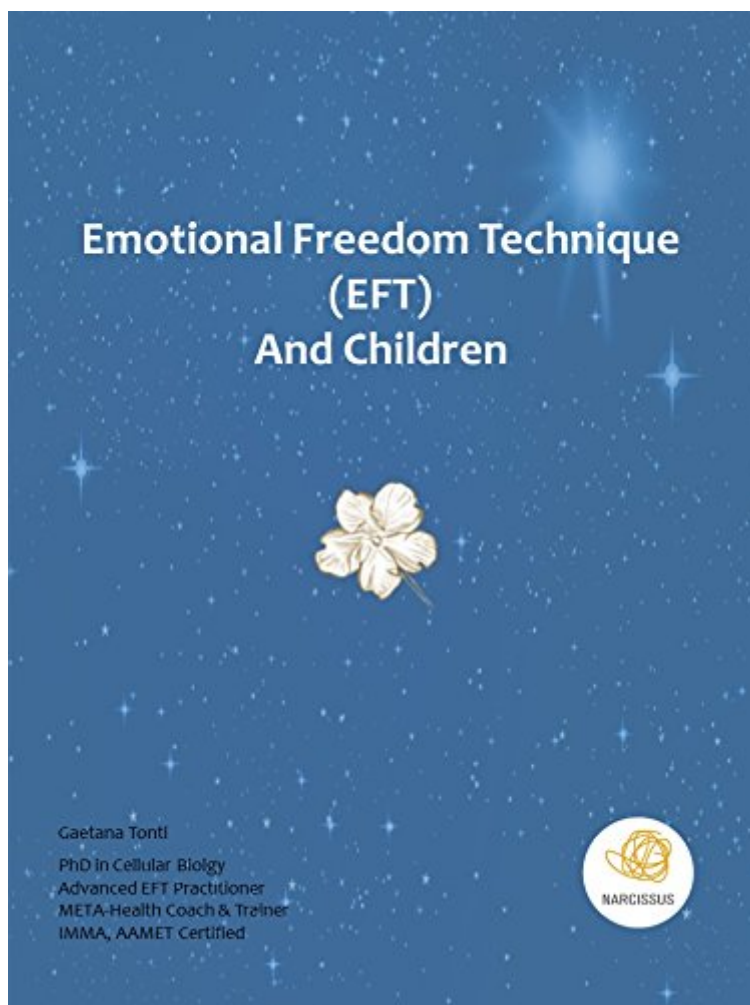


The book was found

# Emotional Freedom Technique (EFT) And Children



## Synopsis

EFT, Emotional Freedom Technique, is an emotional healing technique which can relieve many physical, mental and emotional symptoms. One of the bases of EFT is the belief that "The cause of all negative emotions is a disruption in the body's energy system". EFT is a meridian energy therapy which works by tapping with the fingertips on various body locations. These locations correspond to acupuncture points belonging to the main energy meridian identified in Traditional Chinese medicine. In addition to the tapping, the person needs to focus on the issue that is creating problem, so to engage on mental, emotional, physical and energetic levels. This tapping clears away emotional debris in the form of energetic blocks and balances energy meridians, thus releasing mental, emotional and physical negative issues. Usually, this result is lasting and most importantly the client's awareness often changes in a healthy direction as a natural consequence of the healing. This helps the person to live a more relaxed life, be more confident, change limiting beliefs and clear health issues. EFT is a mind-body healing technique as it combines the physical effects of the tapping on meridian points with the mental effects of focusing on the pain or problem at the same time. Emotional Freedom Technique is used for physical problems (eg. back pain, headaches, rheumatism, fibromyalgia), mental and emotional issues (depression, anxiety, panic attacks, negative emotions or thoughts, food cravings, addiction, fears and phobias, grief and loss, guilt, pain management, PTSD, self image and many more. It is also an amazing tool to use with kids, as it teaches them how to deal with their emotions, not to fear them, to let them go, and to learn to express themselves; in this way they can get rid of limiting thoughts before they become cemented in their mind. The origins of Emotional Freedom Technique (EFT) go back to over 5000 years ago, when in the Ancient Chinese Shaolin and Taoist monasteries the subtle energies and meridians that travel throughout the body were first mapped. The Eastern healing arts of acupuncture, acupressure, shiatsu massage and reflexology are derived from these energy maps. Very important contributions to the development of EFT came from Dr George Goodheart, the founder of Applied Kinesiology and Dr Roger Callahan, the founder of Thought Field Therapy (TFT). In the early 90's one of Dr Callahan's students, Gary Craig, simplified the complicated TFT and made the process applicable for all mental, emotional and physical issues. This book, which has the idea of being a small EFT manual, I describe the technique and ideas on how to work with emotions, physical pain, limiting beliefs, with special attention to children, The use of EFT in early age is a valuable tool for Young adults to empower them in their lives.

## Book Information

File Size: 4810 KB

Print Length: 42 pages

Publisher: Gaetana Tonti (April 8, 2015)

Publication Date: April 8, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00VUBWC86

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #357,294 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Inner Child #48 inÂ Books > Self-Help > Inner Child #106 inÂ Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting > Emotions & Feelings

[Download to continue reading...](#)

Emotional Freedom Technique (EFT) and Children Emotional Freedom Technique (EFT) Through The Chakras EFT: EFT Tapping Scripts & Solutions to an Abundant YOU: 10 Simple DIY Experiences to Prove That Your Mind Creates Your Life! Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Tapping: Learn EFT in 5 Min - The Effective Tapping Solution for Anxiety, Addictions, Weight Loss & Wealth by Using the Tapping Therapy Educating Difficult Adolescents: Effective Education for Children in Public Care or with Emotional and Behavioural Difficulties (Quality Matters in Children's Services) Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With

Emotional Difficulties) Gratitude: Discover How To Gain Emotional Freedom Through The Power Of Gratitude (Gratitude and Happiness, Healing Power of Gratitude, Gratitude Daily, Gratefulness and Thankfulness) Tap into Joy: A Guide to Emotional Freedom Techniques for Kids and Their Parents Life Cycles: Your Emotional Journey To Freedom And Happiness Voices of Freedom: A Documentary History (Fourth Edition) (Vol. 1) (Voices of Freedom (WW Norton)) The Global Sexual Revolution: Destruction of Freedom in the Name of Freedom Behavioral, Social, and Emotional Assessment of Children and Adolescents Epilepsy In Children: Guide For Parents & Carers On Seizures, Emergencies & Everything Else You Should Know (Epilepsy In Children, Seizures In Children Book 1) Children's Spanish book: ¡Nunca, Nunca, Nunca Te Rindas! Modelando a Usain Bolt y Derek Redmond (Cuentos para Niños, Children's spanish books): Children's ... Todos podemos nÂ° 2) (Spanish Edition)

[Dmca](#)