



Emotional Freedom Techniques

by Anne Combrinck

‘Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ... as it is for me.’ Eric Robins, MD

Emotional Freedom Techniques (EFT) is a simple manner of releasing emotions when progress of healing seems ‘stuck’. As the medical profession is now starting to acknowledge, many physical ailments originate in emotional issues.

The level of mind is where thoughts and feelings reside, and it is at this level that emotions may be stored, whether consciously or not. Some of these stored emotions are ‘good’ and when we remember them they give us feelings of pleasure. But some thoughts are not so good and recalling them gives us negative feelings. If they are really bad they may even get locked so deeply within the subconscious mind that we block them and do not remember them at all.

Some of our belief systems, set in place when we were very young, are also not good for us. An example of a good belief system that serves to protect us from harm is if you were told as a child not to touch the hot candle flame. Having an enquiring nature you put your finger into the flame, and ouch – it burnt! This memory combined with the emotion of pain became a belief that you should not touch the candle flame.

An example of a negative belief is when your grade 8 teacher told you in front of the class that your English was so bad you would never be able to write or communicate effectively. This thought with the emotion of shame also became a belief – and as a result you never write another essay or article effectively again. Until you are reversed from that original bad belief by someone praising you, another teacher telling you differently, or by some therapeutic releasing technique, this is lodged within the subconscious mind.

Emotions Cause Physical Problems

In a similar way certain physical ailments especially those that take a long time to heal or do not heal, may be caused by an emotional trauma locked into the body instead of (or simultaneously with) the mind. For example, say you slipped in front of a crowd of people, twisting your ankle. Embarrassed, you quickly look around to see how many people noticed

and walk off pretending to be fine. By the time you get home the ankle is swollen and throbbing. You put the ankle up, wrapped in ice and take a pain killer.

Thinking that it will get better with rest you take a few days off work and keep it elevated. Three months later the ankle is still painful and slightly swollen. The doctor says the sprain has healed well and cannot understand what the fuss is about.

Perhaps in this case the emotion, embarrassment, has become locked into the subconscious mind (because by now you have long forgotten how you felt at the time) and is not allowing the final stages of healing to take place in the ankle.

EFT features in the healing pattern of a physical problem by emotionally freeing the thought and emotion from the mind. Other physical problems that are effectively handled using EFT are allergies, blood pressure imbalances, weight loss, respiratory problems, women's issues and hormonal imbalances, headaches and other pains, as well as chronic illnesses such as fibromyalgia and MS. EFT is just as effective in treating emotional and psychological problems such as post-traumatic stress disorder, anger, addictions and cravings, eating disorders, anxiety, fears and phobias, depression and others.

What is EFT?

EFT is based on the theory that 'All negative emotions are caused by a disruption in the energy system of the body'. Therefore by correcting the energy field and creating harmony and balance in that level of being again, we release the negative emotion. This is done non-intrusively by bringing the thought and emotion into the mind and then using the fingers to tap on various acupuncture points throughout the body. The energy system then re-aligns itself in the proper way and the emotion no longer manifests. The person can think the original thought – in our example, embarrassment at the time of the fall – without any negative emotion attached to it. The procedure can be likened to 'emotional acupuncture without needles'.

The 14 main meridians (energy pathways) are treated in a quick and efficient manner in less than 3 minutes and this can be sufficient to treat a relatively straightforward problem, whether physical or emotional. Complex problems may take more rounds of tapping, and stubborn cases such as addictions and depression may need a few sessions with a practitioner and include 'homework' for the client to practice at home.

Origins and Applications of EFT

This simple healing method was developed in the early 1990s by Gary Craig, an American engineer. He had studied many healing modalities like reiki, kinesiology, TFT (Thought Field Therapy) and refined them to this technique, which is simple, fast and effective. It can be applied in most situations from minor upsets to major medical problems. Many psychiatrists, psychologists and nurses are incorporating EFT into their healing practices, and a number of medical doctors and many alternative health practitioners are using it.

It truly is a revolutionary healing method. As Gary Craig, the founder says, 'We are standing on the ground floor of a healing high-rise'.

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