

Tapping (Emotional Freedom Technique)

Based on impressive new discoveries regarding the body's subtle energies, Emotional Freedom Techniques (EFT) has proven successful in thousands of clinical cases. It applies to just about every emotional, health and performance issue you can name and it often works where nothing else will.

EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere.

This common sense approach draws its power from...

1. time-honoured Eastern discoveries that have been around for over 5,000 years and
2. Albert Einstein, who told us back in the 1920's that everything (including our bodies) is composed of energy.

These ideas have been largely ignored by Western Healing Practices and that is why EFT often works where nothing else will.