



WHAT IS EMOTIONAL FREEDOM TECHNIQUE? (E.F.T.)

Emotional Freedom Techniques (EFT) is a powerful mind-body healing technique that involves tapping on specific points while focusing on negative emotions or physical sensations.

An effective method for reducing symptoms of anxiety, depression, PTSD, and chronic pain, EFT releases blockages in the body's energy system, allowing for the free flow of energy and the release of negative emotions.

EFT is a safe, easy-to-learn, and non-invasive technique that can be done anywhere at any time, making it a valuable tool for individuals seeking to improve their emotional and physical well-being.

E.F.T. is a scientifically backed Energy Psychology tool.

It removes unknown and unidentified causes which contribute to physical symptoms.

- Everyone benefits from E.F.T. And everyone can do it. There is no “wrong” way of using E.F.T.
- Accomplish immediate release of emotional stress of grief and loss, divorce and break-ups, painful memories, abusive childhoods, and other difficult times which manifest in either one or more ways by acute emotional, mental or physical symptoms.



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Nicole's down to earth approach to what is called the "Cousin of Acupuncture" will enable you to delete your known and unknown sabotage behaviors and thought patterns which manifest emotional and physical pain as well as creating energy blocks to your success.

By releasing the intensity of the negative charge due to the emotional, mental or physical pain you can anchor the belief of your desired positive emotion.

"Delete the negative and embrace success in any sector of your life."

E.F.T. works by combining 'talking' while 'tapping' on specific points on the skin, to unblock the meridians energy. All experiences, whether real or imagined stimulate, dopamine, adrenaline cortisol and serotonin which are created by the automatic thought patterns of our limbic brain in conjunction with the amygdala. Get to the core of the belief which is keeping you stuck in automatic behaviors. Release to replace with empowering beliefs and actions allowing what you want to flow into your life.

Depression, anxiety, insomnia, migraines, chronic pain, erectile dysfunction, addictions and many more rapidly become a thing of the past.



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Today's science clearly shows that levels of stress hormones in the blood, such as, cortisol, are significantly lower after an E.F.T. session.

E.F.T. balances the lack or excess of chemicals and hormones in your brain and body.

Click here to see the EFT course available through Nicole Petschek Coaching