



Emotional Freedom Technique (EFT) and Children

Gaetana Tonti

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EFT, Emotional Freedom Technique, is an emotional healing technique which can relieve many physical, mental and emotional symptoms. One of the bases of EFT is the belief that ‘The cause of all negative emotions is a disruption in the body’s energy system’.

EFT is a meridian energy therapy which works by tapping with the fingertips on various body locations. These locations correspond to acupuncture points belonging to the main energy meridian identified in Traditional Chinese medicine. In addition to the tapping, the person needs to focus on the issue that is creating problem, so to engage on mental, emotional, physical and energetic levels. This tapping clears away emotional debris in the form of energetic blocks and balances energy meridians, thus releasing mental, emotional and physical negative issues. Usually, this result is lasting and most importantly the client’s awareness often changes in a healthy direction as a natural consequence of the healing. This helps the person to live a more relaxed life, be more confident, change limiting beliefs and clear health issues.

EFT is a mind-body healing technique as it combines the physical effects of the tapping on meridian points with the mental effects of focusing on the pain or problem at the same time. Emotional Freedom Technique is used for physical problems (eg. back pain, headaches, rheumatism, fibromyalgia), mental and emotional issues (depression, anxiety, panic attacks, negative emotions or thoughts, food cravings, addiction, fears and phobias, grief and loss, guilt, pain management, PTSD, self Image and many more. It is also an amazing tool to use with kids, as it teaches them how to deal with their emotions, not to fear them, to let them go, and to learn to express themselves; in this way they can get rid of limiting thoughts before they become cemented in their mind.

The origins of Emotional Freedom Technique (EFT) go back to over 5000 years ago, when in the Ancient Chinese Shaolin and Taoist monasteries the subtle energies and meridians that travel throughout the body were first mapped.

The Eastern healing arts of acupuncture, acupressure, shiatsu massage and reflexology are derived from these energy maps. Very important contributions to the development of EFT came from Dr George Goodheart, the founder of Applied Kinesiology and Dr Roger Callahan, the founder of Thought Field Therapy (TFT). In the early 90's one of Dr Callahan's students, Gary Craig, simplified the complicated TFT and made the process applicable for all mental, emotional and physical issues.

This book, which has the idea of being a small EFT manual, I describe the technique and ideas on how to work with emotions, physical pain, limiting beliefs, with special attention to children, The use of EFT in early age is a valuable tool for Young adults to empower them in their lives.

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