

# Emotional Freedom Technique

## Emotional Freedom Technique (EFT)

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy 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 limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often remove the resulting symptoms.

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including those listed below.

### PERSONAL PERFORMANCE

- Abundance
- Weight Loss
- Business and Career Goals
- Sports Performance

### EMOTIONAL CHALLENGES

- Children's Behavior
- Relationship Issues
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual Abuse
- Phobias

### PHYSICAL DISEASE

- Allergies
- Migraines
- Pain Management
- Chronic Fatigue Syndrome
- Multiple Chemical Sensitivities
- Hypertension
- Fibromyalgia
- Cancer
- Muscular Dystrophy
- Parkinson's Disease
- Cystic Fibrosis