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TAPPING – a pain-free family lifestyle?

by Annie O'Grady, Certified EFT Life Coach

Would you like a self-help technique to enable everyone in the family to quickly overcome their personal obstacles?

Sounds like a pipedream? Think again.

EFT (Emotional Freedom Techniques) is a revolutionary self-help tapping technique.

Just about anyone can do it. EFT is easy to learn, and it often works fast.

It's based on acupuncture principles for balancing your meridian energy circuits, using tapping instead of needles -- but its effectiveness is far wider than acupuncture's realm.

Amazingly, people around the world have a high success rate in applying it to help relieve a vast range of personal difficulties: emotional, physical and performance challenges.

So -- in a typical EFT family day...

OVERWHELM Mum wakes up feeling overwhelmed by the day's tasks ahead. She takes a few minutes to quickly fingertap on a series of acupuncture points, over and over. Refreshed, she gets started.

TENSIONS Dad drives off to work feeling tense about conflicts he'll face in a meeting. He briefly stops the car while he taps away these tensions using a few specific words. Now his mind is clear, and he resumes his journey excited by opportunities that the meeting will present.

'I CAN'T DO IT' Their young son is reluctant to go to school because of a maths test. Over breakfast Mum discovers he thinks he can't do maths because he couldn't do his homework. They spend a few minutes tapping away his test anxiety. He happily rushes to get his schoolbag.

HEADACHE Teenage daughter has a headache. She doesn't want to join in this new family hobby, but she doesn't want this pain either. In the bathroom she tries out the tapping routine. Soon her headache has gone. She's impressed but wouldn't admit it.

ANGER Gran is upset about a quarrel with a neighbour. Mum shows her how to tap away her anger in minutes, so that she can enjoy feeling calm about what happened – and this will nurture Gran's blood pressure.

Now that these family members know how to let go of uncomfortable feelings and sensations through the EFT tapping technique, they take it wherever they go through the day. Worldwide, many families now operate this way.

You can begin your EFT learning by obtaining my free e-booklet, 'How to Eliminate Stress for Yourself and Your Family' by emailing me at annie@EFTemotionalhealing.com

While more serious personal problems need more EFT skill and persistence, happier daily living is a great start!

Empowering EFT learning is available through a private consultation with an EFT practitioner, in EFT workshops, and online at www.eftuniverse.com .

EFT is the fastest-growing of the new Energy Psychology Therapies.

It was developed out of the energy medicine lineage pioneered by chiropractor Dr. George Goodheart and psychiatrist Dr. John Diamond.

Many thousands of documented cases demonstrate EFT founder Gary Craig's success in his aim to shorten the time taken for therapy from years and months to hours and minutes.

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She conducts EFT workshops, classes, demonstrations for the public, also for special interest groups (women's issues, health, business stress etc.) by request.

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