

EFT is based on the revolutionary discovery that “ the cause of all negative emotions is a disruption in the body’s energy system”. (Gary Craig , EFT Founder) EFT is a technique that has profound psychological effects; it can be likened to an emotional form of acupuncture.

Millions of people are **living their lives burdened with** poor health and emotional baggage. They do not know how to achieve the joyful and satisfying lives they desire. They feel stuck, accepting a life of emotional trauma, chronic physical pain, compulsions and addictions, or perhaps just have an empty feeling inside. Accompanying these problems, come pills to kill the pain, sleep at night and suppress anxiety – but is this better than the disease?

With EFT you can discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well being into your own hands.

WHAT EXACTLY IS EFT?

EFT is a simple tapping procedure that has evolved from the ancient Chinese technique of acupressure. It gently realigns the body’s energy system, clearing blocked meridians. It can be likened to clearing a river that is blocked with boulders so it can flow freely again. Unlike a lot of other healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction and personal performance limitations.

EMOTIONAL BALANCE

It is normal to have positive and negative emotions, but when the balance is tipped, and the negative emotions take over, EFT can be used to restore this balance, allowing us to move forward in a positive way.

We are conditioned from an early age not to think about our feelings and we learn to disconnect ourselves for our own safety. When something triggers memories of a past event that we would prefer to forget we can get physical reaction within our bodies, such as headaches, tight chest, choking throat or lurching in the stomach.

Our emotions are our guidance system, and by using EFT we truly address the underlying emotions allowing physical changes to occur – our headaches go, we feel happy and enthusiastic, our bodies no longer feel tension, our lives run smoothly and we have a more positive outlook.

If we don’t effectively deal with the “core issues” in our lives that are driving our depression, anger or grief we find other ways of coping, such as drinking alcohol, smoking cigarettes or over-eating.

It is our inherent right as human beings to live our lives from a place of joy and EFT can help us realise this.

UNCONDITIONAL ACCEPTANCE

“Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn’t perfect, of course. We don’t get 100% but it usually works well and the results are sometimes spectacular. It often works when nothing else will.” (Gary Craig, EFT founder)

We often instinctively find ourselves resisting things that we don't want in our lives. By placing our focus on resistance, our problems actually persist. The process of EFT somehow enables us to change our focus, so that we can accept issues, and this acceptance allows resistance, and hence the problem, to drop away.

Thousands of international case studies suggest that EFT is on the cutting edge of medicine. It is safe, simple and easy to use. During a consultation with an EFT practitioner you can learn how to use it for yourself for everyday issues. I am excited that the world has such a remarkable tool at its fingertips.