

# Emotional Freedom Technique

## EFT - Emotional Freedom Technique

EFT is an impressive technique for eliminating emotional and physical problems by rebalancing the energy system of the body. EFT is a simple, rapid, respectful way of healing a wide variety of fears, memories, and emotional disturbances. Its effects often seem miraculous, even to those who are sceptical.

EFT has been described as "like acupuncture for emotions, without the needles." It is based on an understanding of energy meridians; emotional issues are healed by tapping on the end points of energy meridians to unblock energy flow in the body. This restoration of balance simply eliminates emotional problems, and many resulting physical difficulties or diseases.

"EFT is based on the discovery that imbalances in the body's energy system have profound effects on one's personal psychology. Correcting these imbalances, which is done by tapping on certain body locations, often leads to rapid remedies... People simply get beyond their emotional luggage, usually permanently, and go about their lives more effectively."

- Gary Craig, developer of the Emotional Freedom Technique