

Emotional Freedom Techniques:

Emotional Freedom Techniques (EFT) is based on the ancient principles of the Chinese meridian system. The meridian tapping process gently balances the body's energy system, relieving psychological stress and physiological pain. EFT is safe and noninvasive. We all want to feel better, and EFT is an effective and efficient way to achieve this. Here's how it works: Negative emotional experiences disrupt the energy meridians that run through our bodies. The physical discomfort accompanying those experiences attach to our memories affecting the way we feel about ourselves and our world. Tapping sends signals directly to the stress centers of the mid-brain. It accesses the amygdala, an almond shaped part of the brain that initiates the body's negative reaction to fear, known as the fight or flight response. Clinical psychologists Dr. David Feinstein and Dr. Dawson Church, award winning author of *The Genie in Your Genes*, have confirmed through their landmark study that tapping on specific meridian points has a positive effect on cortisol levels, known as the stress hormone and helps to balance the activity of the parasympathetic and sympathetic regions of the brain, making it a powerful healing tool. EFT focuses on the emotional elements in the healing process by addressing unresolved personal issues that are causing emotional distress, physical problems, and limiting beliefs. EFT has been successfully applied to treat a wide range of emotional issues and physical problems.