

Try It On Everything

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By Lynn Mayer, MA, CNC

There is a wonderful tool that I like to teach my clients. Its use can often help bring physical and emotional relief right there in the moment of discontent and suffering. This tool, called the Emotional Freedom Technique (EFT), is a tapping technique that combines ancient Chinese acupressure and modern psychology.

The body, like everything in the universe, is composed of energy. This energy circulates throughout the body along a specific network of channels or meridians - circuits delivering energy to all body organs and tissues. Referred to as life force or 'chi', this energy has been studied and treated in Traditional Chinese Medicine for more than 5000 years.

The flow of energy along these meridian channels can become blocked or even reversed. The energetic disruption that results may then manifest itself in physical or emotional discomfort as well as disease. The Chinese discovered over 100 focal energy meridian points along these channels and found that by stimulating the points such as with needles in acupuncture, energy flow could be corrected. As a result, healing could occur.

Our bodies can move into negative energetic patterns as a result of traumas, guilt and shame as well as the beliefs we hold about ourselves, our past and our lives. It becomes a familiar energetic groove as to how we relate to ourselves and our world. Wouldn't it be nice to have a tool to help yourself rebalance the body's energy?

EFT can help. Similar to acupuncture, EFT utilizes selected meridian points, stimulating and bringing balance to the points and the energy flow by tapping on them with your fingertips. In doing so, you tap into your body's own energy and healing power. The result is your own ability to help change the flow of and bring balance to the energy in the meridians. Through EFT there is opportunity to release physical and emotional discomfort, reduce pain, soften traumatic memories, revise how your childhood affects your life today as well as clear limiting beliefs.

EFT is painless and simple. It can be learned by anyone of all ages and is wonderful to teach children. Although I am trained in a variety of energy psychology techniques, what I like about teaching EFT to a client is that I give him or her a tool that they can use at their fingertips (literally) in their life's challenges. It gives them the power to be connected with their own healing wherever and whenever they need or want to.

EFT is an adjunct to assist you in your life and on your journey of healing. It is not intended to replace the wisdom and training of your physician, health care practitioner or therapist.

A new documentary film has just been released that features the Emotional Freedom Technique in action. It is masterfully done. In the documentary, ten people spend four days working with EFT practitioners to see if they can turn their lives around. The results are real and documented and the ride is moving.

I have reserved the program room at the library on **Tuesday night July 7th from 6:00-8:00pm** to share it with you. The movie is titled "Try it On Everything: The Revolution Starts Within". You will be moved. Trust me; just watching it opens your heart, mind and spirit to healing, making even more room for compassion for yourself and others.

The documentary film includes notable experts and best-selling authors such as Dr. Bruce Lipton (The Biology of Belief), Norman Shealy, M.D. (founder of The Shealy Institute and one of the world's leading experts in pain management), Dr. Joseph Mercola (Osteopathic Physician and founder of the widely popular holistic health care website mercola.com), Fred Gallo, PhD (Clinical

Psychologist, author of *The Neurophysics of Human Behavior*), Jack Canfield (author *Chicken Soup for the Soul*), Donna Eden (author of *Energy Medicine*) and many others who will give credence to the magic available through EFT.

Details on the film and book can be found at www.tryitoneything.com. To learn more about the Emotional Freedom Technique itself, you can visit the website www.emofree.com.

Please RSVP to my phone or website below. We want to have a chair set up for you. Hope to see you there.

Lynn Mayer is a Certified Nutrition Consultant and Health Coach here in Telluride, Colorado. Lynn is available for consultation in person, by phone 970 369-4790 or through her website www.thejoyofhealth.com.