

EFT Emotional Freedom Technique
(Founded by Gary Craig)

EFT is a psycho-energy system that works to release unwanted emotions and behaviour.

In short, if you have unwanted emotions present such as Anxiety, Fear or Guilt or if you engage a negative behaviour such as Procrastination you can use this system to ***achieve immediate results***. In only a few minutes you can minimise or possibly eradicate the effects of these unwanted emotions and behaviours. EFT also works to reduce the effects of pain.

Results speak! From Fear to Passion; Procrastination to Proactive; Guilt to Freedom; Phobias to Normality; from Pessimism to Positive Thinking; Blocked to Self-expression; negative Health Affects to Hope; from Helpless to Empowered; Resentment to Forgiveness; Anger to Acceptance; Lethargy to Inner motivation; from Empty to Purposeful; Impersonal to Intimate; Chaos to Mental Clarity; etc. etc.

Emotional Freedom Technique is a ***process of Tapping*** on a series of particular points on certain energy meridians of the body in order ***to free the flow of energy*** relative to the issue being addressed. In the Huna (Hawaiian) tradition it is said our unresolved 'hurts' often created in early life are converted to their physical equivalent and stored in the energy system of the body – in the meridians.

Research was undertaken by Dr Callahan in discovering an intricate code for addressing specific points in the meridians relative to the various different psychological challenges we may encounter. Gary Craig adapted this body of work to create EFT which can be used by anyone who has learnt this relatively simple technique. It has become a worldwide phenomenon with outstanding results.

EFT is applied in two parts. Firstly we use a 'set-up' phrase that clearly states the Real problem in order to target the right issue, similar to 'lighting up the Xmas tree'. Then the tapping is carried out to 13 points of the body in a sequence. It takes two to five minutes.

Emotional Freedom Technique will sometimes need to include a larger model of Personal Development or Coaching in order to completely address underlying issues. However the use of EFT by itself is often sufficient to create major benefits around the presenting issue.

There will be a Video following on from this Article demonstrating the full procedure of EFT. Also, the Calendar of Events on the website will show Seminars and workshops coming up:

<http://successandmind.com.au/Blog-Video-Articles.ews>