

Samartha Workshops  
Emotional Freedom Techniques(EFT)

[www.samartha.net.in](http://www.samartha.net.in)

# EFT

A unique exercise that calms you  
so that you can think clearly  
about your problem.



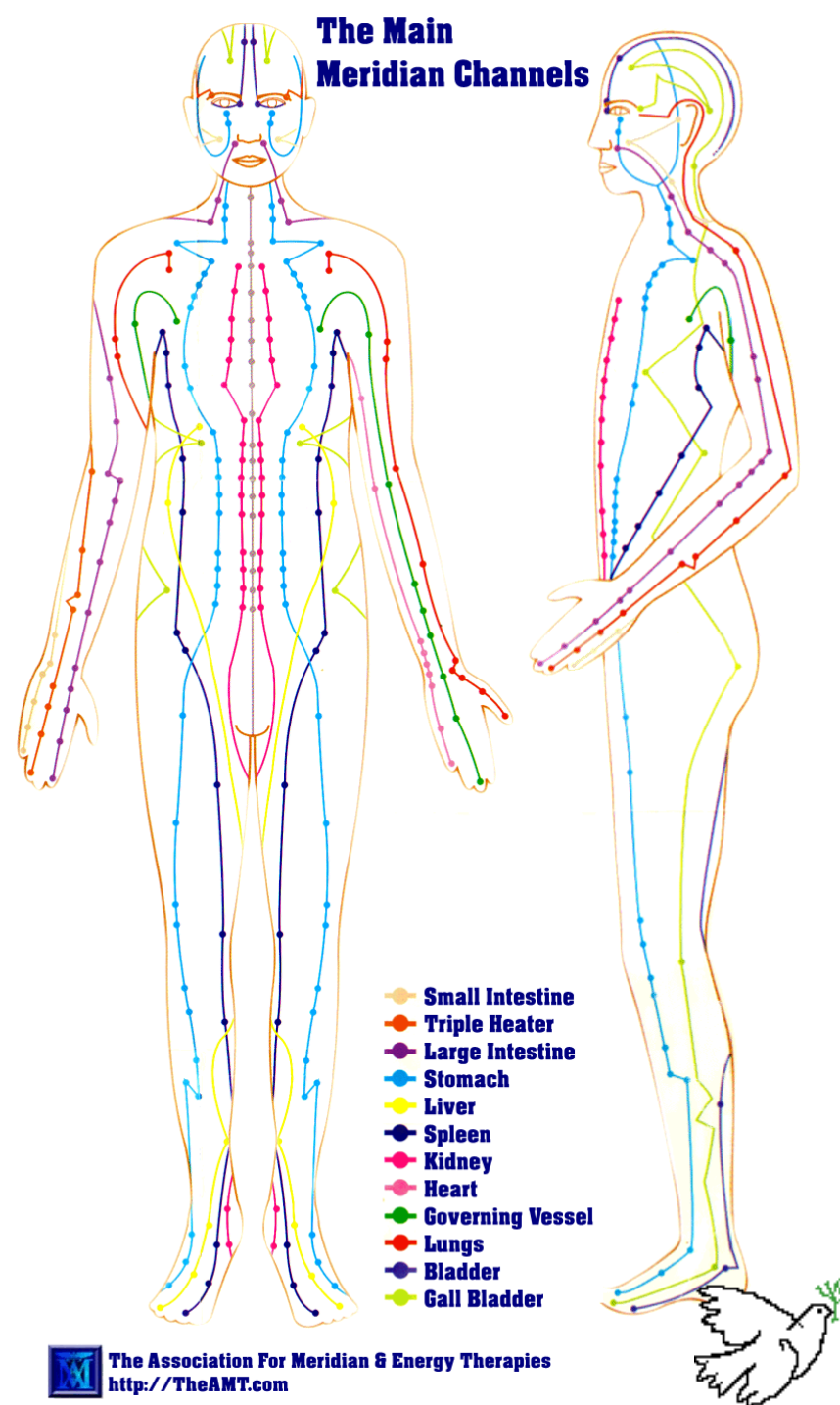
Energy Therapies like

# EFT

are often called

**acupressure for emotions.**

The human body has energy channels called meridians. The energy flow in the meridians sometimes gets blocked leading to stress and negative emotions. The end points of Meridians are used to help balance the body's energy system.



# The genius of EFT is:



- You can pull up which ever issue bothers you and work on it.
- Eg: Someone at work hurt you. Your logical mind says “let it go” but you are unable to let it go because your energy system is blocked.
- You can apply EFT for this issue and you will experience results in 20 – 30 minutes sometimes sooner
- You have to experience it to believe it !!



# The specialty of EFT

- Practical and Effective
- Adequate research to prove its effectiveness
- Participants will experience the power of EFT in the workshop itself.
- Participants are first taught EFT and then asked to identify an issue that bothers them and guided to apply EFT( without them having to disclose the issue)
- The participants are asked to rate the intensity of the emotion on a scale of 0 to 10.
- 0 indicates no negative emotion or a calm feeling, 10 is extreme disturbance which can be anxiety, stress, anger etc
- After the EFT session they are asked to check the new level of the intensity and participants are amazed at the results. The intensity of the negative emotions drop and participants feel relief and peace and sometimes new insights
- It is a practical technique that works and works fast!



# EFT Technique

With remarkable consistency, EFT relieves stress and negative emotions by a tapping with the fingertips on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system.

The tapping serves to release the blockages that are created when a person thinks about or is involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance. Once balanced, the person cannot get upset about the circumstance no matter how hard they try. The memory remains but the charge is gone.

Typically, the result is lasting and the person's awareness changes in a positive way as a natural result of the healing.



# Words on Samartha Workshops

*Susitha conducted stress management and productivity improvement workshop for employees in our office in India. Her work was invaluable to our employees morale. She showed ways that improved the quality of work life*

**Kumar Reddy - Director - MD Manage**

*To say that health is the greatest asset in life is an understatement, for it is, in fact, the only asset that counts ultimately. All others, including knowledge, intelligence and wealth, have meaning and purpose only when they are associated with a certain degree of good health - physical and mental. EFT as taught by Susitha is a very tangible tool we all can use for our betterment. Her workshop on EFT was very inspiring and rewarding ! It taught me understand my emotions more objectively and equipped me with the technique of EFT to handle and resolve them. Wishing her all the best in this noble cause of teaching a "Self-Help" method to the masses."*

**Renu Mahtani – Yoga teacher and Author of the “The Ultimate Indian Diet Book”**

# Words on Samartha Workshops

*I attended the 2 day workshop conducted by Ms Susitha at Bangalore in April 2007. I was very impressed by the way the entire course was planned and presented. The course was well structured, simple to follow and conducted in a venue that complemented the teachings at the seminar. My Impression is that Susitha is a willing teacher and she does not hesitate to share her entire knowledge which is a rarity these days. Another laudable feature of her workshop is that she invites all attendees to share their views and encourages the participants to work on their issues in the workshop itself. I would strongly recommend that all should attend the EFT Workshop. It is beneficial, simple and the results are great. I hope I will have further opportunities to learn more on EFT and that too from a dedicated and wonderful teacher like Susitha, I Wish her every success -*

***Shankar Bhat, Management Professional, Mumbai***