

## WHAT IS (EFT) EMOTIONAL FREEDOM TECHNIQUES?

Emotional Freedom Techniques, or EFT, are psychological acupuncture techniques that many doctors healthcare and well being professionals use in their practice to optimise emotional health. Professionals that include Candace Pert, Bruce Lipton, Debbie Ford, Dr. Phill Mollon and many many more. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, it is more difficult to achieve your body's ideal healing and immune protective powers if stress or emotional barriers stand in your way.

**EFT is very easy to learn, and will help you:**

- Transform Negative Emotions
- Reduce Food Cravings
- Reduce Pain
- Heal Trauma
- Manage Stress effortlessly
- Implement Positive Goals
- Detach from Limitations
- Develop Self Confidence
- Cultivate Freedom and Joy and more



EFT is a form of psychological acupuncture, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations.

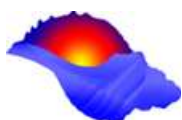
This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bio energy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

Some people are initially wary of these principles that EFT is based on - the electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology.

*"More than any traditional or alternative method I have used or researched, EFT works. I have witnessed the results in my clients & myself having decided to use EFT since 1999. The pioneer of EFT, Gary Craig, has seen similar outstanding results since developing EFT over 2 decades ago (see the website [www.eftuniverse.com](http://www.eftuniverse.com) for 100's of anecdotal EFT success stories). Indeed, because of its very high rate of success, the use of EFT has spread rapidly, and practitioners employing EFT can now be found in every corner of the country and world."*

## THE EVIDENCE FOR EFT AND ENERGY THERAPY

Positive emotions have a positive effect on our cells and internal make-up. Evidence for energy medicine like EFT is based on ground-breaking work from Dr Candace Pert and Dr Deepak Chopra.



Research has shown that when we suppress our emotions, our DNA mutates and these mutations can then lead to disease.

Conversely, when we welcome and free our negative emotions, our body, mind and spirit naturally heal on its own accord. Emotional healing using techniques like EFT can help us to gain freedom from our emotions, creating a foundation for health, healing and vitality.

**Dr Candace Pert**, Research Professor at Georgetown University School of Medicine Washington DC, demonstrated that the mind is not confined to the brain. Instead, the mind is a "flow of information" moving between all cells, organs and systems of the body. This in turn implies the body is not separate from the mind – rather, the body is the mind.

Furthermore, research has shown that within the body is a class of tiny proteins called **neuropeptides**, which are responsible for our emotions. These neuropeptides are found within the body and the nervous system where they regulate our mood, behaviour and our health. In other words, emotions and neuropeptides influence the bodymind and are critical to our health, vitality and well being.

A study conducted by the **Heartmath Institute** ([www.heartmath.org](http://www.heartmath.org)) demonstrated that when study participants evoked strong positive emotions like love and appreciation, their DNA unwound and increased in length. When these same individuals experienced strong negative emotions, their DNA became shorter. In some cases their DNA codes were terminated. Interestingly, this process was reversed when the individuals switched back to experiencing strong positive emotions. This shows that as our emotions change, so does our DNA.

**Dr Bruce Lipton**, author of "the Biology of Belief" expounded on this concept of changing our DNA with our emotions. In his book he described the process by which we can change our DNA and hence cells. In conclusion, by changing our beliefs, we can change our genetic make-up and live the life we want.

### **Energy treatment VS CBT**

Dr Feinstein conducted a study over a 5.5 year period with 500 patients with anxiety disorders ([www.energypsychologyinteractive.com](http://www.energypsychologyinteractive.com)). The study compared an energy treatment that used acupuncture points with cognitive behaviour therapy (CBT). After the study, Dr Feinstein's team concluded that the acupuncture point treatment was more effective than CBT in improving the patients' condition as well as demonstrating remission of symptoms.

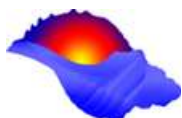
### **Use of EFT on phobias**

Steve Wells published a controlled study in 2003 in the Journal of Clinical Psychology on the use of EFT on phobias. The study participants had been clinically diagnosed as having phobias to small animals such as bats, spiders, rats and snakes. The participants received one 30 minute explanation of EFT and one session. After the session, all subjects experienced a dramatic drop in fear which was measured by questionnaires, pulse rate and walking towards the animal they feared. The study also found that after 6 months the subjects had a much lower phobia reaction to the animal they feared.

### **References**

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Pert, C (1999) Molecules of Emotion. Simon & Schuster Ltd  
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What The Bleep Do We Know? 2005 DVD

LIBERATING TOUCH® – THE NEXT GENERATION

## WHAT IS LIBERATING TOUCH®?



LiberatingTouch, is a combination of Ancient wisdom, common sense, the energy healing methods practised by ancient cultures (for eg. Yoga, Traditional Chinese Medicine, Jin Shin Jyutsu, Ayurveda) as well as the methods of transformative inquiry developed by the ancient mystics and philosophers. Many ancient cultures and shamanic traditions believe that we all have an “energy body” and that energy flows through this body as rivers of vital life force. They believed that when this energy flow is out of balance we experience illness, suffering, pain. By combining this understanding of energy with self inquiry, self investigation and self knowledge we can heal the mind and illuminate the immense power of the Heart.

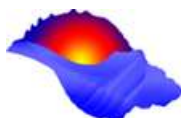
LiberatingTouch is an art that can help anyone to progressively step into their Truth and discover their innate power to heal themselves in all areas of life, to discover the inborn happiness and to realise the magnificence of the SELF.

LiberatingTouch is a dynamic heart centred process that incorporates EFT (Emotional Freedom Techniques), Jin Shin Jyutsu, common sense, explorations in subtle energy, investigations into the way the mind stores suffering and the Transformative Power of Love. LiberatingTouch is a way of undoing suffering, confusion, judgement, pain, fear, lack of confidence, trauma, and the many wounds of the mind so that you can experience and share Truth, Love, Joy, Beauty, Enthusiasm, Compassion and Peace. It has been described as the practical path of Love & Truth (LT).

Quite simply LiberatingTouch entails connecting to the wisdom within you, using that to tune into whatever is creating disharmony or distress in your life, getting to the core of it through awareness and inquiry while at the same time stimulating various locations on the face, chest and fingers thus balancing the body’s energetic field and healing mental and emotional resistance, blocks and suffering. LiberatingTouch has the components of Connecting to the Higher Self, Touch with Awareness, Breath Awareness, Meditative Inquiry, Intuitive Listening, Story Telling, Understanding Dreams and Metaphors, Sketching, Music, Movement, Creative Visualisation, Eastern Philosophy, and experiential knowledge of the forces that shape us.

## THE HOW TO OF LIBERATING TOUCH®

With LiberatingTouch there is no basic recipe. There is no one size fits all protocol or sequence. The 4 tenets (outlined below) and their practical applications once absorbed are the keys to LiberatingTouch. LiberatingTouch is not a mechanical process; it is an art, so there are no guarantees, no fixed outcomes, and no set rules. You may need to persevere before you



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notice changes. To help you familiarise yourself with Liberating Touch's 4 tenets and to integrate them into your life we have put together several sequences that make it easy for you to experience LiberatingTouch. In our free online introductory guide we outline popular sequences and a 28 day Process that you can experiment with. This will give you an experience of LiberatingTouch, profound insights into your personal journey, and most importantly a glimpse into the alchemy of Love and Truth which is at the heart of LiberatingTouch. If you would like to explore this further do join one of the LiberatingTouch workshops.

In its simplest form LiberatingTouch is about holding the Energy Balancing Locations, noticing the breath, while having a conversation with the part of us that is experiencing pain or disharmony and asking for solutions, clarity and healing from the Higher Self, rediscovering our power and aligning ourselves with Source (Omnipotent, Omnipresent, Omniscience).

### **The 4 main Tenets of LiberatingTouch®**

#### **1. Truth**

Connecting to SELF (The Absolute Truth, Love, Cosmic Consciousness, Higher Self) and acknowledging our innate divinity and wisdom.

#### **2. Responsibility to SELF and others**

Meditative Inquiry, Unconditional Listening, investigating and understanding the mind (the cause of ALL suffering and separation). Through intuitive understanding liberate the mind from fear, attachment and negative emotions.

#### **3. Peace**

Awakening Awareness with the Breath and the Hands. Dialoguing with the mind-body through the 5 sensory organs. BEing the Constant Integrated Awareness. KNOW (heal) Myself.

#### **4. Love**

Illuminating the Heart and meeting ALL of suffering with Love and Compassion. Apply the power of Forgiveness, Gratitude and Surrender.

### **The 4 tenets are discussed in detail in the 8 day the Art of LiberatingTouch Seminar**

*"LiberatingTouch can be used to reclaim your power (energy) so you are free to grow, heal and live with integrity. If everything is energy then we can say that trauma, anger, love, money are all expressions of energy. With LiberatingTouch we un-create negative conditions, freeing the trapped energy from the mind, unrequited desires, suffering, memories of pain, and illuminate the immense power of the Heart. With LiberatingTouch we learn that the secret to happiness is detachment, and Love is the secret underlying all healing. We invite you to discover your power."*

### **The 4 Truths (the value and gift) of LiberatingTouch are:**

1. All Wisdom (Truth) is inside you
2. This knowledge (Wisdom) can be accessed using inquiry, your breath, hands, and nature's wisdom
3. Once you experience Wisdom (Truth), you can use the knowledge this brings to create harmony and balance in health, wealth, relationship and self expressive (ALL) areas of your life.
4. The purpose of Wisdom is to SELF realise (become conscious of the innate divinity) and to reveal the omnipresence, omniscience and omnipotence of LOVE and TRUTH

*"Self-realization is the sweetest thing. It shows us we're fully responsible for ourselves, & that is where we find freedom." - Byron Katie*

