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For a Healthy Body, Mind and Soul

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Volume II Fifth Edition

MAY 2013 MONTHLY NEWSLETTER

FREE



LEARN EFT AND SET YOURSELF FREE!

By Sharon Jackson, Ph.D

EFT stands for "Emotional Freedom Technique" EFT was introduced in the mid 1990's by a Stanford Engineer named Gary Craig. EFT is a finger tapping technique that's relatively simple to execute, yet delivers extremely effective results. Painful emotional memories are known to be entrained deeply into nerve channels through neural plasticity. How can such impulses be permanently suppressed through mere tapping? In Gary Craig's explanation, negative emotions are linked to a disruption in the body's energy system. According to him, tapping balances electricity in the meridians of the body by sending healing pulses. The presence of such meridians is assumed in traditional Chinese medical theories. The ideas behind EFT have existed for thousands of years. EFT is based on the subtle energy system of acupuncture meridians discovered by the Chinese over 5,000 years ago.

According to Gary Craig, "The cause of all negative emotions is a disruption in the body's energy system."

The acupuncture meridians act like energy circuits conducting currents of energy. If these circuits are disrupted, emotional and physical discomfort is experienced.

Think of energy disruption like a TV with a short in a wire. The effect of this short is a ZZZZT (as described by Gary Craig) on the image seen on TV. The impaired flow of electricity causes the problems with the TV image.



When the flow of energy is disrupted in people, some parts of the body experience a shortage of energy and others too much.

The physical EFT tapping with the tips of the fingers on acupuncture points on the face and body clears this ZZZZT.

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By Angela Treat Lyon. Why would you want to change your mind? What does 'reclaim your energy mean? Well, imagine having the fullest life possible, with all the bells and whistles. That's what that means! Do you doubt that's possible? Does that little voice in your head say, "yeah right?" Take heart. Using EFT, you can make it happen. You can be among the thousands of people world-wide who've gotten themselves free from all kinds of pain and upset. When

you learn and use EFT on a regular basis, you can improve your life more and more every single day. My clients, students and I have all made fast, easy and dynamic changes in our lives since we started and kept using EFT—radical, real, positive and lasting. Once you make the dynamic decision to change your own mind—about your beliefs, ideas, values, emotions—how you want your life to be and what you'll do to get it that way— I'm sure that you will, too. Welcome to the Emotional Freedom Techniques. Start today to create a better life for yourself. Change your mind! If we can do it, why can't you? You very well can!

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Change
Your Mind!
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the Emotional Freedom Techniques

The Shorty Version:
Illustrated EFT Tapping Spots

by Angela Treat Lyon, EFT C-C

Relieve Pain, fear, illness and anger!
Easily create joy,
health, freedom and success!

Continued... LEARN TO USE EFT AND SET YOURSELF FREE!

BY SHARON JACKSON, Ph.D

In this way the energy traveling through these channels is balanced and flows freely throughout the body.

How does EFT work with respect to the tapping points?

These points correspond to acupuncture points on our major meridians. Our finger tips contain points where the three main energy channels (Central, Right Main, and Left Main Channels) meet. According to Taoist Chi Gung Theory, these three main channels come into existence first while still in the womb. Then they create the other acupuncture meridians. The Central and Right Main Channels flow through the right EFT "sore spot" (a point about 3 inches to either side of the thymus gland, where lymphatic congestion occurs) and the right hand karate chop point. These two points can be used interchangeably during the "Set-up" part of EFT. The Central and Left Main Channels flow through the left EFT "sore spot" and the left hand karate chop point.

How does EFT work at the emotional level?

Our energy meridians form the transportation system that carries energy, or information to its destination. They are information highways. Every day we absorb huge amounts of information. Everywhere we go we collect impressions of our environment, of other people, or of our experiences, just to name a few. We are even subconsciously receiving information from our body's inner workings such as temperature, sugar balance, and PH levels.

How does EFT work to clear traumas and disruptions in our meridians and acupuncture points?

When we experience an overwhelming situation, an intense surge of energy in the form of thoughts, emotions, and physical sensations surges through us. The energy meridians and acupuncture points do their best to transport and hold the excess energy generated.

Sometimes, this creates an overload to our energy system and causes it to "crash" the way a power surge or too much information can cause a computer to crash. EFT comes in to help release the burden of this excess charge trapped in the memory of the trauma with the tapping techniques. During the EFT tapping, emotions are given attention and acknowledgement and gradually released, until the excess energy is cleared helping to restore balance in our energy system.

Another way to understand energy disruption or blockages is to think of a river with many tributaries. If there is pollution or small avalanches that wash debris into the water, the current can continue to flow and carry it away. But, if it continually gets washed in there, or if there is a massive avalanche (trauma)--the current won't be able to keep up.



Over time stagnation can occur or debris can settle, blocking the water flow. Water backs up in some areas (excess energy) and some areas don't get water at all (energy deficiency). This is equivalent to continual stress accumulating over time or dramatic unresolved emotional trauma hitting us. If these blockages are strong enough, they may even reverse our energy, so that we feel like we are working against ourselves. This is why EFT is so effective. EFT is like a "reset" button restoring homeostasis within!



EFT™ TAPPING PROCEDURE (The Basic Recipe)

#1...The Setup
 1) Repeat 15 times
 2) Even though I have this problem,
 I deeply & unconditionally accept myself.
 3) While continuously holding the "Setup" statement, tapping the "Karate Chop" point.

The Sore Spot! Karate Chop Point

#2...The Sequence
 Tap about 35 times on each point.

#3...The 9 Gamut

#4...Repeat (#2) The Sequence

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EFT CAN HELP WITH:

Pain - Serious Illness - Trauma & PTSD - Accident Recovery - Fears and Phobias (Dental, Heights, Success, etc.) - Allergies (Dust, Pollen, Bees, etc.) - Stress and Anxiety - Career and Work - Grief and Loss - Emotional Eating - Self-Esteem - Sexual Issues - Blocks to Peak Performance (Singing, Acting, Writing, Being Creative, etc.) - Body Image and transformation - Animal behavior and wellness - ADD & ADHD - Anger - Behavior - Moods - Bereavement (loss, grief, sadness, etc.) - Sleeping Difficulties - Worries - Depression - Smoking Cessation - Addictions - Abuse - Weight Loss - Goals - Abundance Issues - Dyslexia - Chronic Fatigue - Fibromyalgia - Chronic Illness - AND SO MUCH MORE!

*Information found in this newsletter is for advocational purpose only and does not replace the advice of a doctor. If you need medical attention, please consult with your physician.

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