



N.O.W's
the time for change

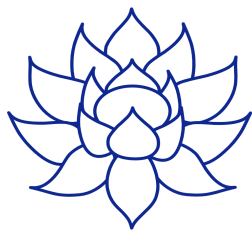


Emotional freedom tapping (EFT) technique is an evidence based self help therapeutic technique to clear limiting beliefs and low frequency emotions. It is an alternative technique that works to reduce the effects of stress, anger, fear and overwhelm. It also works to diminish limiting beliefs.

The beneficial effects of EFT are numerous and promote a self healing process that can soothe and heal fear and anxieties, promoting feelings of safety, calmness and an overall well-being. It improves immunity against illnesses, creates balance to the human body's systems and clears any blockages to promote flow of chi, the body's energy. Chronic disease patients may benefit from an holistic health care approach with research promoting the physiological improvements that occur after EFT experience; "many emotions" can emerge and "tapping on the physical" for pain perception and negative emotions that may increase the perceived intensity and limit the impact of physical pain.

Some health healing benefits that EFT positively influences, improves and changes

- Inflammation
- Immunity
- Stress
- Tension headaches
- Psoriasis
- Anxiety / Depression
- Other Behavioural and Mood disorders
- Confidence and Self Acceptance
- PTSD
- Trauma (emotionally and physically)
- Fertility
- Neurodegenerative disorders
- Eating disorders and Cravings
- Body weight and Metabolism
- Multiple Sclerosis
- Fibromyalgi
- Chronic diseases and pain
- Fatigue syndromes
- Sleep / Insomnia
- Energy



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How EFT works

EFT works by tapping on these meridian / energy points through which “life energy” is believed to flow in the body to release blockages. These specific pathways / points of energy or meridians help balance energy flow to maintain your health. Imbalance of energy flow can result in poor health, emotionally, mentally and physically.

Studies show that EFTs mechanisms of action is noticeably across the central nervous system (CNS), and can be measured by the heart rate variability (HRV) and heart coherence (HC); the circulatory system using resting heart rate (RHR) and blood pressure (BP); the endocrine system using cortisol, and the immune system using salivary immunoglobulin A (SigA).

A large body of research identifies associations between physiological and psychological symptoms and measures of health as well as medical diagnoses strongly correlated with anxiety and depression. Since its inception in 1995, EFT has been a manualised method, leading to uniform application research, training, and clinical practice. EFT is a brief intervention combining elements of exposure, cognitive therapy, and somatic stimulation of acupressure points on the face and body.



EFT Tapping Points



Please see below for guidance on some of the awareness and benefits of tapping on 8 of the meridian points.

8 MERIDIAN POINTS FOR TAPPING

> **Top of your head / centre** (*Hundred Meeting Points Meridian*)

Releases: Inner critic, lack of focus and overwhelm thinking

Allows: Insight, Intuition, Spiritual Connection, Focus, Wisdom and Clarity

> **Inside edge eyebrow** (*Bladder Meridian*)

Releases: Trauma, hurt, sadness, restlessness, impatience, frustration and dread

Allows: Inner peace and emotional healing

> **Side of eye** (*Gall Bladder Meridian*)

Releases: Rage, anger, resentment, fear of change, procrastination and confusion in thoughts

Allows: Clarity, compassion and understanding

> **Under eye (middle of your iris)** (*Stomach Meridian*)

Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment

Allows: Contentment, calmness, feeling safe and that all is well

> **Top lip (crease)** (*Governing Meridian*)

Releases: Embarrassment, shame, guilt, grief, fear of ridicule or failure, powerless and psychological reversals

Allows: Self-empowerment, self-acceptance and compassion

> **Under lip / chin crease** (*Central Meridian*)

Releases: Confusion, uncertainty, embarrassment, shame and second guessing decisions

Allows: Certainty, clarity, self-confidence and self-acceptance

> **Collar bone** (*Kidney / Adrenal Meridian*)

Releases: Psychological reversal, worry, indecision, feeling stuck and general stress

Allows: Ease in moving forward, confidence and clarity

> **Under arm / Bra line** (*Spleen Meridian*)

Releases: Guilt, obsessing, worry, hopelessness, insecurity and poor self esteem

Allows: Clarity, confidence, relaxation and compassion for self and others