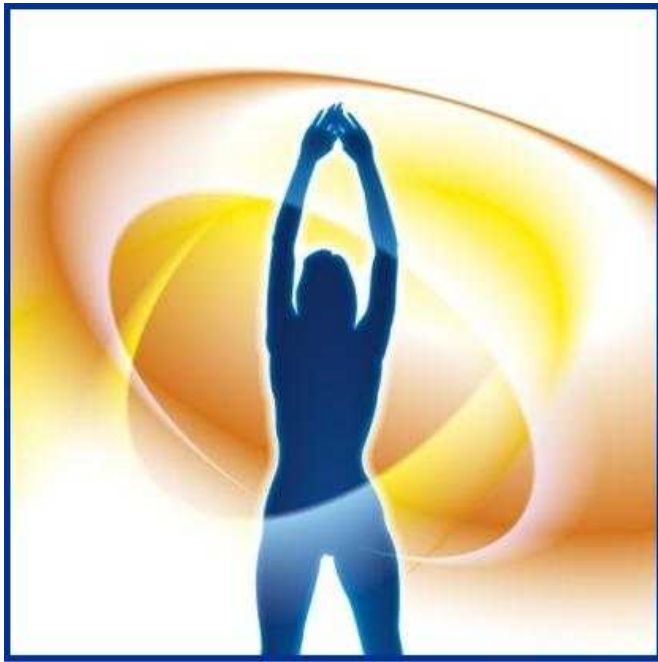


# EFT for Living - Opening the Doors to Health Happiness and Wellbeing





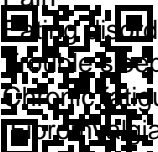

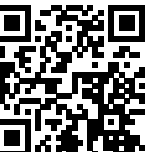





Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-584995-z>

Spring is almost here treat yourself to some EFT and a new lease of life - put some spring in your step!

EFT (Emotional Freedom Techniques) is rapidly gaining a reputation for getting positive results in a wide range of problems and issues often when other approaches have not had much success. These results and the scientific studies supporting them have brought EFT to the forefront of contemporary healing modalities. Indeed many practitioners in the health profession worldwide spurred on by EFT's results and the supporting scientific evidence have added EFT to their practices. Similarly in the UK the NHS is increasingly adopting EFT. The founder of EFT Gary Craig summarizes in his EFT manual that 'persistent use of EFT often works when nothing else will.' I have observed this regularly both in working with my clients and on myself. The list of things that benefit from using EFT appear to be endless from simple day to day frustrations to more complex and deeply engraved blocks and issues. A selection of problems that EFT addresses to name a few include:-

- Fears and phobias
- Panic attacks
- Stress and anxiety
- Low self esteem
- Lack of confidence
- Relationship difficulties

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Pain  
 Allergies  
 Insomnia  
 Chronic fatigue syndrome  
 Fibromyalgia  
 Menopausal problems  
 Post traumatic stress disorder  
 Procrastination  
 Lack of motivation  
 Blocks experienced by musicians artists and writers  
 Sports and stage performance issues  
 Exam nerves

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The fundamental principle in EFT is that the cause of all negative emotions is a disruption in the body's energy system. In simple terms you can feel the disturbance when one of your buttons is pushed. This disruption has an effect on the body's mental, emotional and physical state.

EFT addresses and rebalances the energy disturbance by combining simple statements associated with the problem concerned with gentle tapping on specific meridian points. These points have been used in the ancient Chinese medicine systems for centuries for example acupuncture. The whole EFT process can be likened to a factory default (reset) button being pressed restoring a person to how he or she was before the energy disruption arose.

I have enormous respect and passion for EFT and always enjoy sharing its benefits with those who feel drawn to it.

If any of the above resonates with you please call me, Paul Keating, for more information or to book a session. 01825 873132 01825 8731...(click to reveal full phone number) ; 07767 376817 07767 3768...(click to reveal full phone number) ; click to