**EFT: What Is It and How Does It Work?**

Emotional Freedom Technique (EFT) is a form of energy medicine created by Gary Craig. Energy medicine is a field of healthcare that focuses on healing by repairing the body’s natural flow of energy. Energy medicine argues that the body consists of energy. Energy is what gives us the ability to move, think, and feel. Much like a lamp with a short, when our energy is not aligned, we do not function properly.

The body’s energy flows through 14 primary paths called meridians. 12 of these meridians pass through major organs of the body. Two are not associated with a major organ but rather are associated with overall body function. Meridians can actually be seen through infrared imaging devices and naturally flow in only one direction. In EFT we tap on acupressure points that intersect the 14 meridians while thinking about a problem. When we do this, it activates the meridians and realigns the body’s energy in relation to that problem. In doing so, we reduce the intensity and frequency of the problem or we may alleviate the problem altogether. Results can be quick (as soon as one session) and sometimes permanent.

**Understanding EFT with a More Western Approach**

Emotions are cellular signals transmitted through the body by the brain which when denied, repressed, and/or left unprocessed can create disruptions in how we function. Long term emotional blockages can result in physical symptoms and illness. Tapping on the acupressure points of EFT sends a signal back to the brain through the nervous system which sedates the limbic system: the emotional part of the brain. As the limbic system sedates, emotional intensity reduces.

EFT is considered an evidence base practice per the American Psychological Association (APA) meaning significant research has been done to indicate that not only is EFT safe to practice, it works!

**Energy Medicine Around the World**

Although somewhat newer to Western medicine and cultures, for hundreds of years most Eastern medicine and cultures have had some practice of energy medicine. As early at 3200 BC, the principles behind energy medicine had been identified and practiced by humans.

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| **Country** | **Name for Energy** | **Practice** |
| India | Prana | Yoga  Chakra cleansing |
| China | Qi | Qigong  Acupuncture |
| Japan | Ki | Shiatsu |
| Vietnam | Qi | Dong Y |
| Korea | Qi | Moxa/Moxibustion  Acupuncture |