

The Magick in Your Fingertips: Emotional Freedom Technique (EFT) Tapping

Hello Babes, Bitches, Bros and Witches!

Have you ever heard about the Emotional Freedom Technique (EFT) or as it is more commonly known, tapping? No, I'm not talking about a hidden talent for Morse code or an unexplored career in tap dance. This is about a simple tool that promotes emotional release and healing.

Intrigued? Stick around and let's dive deep into the magick that is EFT tapping.

In the simplest of terms, EFT is a form of acupressure, or the cousin of acupuncture minus the needles (let's save those for the tattoos and piercings!). It integrates the wisdom of traditional Chinese medicine with modern psychology. By tapping specific meridian points on the body, you unleash a flow of energy that helps to reduce physical pain, anxiety, depression, stress AND a whole lot of other emotional disturbances. Sound good?

Now, I can almost hear your eyebrows arching in skepticism. Tap away my problems? Yeah, ok. Well, bear with me, folks. I was once a skeptic too until I saw the results of this fascinating practice firsthand.

EFT tapping works on a simple yet profound principle: **The cause of all negative emotions is a disruption in the body's energy system.** By tapping on these energy hot spots while focusing on the specific problem, we can release the blockages that are causing the emotional discomfort.

Imagine the energy system in your body as a river. Now, suppose a bunch of rocks have fallen across this river, causing a disruption in the flow of water. What happens next? The water starts to stagnate, and soon enough? A stinky, swampy mess. That's pretty much what happens with our energy system when we hold onto negative emotions.

Okay, Dani, so where does tapping come in?

Think of it as a magical bulldozer that clears away those energy-blocking rocks. By tapping and focusing on our issues, we give the river a clean sweep and restore it to its natural, flowing, sparkly state.

So, why should you give tapping a try?

It's simple, non-invasive and requires no special equipment. You can do it anytime, anywhere. Yes, even in the middle of your office while your boss isn't looking or in traffic when you are triggered by other drivers. It doesn't require years of practice, and most importantly, it can provide instant relief from emotional distress.

Tapping really is an exciting tool to have in your toolbox (or toolshed if you are like me). Just like any other practice, it's the consistency that counts.

So, whether you're dealing with everyday stress or deeper emotional issues, try giving tapping a chance.

Remember, your fingertips hold the magick of emotional freedom. Tap into it and let the healing begin!