

Foundation of EFT

EFT was introduced in 1995 by Gary Craig, a Stanford Engineering graduate in lifelong pursuit of personal well-being.

“That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results. EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner.”

Gary Craig is neither a psychologist nor a licensed therapist. He is an ordained minister through the Universal Church of God in Southern California, which is non-denominational and embraces all religions. He is a dedicated student of A Course in Miracles, and approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT or its Practitioners.

“I’ve been doing energy healing work since 1991 and my jaw still drops at the results. I’ve lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn’t perfect, of course. We don’t get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will.”

Gary Craig, Founder of EFT

EMPOWER YOURSELF WITH EFT

Brian Manship

BA (Hons), Dip Hyp , Dip Coun, Adv EFT

As a clinical Hypnotist and Counsellor I was aware of many other different therapies available.

After discovering the power of EFT and being amazed by its results, I looked into becoming an EFT practitioner and duly completed the training to Advanced level.

One area where EFT has been very successful is in the treatment of Vietnam War Veterans, it has been used to eliminate the effects of Post Traumatic Stress Disorder.

In just a few session the results were remarkable for people who had suffered for many years.

I use EFT as a stand alone therapy and in conjunction with my other therapies in the treatment of many different issues and problems.

My Practice is fully covered by Professional Indemnity Insurance and as a member of the AAMET and the NCH I follow strict codes of conduct and work within an ethical framework.

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Change Your Life with EFT



Member of the National Council for Hypnotherapy (Lic)

Member of the Association for the Advancement of Meridian Energy Therapies

BRIAN MANSHIP

EFT PRACTITIONER

BA (HONS), DIPHYYP, DIPCOUN, ADV EFT



How EFT works

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world... until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

A Universal Healing Aid

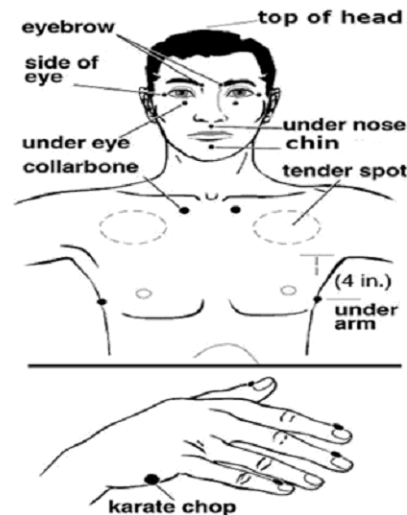
This is like a psychological version of acupuncture (except there's no needles) , these techniques won't do everything for everyone, but usually bring impressive relief for the majority

There is no Limits

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including those listed below.

Executive stress	Guilt	Tinnitus
Smoking	Nail biting	Depression
Confidence	Phobias	Anxiety
Panic attacks	Bed wetting	Stress
Driving test	Exam nerves	Shyness
Grief	Traumas	Insomnia
Blood pressure	Allergies	Inferiority
Migraines	I.B.S	Alcohol
Stammering	Weight	Diabetes

The list is almost endless. Do not think that your problem is too silly or difficult to solve. I am a specialist in many aspects of EFT, and my role is to advise you on the best actions for you and your problem. I can help you back on to the road to a happier, healthier and more satisfying life.



For More Information

EFT does not do everything for everyone: however the clinical results over the last 5 years have been remarkable. For more information, visit the EFT web site at: www.emofree.com.

It is best to get started by working with an accomplished practitioner for a time to get experience and a sense of how to use these techniques creatively for greatest effectiveness.

"EFT is astonishing both in its simplicity and its effectiveness in dislodging and removing emotional hurts and painful memories"

All sessions are totally confidential and the work is done in a non-judgmental or threatening way.

Treatments available,

One to one (Face to face)
Or
Telephone

In special circumstances home visits can be arrange.

Limited Time Offer

£5.00 discount on telephone sessions.

With no parking or traveling problems and no time off work.

Enjoy the therapy in the comfort of your own home