



Hello and Welcome!

My name is **Shalini Joshi Yamdagni** and I am an International Physical and Emotional Pain Relief Expert and a #1 best-selling author.

In 2007 my life had come to a standstill because of chronic pain.

Nothing I tried worked for me: medications, physiotherapy, ultrasound therapy, hot packs, neck support, rib belt, acupuncture etc. Instead, my pain got worse until one day I was asked to quit my job and be on bed-rest indefinitely. It was told to undergo surgery as a last option but was also told there was NO GUARANTEE that the pain would go away.

It was a very depressing time. My two children were only 5 and 6 years old back then. Feeling frustrated, angry, helpless, hopeless, **I thought I was stuck with this pain for the rest of my life!**

Fortunately, I happened to **bump into a tool that I was told might help with easing my pain.** As I began using this tool, I instantly noticed reductions in my pain levels. **As I deepened my learning of this tool and applied it diligently for over a month, my pain was gone completely, never to come back again!**

I was free from my pain & disease (Costochondritis).

The magical tool that I discovered was EFT: Emotional Freedom Techniques, also known as the “Tapping” technique.

It is an easy to do self help technique that is used to clear emotional disturbances or emotional stresses and conflicts stored in the body.

EFT, or “Tapping” is an “emotional” version of acupuncture. In acupuncture, it is believed that there are energy pathways in our body called “the meridians”. In order to maintain optimum health, our energy needs to flow freely through these “meridians”. However as we encounter all kinds of stresses in our lives, right from when we are children, these stresses build up and create disturbances within and block our energy from flowing freely.

EFT Works by Clearing the Energy Disturbances.

In EFT we apply gentle pressure with our fingertips on the end points of the meridians (or we ‘tap’ on the energy end points) while we tune in to specific bothersome thoughts, emotions, memories or physical discomforts. This “tapping” sends a vibration along the energy pathways, which in turn clears the energy blockages within and brings us back into balance and we experience wellbeing again.

Since healing myself completely, I have successfully helped thousand others. You may want to visit the [‘success stories’](#) tab on my website to see how others have been impacted using this tool.

If you would like to explore this technique for yourself, go ahead and watch the videos on this page to learn where are the “tapping points” on your body and the tapping process.

You can also begin to **experience instant shifts in your pain levels by following along with the “Tap Your Pain Away” video**. Simply follow along the instructions on the video.

Finally, I want to congratulate you! Bravo to you for being open to exploring something different to help yourself!

If you would like further support you may want to check out the [Self Study Path](#), or explore the fast-track [Mentorship Path](#) for experiencing quick and lasting results!

I wish you success in your journey to wellness and peace!

Thank you!

Shalini