

How Does Tapping/EFT Work?

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A growing body of research into the clinical practice of Emotional Freedom Therapy (also known as EFT or Tapping) has sought to investigate the physical basis of the changes that occur. These investigations are commonly undertaken beneath the umbrella of Energy Psychology. There has been found to be a range of different energies in the physical body and there seems to be 3 major systems that are involved in the success of Tapping Therapy.

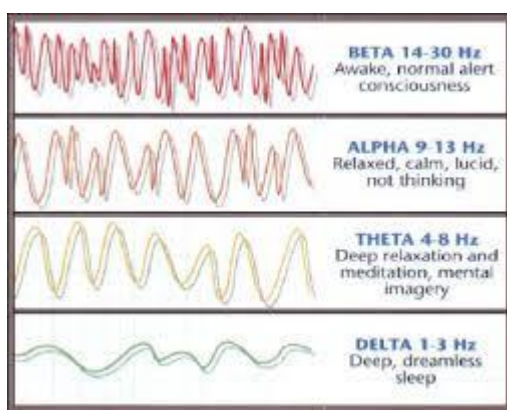
1. Electro- magnetic energies

Upon tapping upon certain areas of the body it has been found that electro-magnetic impulses are sent to the brain and these signals seems to reduce the arousal of the amygdala, which perform a primary role in the processing of memory and emotional reactions.



This organ deals with threat and is responsible for secreting neuro-chemicals in response to this. Hence a reduction in cortisol and adrenalin activation calms the body and reduces stress.

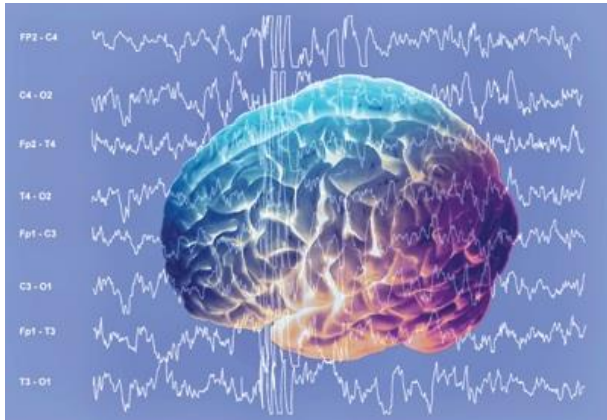
2. Delta Waves



The delta waves in the brain seems to help to sort through the many stimuli acquired during the day and they help to discard the unimportant memories and their accompanying emotional activation. Hence it is possible to assist the brain to dissolve certain pathways and erase the resultant emotions.

3. Fields of Energy in the brain

These seem to help the brain to remain coherent and harmonious and help to record memories. Every body cell seems to be a kind of battery and stimulate the release of chemicals into the cell.



By involvement with these brainwave fields, EFT seems to assist the body to erase memory traces and accompanying emotional traumas that are no longer necessary to retain.

4. The Release of Serotonin and other 'Feel Good' Hormones

A study of 29,000 patients with a wide range of problems, such as specific phobias, panic disorders, post-traumatic stress disorders, acute stress disorders, and anxiety-depressive disorders showed that Tapping was successful by independent evaluation in 76% of the subjects. Also effectively treated in the same study were a variety of painful emotional states including grief, guilt, anger shame, jealousy, rejection, and other painful memories this method as well as impulse control disorders and cravings.

(Study by Andrade & Feinstein, 2003) – read more at http://www.healingthemind.net/html/Why_tapping_works.html