



Partnering for Change Wellness Coaching

What is EFT?

EFT is a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is a unique version of acupuncture except you don't use needles. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. It launches off the EFT Discovery Statement which says...*"The cause of all negative emotions is a disruption in the body's energy system."*

And because our physical pains and diseases are so obviously connected with our emotions the following statement has also proven to be true...*"Our unresolved negative emotions are major contributors to most physical pains and diseases."*

This common sense approach draws its power from (1) **time-honored Eastern discoveries that have been around for over 5,000 years** and (2) **Albert Einstein**, who told us back in the 1920's that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why **EFT often works where nothing else will**. It's not that EFT is so stunning (although it may certainly appear that way to you). Rather, it is because conventional healing methods have simply overlooked the obvious. You will see that clearly as you allow EFT to bring freedom into your life where you thought none was possible.

EFT is very easy to learn, and will help you:

- Remove Negative Emotions
- Reduce Food Cravings
- Reduce or Eliminate Pain
- Implement Positive Goals

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bioenergy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

For more information on EFT, go to:

<http://www.emofree.com/>