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Take Charge of Your Health

A Place of Peace

Articles, tips, and techniques to discover how to create emotional and physical peace

January 2006

in this issue

- [EFT - Emotional Freedom Technique for Women's Health](#)
- [Meditation Tip - How to get started with EFT](#)
- [Teleclasses for EFT](#)

Dear Jennifer,

When I started Anji, I began with tools and techniques that had worked both personally for me and for my clients. I focused mainly on relaxation techniques to help with physical women's health issues.

But, what I routinely experienced and heard from my clients was, "The physical relaxation is great, I am feeling better, but I can't stop the thoughts in my mind. I just can't make them go away - I can't make myself stop feeling frustrated - upset - scared - angry."

I kept hearing the same complaint - just different emotions. And, I was extremely frustrated, not really having a complete solution.

Then I learned about EFT - Emotional Freedom Technique. This is a simple technique, based in acupressure, which simply melts away negative thoughts and emotions.

This simple to use with powerful results technique has quite simply changed my life and the lives of my clients.

And right now, I will teach it to you. Keep reading!

Have a great month!

Warmly,

Jennifer

EFT - Emotional Freedom Technique for Women's Health

Have you ever had the experience of completing a relaxation exercise, or a long bath, or a massage, feeling exquisite inside and out - only to be "knocked back down" within the hour by the same thoughts and feelings that you have had over and over and over before?

Do you feel like you are struggling with the same emotions or thoughts, habits, or life circumstances and have been for longer than you'd like to admit, even to yourself?

Do you find yourself dealing with more and more anxiety, sadness or depression, frustration, insomnia, and physical illnesses than you have before?

Do you find that the strategies that you used before to pull yourself out of these situations just don't work anymore?

Do you find yourself wanting to live with more joy and ease as you work towards meeting your life's goals?

Do you want a tool that you can use over and over again yourself?

Then EFT is a tool for you.

What is EFT?

EFT has been referred to as "Emotional Acupuncture". EFT melts away all unwanted emotions, thoughts, beliefs, and patterns. The basic premise of EFT is this:

The cause of all negative emotions is a disruption in the body's energy system

Said another way: When you are dealing with difficult emotions or thoughts, it is easy to think that they are the problem. From an EFT perspective, however, they are simply symptoms that your body is out of balance. Somewhere along the line, you had an experience that placed a block in your system - remove the block, your body comes back into balance, and the unwanted emotion or thought goes away.

EFT works by stimulating the same points used in acupuncture by using your fingers to tap on specific points on the body. When you combine tapping on these specific points with focusing on the issue that you want to let go of, you release the disruption in your body's energy system and with it goes the unwanted emotion.

The Technique

EFT is much more powerful when you experience it than when you just read about it. So, I am going to give you the process to try. If you are new to any type of meridian work, it may be difficult to understand just how powerful it is just by reading through it. In the Meditation Tip section there will be a link to take you to specific examples you can use to try out the tapping for fertility, pregnancy after fertility, and women's emotional health.

1. Decide what emotion or thought you want to work on. It is best to be as specific as

you can.

2. Close your eyes and allow yourself to think of the thought or feel the emotion. Rate how you are feeling from 0 - 10. 0 meaning this thought or emotion holds no charge, doesn't affect you at all. 10 meaning that it affects you in the most intense way you could ever imagine.

3. Begin tapping, with two or three fingers of either hand on the Karate Chop point (see diagram below).

4. As you are tapping, say out loud, "Even though I have (name your thought or emotion here)...I deeply and completely love and accept myself. Repeat 3 times, while still tapping. This is called the Set-Up statement. Ex: Even though I am so deeply hurt by what Jane said to me at work, I deeply and completely love and accept myself.

5. Then, tap on each of the next points, 7-10 times, tapping with enough pressure to feel the tapping, but not so hard that it hurts. While you are tapping you will say a reminder phrase that comes from the Set Up Statement. Ex: Deeply Hurt. Repeat the reminder phrase at each tapping point ([See the tapping points here](#) The only point not illustrated is the Top of the Head. Simply tap in a gentle circle at the crown of your head):

Karate Chop Point (KC)

End of Eyebrow (EB)

Side of Eye (SE)

Under Eye (UE)

Under Nose (UN)

Under Lip, on the Chin (Ch)

Collarbone (CB, make a fist)

Under Arm (UA, about 4 inches down from the armpit)

Top of the Head

6. Take a deep breath and tune back into your issue. Give it another rating - did it drop? Some people will drop significantly with their first round, others just 1 point - or maybe even not at all the first time around.

7. Start again with the same Set-Up statement, but this time say, "Even though I still have some of (your issue here) remaining, I deeply and completely love and accept myself. Ex: Even though I still have some feelings of being deeply hurt by what Jane said to me at work, I deeply and completely love and accept myself."

8. Tap on each of the next tapping points saying your reminder phrase with

"remaining" in front. Ex: "Remaining deeply hurt feelings"

9. Take another deep breath and re-rate how you are feeling. You can get your rating down to zero.

10. If you find that your issue isn't changing in rating, look for another issue that may be underlying it. For example, even though you feel deeply hurt by your co-workers comment, perhaps the negative emotion is really about feeling like nobody understands your situation, or that it made you feel incompetent.

EFT may require some detective work, but when used specifically, it can be extremely powerful. There are many more ways to use EFT - this is simply the beginning. EFT can be used to pump up the emotions and thoughts that you would like to have as well as getting rid of the ones you don't want.

Once you have learned the EFT tapping points and how to create set-up statements you will find that you have a versatile tool that releases those negative thoughts and emotions so that you can enjoy the benefits of a relaxing activity for longer than an hour!

[Tapping Points](#)

Meditation Tip - How to get started with EFT

There are many ways to use EFT. Often, the hardest part of EFT is learning how to get to the issue that you want to let go of.

One way that I have discovered that works really well is in combination with journaling. Think of an area that you would like some emotional relief in - then sit down and take 5 -10 minutes to write down exactly how you are feeling. Pour everything out - don't worry about spelling or being politically correct or 'nice'.

Then, go back and look for the main beliefs or feelings or patterns of thought. Use those beliefs and feelings as your set-up statements.

To get you started, I have listed on my site many different possible set up statements:

[Tapping Statements for Fertility](#)

[Tapping Statements for Pregnancy After Infertility](#)

[Tapping Statements for General Women's Health](#)

Teleclasses for EFT

Would you like to learn more about EFT? Join one of the upcoming teleclasses with me to hear more about the technique and spend time releasing issues. There will be plenty

of time for questions. There are specific classes scheduled for emotional health, fertility, and pregnancy after infertility.

[Teleclass descriptions and times](#)

Quick Links...

- [Ceate Peace for Women's Wellness](#)
- [Create Peace after Miscarriage or Loss](#)
- [Create Peace for Reproductive Health](#)
- [Create Peace for Optimal Fertility](#)
- [Create Peace during Pregnancy After Infertility](#)

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