

## Dealing with Emotions:

The Impact of Emotions in Our Lives Mia Simmons, Certified EFT Practitioner Understanding the role and impact of our emotions in our lives is difficult. Many of us would prefer to just deny, avoid or ignore them. We would much rather “sweep them under the rug” than “deal” with them. The problem with that is the pile under the rug just keeps getting higher and we suffer the consequences until we find a tool to clean it up. EFT is one of those tools. The U.S. government agency the “Center for Disease Control” or “CDC” says 85% of diseases have an emotional element. Some believe it is much higher. Most doctors say anxiety and stress are a primary reason why most people get sick. Emotional Freedom Techniques (EFT for short) is a holistic tool to eliminate stress and anxiety and the resulting problems we all experience in our daily lives. Our bodies hold these traumas and experiences in our cells, muscles and organs until we use a tool such as EFT to eliminate and heal them. EFT evolved from Thought Field Therapy (TFT), which was created by clinical psychologist Dr. Roger Callahan. He discovered that stimulating acupuncture meridian energy points leads to psychological relief. In the early 1990s Gary Craig, the creator of EFT, studied with Dr. Callahan and identified a comprehensive set of all purpose energy points that could be applied to treat any emotional problem. In 2010, Gary Craig retired and clinical psychologist Dr. Dawson Church, took over the leadership position. He has written numerous books, including “Quantum Medicine” and his latest and best seller “The Genie in Your Genes.” In 2010 Dr. Church testified twice in Congress of the success and benefits of EFT for returning soldiers with Post Traumatic Stress Disorder. I was privileged to attend a three day EFT Training, December 2010, in San Francisco led by Dr. Church. Dr. Church continues gathering scientific research and clinical evidence from researchers in seven countries around the world regarding EFT to improve the practice of EFT. Dr. Oz, co-author of the best-selling book series “YOU” and TV host of the Dr. Oz show, believes that Energy Medicines such as EFT are the future of medicine in the 21st Century. EFT uses our body’s meridian system. Think of this system in the same way as the electrical wiring in the walls of a building. Circuits of energy within the body have been used for 5000 years for physical healing in Chinese acupuncture medicine. When these circuits of energy are disrupted by trauma, negative thoughts or toxins, we experience physical and emotional distress. Using EFT, which is gentle finger tip tapping on certain acupuncture meridian end-points, clears the disruption restoring us to health and wholeness. Tapping speaks directly to our body, bypassing the conscious mind and returns our body to a state of balance. EFT is not designed to replace anything you are currently doing in your life. It is used in addition to such tools as good nutrition, yoga, exercise, chiropractic, naturopathic, medical care and other modalities and ways to enhance your life. There is a body of evidence for energy medicine and its positive effects on us, our cells and our DNA. The best way to convince people about the benefits of energy medicine is to give them a direct experience. Most are skeptical of energy medicine and only believe it works when they experience the techniques and personal transformation it brings. The good news is that you don’t have to believe it will work in order for it to work. You can remain completely skeptical and still have great results! EFT can help us gain freedom from our emotional tethers, creating a foundation for health, healing and vitality