

What is Emotional Freedom Technique (Tapping)?

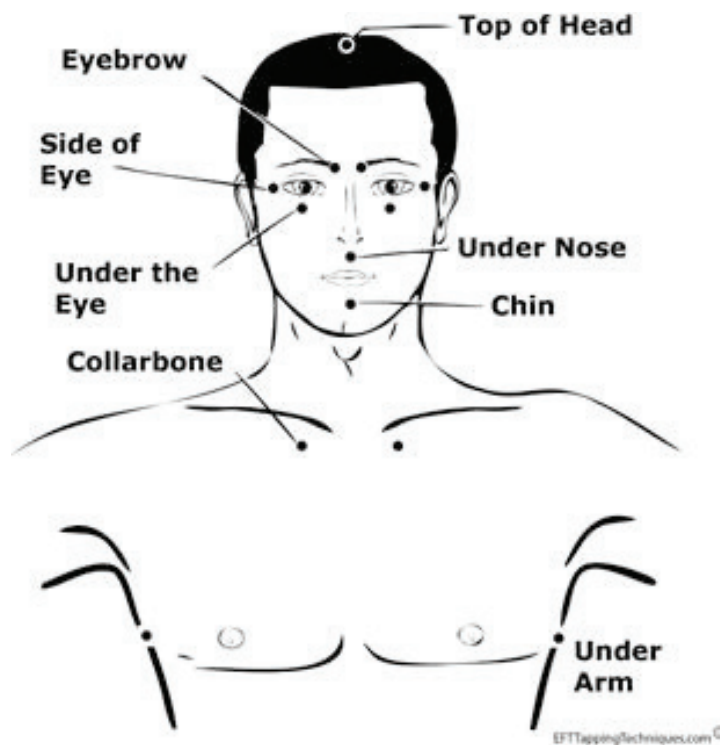
As a Boomer, aren't these supposed to be your best years? What is getting in the way of that? What keeps you up at night? What if there were a technique that was easy to learn and use that gave you relief from stress, anxiety, fears and any issue that is keeping you from being your happy, joyful self?

What if this technique could enable better decision-making, help with memory loss, cure addictions, facilitate weight loss and more? What if this is so cutting edge it was used by the St. Louis Cardinals when they won the World Series a few years ago, that some NFL teams are using it and that it is being taught at the Mayo Clinic?

The Emotional Freedom Technique (EFT), also known as Tapping, is a type of Energy Medicine best described as acupuncture without the needles. We combine knowledge of the body's energy meridians (dating back several thousand years) with modern psychological concepts and ideas. We Tap specific energy meridians on the face and body with our fingers while we are addressing negative emotions and negative emotional experiences. How can this help me feel better? The common denominator that we are working with is the body's energy system. We are addressing the emotional drivers behind the pain, be it physical

or emotional. We are calming the fight, flight or freeze response, a natural reaction to stress. Medical doctors are taking notice because they are seeing what we as Tapping practitioners know, that this Tapping thing works.

EFT was developed in the 1980's



by Gary Craig who studied Thought Field Therapy (TFT) from the American psychologist, Roger Callahan. Tapping is based on his Discovery Statement that:

“The cause of all disease is a negative disruption in the body's energy system.”

In other words, negative emotional experiences as well as negative emotions in general disrupt the flow of energy in our body. The fight,

flight or freeze response to stress is wreaking havoc on our well-being. Long-term stress can cause disease. Tapping calms down the stress response first in the mind, then in the body, allowing our bodies to heal, as they were meant to do.

My name is Colette Liose, aka TAPNGRL. I found EFT/TAPPING in 2007 and have been teaching, practicing and facilitating the use of this technique in groups and with individuals ever since. It has been tremendously fulfilling to help clients through the use of this technique. I am also lucky enough to have a show on Hamilton County TV. You can reach me at 717-TAPNGRL or visit my website at tapngrl.com.

While I work with all age groups, I have found Boomers to be especially ready for and accepting of such a leading-edge technique for clearing and unblocking old thought patterns. Mostly these folks have played by the rules as they were taught to do, and NOT getting the life results they wanted or expected. Please give this technique a try - the results can be pretty amazing. And I love amazing! ■



Colette Liose
Contributing Writer

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