

What is EFT?

EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. It launches off the EFT Discovery Statement which says...

"The cause of all negative emotions is a disruption in the body's energy system."

And because our physical pains and diseases are so obviously connected with our emotions the following statement has also proven to be true...

"Our unresolved negative emotions are major contributors to most physical pains and diseases."

This common sense approach draws its power from (1) **time-honored Eastern discoveries that have been around for over 5,000 years** and (2) **Albert Einstein**, who told us back in the 1920's that everything, (including our bodies), is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why **EFT often works where nothing else will. Simply put, EFT is a form of acupuncture that does not use needles - the meridian energy points are tapped with finger tips.**