

Find the real you – with EFT!

by Certified EFT Life Coach Annie O'Grady

***'For any therapy...to produce such large results
in so small a time is almost mind-boggling.'***

Dr. Dawson Church, author of 'The Genie in Your Genes'

'Who do you think you are?' is such a meaningful question that its answer influences everything in our lives – our relationships, health, work choices, home.

If we don't like what's happening in any of the above areas, we need to re-think how we see ourselves...and somehow reinvent ourselves...

We may never have realised the full potential of who we really are. But now there are ways to do this, quite quickly, through the new healing aid called EFT (Emotional Freedom Technique).

Don't believe everything you think!

Because our thoughts about ourselves can change in the twinkling of an eye. This happens spontaneously, as we heal hidden pockets of uncomfortable emotions that we may have harbored for years.

Suddenly we see startling new views of who or how we *really* are.

Big emotional change

Such change happened in my consulting room for a woman who had grieved for years over the loss of a family member. She said adamantly, 'I'm going to be sad about him for the rest of my life.' She saw herself trudging through all the years ahead burdened by grief.

She was there to try the self-help acupuncture technique, EFT. This is the most accessible of the meridian-based Energy Psychology Therapies that are daily raising healing to new levels around the world. After we tapped two rounds of the short EFT procedure, she said in astonishment, 'I'm not sad! What happened?'

In one of my EFT workshops a woman described herself as an angry person. She'd been particularly angry about her husband for a long time, because he would not change.

We tapped on her extreme anger. As the technique rebalanced her subtle energy system, within two minutes she conceded, 'Well, perhaps he's not so bad after all.' We tapped until her anger vanished.

She was shocked at her sudden new truth. She sat back wondering how her improved self would deal with the marital problem -- if it still existed.

Physical change follows

Both women obviously let go suddenly of stresses they'd carried for a long time. And they also experienced sudden new truths in their bodies. Not only relief – but also, probably unrecognised by them, healing physiological changes.

They were actually refiguring their bodies through these changes.

Mind-body links are now entering the full glare of scientific scrutiny. We're learning the mechanics of exactly how emotional (and spiritual) relief brings physical health, as EFT demonstrates with often stunning results.

(See www.EFTemotionalhealing.com , also click the link to www.eftuniverse.com)

Our bodies change measurably as we change our thinking and our feelings, say modern scientists. For better or for worse -- biochemically, electro-magnetically, even *genetically*.

Dr. Dawson Church, author of the book *The Genie in Your Genes*, explains that the new science of epigenetics has made obsolete the generally accepted idea that genes don't change.

At least 100 of the genes cradled in each of the 30 trillion cells of the average body are constantly switching on or off, some every second – simply triggered by our thoughts, emotions, and experiences!

Toxic emotions

'If we hold on to resentments and emotionally painful thoughts for extended periods of time,' says Dr. Church, 'the very biochemicals that are meant to save us during an emergency – our stress hormones – become toxins.'

'If we quickly release our stress...we restore the normal cellular operations vital to longevity as well as health.'

Dr. Church quotes a change in live red blood cells recorded on a dark-field electron microscope, where a patient reversed undesirable clumping of her red blood corpuscles through a few minutes of EFT tapping with intention.

'Reversing red blood cell clumping usually takes months of (medical) treatment, if it can be accomplished at all,' he writes. 'For any therapy ... to produce such large results in so small a time is almost mind-boggling.

'And these techniques are at the cutting edge of science, as experimental evidence stacks up to provide objective demonstration of their effectiveness.'

Maybe finding the real you is now in your own hands.



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