

EMOTIONAL**FREEDOM****TECHNIQUE****E****F****T**

NEVER ones to be afraid of a good, honest cliché, we can honestly say that EFT (Emotional Freedom Technique) is taking the therapy world by storm. Emotional blockages are cleared by simply tapping acupuncture points, so it is an easy treatment to receive - and to administer yourself. Connect spoke to leading EFT trainer Ann Ross, and then to some of the practitioners working across Connectland

Little miracles every day

It's not unusual for practitioners to talk enthusiastically about their therapies, and we often hear too from readers who have found a therapy to be particularly beneficial. But what makes Emotional Freedom Technique unusual is the level of activity and pure excitement surrounding it.

Regular readers will know that some counsellors have hailed it as the greatest development in their field - ever. And the simple-to-learn technique, which involves tapping energy points (as used in acupuncture) to break-down emotional blockages, has changed people in all walks of life.

While EFT can't cure physical illness, it can take away the anxiety surrounding the ailment, and it has proved successful for a whole range of problems, from giving up smoking and dispelling fear of flying to easing the distress of chronic pain sufferers and even treating children and animals, using the parent or owner as a surrogate.

Exeter-based Ann Ross is largely responsible for the spread of EFT in the Westcountry (and in other parts of the world - more of that in a moment), having trained the majority of people practising the therapy in Devon and Cornwall.

Ann's career roots lie in commerce and she worked for merchant banks and other financial institutions in the UK and Africa before giving it all up to travel (15 months camping everywhere from

TRAINER Ann Ross, right, believes EFT will eventually have a vital part to play in schools, in the mainstream health service - and in the Third World

Scotland to Sri Lanka). After returning to the UK, it was while training as a counsellor that she discovered EFT.

"I was totally blown away by what EFT can do - and how easy it is to use," says Ann.

She trained as an EFT trainer and now splits her time between running EFT workshops and corporate coaching, where she uses EFT to help stressed executives help themselves cope with the pressures of business.

But Ann didn't particularly want

to talk about any of that. She wanted to tell us, and you, about her experiences of working with EFT in Africa - and of her vision of EFT as a vital tool in

the future of family and society, there and in the Western world.

Ann was first invited to South Africa because they have no EFT training facilities there, and she ran one and two-day workshops for more than 60 people in Johannesburg and Cape Town.

But Ann saw EFT's ultimate potential being realised in more remote regions, so she decided to take a flight to Windhoek in Namibia, and then a four-hour cross-country drive to a desert region on the coast.

"It's difficult to believe anyone can live in those conditions," said Ann. "It's 40 degrees, with no signs of plant or animal life. There are amazingly pure crystals there and natives sell them at the roadside - but for food and clothes because the shops are too far away."

There she taught EFT to nutrition experts and psychiatrists, who are working for the government, so they can teach it to people living in the villages.

"They have literally no medical facilities - not even herbs to pick - and it struck me what a truly powerful tool EFT can be," says Ann.

"When someone suffers discomfort - through pain or illness - all their energy systems are out of balance, so while we can't cure critical illness, EFT can work with the emotions around the illness."

The social services agencies back in Cape Town could also see EFT's potential - "We MUST get funding for this!" they told Ann.

And that is Ann's dream, to connect with charities working in the Third World.

"I see a series of little miracles every day here in the UK," says Ann, "and those people in Africa really need miracles."

And Ann has great hopes for EFT in the UK too.

"It is my dream for EFT to be

'EFT can work with the emotions around the illness'

'I was totally blown away by what EFT can do'



available in every school and doctor's surgery," she said. "Children's psychological problems could be tapped away at their source, at home or at school, and anyone suffering illness can untangle the physical symptoms from the anxiety and emotional impact - just think of the possibilities.

"Psychological and emotional problems create massive barriers for people and EFT can give them emotional and financial freedom. That is my vision, my purpose - what I'm about."

WANT TO KNOW MORE?
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