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Emotional Freedom – At YOUR Fingertips!

By Silvia Hartmann

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What would you say if I told you I know of a simple method that can make emotional stress such as upset, anger, fear, concern and distress simply melt away in a few minutes and all you had to do to achieve this is simply touch a few "magical points" on your face and hands?

Yes, it's true, it can be done, and you can learn to do how in a few minutes, for free, if you're interested.

I am delighted to introduce to the most important innovation in self help and psychology this millenium has seen so far – Emotional Freedom Techniques or EFT for short.

Based on the well known and highly effective Chinese system of body meridians, EFT doesn't use needles but instead, soothes and stimulates the energy flow by lightly and gently tapping on main meridian connector points.

EFT is so simple that even a young child can learn to do it in minutes.

EFT is so profoundly relaxing and mood changing that even therapists many years experience simply have to shake their heads and declare they have never seen anything like it.

So Simple, So Easy ...

Like many profoundly useful things in this world, EFT is extremely simple. A straightforward easy to use protocol designed by Stanford Engineer Gary Craig to cover all of the most important meridian points in a single treatment lasting about five minutes ensures that users need know nothing at all about meridians or the finer points of Chinese medicine to experience profound relief right away.

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What's more, the basic Emotional Freedom Techniques protocol is absolutely free and freely available to try out and for you to share with friends, loved ones and anyone else you wish to share it with.

The Benefits Of Acupuncture, Acupressure & Massage

Everyone who has experienced the calm and restful state that follows a good massage, or has been treated with acupuncture for example, knows that working directly with the meridian system really produces profound changes in how we feel inside.

The great advance of the new meridian therapies, of which EFT is the ambassador, is to focus the mind on a particular disturbance whilst stimulating the energy system at the same time. By thinking about your problem, you automatically target the right parts of your meridian system and without years of study, that's something anyone can do.

Perfect For Emotional Crisis Management

And what could be more appropriate than having something that can help you right in a middle of crisis? That is the time when your mind is absolutely focussed on the problem; in many cases such as physical pain or severe upset, it is the only thing we can think about. Whilst we are in the crisis we are in the perfect place to use EFT to target the root causes of the problem and help alleviate the symptoms and disturbances swiftly.

No Will Power Required!

Now here is one of the most fantastic news about EFT.

EFT *melts away distress* of all kinds – and it is distress we try to get away from with anger outbursts, over-eating, with substance and activity addictions, with procrastination, with depression, with sickness and with headaches.

When the distress is gone, you are free to **CHOOSE YOUR OWN DESTINY**, and there is no more will power required.

A Miracle Technique – And It Is FREE!

EFT has certainly been described in terms of being miraculous, and not just once but a hundred thousand times or more, by very different people with very different problems, by professionals and simple folk alike, all around the World.

EFT works first time for about 85% of the population, but even if it just manages to noticeably reduce feelings of anxiety, fear, anger for you personally, that could be a starting point to a whole new level of happiness and health.

You can try a short version right now – the Two Minute Stress Release Technique. You are very welcome to share it too with your friends and family. You can find this and a totally free complete EFT

protocol as well in the "Free & Premium" section at

.

I encourage you to simply try it for yourself.

I have been around the houses with personal development and healing. Hypnosis, NLP, Reiki, Meditation, Personal Development, Psychology – for 25 years I have been researching techniques for change and I have NEVER come across anything as profoundly useful and as userfriendly as EFT has turned out to be.

It has helped me personally immensely, it has helped not only my clients but my friends and my children too.

I cannot rate EFT highly enough. I cannot recommend it strongly enough.

So go and try it now. It's free, it's simple.

You have absolutely nothing to lose, but you could gain the very real possibility of absolute Emotional Freedom At Your Fingertips.

Silvia Hartmann PhD
Director, The Association For Meridian Energy Therapies

Freedom for All; Is it Possible?

By Jesse S. Somer

Freedom for all species and people, and freedom of stress; is it possible? Could the Internet be a tool to getting there?

Freedom, what is it? I am an Internet writer whose job is to write about the Internet. Does that mean I am locked into this one area? Am I allowed to write about other things? Well today I am going to test out my supposed freedom, by writing about freedom. Some people say freedom is a state of mind, but I don't know. What if you are a refugee locked away in a mandatory detention center waiting years for governments to process bureaucratic rigmarole? What if you live in a democratic society where you have to sign and have documents for everything from dog licenses to foreign visas? Are we really free, and if we are, how free are we?

Life on Earth for the privileged nations has become quite a comfortable existence. Or has it? Materially we have more than we could have ever imagined, but spiritually, how are we doing? If we are honest, each one of us has to live with the knowledge that for every creature comfort we have, someone in the world is having a little bit less; and then there's the effect we have on the environment. So how free can we be with all this on our collective consciousness? The fact that we have more stress, anxiety

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and youth suicide today than ever before is a testament to the fact that life isn't necessarily wholly better than our previous generations.

So why think of freedom? Why think of the problems of the Earth if I don't have the answers. Everybody wants to hear solutions, but not many people are giving them. I once heard a guy called Professor Peter Sellars say,

"I'm now proposing the new period is the 'Culture of Focus', you find something that needs to be done and you do it."

Could this be our ticket to physical, mental, emotional and spiritual freedom? If we focus our intentions as a society in an altruistic fashion, maybe all our strict social doctrines and rules will become less apparent in our minds and thus in our reality. If we are all thriving on the fact that we are doing our little part to make the world a better place for all concerned, maybe we wouldn't be so obsessed with some of the issues that seem to pervade our minds today: war, greed, economics, racial and religious differences; all these may just become focuses of our past perception of reality.

I'm not pedaling easy answers and I'm not giving many examples of how all this change will come about; and I'm definitely not saying it shall be an easy task, nothing worthwhile ever is. The fact is, humans are always evolving and changing and it is easy to see that we still have a way to go before we live in a sustainable, positive global community. These thoughts are on my mind and I'm sure as I've spoken to many others, that it's on a lot of our minds.

O.K., my job is to write about the Internet so I guess in the end I'll follow orders. I mean hey, these words could incite a few positive thoughts out there in our collective community across the globe. The

Internet is a pretty cool tool for communication across present borders and boundaries of our constructed systems. Just think about how much information and knowledge is now available at your fingertips. You can find out about nearly anything imaginable. For instance, if you did want to research the question about whether you are free or not, it's the perfect place to start your search. It actually could take a large part in the development of true freedom for all species. That's all I am going to say about that. Maybe we are already free, but could we become freer? Think about it my brothers and sisters.

Jesse S. Somer,

Jesse S. Somer is a human wondering when freedom will, if ever, reign supreme in our world and in our minds.

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