

Emotional Freedom Technique

By Gayle North

"Cultivate feelings of appreciation for all emotions and get curious about the message each emotion is offering."

– Tony Robbins

When we have emotions, we can be thankful that a part of the brain is sending a signal of support. When we are willing to trust our emotions, knowing that even though we don't understand them at the moment, each and every one is there to support us in making a positive change, we will begin to get the messages and feel a movement toward simple solutions and more peace and success in our life.

"What we resist persists." Making an emotion wrong is an expression of resistance and will rarely make it less intense. In fact the more we criticize ourselves for being angry, or embarrassed, or overreacting in some way emotionally, the more intense the emotion will usually become.

In these articles I have attempted to offer tips on how to use the brain in a more effective manner without advertising my own services and techniques. My objective has been to give you tips for working with yourself that – if applied will bring about positive change in your life.

I'm making an exception in this article due to my discovery a year ago of a technique called the "Emotional Freedom Technique" and my belief that it can transform this human experience in such positive ways that it is important for everyone to know about it. The psychiatrist who developed the technique, Roger Callahan, went broke when he started using it because it resolves problems so fast.

I learned this technique at the "Joy of Learning" course I took last summer. It was taught to us as a method for working with struggling students to restore their self-confidence and relieve traumas related to learning difficulties. It allows us to honor the feelings we are experiencing at the present in such a way that peace and relaxation are quickly restored in the body and mind. You may check out the website www.emofree.com and take a look at articles and stories to get a sense of how it works.

I now use EFT with all of my clients and the results have been impressive and sometimes jaw dropping. EFT can improve a golf game, release phobias, traumas, and painful memories, lift headaches and other physical pain, overcome dyslexia, and relieve cravings for alcohol, cigarettes, sweets, etc and many other seemingly impossible or stubborn conditions. Some things are relieved almost instantaneously and other things take some persistent use of the technique. It does not necessarily work for everyone – (a disclaimer) – but has a very high success rate in all of these areas. It is a technique you can apply for yourself once you learn it.

It takes one to three sessions in person or by phone to resolve several personal issues and anchor EFT as a tool that you use automatically when appropriate.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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