

Exploring Eft

Silvia Hartmann, Silvia Hartmann-Kent

Matrix Reimprinting using EFT Karl Dawson, 2010-08-02 For readers of The Tapping Solution: Discover the science behind Matrix Reimprinting—a revolutionary technique rooted in EFT tapping—to improve your health and wellbeing Matrix Reimprinting is a completely new personal development technique which dramatically improves health and wellbeing. It was developed from the popular self-help technique EFT (emotional freedom techniques), a meridian tapping therapy which has shown outstanding results with both physical and emotional issues. In this book you will learn: • The science behind this technique and why it works, including the latest information on the Matrix, the New Biology, the body-mind connection, and the physiology of stress and trauma • New protocols for working with trauma, relationships, addictions, phobias, allergies, birth, and the early years • New ways of accessing blocked memories • Considerations for working with long-term illness or serious disease Whether you are new to EFT or a seasoned practitioner, this book contains a wealth of resources that will enable you to rewrite your past and transform your future—and that of your family, friends, or clients.

Principles of EFT (Emotional Freedom Technique) Paul Millward, Lawrence Pagett, 2014-07-21 This is the definitive introductory guide to Emotional Freedom Techniques (EFT), a therapeutic psychological tool that draws on Chinese medicine and NLP (Neurolinguistic Programming) to remove blockages within the energy system. Traditional and modern approaches of EFT are explained alongside a comprehensive description of EnergyEFT, the most advanced and evolved form. Simple practical usages of EFT for stress reduction are included, with step-by-step instruction on how to use tapping to remove stress and energise yourself. There are case studies and practical examples demonstrating how EFT can relieve a wide range of negative emotional

conditions including anxiety, anger, depression, insomnia and migraines. The book also explores how EFT can improve and maximise positive emotional and spiritual functioning in terms of health and wealth transformation. The uses of EFT are numerous and this handbook is an ideal starting point for anyone interested in learning more about the positive impact EFT techniques can have on their wellbeing.

COMPLETE COURSE IN EFT THERAPY (EMOTIONAL RELEASE TECHNIQUE) Marcel Souza, The book starts with a foundational overview of EFT, delving into its origins and theoretical underpinnings. It explains how EFT combines principles from traditional Eastern acupuncture, neuro-linguistic programming, and modern psychological approaches to create a unique method for addressing emotional distress. The core concept of EFT is based on the idea that emotional issues are intertwined with the body's energy system, and by addressing these, one can achieve significant improvements in emotional and physical health. Each chapter methodically guides the reader through the various aspects of EFT. It includes detailed explanations of the tapping process, where readers are taught how to gently tap on specific meridian points on the body while focusing on emotional issues. This process is demonstrated through clear, step-by-step instructions and supported by diagrams and illustrations for easy understanding. The book also explores the application of EFT to a range of emotional and psychological issues such as anxiety, depression, trauma, stress, and phobias. Real-life case studies are presented, offering insights into how EFT has been effectively used in different scenarios, providing readers with practical examples of how to apply the techniques in various contexts. Moreover, Complete Course in EFT Therapy addresses advanced topics, including how to tailor EFT to individual needs, the use of affirmations in tapping routines, and ways to overcome common challenges encountered during the practice. The book

emphasizes the importance of a holistic approach, considering the interconnectedness of mind and body in emotional healing. For practitioners, the book offers guidance on integrating EFT into therapeutic practices, discussing ethical considerations and professional development. For those using EFT for personal growth, it includes self-assessment tools and strategies for maintaining emotional health. Concluding with a section on further resources and research, the Complete Course in EFT Therapy is a thorough, insightful guide, making it an invaluable asset for anyone interested in exploring and utilizing the power of Emotional Freedom Techniques for emotional and physical well-being.

Introducing Emotional Freedom Techniques Moran Christine, 2017-07-05 This title offers simple and effective techniques for emotional health and wellbeing. Emotional Freedom Techniques (EFT) is an energy therapy that is rapidly gaining recognition as a simple, yet very effective way to aid emotional and physical wellbeing. The techniques empower individuals to make their own changes in their thinking and feeling, by combining focus on an issue whilst tapping on the body's energy system. EFT provides highly flexible, easy-to-use and practical solutions for a huge range of emotional issues across all age groups. This book is a comprehensive information resource and 'how to' guide for health professionals and adults to introduce EFT into their day-to-day lives. It provides an extensive exploration of how EFT can be successfully applied to a wide range of social, emotional, behavioural and health issues. It includes case examples of phobias, fears, issues around behaviour, confidence, health issues, speech problems, depression, stress, anger, addictions, abuse, performance issues and managing pain. It offers an overview of some of the latest perspectives within neuroscience and physiology which reflect the changes that occur naturally when using EFT.

The Tapping Solution Nick Ortner, 2013-04-02 Nick Ortner, founder of the Tapping World

Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

The Science Behind Tapping Peta Stapleton, Ph.D., 2019-04-16 This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform

beliefs, and reprogram yourself for greater happiness and success. Commonly called tapping, EFT has been utilized by thousands people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

Emotional Freedom Technique For Dummies Helena Fone, 2010-12-29 A member of the Energy Therapies family - which includes, acupuncture, acupressure and shiatsu - Emotional Freedom Technique is a simple and increasingly popular self- development therapy used to treat a wide range of physical and emotional issues. Popularised by figures including Paul McKenna, EFT is based on the theory that negative emotions are caused by disturbances in the body's energy. Often referred to as acupuncture without needles, EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body's energy flow, restore balance and reprogram thought processes. This no-nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including, depression, fears,

phobias, anger, addictions, sleeplessness and pain. It's simple, safe, anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good. Includes information on: The path to emotional freedom - explaining EFT Understanding your emotions Basic EFT tapping routines Improving emotional health with EFT Practising EFT on yourself and others Helena Fone is a registered EFT practitioner and trainer and an advanced hypnotherapist. She has a diploma in advanced holistic hypnotherapy and practices CBT and NLP. Find out more about Helena at www.EFTRegister.com

The Hidden Secrets of Eft Carol Prentice, 2011-08-30 The Hidden Secrets of EFT is a daring and uncensored guide that reads as if it were written just for us. This comprehensive book explores how to use Emotional Freedom Technique (EFT) in our everyday lives. We are gently guided how to best use EFT to bring about change in areas we worry about most-like our relationships, money and health. Inside this special book, Carol Prentice helps us uncover the fundamentals of EFT as well as several advanced techniques (so we can master the EFT process in a straightforward way). Were you aware most of us suffer from low self-esteem? Follow the easy steps to sky-rocket yours and consequently affect every other area of your life. Living with constant fear and anxiety is debilitating. If you are feeling overwhelmed, frustrated or isolated you are not alone. Find out how to free yourself from fear and or anxiety for good. Are you in a toxic relationship without even realizing it? Now is the time to break away from damaging relationship patterns and improve your communication with those closest to you. You will also find out how to lose weight effortlessly. (You'll be relieved to discover excess fat has less to do with food than you may think.) Release the root emotional barriers so you can lose and enjoy your goal weight. For the first time 8 of the most common Addiction Myths are busted. Once you have identified and dissolved the root reasons you

started smoking you too will then be able to stop. Unfortunately most of us are still struggling with our money. Find out how to increase your financial abundance so you can bask in the prosperity you deserve. Often the process of affecting both subtle and dramatic lifestyle changes can see us losing ourselves. Discover the best way to integrate the new and improved you into your new identity. Sprinkled with real-life examples, this cleverly structured guide gives you all the practical steps so you can finally live life on your terms!

A Practical Guide to EFT Judy Byrne, 2014-05-01 EFT Founding Master Judy Byrne gives you practical advice on how to use Emotional Freedom Technique to improve your emotional well-being and change your life. In *Introducing EFT*, through the proven method of 'tapping' you will learn how to remove negative feelings, let go of the past, improve willpower and aim for a positive future. CLEAR AWAY NEGATIVE EMOTIONS and find inner peace CURB CRAVINGS and take back control of your life TAP INTO YOUR POTENTIAL and eradicate those nagging doubts

The Science Behind Tapping Peta Stapleton, 2022-01-04 *The Science Behind Tapping* offers readers a deeper understanding of Emotional Freedom Techniques—what it is, and how it can help with a host of issues. I loved reading this book because it provided answers to some of my own personal questions about the relationship between the mind and the body. -- Dr. Joe Dispenza, New York Times best-selling author of *You Are the Placebo* Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called tapping, EFT has been utilized by thousands of people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of

ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

The Heart & Soul of Eft and Beyond Phillip Mountrose, Jane Mountrose, 2005-07 EFT (the Emotional Freedom Techniques) has been called a modern miracle in healing. As growing numbers of people know, it works quickly and can be used on virtually any issue, and no previous training or experience is needed to succeed. Building on the Mountroses' popular paperback *Getting Thru to Your Emotions with EFT*, this e-book has hundreds of practical and transformational tips and strategies for using EFT and holistic healing for creating the life you truly desire. It is a kind of encyclopedia of knowledge in EFT and energy and spiritual healing, written in an easy-to-understand manner. Moreover, the tables and diagrams alone convey many wonderful ideas, methods, and approaches. --Philip Friedman, PhD, author of *Creating Well-Being* Included are 12 leading EFT Experts' proven tips and strategies for making EFT even easier and more effective in all aspects of your life. Here are highlights of what you will receive in this multi-purpose e-book: * Dozens of practical and transformational tips and strategies for EFT. You can put these into practice immediately, as well as be able to refer to them time and time again.* A pragmatic and spiritual approach to healing that addresses the body-mind-spirit. The Magic Question that can quickly

provide clarity when the tapping sequences are not working. * How to use Kinesiology (muscle testing) to pinpoint any issue. Recognize sabotaging beliefs that psychologically reverse you. *15 quick-reference charts and diagrams to make EFT and muscle testing easier and more understandable. * How to center yourself to increase healing and live life more fully. * The Holistic Process, a Mountrose Getting Thru Technique (GTT), which elegantly finds the deeper issues that EFT can then clear. * How to treat being switched, an energy imbalance that can create a tremendous barrier to healing. Included is information and charts on how to overcome fears of success and fears of getting well. * Knowing your chief defense pattern; application of this knowledge alone can transform and uplift your entire life. * Dealing with energy toxins, which can be behind any symptom or problem. * Three positive installations to greatly enhance EFT. Also find out a technique to create a dynamic future. * An in-depth analysis of the common missing ingredient in healing: forgiveness. Learn the exact misconceptions that hold people back. In addition to using EFT to forgive, included is a powerful easy-to-use forgiveness technique. * Dozens of transformational tips and insights on different key subjects from 12 leading EFT experts, and much, much more...

Clinical EFT Handbook Volume 2 Dawson Church, Stephanie Marohn, 2013-06-30 EFT (Emotional Freedom Techniques) is used by an estimated 10 million people worldwide. Yet a lack of standardization has led to a field in which dozens of forms of EFT, with varying degrees of fidelity to the original, can be found. This led to the establishment of Clinical EFT, the form of EFT taught in the original EFT Manual and associated materials, and validated in over 20 clinical trials. In this volume, the most noted scholars, researchers and clinicians in the field compile a definitive outline of the EFT protocol, as it is applied in medicine, psychiatry, psychotherapy, and life coaching. This volume covers • Integrative Medical Settings • Special Populations (such as Children, Veterans,

Addicts) • Sports and Business Performance • Innovations in EFT. These handbooks are essential reading for anyone wishing to understand EFT as validated in research, science, and best clinical practice.

Attachment Theory in Practice Susan M. Johnson, 2019 Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

The Tapping Solution for Pain Relief Nick Ortner, 2016-09-06 More than 100 million Americans deal with chronic pain every day. And if you're one of them, you've probably tried all the normal solutions: doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface—tapping to address the pain itself—and moves to the deeper issues that often affect pain. With easy-to-follow

tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as: •Creating personal boundaries •Dealing with toxic relationships •Clearing resistance to change •Understanding the power of a diagnosis •Working through anger There are many ways the brain and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

EFT for Meditation Charles B. Crenshaw, Jr., Carol E. Crenshaw, 2017-06-15 EFT for Meditation, by lifelong meditators and certified EFT practitioners Carol E. Crenshaw and Charles B. Crenshaw Jr., combines EFT (Emotional Freedom Techniques) tapping with meditation for the enhancement of both modalities. Those who meditate know that many obstacles to calming the mind and relaxing the body arise during meditation. EFT can help clear those obstacles by releasing doubts, fears, and emotional disturbances, enabling the meditator to gain the full body-mind-spirit benefits of meditation. Likewise, meditation facilitates the EFT process by bringing the contents of the unconscious to the surface, exposing the limiting beliefs and disturbing memories that are hindering one's living to one's full potential. Identifying such obstacles to full potential is integral to EFT, and meditation can speed the process. EFT for Meditation, unique among books on meditation or on EFT, has equal value for advanced meditators, beginning meditators, those with advanced EFT skills, and those learning or new to EFT. Hundreds of studies show the healing benefits of meditation and EFT when practiced alone. Combining both produces a powerfully transformative effect.

Eft Constellations Mary Llewellyn, 2018-02-26 I wrote EFT Constellations after becoming acutely aware of how much my clients desperately wanted to open their hearts to meaningful living. The pressures some of them felt on a daily basis meant they were often running on empty. Others said they needed to unplug and then reconnect to their inner wisdom of joy and wonder. The content of this book offers a clear path to explore many rich techniques. You will find simple yet life-changing energy psychology techniques and so much more. The reflection points will bring you confidence and healthy independence (Sasha Allenby). EFT Constellations will open your eyes to the real magic of energy medicine. Mary takes us on a journey to meet some of the pioneers in this field who have developed the modalities, which will help you connect with your true self. When you can be your true authentic self, that is when you come alive and are able to show up in the world as nature intended (James Gardner, author of *How to Heal from Trauma and PTSD: Your Ultimate Guide to Becoming the Person You Want to Be* and life coach at Live Your Greatness, www.liveyourgreatness.life). My therapy with Mary followed the methods in the book. Using a journal allowed me to become in control of my thoughts, as I began to understand how the inner chatter in my head worked. And it allowed me to start to balance the negative voices with positive, proactive ones. The EFT worked as a physical act of taking back control. By saying something out loud and with purpose, I could retrain myself to be strong minded. I was no longer victimized by my own thoughts or sabotaged by my past (Kay Leggott). This empowering read explores how mind and body connect and provides simple, practical, and effective strategies to remove blocks, treat pain, aid sleep, improve relaxation, and guides you toward enjoying a sense of achieving more balance, harmony, and purpose in your life. A must read for anyone who feels stuck and who wants to move forwards in life (Wendy Fry, author of *Find YOU, Find LOVE and Mothers and Daughters*)

Tapping Into Wellness Kathilyn Solomon, 2015-12-08 Imagine experiencing vibrant health, peace, abundance, and optimism every day. Tapping Into Wellness shares an innovative tool called Emotional Freedom Technique® (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles. EFT (also known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard™, showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you: Resolve chronic pain and illness, cravings, and addictions Overcome stress, anxiety, and phobias Activate your body's own natural healing system Gain relief from haunting memories and trauma Experience resilience, positive energy, and improved health Praise: "An excellent resource for you to tap into the rich treasure of your mind-body system and release your fears, resolve your past traumas, heal your sicknesses, and far more . . . This book is a fabulous and engaging read, and highly recommended."—Eric B. Robins, MD, mind-body healing expert and co-author of *Your Hands Can Heal You* "Tapping into Wellness is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life."—Brad Yates, author of *Freedom at Your Fingertips* and featured expert in *The Tapping Solution*

Eft Level 1 Comprehensive Training Resource Ann Adams, Karin Davidson, 2011-08 Emotional Freedom Techniques (EFT) is a collection of acupressure and mental-emotional focus techniques that address the mind-body connection. By tapping lightly or touching specific points on the body's energy pathways (called meridians) while focusing on an event of emotion, it is possible to clear reactions to past traumatic events, balance our perception of the past, relieve stress, and release

negative emotions--Page 4 of cover

The EFT Manual Dawson Church, 2017-06-01 This is a new and completely revised edition of the original manual for Emotional Freedom Techniques (EFT), one of the most successful psychology self-help techniques ever developed. Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety, depression, phobias, and PTSD, as well as physical problems like pain and stress. Author Dawson Church is the best-known researcher in the field, and this manual is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. Step by step, you will learn the evidence-based form of EFT used in those studies. You'll discover how you can identify the hidden roots of emotional problems, and how to alleviate them using EFTs Basic Recipe as well as advanced techniques. This book shows you how to use Clinical EFT for a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia, and guilt. With the healing keys of EFT, you'll be surprised at how many problems that hold you back can be quickly and easily relieved, opening up new possibilities for your life.

Adventures in EFT Silvia Hartmann, Silvia Hartmann-Kent, 2000 Learn and understand EFT with this practical and information packed manual that includes the A-Z of EFT applications and how to use this wonderful technique with a wide variety of problems. Treat yourself for sadness, anger, addictions, low self esteem and a whole lot more! The Essential Emotional Freedom Techniques EFT Training Manual by Silvia Hartmann (foreword by Gary Craig) For Self Help and experienced practitioners alike, *Adventures In EFT* contains literally hundreds of techniques, tips, suggestions and approaches to make the most of Gary Craig's outstanding EFT. Now in the 6th expanded and revised edition, this book is the essential field guide and reference companion for anyone using EFT in self help or with clients. Written by one of the most experienced EFT practitioners in the world,

Adventures In EFT includes A-Z of EFT applications; Using EFT with memories; Glossary of Terms and much more.

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