anywhere, anytime
- Practitioners and Clients can use EFT on themselves
- There are no needles, no pills and no surgery with this technique
- It is time efficient
- Its easy to learn

It can make a dramatic difference to your life

- It can be used to 'neutralise' past issues that may cause depression, over eating, excessive drinking or drug taking
- EFT can help reduce immediate, irresistible cravings
- It's a great tool for daily stress management
- It can help you heal conflicts in your life which keep you from what you truly desire
- EFT can help with limiting beliefs
- It can help with social phobias, anxiety, trauma

How does EFT work?

EFT (Emotional Freedom Techniques) is about returning the mind, body and feelings to a state of balance and harmony so you are not limited by negative emotions.

Even though we are 'designed' to recover from unpleasant experiences or thought patterns, nevertheless we can be affected by recurring emotions from past events such as relationships, trauma or loss. We can also be affected by ongoing or future events such as work-related stress, interpersonal problems, depression and various kinds of anxieties.

In these examples, emotions can be stuck rather than dispersed. Even if we try to ignore them, they still affect our lives. If people decide to do something about the negative feelings or patterns they may try counselling, see their doctor, or compensate for their feelings in some way. Every approach has its merits, but many people will not have heard of Emotional Freedom Techniques (EFT) as an option for resolving their problem.

Emotional Freedom Techniques (EFT) is a gentle and non-intrusive, a simple technique which your practitioner can teach you to use yourself whenever you need to. EFT is sometimes called acupuncture without the needles. It involves tapping on meridian points with the fingertips. Issues including health problems are often greatly reduced or disappear completely after only one or two sessions of EFT. Using EFT involves acknowledging the issue and then tapping with your fingers on specific acupressure points with your fingers. For example if you still carry a feeling of very deep disappointment following an event you are asked to think of that event and notice how you feel, in other words you are 'tuning into' the issue. But you do not have to relive the event that caused the deep disappointment. You just have to be aware that the negative feeling is there. Having therefore 'tuned in' to it, you are shown which acupressure points to tap, and using your own words you voice the issue. Verbalising also helps to remove the charge 'emotion' from the system. You are then asked to think about the person or situation again and check how you feel. You will notice a reduction in the intensity of the feeling. If it's not completely gone then the EFT practitioner repeats the process, bringing the intensity down each time until full balance is restored. All this is done with you fully conscious whilst sitting normally in a chair.

EFT often works when nothing else will!

PLEASE NOTE:

While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage, and thus practitioners and the public must take complete responsibility for their use of it. EFT is not intended as a substitute for regular medical or psychiatric care. I do not advocate any discontinuance of any prescribed medication, medical guidance, regular appointments or psychological care.