

Questions and Answers about EFT by Liz Hart

What is EFT?

EFT stands for Emotional Freedom Technique and it is a quick and effective way to reduce psychological, emotional and physical distress.

How does it work?

EFT works by focusing on a specific problem while simultaneously lightly tapping on a series of specific points on your face, body and hands. These natural comfort points relate to main acupuncture points.

How will our tapping help people I don't even know thousands of miles away?

Have you ever sensed someone was behind you or a loved one was in some kind of trouble? This happens because we are all connected via our personal energy fields, like ripples in a pond. We are connected to some degree with every other person on the planet, but most of the time this has little impact on us because we have not conscious awareness of them or emotional connection with them. These fields connect more strongly as we nourish them with repeated attention. With tapping, we tune into the people we are intending to help, and as a group we amplify our ability to connect more strongly. Research shows this allows EFT to bring relief to others even though they are far away.

Do I have to believe it for it to work? I'm a bit skeptical.

Nope! Tapping works with babies and people who are unconscious just as well as for those who are aware of the tapping.

I've seen the EFT videos on youtube and it looks pretty silly

Yes it does look funny and it is also surprisingly effective. It's good to have a laugh even when doing something important and significant, and sometimes that helps things progress even more.

Is EFT a religious thing and will it fit with my faith?

EFT is not a religious process and is not associated with any religious or spiritual group. EFT is a scientifically verified process that transcends religious and political beliefs. It is a process of expressing love and acceptance for ourselves and others, of connection and comfort, something fundamental to all religions.

Why does EFT focus on saying negative things? I feel uncomfortable doing that.

EFT uses our attention and words to focus on the specific difficulties we want to bring relief to. Without this focus we could miss our target – a bit like putting disinfectant on our knee when it is our hand that is injured. When we begin tapping, we balance this problem focus with a positive intention of love and acceptance, as that is our goal, to transform that distress to one of love and acceptance for ourselves and others. Once we have reduced our distress significantly, we can then begin to focus on the positive aspects without internal resistance.

Liz Hart, EFT Accredited Master Practitioner and Trainer

W: www.lizhart.com P: 09 41 5200 M: 021 147054 E: liz@lizhart.com