



EFT TAPPING

EMOTIONAL FREEDOM TECHNIQUE



WHAT IS EFT?

EFT (Emotional Freedom Technique) or tapping is a simple, gentle yet powerful technique which can bring about the release of challenging emotions, memories, behaviours, and limiting beliefs that can maintain a state of anxiety and stress.

HOW DOES IT WORK?

When we do EFT we tap on specific meridian points in the body **allowing the brain and body to relax**, while we talk or think about the problem. This not only allows clearer thinking and a more relaxed body, it also enables the brain to rewire itself. Creating permanent and lasting change. EFT can be considered akin to acupuncture without needles.

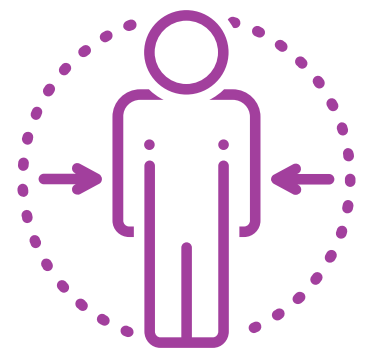


WHAT CAN EFT BE USED FOR?

General stress & anxiety, depression, fears & phobias, trauma & PTSD, grief, weight loss, confidence issues, pain & physical issues, limiting beliefs, unwanted habits, smoking cessation, anger, guilt, forgiveness, exam nerves, negative thinking, self esteem issues...anything!

CAN I DO IT FOR MYSELF?

Yes! EFT is a simple technique to learn and can be used by anyone, including children and teenagers. To work on deeper and more complex issues you may need the support of a qualified practitioner.



IT'S GENTLE!

EFT is so gentle it can be used in cases of severe trauma and can even be effective without the issue needing to be directly discussed.

BRINGS PEACE AND EASE

EFT can help you to build a more peaceful and joyful life by eliminating blocks in all areas of your life!



CONTACT US FOR A FREE 30 MINUTE CONSULTATION AT
YOURSPIRITSHINES@GMAIL.COM

SHINE IS LOCATED IN SUKHUMVIT SOI 11, BANGKOK

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