

Unleashing Emotional freedom **A JOURNEY WITH EFT**



by Reema Shamim

I always knew there was something holding me back, something lurking beneath the surface of my consciousness that kept me from living fully and fearlessly.

Little did I know that years of repressed emotions and trauma were weighing me down, subtly shaping my thoughts, behaviours, and overall well-being.

Then, I discovered the Emotional Freedom Technique (EFT), and it was nothing short of transformative.

What is Emotional Freedom Technique?

Before diving into how EFT changed my life, let's take a moment to understand what it is. Emotional Freedom Technique, often referred to as "tapping," is a powerful self-help method that combines the principles of ancient Chinese acupressure and modern psychology.

By tapping on specific meridian points on the body while voicing specific issues, EFT aims to release emotional blockages and restore balance.



My Initial Struggles

Before EFT, I was stuck in a loop of negative thoughts and behaviours.

Years of suppressed emotions had taken a toll on my mental and physical health. I felt powerless and unable to break free from the patterns that were holding me back.

It was as if I was dragging around an invisible burden, one that grew heavier with each passing day.

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The Beginning of My EFT Journey

The first time I tried EFT, I was skeptical. How could something as simple as tapping on my body make a difference?

But desperation often leads us to try new things, and I was desperate for change.

However, within a few sessions, I began to notice subtle changes.

The constant knot in my stomach started to loosen, and my mind felt a bit clearer. Encouraged by these small shifts, I continued practicing EFT daily.

During those initial sessions, I found myself tapping into (pun intended!) emotions I hadn't fully acknowledged for years. Memories of past traumas surfaced—events I thought I had long forgotten or dealt with.

The EFT process allowed me to confront these memories in a safe and controlled manner.

By consistently practicing EFT, I could feel the weight of these repressed emotions lifting. It was as if the fog that had clouded my mind for so long was beginning to clear.

Each tapping session felt like peeling away layers of an onion, revealing the core of my true self beneath years of accumulated pain and hurt.

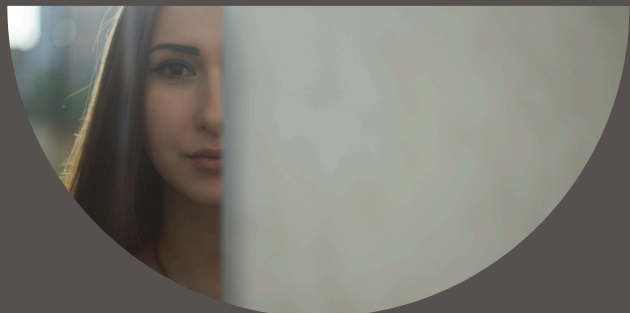


Facing My Fears

With the emotional release came a newfound courage. I began to feel more confident and empowered to face my fears.

EFT didn't just help me acknowledge my fears; it gave me the tools to dismantle them.

Tapping on my fears while affirming my strength and resilience created a shift in my mindset.



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Recognising and Breaking Through Negative Patterns

One of the most enlightening aspects of EFT was how it helped me recognise and break through negative patterns of thought and behaviour.

Through regular tapping, I became more aware of my self-sabotaging thoughts and limiting beliefs. I realised how often I told myself, "I'm not good enough," or "I'll never succeed."

These thoughts had become automatic, but EFT brought them to the forefront, allowing me to challenge and change them.

This shift in thought patterns didn't happen overnight, but with consistent practice, I noticed a significant improvement in my self-belief and overall outlook on life.



The Transformation

After a few weeks of consistent practice, I experienced a profound transformation.

I felt lighter, as if a weight had been lifted from my shoulders. The courage to face my fears and confront the underlying issues behind my negative patterns began to emerge.

I was no longer avoiding my emotions but confronting them head-on with compassion and understanding.

One of the most significant changes was in my self-perception.

EFT helped me recognise my worth and reclaim my power. Instead of being controlled by my emotions, I learned to manage them in a healthy way.

This newfound self-awareness allowed me to break through long-standing patterns of thought and behaviour that had kept me trapped.

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The Healing Journey Continues

EFT was not a one-time fix but the beginning of a continuous healing journey. It equipped me with a tool I could use anytime, anywhere, whenever I felt overwhelmed, anxious, or stuck.

This sense of self-empowerment was incredibly liberating. Knowing that I had the power to heal myself from within gave me a newfound sense of control over my life.

The beauty of EFT is that it is accessible and can be tailored to fit individual needs.

Whether I was dealing with minor stress or deep-seated trauma, tapping provided a way to process and release those emotions constructively.



Self-Empowerment and Self-Healing

Through EFT, I learned the importance of self-empowerment and self-healing.

It reminded me that while seeking external help is valuable, the most profound healing comes from within.

EFT taught me to trust my inner wisdom and resilience. It showed me that I am capable of overcoming my fears and living a life free from the shackles of past traumas.

My healing journey is ongoing, but with EFT, I feel equipped and empowered to continue moving forward.

If you're seeking a way to unlock your emotional freedom and embark on a path of self-healing, I wholeheartedly recommend giving EFT a try.

It just might change your life as it did mine.