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80% of disease is stress related according to Harvard Medical. I know first hand as I went through two of life's top stressors at the same time: advanced cancer and divorce in 2006.

During that time I was connected to Gary Craig, one of the contributing founders of the EFT methodology, I went through the advanced master training certification program and have continued to keep up with current techniques, theory and research.

EFT is one of my personal favorite energy psychology modalities that I have witnessed bringing profound results into hundreds of lives over the past decade in my practice as a stress relief educator and energy psychology practitioner, trainer and coach. I facilitate EFT seminars, workshops and individual coaching.



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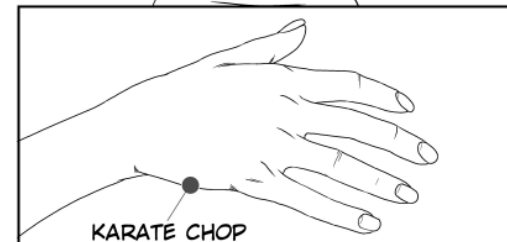
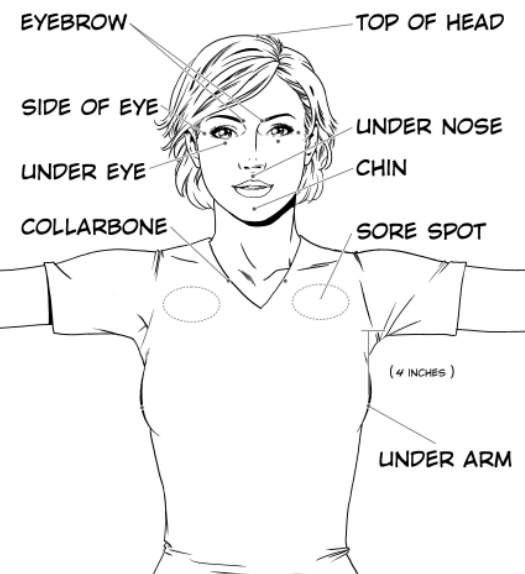
EFT STRESS RELIEF

Emotional Freedom Technique

"In my 50 years as a practicing psychiatrist, EFT has proven to be one of the most rapid and effective techniques I've ever used."

-Henry Altenberg, MD, USA

Tapping Points



Courtesy of www.ThrivingNow.com & www.Joy-Connection.com
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EFT: Why it Works

In a forest full of trees, many times we can lose our way in the midst of perceived threats and fears. The lions, tigers and bears have been replaced with fear, self-doubt and worry.

As we create a clearing around us we are able to get back on the path of life that leads to best version of who we are created to be.

Stress is the power we give to outside circumstance to define our worth, value and capability.

Bullying, social pressure and test anxiety are just a few of the stress triggers that block positive forward momentum in the midst of seeking the answers to 3 questions:

- Who am I?
- Why am I here?
- What will it matter?

Science has proven that when certain points on the body are tapped on, using your finger-tips, while tuning into distressing thoughts, beliefs about yourself and/or memories you can actually stop the stress response in the body and replace it with a sense of safety and security.

How? The amygdala is the part of the brain that is responsible for the threat response in life, emotions, extrinsic motivation, defensive aggression and fear.

When we perceive anything outside of us as a threat to our safety, real or imagined, the amygdala directs our reactions in 3 categories: fight, flight or freeze and shuts down our ability to access solution based thinking.

The EFT method, re-engages a sense of safety and connection by relaxing the amygdala's reactive response to threatening thoughts, perceptions and memories, which makes it impossible to feel negative emotions.

Benefits of EFT:

- Reduce chronic stress
- Reduce short-term stress
- Create clear focus
- Sense of safety
- Boost Self-esteem/image
- Better sleep
- Less anxiety
- Decrease fatigue
- Coping with depression
- Boost energy levels
- Sports performance
- Reduce social anxiety
- Increase confidence
- Reduce fears/phobias
- Reduce PTSD
- Reduce unhealthy cravings

When a negative memory or thought pops up in the mind, there is a disruption in the body's energy field. Similar to when a TV screen has a bad connection and everything gets fuzzy: "ZZZZZZT".

The result of this disruption is a negative emotion. An emotion is your body's response to your thought life.

EFT anchors the distressing thought or memory with a calming response in the body which makes it impossible to feel the negative emotion. As the negative thought pops up, the body responds with calm and safety (as you tap on certain points on the body) instead of disconnect and panic.

Often times as you clear out 1 tree in your "stress forest" you end up knocking down several trees with it because they are all connected to the same stressful perception.

"EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals", which include the *Journal of Clinical Psychology*, the APA journals *Psychotherapy: Theory, Research, Practice, Training* and *Review of General Psychology*.

-Source EFT Universe Website