

## TFT – WHAT IS IT?

**TFT (Thought Field Therapy)** works with the mind and body. It is a therapy which is non-invasive and can have fast and far-reaching results.

It is the origin of the better known 'EFT' (Emotional Freedom Technique).

Through 'tapping' the ends of the energy channels (or 'meridians') we send calming messages to the amygdala (fight & flight centre) and we re-programme the memory.

This process helps to collapse distressing memories through a precise and coded sequencing of meridian tapping.

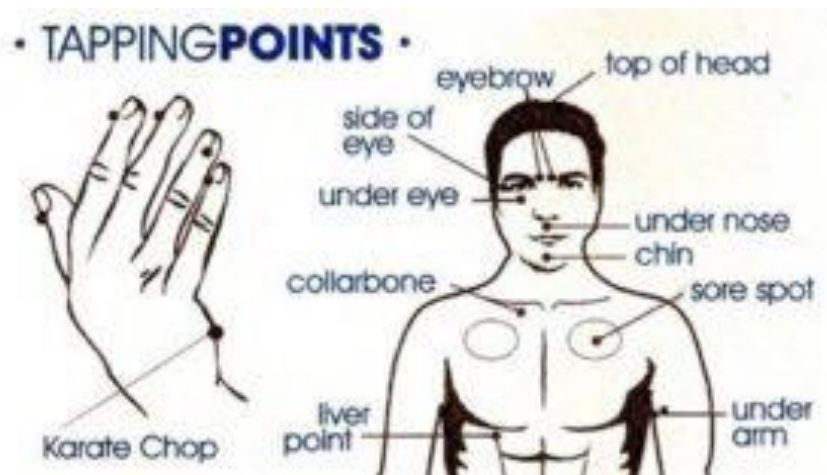
[Interesting article here.](#)

[Michael Ball uses 'Tapping' for performance anxiety.](#)

[Could this be the end of Talk Therapies as we know them?](#)

[The Latest research.](#)

[BBC article - EFT being used for anxiety on the NHS](#)



(image from <http://www.chakrabalancedenise.com/eft/>)