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**What is EFT and Emotional
Energy?**

**DECODING
THE SECRETS OF
JOYFUL LIVING**

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*"I trust that we do not come
across by accident, today we
connect for a reason. "*



WHAT IS EFT AND EMOTIONAL ENERGY?

Emotion

Everything is energy including our emotions and thoughts.

Emotion is an energy in motion.

We don't see our emotion and thought energy. Because our emotions have higher vibrations and frequencies, they are beyond the reach of the capacity of our human physical eyes.

Emotions come up because they want to leave; remember they always vibrate.

If emotions could move throughout our body smoothly without resistance, we would be in harmonious and healthy status.

Emotion itself is not harmful, even if it is a negative emotion.

Humans have the tendency to judge or suppress our life situations and our emotions. When we judge or refuse to accept what it is, the emotion energy can't go through inside our body. It is as if an inner wall was built, blocking the energy flow. And it causes the disruption of the body's energy system. Long and strong negative emotion and internal energy disruption eventually lead to all kinds of illnesses; e.g., Depression, cancer, etc.

Different emotions have different vibrational levels on the emotional energy ladder. Positive emotions like love, peace, joy stay at the top; negative emotions like fear, grief, and depression stay at the lowest end.

When we are at the lower end vibrational levels, we use most of our healthy energy for suppressing. When we shift to higher vibrational energy, we use healthy energy for taking action.

EFT - Emotional Freedom Technique

EFT is often referred to as "energy medicine", and "a needle-free, emotional acupuncture." It uses finger tapping to stimulate some acupuncture meridian points on the body and eliminate the energetic blockages that are causing or contributing to mental, emotional, or physical pain. Hence, it allows the body to heal itself.

EFT can apply to every area of life, no matter if it is health, relationship, financial, career, or spiritual issues.

EFT gets us connected to our deep emotions – the Truth of who we are and how we feel.

We admit, accept, tap and let our emotions float up. We give them a voice to speak out and space to come out. And finally leave from our body system peacefully.