

Draft Media Information

Exploring Consciousness with EFT

How do we get free of the emotions of the past? For years we've been searching for effective ways to get free of the emotional blocks that keep us stuck in the past, feed our stress and rob us of pleasure. Yet most of us have the expectation that therapy has to be long drawn out and painful. Now, for many part of the answer to quick, gentle and effective change may be the tapping therapy known as emotional freedom techniques or EFT. But, what is it exactly and how does it unblock stuck emotion?

Some of the answers are expected at a special series of EFT events in April 2008 designed to both enlighten the curious and help experienced practitioners understand and learn from observable effects on our brainwaves.

EFT Master Gwyneth Moss explains, "EFT brings together elements of 'talk' and 'touch' therapies and many people have been surprised to experience that tapping on acupressure points whilst talking about negative feelings seems to unblock stuck emotions. Modern science has not caught up with EFT yet and we don't know just what goes on in brain and body to give rise to such dramatic changes in how people think and feel."

"I was in Boston last year when EFT's founding father Gary Craig was assisted by biofeedback experts Donna Bach and Gary Groesbeck to demonstrate EFT whilst the person's brain waves were monitored and displayed for the audience to see."

"We watched a brightly coloured display with constantly moving red, yellow and blue lines that gave a picture of a person's emotional and mental state – like seeing your mind on TV. Before the EFT session we'd see anxious worry thinking in the fast range of their brainwaves, and as the tapping started the slower waves of calm and relaxation would increase and then we would see bursts of deeper waves as hidden memories and emotions emerged into consciousness for clearing and eventually we saw the very slow waves normally observed only in sleep or healing. Also the whole pattern would become more balanced between the two sides of the brain."

"Biofeedback expert Donna Bach explained that the person's mental state was approaching that known as the "awakened mind" that state of mind that is clearer, quicker, sharper and more flexible than the ordinary and is associated with achievement and creativity." British biophysicist Maxwell Cade, pioneer of the science of biofeedback, researched these peak performance states in the 1970's.

"This was an amazing moment for me. I could see that there is so much for all of us who use EFT to learn from biofeedback that can help us better use these tapping techniques to clear emotional blocks to achieving our potential and making the most of our minds"

"I resolved to learn more and share these experiences and have invited Donna Bach and Gary Groesbeck to come to the UK and join with British EFT experts in presenting a weekend of exploring consciousness with EFT. I believe that together this exciting new therapy and established biofeedback technology bring much valuable learning that can help health professionals, complementary therapists and indeed anyone who seeks to improve their emotional health"

The dates for the event have been confirmed as the 26 to 27 April 2008 and the venue is The Craiglands Hotel in Ilkley, West Yorkshire. And for newcomers to EFT who want to appreciate and benefit from the weekend, internationally acclaimed EFT trainer EFT Judy Byrne will teach EFT Level One on Friday 25 April.

Places are limited so early booking is recommended. The cost for the two day event is £295. For further information go to www.eftevents.com or call Gwyneth on: 01756 790199.

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Notes for editors

About EFT

EFT or "the tapping" seen on TV demonstrated by Paul McKenna has evolved in the last fifteen years from combining techniques based on the ancient Chinese meridian system of acupuncture with the more modern skills of neuro-linguistic programming or NLP. Using the assumption that negative emotions are our conscious experience of a disruption in the meridian system EFT employs talk to focus on disturbing thoughts and acupressure tapping to clear the disruption.

Science cannot yet explain just how EFT works and there are opposing explanations offered. However many thousands of people have individual experience that it does work. Somehow stimulating thought and meridian system together changes the way the brain processes information. In a way this is like rewiring or redirecting the brain's conditioned negative response and thus results in changed thoughts, feelings and behaviour. EFT is being practiced by thousands of therapists, counsellors, life coaches and individuals around the globe and you can find out more by visiting: www.emotional-health.co.uk and www.emofree.com