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Cindy  
Fritze  
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Cindy Fritze recently took up creating pottery as a hobby. She enjoys each piece's imperfections and character.

PHOTOS COURTESY OF CINDY FRITZE

# Tapping toward balanced energy

*Retired nurse helps clients change their energy flow, promoting health and healing*



By Janna Goerd

Cindy Fritze knew that the tapping was working when she simply forgot to smoke her cigarettes.

Fritze, a retired nurse, had wanted to stop smoking for years. She would buy a pack, smoke two, throw the rest away — and buy another pack the next day.

Then she met someone who told her about Emotional Freedom Technique, or EFT. Also called “tapping,” the alternative medicine technique is used to smooth energy flow throughout the body, and address emotional and physical issues. Fritze learned the technique, which includes light tapping with your fingertips on certain points on your body, and began practicing on herself. Her goal was to quit cigarettes for good.

Within a few weeks, Fritze found that she was forgetting about smoking.

“I just didn’t think about it anymore,” Fritze said. And she had found a new career.

Today, through her practice at Healing Shores, Fritze works with clients who want to use EFT to access and reframe painful or troubling memories, and clients who want to visualize their health improving. Fritze said the technique works on psychological pain as well as physical pain.

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Cindy Fritze started Healing Shores to help people improve their emotional and physical traumas. Fritze, a retired nurse, enjoys helping people.

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Cindy Fritze, far right, enjoys being surrounded by family: husband David, granddaughter Zoe Johnson, daughter Sara Glanville, son-in-law Terry Glanville holding puppy Suki Jones, and grandson Chase Johnson.



Cindy Fritze enjoys hiking with her husband, David, and their daughter, Sara Glanville.

The technique is reminiscent of acupuncture, which focuses on “meridian points” that are thought to restore balance to your body’s energy flow. While acupuncture uses tiny needles to apply pressure to these points, EFT uses fingertip pressure to achieve similar results over time.

“I’ve tried it on a painful knee, on anxiety, on fears,” Fritze said. “It works on pretty much everything.”

But she cautions that her work is not a substitute for a physician or a psychotherapist.

“There’s no way to tap on the points and make anything worse,” Fritze said. “Things can only improve. It’s very, very safe to do. If it didn’t change anything, that means we didn’t hit your problem.”

Fritze describes her work as an “adjunct” for those seeking alternative treatments and therapies.

“I will work with anyone who wants to make their trauma less,” she said. “I work with grief. There is definitely a place for this, but people should not replace their psychotherapist with me.”

Barb Bottger of Grand Marais has been working with Fritze for several years.

Bottger had recently been diagnosed with multiple sclerosis. She and Fritze met on a plane bound for Zihuatanejo, Mexico, where both were headed for a retreat to practice spring forest qigong, a combination of meditation and movements meant to improve the body’s energy flow.

“I was filled with anxiety, and a fear of the unknown,” Bottger said. Fritze offered to do an EFT session with Bottger once they were in Mexico, and Bottger said she noticed a difference immediately.

“It was very profound,” Bottger remembers. “That whole fear of the unknown, the anxiety — it shifted. ... What Cindy did was magical!”

In the years since, Bottger has continued to work with Fritze, and the two have become friends, Bottger said.

“Cindy is so highly gifted,” Bottger said. “She is so highly intuitive; she can read into whatever emotion is going on. She will start tapping, and she is spot-on.”

Fritze said her desire to help people was what drew her into nursing, and then into becoming an EFT practitioner.

“My last job was as a hospice nurse,” Fritze said. “You get to spend time with patients, and the families want you there. I loved that job; it’s the idea of caring for people. I still carry that in this work.”

Fritze offers free 30-minute consultations if people are interested in learning if EFT might work for them. She schedules initial sessions for a 90-minute block of time, usually meeting clients over Zoom.



“You need that much time to dig,” Fritze said. “You tap on the surface stuff,” and continue to delve beneath those initial feelings and emotions, Fritze said. She often focuses on the meridian point along the collarbone, which Fritze refers to as “the gateway.”

“That’s where you go back to the memories from your childhood,” Fritze said.

She asks clients to focus on a specific feeling, a sense, or a vision from the time the traumatic incident first occurred. As they tap on the meridian points, they may, for instance, focus on replacing the painful memory with a positive memory.

“This works beautifully for something in your life that you want to happen, but you just can’t get there,” Fritze said.

Bottger has continued practicing EFT with Fritze, as she seeks non-traditional treatments for her MS diagnosis.

“I can feel it, emotionally, as this treatment progresses,” Bottger said. “It’s like it dives down deep into your emotions, and turns things in a new way, and your emotions shift.”

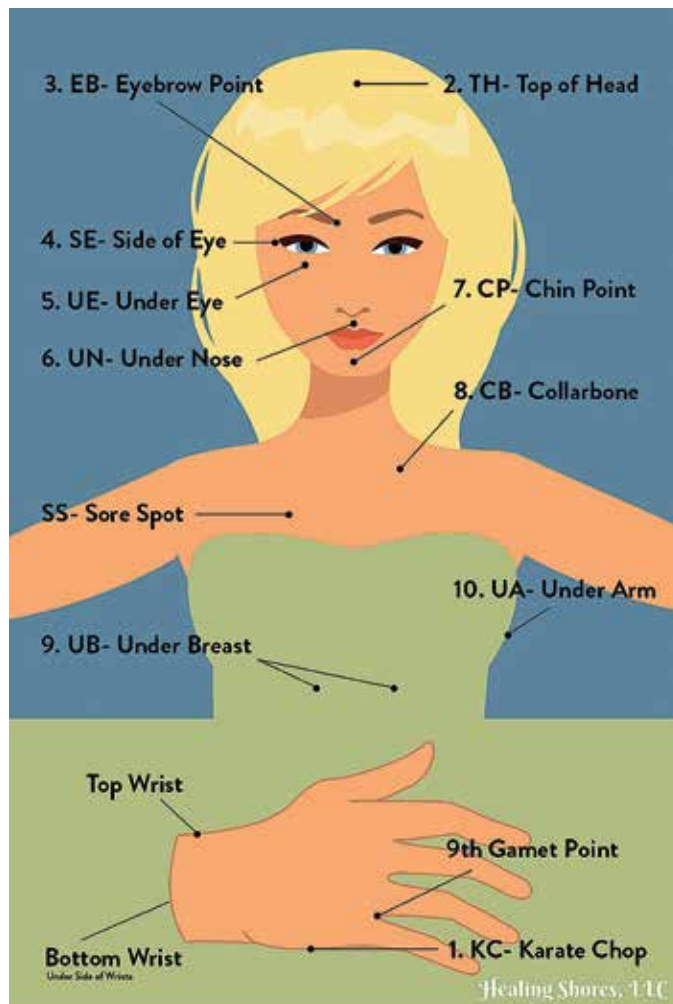
When she isn’t working with clients, Fritze enjoys heading out of her front door to hike along Duluth’s trails, or to slip her gray kayak into the water for a serene paddle. She and her husband love to kayak together, as well as go fishing. The couple enjoys towing their camper to new places, including warmer destinations during Duluth winters. Since the majority of her EFT work is conducted over Zoom, Fritze said she can work anywhere she has access to good Wi-Fi.

Another new passion for Fritze has been pottery. She began experimenting with pottery just a year ago. She calls her clay creations “caveman” dinnerware, she said with a laugh. “It’s sturdy,” Fritze said. Her plates and bowls may not be elegant and smooth, but Fritze said she loves their character.

“Its imperfection is perfection to me,” she said.

Learn more about Cindy Fritze’s practice at [www.healingshoresllc.com](http://www.healingshoresllc.com). ❖

*Janna Goerdts is an Iron Range farmer and freelance writer.*



This diagram shows the “tapping points” Cindy Fritze uses during her Emotional Freedom Technique sessions. Similar to acupuncture, light fingertip tapping on these points is thought to restore the body’s energy flow.



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