



Emotionally Freedom Techniques, EFT

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What is EFT - Emotional Freedom Techniques? Emotional Freedom Technique is a method of energy psychology. The EFT method of the American Gary Craig is a novel method to dissolve energetic blockages.

EFT assumes that the reason for any negative feeling is the interruption of energy flow of the body. This interruption is a blockage. The experience with EFT shows that negative emotions such as are not in the case of a traumatic memory, caused by the memory, but that the conscious thoughts and unconscious memories of a traumatic or stressful experience, which is still fear, panic, anger, rage, sadness, trigger, etc. in the body, energy blockages produce. These lead to negative emotional states, pain or malfunction of the body. The blockades are the real cause of the disorder. When EFT is not the lack or the symptom is "treated" special cause.

The treatment is a psychological version of acupuncture. A special sequence of energy points is tapped with the fingertips while the client is to be "problem" matches, so that a meridian balance is restored. With additional techniques from NLP and EMDR, the positive effect is anchored.

EFT help with? What to anyone who happens to be the process or other makes: An exemption from the automatic mechanism "negative thoughts or emotions" is through the resolution of the energy resolution to blockade of the symptom, while the client focuses on the problem. It is so simple and effective and can months of treatment or psychological counseling significantly shortened.

The results are usually permanent. The cause of the disorder is not important - it is enough to name them.

Anyone can learn this method and others, and executes itself. It belongs to the psychological medicine cabinet for all.

Applications of EFT EFT can be harmonized with generally made of energy flow and energy blockages are dissolved, associated with all the complaints:

physical symptoms, chronic pain conditions, accident trauma, phantom pain functional disorders of organs or body systems Stress Fears, phobias Inner blocks Obsessive-compulsive disorder (for example, bulimia) Psychosis Eating disorders Addictions of all kinds Depression Chronic Fatigue emotional trauma Post Traumatic Stress Disorder PTSD Blood pressure problems Allergies Asthma Migraine Hyperactivity Metabolic disorders Emotional conflicts such as:

Anger Rage Guilt Feelings of shame Jealousy Lovesickness Sadness Despair Disappointment Bodies and figure problems Suicide risk Other recurring experience: Power blocks (school, work, sports, creativity, musical range) Success of blockades (sports, business, sports, creativity, musical range) Failure Stagnation Failures Wrong decisions Doubt Procrastination (Procrastination) Indecisiveness Barriers to learning

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