

THE MAGIC OF E.F.T.

EFT is short for Emotional Freedom Techniques and it means just that...freedom from your emotions...negative emotions that are trapped in the bodies energy (or meridian) system. Another name for EFT is Meridian Tapping and it is simply tapping on certain parts of the body whilst tuning into your emotions and this somehow clears blockages in the energy pathways offering often instant relief.

EFT Master Rehana Webster likens the emotional 'baggage' we all carry around as similar to wearing dirty knickers, but not just one pair of knickers, but heaps. Imagine if you will, that each time you went through some kind of trauma and you accidentally messed in your knickers!! You couldn't take them off because you were ashamed, scared to actually face what you had done or that you would be judged or ridiculed. Instead, you just put on a nice clean pair which you hope will disguise the dirty ones and off you go on life's journey ... till the next time and the same thing happens and on goes another pair of clean knickers! Eventually you are so bogged down by the many layers of dirty knickers ...they are so hard and stiff and huge ... you can't function properly anymore... life is not going as it's 'supposed' to ...you take pills, drink, gamble, eat too much or not enough, turn to drugs to help you feel & cope better. All of these things are just a bandaid for us while we try and cope with the remnants of our life....all the time we still insist on wearing all our dirty knickers.

Life is like this for many people and they often don't realise it until they reach their 40's and 50's but it doesn't have to be like this. You have a choice.

Just like the layers of knickers, we have layers of unresolved and trapped emotions to 'peel' away. Our bodies are basically just a highly tuned electrical system that goes a bit haywire when it is not serviced and looked after. One of the fastest and most efficient ways of giving yourself a tune up is by using EFT.

If we are bogged down in our grief or trauma (sometimes we don't even know it) we become like that car that has not been serviced for a while – we run rough and are using up way too much precious energy often trying to just get through the necessary daily functions. Life should not be a struggle.

After the very first session of EFT a client more often than not, feel less 'toxic' within and as though a huge weight has been lifted off their shoulders. They often say it is the first time in their lives they have felt safe enough to freely express how they truly felt about an issue and they often feel the stuck energy leaving the body as we tap.

As we move into 2010 and we have this huge Planetary shift taking place, most of us are feeling as though we can no longer ignore our instincts and what our bodies are telling us. Gone are the days when we feel we have to settle for second best in life. It is not acceptable or necessary to struggle with our jobs, our relationships and most of all our health. It can no longer be ignored by anyone in the medical profession that approximately 85% of all illnesses have an emotional component.

EFT is one of the fastest and most efficient ways to shift the balance of the energy system so that energy flows through and connects to all the organs as it is designed to do.

I have seen amazing results and changes in peoples' lives when they do some work with an EFT Practitioner. Work issues clear up, relationships with family members in the home clear up and life seems to just flow more easily. Somehow things don't seem so serious anymore and you are able to see things from a totally different perspective.

If you are serious about your wellbeing and about making changes in your life, you might like to consider trying EFT. It is always advisable however to have at LEAST two sessions initially although for acute issues one is often enough to make a huge difference or clear the problem up once and for all. Anyone can tap for themselves (& you will learn this in the first consult) but it takes knowledge and skill to ask the right questions which unearth the 'core' issues which can drive a certain behaviour, problem or belief. A lot of the time a client has no idea that something from their childhood can manifest as a problem they are experiencing 20 or 30 years or even more, down the track.

As Eckhart Tolle said :- Beneath the murky waters of unwanted and disowned emotion
lie the vast and hidden treasures of who we really are.

Energy work is the way of the future for the health and well being of the Mind, Body and Soul.