

EFT- Emotional Freedom Techniques, often referred to as 039tapping039.



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-329041-z>



Spring is almost here treat yourself to some EFT and a new lease of life - put some spring in your step! EFT is earning a fast growing reputation for getting positive results in a wide range of problems and issues often when other approaches have not had much success. Indeed the founder of EFT Gary Craig states in his EFT manual that persistent use of EFT often works when nothing else will. I have observed this regularly both in work with my clients and working on myself. Furthermore many practitioners in the health profession worldwide have added EFT to their practice and in the UK the NHS is increasingly adopting EFT. The list of things that benefit from using EFT appear to be endless! A selection of problems that EFT addresses to name a few include:- Fears and phobias Panic attacks Stress and anxiety Low self esteem Lack of confidence Relationship difficulties Pain Eating disorders Trouble sleeping Chronic fatigue syndrome Menopausal problems Post traumatic stress disorder Procrastination Lack of motivation Blocks experienced by musicians artists and writers Sports and stage performance issues The fundamental principle in EFT is that the cause of all negative emotions is a disruption in the body's energy system. In simple terms you can feel the disturbance when one of your buttons are pushed. This disruption has an effect on the body's mental, emotional and physical state. EFT addresses and rebalances the energy disturbance by combining simple psychology with gentle tapping on specific meridian points. These points have been used in the ancient Chinese medicine systems for centuries for example in acupuncture. The whole EFT process can be likened to a factory default (reset) button restoring a person to how he or she was before the energy disruption arose. I have enormous respect and passion for EFT and always enjoy sharing its benefits with those who feel drawn to it. I am based at Element Health and Wellbeing (formerly Archway) at 148a Uckfield High Street, Uckfield, East

Sussex. If any of the above resonates with you please phone me Paul Keating on 01825 873132 01825 873132 to reveal my mobile number. To book a time click on the link below ;



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