

EFT / EMOTIONAL FREEDOM TECHNIQUE

Back in 1994, Gary Craig - a Stanford engineer, conceived a method based on acupuncture meridians. It is referred to as "EFT" (Emotional Freedom Technique) or "tapping". There are no needles involved as you will use the tip of your fingers to tap on specific spots located on your face, torso and hands.

This method is useful to treat all negatives emotions such as: sadness, fear, phobia, anxiety, guilt, shame, anger, disgust, etc... EFT helps to ease pain, to loose weight, to overcome lack of confidence, self-sabotaging, low self-esteem, to support smoking-cessation... EFT is a wonderful and efficient tool to be emotionally free from negative beliefs and limiting thoughts.

Once learned, you will literally have this tool at your fingertips for the rest of your life! This technique aims directly the negative emotions you may nourish either consciously and/or unconsciously. Whatever happens in your life stimulates your brain. An event, real or imagined, always turns on the hypothalamus who acts as a Conductor giving order to others organs and glands in your body to release a flow of hormones. On the long run, those biochemicals released by negative emotion stimuli have a deleterious effect on your body leading to biochemical addictions.

EFT speaks directly to your body, bypassing the conscious mind, and completes the processing of chemicals out of the cell receptors, returning your body to a state of balance. And since we are speaking directly to your body and not your mind, you don't have to believe it will work in order for it to work. You can remain completely sceptical and still get great results! I welcome scepticism, because the most sceptical you are the biggest advocate you become in the end!

Another advantage with EFT is that, after our first meeting in person, we do the next sessions via Skype.