



Emotional Freedom Technique.

With
Sue Hawkins
EFT Adv Cert.

Are you being held back by emotions that
are not serving you?

Is Life getting in the way of living?

*Whether it is anger, frustration, fear or
family problems, Emotional Freedom
Technique can help.*

EFT works on the Energy Channels, unblocking
them and releasing the trapped negative energy
causing the discomfort.

By tapping into the energy system while
being tuned into an emotional problem,
pain or painful memory, EFT can bring
about extraordinary healing.

Emotional Freedom Technique is
meridian based and works by tapping on
a series of points on the body that
correspond to Acupuncture points in the
Energy Meridian System.

True healing is holistic. It considers all of
the parts of the whole and deals with the
source of the problem rather than just
relieving symptoms.

EFT is simple, painless, quick and can
be self-administered. The meridian
system is the interface between the
energy field and the physical body.
Where there are blockages in the energy
field there are corresponding disruptions
in the flow through the meridian system.
The blockages are reflected in the mind
through thoughts and emotions and
eventually through the physical body.

The meridians are channels that transmit
energy upward and downward through
the body and each one is associated
with an organ system and also with a
specific emotional patterns
Together the meridians form a unified
energy system.

EFT sends energy through the meridians
covering the whole system by tapping a
series of points.

Based on impressive new discoveries
involving the body's subtle energies, EFT
has been proven clinically effective (over
80%) for Trauma, Abuse, Stress,
Anxiety, Fears, Phobias, Depression,
Grief, Addictive Cravings, Children's
Issues and hundreds of physical
symptoms including, headaches, body
pains and breathing difficulties.
(See: www.emofree.com)

- *EFT often works where nothing else
will.
 - *Is usually rapid, long lasting and gentle.
 - *No drugs or equipment involved.
 - *Is easily learned by anyone.
 - *Can be self applied.
 - *Sensitive issues needn't be disclosed to
achieve success.
- EFT can be the missing piece of the
healing puzzle....

About me;
After running a health store & natural
health centre, I trained in E.F.T. as I had
used it myself with fantastic results and
wanted others to have the opportunity to
benefit from it.

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