

Freeing energy

Sally Canning explains how emotional freedom technique can produce amazing results

With its roots in applied kinesiology and thought field therapy, emotional freedom technique (EFT) is one of several 'meridian energy therapies' that work with subtle energies circulating within the body. It is a simple, non-invasive technique that releases the underlying energy that causes negative emotions.

The originator, Gary Craig, developed this remarkable technique based on the discovery and principle that an upsetting experience or problem is associated with a disturbance in the body's energy system.

EFT is a form of psychological acupressure, working with the same energy meridians as acupuncture. However, where acupuncture uses needles to stimulate and unblock energy within the meridians, EFT uses a system of finger tapping.

The benefits of EFT

EFT has gained a well-deserved reputation for giving rapid, long-lasting relief from anxiety, stress, trauma of all descriptions, fear of flying, spiders, and heights, addictions, lack of self esteem/confidence, and a range of other human conditions. In my experience, EFT can also be used to control or remove physical pain, asthma and Menière's disease.

It will often work where all else has failed and many therapists, counsellors, trainers and health professionals claim that it has transformed the way they work.

Meridian therapies such as EFT are, without doubt, changing the face of 'talking' therapies today, not necessarily as a replacement but as a really effective, complementary treatment that often 'leapfrogs' people through their process.

For others who come to meridian therapies as a first resort, the effects are often staggering – removing fears, phobias, and disabling beliefs in a short space of time. It is not unusual to hear clients talk of life-changing experiences in a single sitting, which is quite an accomplishment, considering that the duration of an average session, including consultation, is usually about one hour and 20 minutes.

EFT is used by clients who are willing and able to express their feelings and emotions,



engulfing a person for years, thus allowing them to view the original incident with a calm, detached attitude of 'it happened, it's over and I'm OK', enabling them to move on, to experience life from a different, improved, often liberating perspective.

The EFT session

During the first session, clients are taught the technique for themselves, so that they become self-empowered and responsible for their own health and well-being.

Step 1: The client names the problem, clearly, directly and truthfully. For example: 'I've been in a real state because my mother forgot to send me a birthday card a couple of weeks ago and I am so hurt and angry.'

Step 2: The next step is for the client to decide how bad that problem feels right now, on a scale of one to 10.

‘Energy meridians run through the body and can be blocked or disrupted by emotional issues that compromise well-being and healing potential. EFT balances disturbed meridians and, done properly, emotional anguish and physical symptoms often subside’

but the beauty is that it may also be used confidentially. It is not strictly necessary for the person to share anything with the therapist. The whole process may be conducted inside the client's own mind while following the protocol, or by substituting keywords for the painful memories or incidents. The results are self-evident in the physiological responses and signals when a session is at a close, by which time the client is usually relieved and relaxed, even when more sessions are required.

EFT does not claim to work miracles by eradicating negative memories and issues. What EFT can do is remove the debilitating feelings of anguish, guilt, sorrow, anger, fear or resentment, which may have been

Step 3: The client decides upon a set-up statement, using their own words, about how they feel in the present moment. For example: 'Even though I am hurt and angry with my mother for not sending me a birthday card two weeks ago, I deeply and completely accept myself.'

The client repeats this statement out loud three times while rubbing the 'sore spot'.

The 'sore spot' is located on either side of the chest, where it would be typical to pin a brooch or medal. By gently feeling around this area, it will be possible to find a tender or slightly sore spot.

This spot is the master neurolymphatic point for the body, known as the K27 in traditional Chinese medicine (TCM). By