



A Brief look at

Emotional Freedom Techniques

Emotional Freedom Techniques, also known as the “Tapping” technique, 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”. When the energy in the pathways is flowing well, we experience wellbeing. When there is disturbance in the energy flow, the pathways are constricted and we experience an imbalance which if not cleared, results in state of dis-ease -physical, emotional, mental, spiritual.

Unlike acupuncture, EFT does not use needles to stimulate the energy meridians. **Instead, fingertips are used to tap on acupuncture points to stimulate the meridians to clear the disturbance in the body’s energy system.**

In order to maintain optimum health, our energy needs to flow freely. However life happens and most of us experience some form of stress or trauma that block our energy from flowing freely.

EFT Works by Clearing the Energy Disturbances

EFT works by applying gentle pressure or ‘tapping’ to the end points of the meridians while we tune in to specific negative thoughts, emotions, memories or physical discomforts. This tapping sends a vibration along the pathways, which in turn clears the blockage and brings us back into balance. As we tap, we also address or name the problem or “issue”, which guides the system to the specific issue we wish to treat.

To learn the tapping points and tapping techniques, please watch the videos.

My EFT Journey

**(from being bedridden with chronic pain
to magical pain-free living)**

My journey to healing and personal peace began around mid 2007 when I was experiencing a lot of stress at work, at home and in my relationships. Soon I had been **diagnosed with a physical ailment: Costochondritis**. After months of

medications, physiotherapy, ultrasound therapy, X rays and acupuncture, I didn't find the relief I was looking for. Instead, I found myself out of my job and confined to bed rest with a rib belt and neck support to reduce my pain. Frustrated that I would be stuck with this pain forever, and desperate to bring normalcy back to my life again so I could be a regular mom to my two young children, I started searching for other ways to heal myself.

After a recommendation from someone about trying EFT for my pain, I "googled" to see what EFT was all about. I came across the then one and only official website learning EFT: www.emofree.com, and downloaded their free online manual.

As I began applying the **Basic EFT technique** by myself, I instantly noticed reductions in my pain levels. However, the pain relief was temporary; the pain would re-appear later. Nevertheless, I was thrilled to be able to "manage" my pain levels naturally, being sick of taking drugs and yet go no relief. As I deepened my learning of EFT from the more advanced EFT Tapping techniques, and began applying these different EFT Techniques clearing out old deeply buried hurts, pains, emotional conflicts day in day out, I noticed significant reduction in my pain levels. **After applying them for about over a month**, one day I noted feeling NO PAIN AT ALL. I thought it would come back the next

day, the day after, but it was ALL gone never to come back EVER again!

Amazingly, letting go of all the old hurts, angers, resentments etc. the emotional conflicts deep within that don't come to mind naturally, I seemed to have healed not just my body but also my life. I felt like a whole new me was born again. I noted feeling happier, more at peace in my day-to-day life. I felt alive, energized. I felt a sense of clarity and confidence I had never experienced before. Life started working FOR me!

It's been almost a decade now healing myself and healing almost a thousand others along the way. Clearing emotional dust and debris is a diligent daily practice for me now in order to keep my life in balance in all areas. With a happier, calmer, clearer, and more positive INNER LANDSCAPE, everything in my life feels easier, smoother, and magical. I live a life I always dreamed of- a life full of passion and purpose with the freedom to do what I want and when I want.

For more experiences of others with EFT, go to the [‘success stories’](#) tab on my website.