

# **EFT: Emotional Freedom Technique**

EFT was developed by a man named Gary Craig. Gary Craig was a student of the famous psychologist Roger Callahan, who laid the foundation to this method through his Thought Field Therapy (TFT).

EFT is actually a simplified version of TFT. Gary devised it in such a way that anyone could learn it quickly and use it anywhere. It is based on the theory that all emotional and even physical problems are in fact an energy blockage in the subtle energy body (including the meridian system of ancient Chinese Traditional Medicine (see my other e-book available from <http://www.attractallyouwant.com/eft>).

Such an energy blockage is caused by emotional distress. This can be anything, from a traumatic event (even unconscious traumatic events – to some people their birth itself (which they obviously can't remember) was traumatic and stored in their energy body) to ongoing bullying during childhood, to being given the feeling to be small and insignificant.

Once this energetic blockage is removed, the stress attached to it is removed too, and the person has greater clarity concerning his or her emotional situation and can react in a healthy way.

As I have mentioned on my website (<http://www.attractallyouwant.com/eft>), emotional distress (and the energetic blockage that can follow from it) can manifest itself as physical disease (like allergies, intolerances, pains, stiffness, and even much worse conditions). This is acknowledged by the increasing popular conception of the mind-body connection. As such, physical problems can often be healed too by finding the underlying emotional content behind the physical symptoms and treating that. EFT is a method that is pre-eminently suitable for that.

EFT sometimes works so fast that the results are called "one-minute miracles", but this is not always the case, and persistence is often needed to find and treat multiple aspects of a particular problem. Even then, compared to traditional therapy, it can produce astoundingly rapid results. The procedure consists of tapping several times on the end points of various energy meridians on the head, chest and hands, while thinking about one's specific problem. The process is very simple and I will teach you more about it on my site. The tapping points are depicted in the picture on the next page.

# Tapping Points

