

## Therapy with an EFT Twist!

By Ellen Richter

Okay let's answer your question first. What is EFT? It stands for Emotional Freedom Technique and is an incredibly simple yet powerful tool to release emotional blocks that weigh you down and keep you stuck in life. It was developed by Gary Craig and involves tapping on acupuncture points to neutralize negative beliefs and experiences that we carry around with us that keep us from living to our fullest potential. Unresolved negative emotions cause all kinds of problems for us in our daily lives. Once these issues are identified and released, the person feels like a huge weight is lifted from them. Often they feel and look younger as their energy is freed up and they are in closer alignment with whom they really are! EFT is noninvasive and can be used on anything. People are finding relief from trauma, anxiety, cravings, pain, depression and the like.

EFT can be used while in the midst of a negative situation or as a therapy modality to release subconscious, buried hurts. By experiencing a negative situation either in the present or purposely reliving it while tapping on the acupuncture endpoints, the body is neutralizing and releasing it for good! An extra bonus is that often physical conditions will disappear because they are usually a product of unresolved emotional strife. EFT is a powerful tool that allows a quick emotional healing as opposed to what could take years of traditional therapy to resolve. It

frees you up to focus on the positive you want to manifest in your life. Using EFT in combination with the Law of Attraction is an extremely effective way to quickly move forward in life.

The Law of Attraction has come to the forefront of awareness recently thanks to the hit book/DVD *The Secret* by Rhonda Byrne. This universal law states: that which is like unto itself is drawn. The “like” is referencing vibration. We live in a vibrational universe and everything from your computer, to your plant, to your pets, to your thoughts, vibrate. Quantum Physics studies this area of science and there is now an abundance of scientific evidence to support this. Thoughts of love, peace and joy are examples of high vibrational thoughts, while thoughts of anger, resentment and fear are examples of low vibrational thoughts. Your predominant thoughts and beliefs determine what vibration you are offering to the universe, and the Law of Attraction is always matching that vibration. Therefore, you cannot attract to you high vibrational desires if you are not a match to them. When you are carrying around unresolved emotional issues your core vibration is at the low end. Even if you think you are a positive thinker, you are often unaware of your unconscious thoughts that predominate most of your vibrational setpoint. What does this mean to you? How does therapy and EFT fit in? Learning to live by this universal principle empowers people to create their life by design! How amazing is that? You really can live the life you desire. You can have the wealth you want, the relationship

you want and the career that makes you happy. You can have that healthy body and the self-confidence you truly desire. Learning to apply the Law of Attraction in all areas of your life combined with the use of EFT to release the emotional blocks allows you to break free and soar! Where therapy is past based, Law of Attraction coaching is present and future based. Where do you want to go in your life? What goals and dreams do you have? Are you presently in the job/career you want? Is your health and body image the way you want it to be? Do you feel empowered in your relationships? Are you experiencing financial abundance?

You can identify your emotional issues and release them quickly with EFT to raise your vibration and be an attraction magnet for the great things you want in your life! Then you can learn the tools to live in harmony with the Law of Attraction to manifest your desires and dreams. Think of how different your life would be right now had you learned all this as a child. Think about how different your life can be starting right now!

This is your life so why not design it and live it your way!

Ellen Richter is a Life/Wellness Coach, Reiki Master and EFT practitioner. She also has degrees in Psychology and Special Education. She lectures across Long Island and runs private workshops in addition to her coaching practice. She is available for private speaking engagements. For more information on the Law of Attraction Coaching and EFT sign up for Ellen's free e-book at:

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