



Emotional Freedom from “I Am Not Enough”

The Gift of Mental & Emotional Freedom

As the holiday season approaches, it's easy to feel overwhelmed with responsibilities. This year, embrace the Emotional Freedom Technique (EFT), or tapping, as a loving self-nurturance ritual. It's a gentle way to relieve stress and find calm amidst the chaos.

Tapping can help ease holiday anxiety by soothing your nervous system. By focusing on your feelings while tapping on specific points, you can shift from feeling overwhelmed to a sense of balance and peace. Whether it's worries about family dynamics or holiday pressures, EFT offers a comforting solution.

Make tapping a part of your daily routine, allowing yourself to let go of the belief that you're "not enough." Instead, celebrate your worthiness of joy and peace. With EFT, you'll transform your holiday experience, embracing the season with an open heart.

What is EFT (Emotional Freedom Technique) and how can it help me?

EFT or tapping which it's often called, is a technique that has been used by more than 10 million people around the world to reduce stress and support healing.

It is an easy technique to learn that simply involves using your fingertips to tap on a specific set of points on the body, while focusing on what is causing you distress or discomfort and speaking certain statements.

Tapping is an extremely effective tool for people to find relief from daily stress. It also helps with issues like anxiety, depression, insomnia, fears, chronic pain, and much more.

The Tapping Process & Technique

The Tapping technique involves a few basic steps:

1. You need to identify an issue that is bothering you and that you want to work on. For example a fear or anxiety, a physical ailment, a bad memory, or an unresolved problem.
2. Then you need to rate the intensity of the issue on a scale from 0 to 10. 10 being very intense.
3. You need to then acknowledge whatever is bothering you and causing you distress, while accepting yourself fully in the process
4. Follow the EFT Tapping sequence. Here you tap your fingertips on nine major tapping points or meridians along the body while maintaining your mental focus on the issue at hand and then finally to let go of the issue. Visualizations help to bring the issues to mind too.
5. Finally you rate the intensity of the issue again on a scale from 0 to 10. This allows you to assess if the intensity has shifted for you.

How does Tapping work?

Tapping combines the science and wisdom of two major healing modalities.

It draws on the principles of both ancient Chinese Acupressure and Modern Psychology.

In traditional Chinese medicine practices like acupuncture and acupressure, it is believed that the body's energy travels along certain pathways, which are known as meridians. Stimulation at certain points on these meridian pathways (known as acupuncture or acupressure points) is thought to improve energy flow and bring balance back to the body. In traditional Chinese medicine, that is done by using needles or by applying physical pressure.

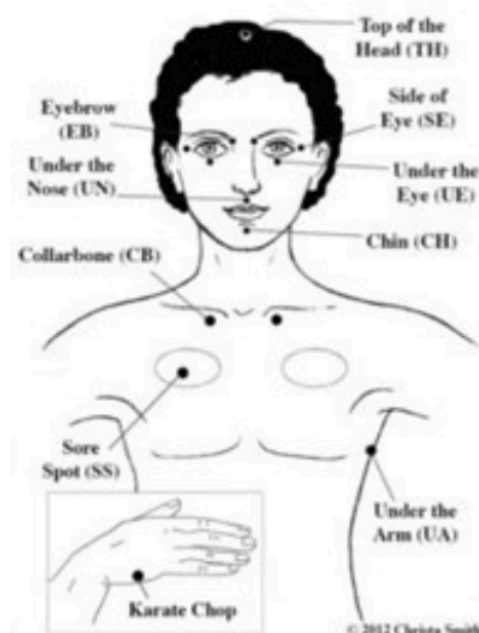
The concept of meridians dates back thousands of years. And nowadays, scientific research is learning more and more about the role they may play in health and healing. Many researchers now believe that meridians are linked to the nervous system and therefore influence brain activity.

EFT Tapping is similar to acupressure, in that it uses physical touch to stimulate specific acupoints along the body's meridians. These points are referred to as EFT Tapping points. In Tapping, you use your fingertips to gently tap on the points.

Although there are different types of practices using a variety of alternative points, I usually use the standard set of nine Tapping points.

The nine major Tapping points are:

- Side of the hand
- Eyebrow
- Side of the eye
- Under the eye
- Under the nose
- Under the mouth
- Collarbone
- Under the arm
- Top of the head



Much of the time, Tapping begins by focusing on the negative – the truth of how you feel right now. As the Tapping exercise progresses, you begin to

shift towards releasing the negative, resolving the difficult emotions, and turning toward the positive.

The psychological aspect of Tapping draws on many different theories within modern psychology, including Cognitive Behavioral Therapy, Exposure therapy, Neuro-Linguistic Programming, and much more.

This psychological element of Tapping allows the technique to help us do things like release limiting beliefs that keep us stuck, challenge unhelpful thoughts, let go of memories or traumatic experiences, desensitize ourselves to things we might fear, and uncover and release unresolved emotional issues.



How does it do that?

It works by calming down the brain's fight, flight, and freeze response.

Tapping works to help calm the nervous system. The amygdala is the part of your brain responsible for keeping you safe and protecting you from danger. The problem is, in modern times we tend to have our amygdala in charge way more often than is necessary. Our stress response is often triggered by routine, everyday situations. So although there is no lion in the woods chasing us, our brain and body reacts as if there is one

– even if we might only be sitting in a traffic jam, taking a test, or public speaking, for example.

The power of Tapping is that it helps our brain to understand that we are not actually in any real danger. By Tapping on the points while we think or speak about what is causing us stress, we send calming signals to the brain.

Tapping is a way to reprogram the patterns that keep us stuck in fight-or-flight too often. It gives our brain a chance to rewire, allowing us to bring our lives back into balance. Research Studies also show that tapping dramatically reduces the cortisol levels in your body, so tapping is truly a mind-body approach to healing.

If you are interested in learning more about Tapping, there are many resources that can help you understand this amazing technique in more depth.

Today's gift is a "taste" of EFT, or Tapping. In this video, we'll guide you through how EFT works. Simply follow along with each step. Together, we'll focus on releasing one of the most common limiting beliefs that surfaces during Christmas: the idea that "I am not enough." Join me as we practice this transformative technique to help you tap into your true potential.