

EFT / ECM
(Emotional Freedom Technique / Energy Correction Method)
Basic Workshop

- ▶ Discover this ground-breaking technique used to **relieve** stress, **heal** negative reactions & emotions, and support your Law of Attraction desires.

- ▶ Learn how to free yourself from any unwanted negative vibrations, by “tuning in” to your feelings, as you tap (literally) into your body’s energy system.

- ▶ Realize why EFT / ECM is a necessary tool for working consciously with Deliberate Creation and the Law of Attraction.

presented by Linda Fisher-Piccolo, EFT / ECM Master

Inner Light Services of Sterling Heights, Michigan is dedicated to assisting people from all walks of life to awaken to their total health and well being. Visit my website for full descriptions of all that I offer. Thank You!



*In Love and Peace,
Linda F.P.
www.LindaFP.com
586-215-7657*

Emotional Freedom Technique (EFT): A New Moment in Science

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Imagine for a moment a healing modality that, in less than 10 years, has become a highly valued method of more than five thousand medical doctors, psychiatrists, psychologists, chiropractors, acupuncturists, nurses and other members of the healing professions in dozens of countries. **Imagine further that no surgery, drugs or equipment are needed.**

There is such a healing modality, Emotional Freedom Techniques (EFT).

Practitioners worldwide have marveled at its simplicity, elegance and rapid means of healing. It has been clinically effective in thousands of cases for physical symptoms, trauma, stress, anxiety, fears, depression, addictive cravings, children's issues and more.

Even in the hands of most newcomers, it often achieves either noticeable improvement or complete cessation of the client's problem. For those practitioners who learn the advanced work, there are much higher success rates. Many skilled practitioners get measurable results over 80% of the time. In addition, the process is often rapid, long lasting and gentle and sometimes works when nothing else will.

For more than 10 years I have both witnessed, and used, acupuncture meridian methods as part of an integrated healing process that has proven valuable. There are too many proven successes to ignore the results. (See **What health care practitioners around the world say about EFT** at the end of this article.) A very important book giving **scientific validation** in this field is **Science and Human Transformation: Subtle Energies, Intentionality and Consciousness**, by Stanford professor William A. Tiller, Ph.D. (ISBN: 09642637-4-2).

The potential within these procedures is so far-reaching that we may have reached "a new moment in science." While there are several useful techniques in this field, Emotional Freedom Techniques (EFT) is clearly the leader.

How Does it Work?

EFT is sometimes called "acupuncture without needles" and generates its results by **balancing the body's energy meridians while the client "tunes in" to their problem in a gentle, conversational manner.** In this way **an important link is established between mind and body.** It parallels acupuncture, except that needles are not used. Instead, certain meridian points are stimulated by tapping with the fingertips while the client focuses on the issue they wish to resolve.

A simple way to explain how the EFT strategies work is to use the analogy of a circuit breaker in your kitchen. Once the circuit is over-powered you cannot turn the lights on or get the refrigerator to cool until the circuit breaker has been reset. **EFT resets the circuits in a person's body and mind.**

This acupressure-based healing modality was pioneered by **renowned chiropractor, George Goodheart**, furthered by **medical doctor John Diamond** and **psychologist Roger Callahan** and dramatically simplified and improved by **Stanford engineer Gary Craig**. With the initial aid of **Adrienne Fowlie**, Craig developed EFT and made the work elegant, efficient and affordable for almost anyone. Craig deserves the Legion of Honor award for making the work available at little or no cost to millions of people.

Emotional Freedom Techniques... Often works where nothing else will!

EFT In the News!

What Health Care Practitioners Around the World Say about EFT

“In addition to several emotional issues, I have used EFT for impressive relief for many physical problems including Hiatal Hernia, Candidiasis and Rheumatoid Arthritis. The process is gentle and often provides benefits where other methods fail.”

Raul Vergini, MD Italy

“In my opinion, even though Gary is not a therapist by profession, his masterful use of EFT has made him one of the top 5 therapists I have ever met....and I’ve met the best.”

David Lake, MD, Australia

“EFT has been, for me, the single most effective technique I’ve used in my 45 years of practice as a psychiatrist. I’ve had success with panic, social anxiety and many other disorders.”

Curtis Steele, MD, Canada

“I have found EFT to be so useful that it has become the centerpiece of my practice. I have used it successfully on a long list of emotional issues, including paranoid schizophrenia. Interestingly, when the emotional issues subside, physical ailments often enjoy simultaneous relief. I have seen this with the symptoms of fibromyalgia and MS as well as for swallowing problems, back pains, hemmerhoids, acidity, breathing problems, stomach pain, vaginitis, headaches, joint pains and stomach problems.”

Sonia Novinsky, Ph.D., Brazil

“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

ABOUT THE AUTHOR OF THIS NEWS ARTICLE

Christopher J. Hegarty, Ph.D. is an alternative medicine researcher/journalist, best selling author and an advisor to a number of organizations in the health and healing field. His major focus is to make proven, valuable healing and health products and services well known internationally.

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How Does EFT Work?

Energy meridians that run through our body can be blocked or disrupted by unresolved emotional issues, thereby compromising our natural healing potential.

Quite often, people are aware of the events or memories that trigger emotional discomfort in their lives, but they have not yet connected those memories to the symptoms of disease in their bodies. Using EFT, it is possible to revisit the event(s) in question, and balance the disturbed meridians. Properly done, both emotional anguish and the physical symptoms often subside.

Although based on acupuncture, EFT has simplified the realignment process by gently tapping on key meridian points on the head, torso and hands. Traditional acupuncture needles are not necessary in this process.

Headache Example

A basic EFT application would initially focus on a current issue. This would include simple language designed not only to hold the focus, but also to add self-acceptance to the process. For example, someone trying to address migraine headaches might say, “Even though I have this horrible headache, I deeply and completely accept myself,” while rubbing *the sore spots*. Next, the person would repeat a *reminder phrase*, “I have this horrible headache,” for example, while tapping through the specific points. *(The entire Basic EFT process is somewhat more detailed than briefly described above.)*

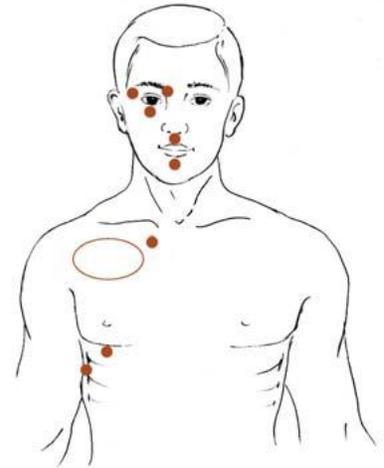
If the initial procedure is performed correctly, and it does provide significant relief, then applying the Basic EFT procedure whenever headaches appear can be very effective.

Interestingly, it has provided **permanent relief** in several migraine cases.

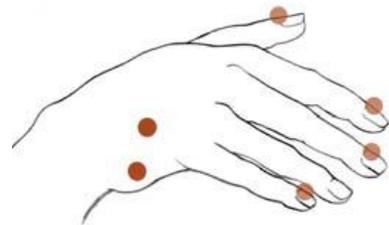
If the headache hasn't vanished after the initial realignment, or if the Basic procedure doesn't provide relief for subsequent headaches, then **there is almost always a deeper emotional factor at work.**

Advanced EFT application can enhance the results significantly, and is usually necessary for more complicated cases. The best EFT practitioners have learned the techniques available for **uncovering the core issues and approaching them with minimal amounts of emotional pain.**

Although the Basic EFT procedure has shown astonishing relief for a wide variety of symptoms, applying EFT to serious diseases and chronic illness requires advanced experience. Please consult a qualified health practitioner before using EFT or before discontinuing any treatment or medications.



This illustration is provided for your reference after you have learned the Basic EFT procedure.



Emotional Freedom Techniques... Often works where nothing else will!

Psychotherapist taps into clients' potential

Russ Christ

Special for the Scottsdale Republic

Mar. 9, 2005 12:00 AM

SCOTTSDALE - Elite athletes and amateurs alike are continually searching for things that can help them attain levels of **peak performance**.

Stacey Vornbrock believes she can help.

The founder of Scottsdale-based Breakthrough Performance, Vornbrock helps people eliminate obstructions to achieving peak performance by "tapping." The practice, also known as emotional freedom technique, is basically a do-it-yourself acupuncture without the needles.

Using two fingers (index and middle), EFT allows a person to discharge negative energy by physically tapping the body's pressure points on the hands, wrists and face. It is designed to address the physiology of the body, and it releases mental, emotional, mechanical and physical blocks, including range-of-motion blocks - and it works quickly.

Vornbrock, a psychotherapist, suffered a severe fear of water for 34 years and attended a workshop on EFT five years ago. When tapping eliminated her fear, Vornbrock was shocked because she had been taught that many phobias are psychological. "In fact, they are really biochemical," she said.

So Vornbrock tried tapping with friends and then her clients, all of whom saw improvement. Whether it was anxiety, stress and depression, physical pain, even weight loss or gain, problems went away.

"I want results for people," she said. "I've always wanted what is best and fastest for my clients, so it was frustrating not to have results just with talk therapy. So when I discovered this technique and what it could do, I was so excited."

Ed Oliver, owner of Ed Oliver Sports Massage in Scottsdale, is a believer.

"It sounds strange, but it works," said Oliver, whose clients include professional athletes. Vornbrock and Oliver have worked together on athletes and seen results, specifically when they have problems with range of motion.

Former Arizona Cardinals linebacker Seth Joyner said tapping has helped him, not only with golf but with his daily life.

"It's something you can use for everything," Joyner said. "It's a tremendous tool that I wish I had known about a long time ago."

Joyner uses tapping to relieve stress. Road rage, he thinks, can be controlled through EFT.

Emotional Freedom Techniques... Often works where nothing else will!

Life-changing opportunities for victims of serious disease!

- ❖ Clinical results with EFT have revealed an **undeniable connection** between **unresolved emotional issues and serious diseases**.
- ❖ Even better, EFT has found a way to address those issues, **often reversing the effects of disease**, and allowing the body to heal itself.
- ❖ Negative emotions result in energy disruptions that interfere with the body's ability to fight disease.
- ❖ EFT can identify the **causes** of energy disruptions, often **resulting in permanent solutions....without medication!**
- ❖ At several of his Mastering EFT Workshops, Gary Craig has clearly demonstrated the link between unresolved emotions and the onset of serious disease, and has **opened up a new world of possibility** as a result.

Please consult qualified health professionals before putting these ideas into practice for yourself or others.



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EFT *Remarkable Results*

Roleaux, or blood cell clumping, corrected by using EFT ...with before and after pictures.

This remarkable finding is offered as yet another fascinating EFT anecdotal report... this time with before and after photos.

Rouleaux is a medical term for a condition wherein the blood cells clump together forming what looks like stacks of coins. This is an unhealthy state because the cells are not free to absorb and carry oxygen. **It is a pre-cursor to many serious diseases.**

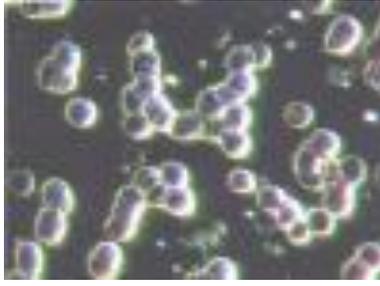
EFT practitioner Rebecca Marina went to her physician, Patricia Felici, ND for a checkup and, when Rebecca's blood was examined under a microscope (Dark Field Microscopy), it contained substantial blood clumping. Rebecca then corrected this problem with a brief, self-administered EFT session and, when the blood sample was taken again (minutes later), the blood clumping disappeared. This was astonishing to Dr. Felici because, normally, it takes many weeks of nutritional supplements to correct this condition.

The camera captured the before and after result and those photos are shown below.

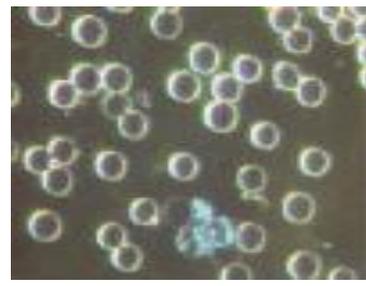
Pic #1: Rebecca's blood in the badly clumped state.



Pic #2: After a few minutes with EFT. Clumping improved.



Pic #3: After a few more minutes with EFT. Clumping completely gone.



Emotional Freedom Techniques... Often works where nothing else will!

EFT *Real Life Results*

With startling consistency, EFT has been improving the results obtained by traditional medicine, psychology and self-helpers... all without medication!

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools... as it is for me."

Eric Robins, MD

"I am thrilled with EFT as a tool for healing in my practice. I have never come across such a gentle and comprehensive healing technique to help clients relieve their suffering. EFT is simple yet graceful, gentle, yet thorough, and I am deeply grateful that I am able to use it to lead others to more vibrant health and emotional fulfillment."

Carol Look, LCSW, DCH

"Working with Diabetics is a challenging experience, yet has proven to be a very rewarding one. Here is an illustrative example from a list of many Diabetic cases for which we have successfully applied EFT..."

Michael is a 59 year-old obese male. Suffering from leg ulcers, advanced diabetes, leg and back pain." After using EFT to address the emotional issues attached to his ailments, "...His insulin need dropped dramatically from 3 shots per day to about 1 shot per week. His sugar level in the testing has gone from 400 to about 109. His leg ulcer is healing nicely and the blood pressure to his feet has increased. The leg and back pain have all but disappeared and he is able to sleep through the night. His energy level has increased dramatically."

John Russo

"Oh my God! I am a rank beginner, having never even heard of this process until last night, I've only done it now a total of 3 times, and it's stabilized my heart rhythm and lowered my blood pressure over 20 points! Thank you, thank you, thank you!"

Peggy Thiel

"I have a real phobia about driving in heavy traffic areas, especially with ramps that are elevated. I tried the tapping and drove on an expressway, with ease and comfort, that normally I would have avoided like the plague. That convinced me!"

Pat Pietri

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WHEN YOU MAY NEED A THERAPIST

Today's **Basic EFT / ECM Workshop** has provided you with an excellent introduction to **Emotional Freedom Technique / Energy Correction Method**. As a result, you now have experience with healing some negative energy that had been present in your body, and you may be able to sufficiently work, on your own, on many of your remaining emotional or LOA challenges. And in some cases, you may need more personalized assistance.

If you seem to be making little or no progress when working on your own, it is important to **not** simply conclude that EFT / ECM is a therapy that does not work for you or for your particular issue(s).

When someone does not seem to be making notable improvement, or has become stuck, working with a skilled EFT / ECM Practitioner is advisable. We know of additional tapping sequences and avenues to aid in the more stubborn cases. We know how to get to the root of the issue. We know how to read your energy and ask the right questions to bring about the healing you desire.

Also: when emotions are overwhelming, such as in cases of severe trauma or abuse, or in cases of serious or prolonged illness, or in any other situation that is too difficult to heal on your own, having an experienced Practitioner work with you one-on-one is most beneficial. Please contact Linda Fisher-Piccolo for a free consultation to discuss your concerns.



Linda Fisher-Piccolo, EFT / ECM Master
Inner Light Services (Sterling Heights, Michigan)

Website: www.LindaFP.com

Email: Linda@LindaFP.com

Telephone: 586-215-7657

Private Appointments available: In-office, via Skype, and via Telephone
(Preferred Meeting Method: via Skype or In-office)

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