



# The Healing Power of EFT & energy Psychology

Tap into your body's  
energy to change your  
life for the better

**DAVID FEINSTEIN,  
DONNA EDEN  
& GARY CRAIG**

FOREWORD BY CANDACE PERT, PhD

# Healing Power Of Eft And Energy Psychology

**Gill Edwards**



## **Healing Power Of Eft And Energy Psychology:**

**Healing Power of EFT and Energy Psychology** David Feinstein, Donna Eden, Gary Craig, 2006 This groundbreaking book explains how to tap into your body's energy not only to change your health but to change your behaviours and thought patterns as well Your body is comprised of energy pathways and energy centres that are in constant motion interconnecting with your cells organs immune system mood and thoughts The Healing Power of EFT and Energy Psychology incorporates the concepts of Emotional Freedom Techniques EFT to show you how to shift these energies so you can influence your physical health your emotional patterns and your state of mind With this strategy stubborn phobias often fade in minutes the lifelong effects of an early trauma can frequently be reduced or completely eliminated uncontrollable anger can rapidly become manageable and even elusive physical problems may respond where other treatments have failed Here are simple step by step instructions to help you change unwanted habits and behaviours enhance your ability to love succeed and enjoy life overcome fear guilt shame jealousy or anger The energy approach presented in this book is clearly illustrated and easy to follow It will help bring about significant change in your life     The Healing Power of EFT and Energy Psychology David Feinstein, Donna Eden, Gary Craig, 2010 Your body is comprised of energy pathways and energy centres that are in constant motion interconnecting with your cells organs immune system mood and thoughts THE HEALING POWER OF EFT AND ENERGY PSYCHOLOGY incorporates the concepts of Emotional Freedom Techniques EFT to show you how to shift these energies so you can influence your physical health your emotional patterns and your state of mind With this strategy stubborn phobias often fade in minutes the lifelong effects of an early trauma can frequently be reduced or completely eliminated uncontrollable anger can rapidly become manageable and even elusive physical problems may respond where other treatments have failed Here are simple step by step instructions to help you change unwanted habits and behaviours enhance your ability to love succeed and enjoy life overcome fear guilt shame jealousy or anger This clearly illustrated and easy to follow energy approach will help bring about significant change in your life     *Introducing Emotional Freedom Techniques* Christine Moran, 2017-07-05 This title offers simple and effective techniques for emotional health and wellbeing Emotional Freedom Techniques EFT is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing The techniques empower individuals to make their own changes in their thinking and feeling by combining focus on an issue whilst tapping on the body's energy system EFT provides highly flexible easy to use and practical solutions for a huge range of emotional issues across all age groups This book is a comprehensive information resource and how to guide for health professionals and adults to introduce EFT into their day to day lives It provides an extensive exploration of how EFT can be successfully applied to a wide range of social emotional behavioural and health issues It includes case examples of phobias fears issues around behaviour confidence health issues speech problems depression stress anger addictions abuse performance issues and managing pain It offers an overview of some of the latest

perspectives within neuroscience and physiology which reflect the changes that occur naturally when using EFT *Energy Medicine For Women* Donna Eden, David Feinstein, 2012-03-22 For more than three decades Donna Eden has been teaching people to understand the body as an energy system to recognize their aches and pains as signals of energy imbalance and to reclaim their natural healing capabilities In her long awaited new book Donna speaks directly to women showing them how they can work with energy to tackle the specific health challenges they face She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues From PMS to menopause from high blood pressure to depression the book offers easy to follow solutions to women s health issues that traditional medicine often fails to provide Blending a compassionate voice with a profound grasp of how the female body functions as an energy system Eden presents what is sure to become a classic book on the subject of women s health **The Reiki Manual** Penelope Quest, Kathy Roberts, 2011-09-01 The definitive text on Reiki for students practitioners and Masters alike from one of the most respected Reiki teachers today Reiki is a holistic system for balancing healing and harmonizing all aspects of the person body mind emotions and spirit encouraging deep relaxation and the release of stress and tension and promoting awareness and spiritual growth This comprehensive manual provides much needed support for students and teachers who want to follow the best practices Covering Reiki levels 1 2 and 3 this book conveys information in an accessible structured and interactive way to enhance the reader s understanding knowledge and experience of the practice The final section of the manual contains reference material specifically for students who wish to become professional practitioners and for Masters who want to broaden their training This section also offers the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice The Reiki Manual can be used as student preparation before a Reiki class as a textbook during Reiki courses as post course reading or for reviewing what has already been learned it includes revision questions and revision activities by Reiki practitioners to help them practice in the best most professional way and by Reiki Masters as a guide to devise and deliver a Reiki course More extensive than any other Reiki book on the market The Reiki Manual will be referred to by lay readers as well as devoted students for many years to come What Happy Teachers Do Michelle Auton, 2024-08-06 Discover the simple three part self care system that will help you stay calm in class enjoy a good work life balance and keep doing the job you love It s a cliché but it s true teaching is the best job in the world So why are more teachers leaving the profession than ever before Thanks to staff shortages accountability pressures and heavy workloads teachers are burning out fast This raises the question How do you stay happy and keep teaching Michelle Auton has the answer Drawing on both her own 20 years in the profession and the experiences of her many teacher friends Michelle has developed a three part system to help you not just survive but thrive in teaching In *What Happy Teachers Do* she takes you through these three principles 1 Self care You ll learn how to deal with the unique highs and lows of the teaching year and practice good self care every day 2 Mindfulness Michelle explains the neuroscience and benefits of mindfulness and

details short mindful practices that can help you in times of stress overwhelm exhaustion or judgment 3 Tapping Tapping is an alternative treatment for physical pain and emotional distress and can help to restore balance to your body's energy Use these tapping aka Emotional Freedom Techniques EFT scripts in both your personal and teaching life such as when you're having difficulty sleeping preparing for a lesson observation or worried about an awkward conversation with a parent This book will help all teachers whether you're in your first or thirty first year of teaching to reduce stress prioritize self care and feel empowered This is what happy teachers do

**Conscious Medicine** Gill Edwards, 2010-11-18 Radical changes are afoot in medicine as we build stronger bridges between science and spirituality In CONSCIOUS MEDICINE Gill Edwards explains that mind and body are inseparable and that emotions are crucial in health and disease Her new approach to healthcare is based on the latest research into the transformative power of consciousness energy and the bodymind She explains how when you break your old habits of thought you can not only reverse disease processes and heal injuries but also attract more positive events and circumstances into your life Chapters cover miracles in health and why our current medical model is limiting how negative thoughts activate the stress response in the body which eventually makes us ill how the body speaks to us symbolically through symptoms and illness how to break free from limiting patterns and create a new health full future Always thought provoking and inspiring this is an accessible practical and joyous book

**The Basics Of Reiki** Penelope Quest, 2012-02-02 The Basics of Reiki by Penelope Quest offers a clear and accessible introduction to an increasingly popular and powerful healing art Best known as a gentle hands on healing technique for physical ailments Reiki is also a holistic system which can be used for healing body mind emotions and spirit In this helpful and easy to follow book you will discover everything you need to know including the origins and development of Reiki as a healing system what to expect when receiving a Reiki treatment how Reiki treats both the symptoms and the causes of illness easing physical pain and helping to clear emotional blockages how easily you can be attuned to Reiki and what to expect at each level of training how to use Reiki for self healing and for healing other people animals plants and the environment practical exercises and visualisations to encourage relaxation and develop insight and energy awareness This is the perfect choice for those who want to find out more about Reiki and the benefits it can offer from a highly qualified and experienced Reiki Master

*I Am a Soul Champion* Rachael White, 2016-09-13 It is not unusual for families to face health issues Most will turn to conventional medicine to at least treat if not cure them But what happens when those methods don't work In fact instead of getting better they get worse This is what happened to author Rachael White and her family In her book I AM a Soul Champion How to live a spiritually guided life through Manifestation Intuition Positivity and Archangel Aromatherapy she provides an account of her extraordinary life changing journey to heal her family's so called incurable illnesses She shares the knowledge and wisdom she gained after she opened up to living a spiritually guided life I AM a Soul Champion is a practical guide for using intuition healing and manifesting along with archangel aromatherapy The author has distilled the information into a

combination of healing guides teachings and easy to use daily practices and rituals A soul champion is someone who understands that he or she is more than just mind and body Rachael believes that everyone has the ability to access healing and guidance from angels and spiritual guides in order to heal co create and manifest in every aspect of life Are you ready to let go of ego driven fear negativity mental and physical illness out of the drivers seat and let the soul be the champion driver of your life

**Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World** Brian Luke Seaward, 2020-12-08 Updated to provide a modern look at the daily stressors evolving in our ever changing society Managing Stress Skills for Self Care Personal Resiliency and Work Life Balance in a Rapidly Changing World Tenth Edition provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips readers with the tools needed to identify and manage stress while also coaching on how to strive for health and balance in these changing times The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of the mind body spirit connection

**Finding the River** Sally Topham, 2010 Presents a compendium of self help exercises and techniques which are designed to help a person cope with life s challenges find inner peace and feel a comforting sense of connection between oneself and the natural world

*Living the Reiki Way* Penelope Quest, 2013-07-11 Winner of the 2014 Nautilus Award represents Better Books for a Better World the Silver Award in the category of Body Centered Practices and Movement Therapies Practicing Reiki is not simply about healing others it is also about healing yourself and growing spiritually In *Living the Reiki Way* Penelope Quest offers practical and spiritual guidance on how you can absorb Reiki principles into your everyday life Adapted from Dr Mikao Usui s original Reiki healing system Penelope offers six key principles for us to live by Live in the now Live without anger Live without worry Live with gratitude Live with kindness Work honestly and diligently In *Living the Reiki Way* she guides us through the meanings and implications of each principle and explains how they can help us achieve long term happiness and contentment

**Planetology** Annie Botticelli, 2020-12-08 This is the first mainstream book to look at the whole range of astrological rhythms including the planetary retrogrades and eclipses as well as the monthly moon cycle in order to achieve success and a more contented and naturally flowing life This is the first ever mainstream guide to working with the astrological cycles of the Universe It will allow you to plan ahead and achieve more success in your projects by taking risks at certain times and avoiding them at others and also enable you to live more fully and joyfully flowing with the natural rhythms of life Accessible to complete beginners as well as offering more complex insights to those who already practise astrology Planetology is packed full of hands on projects to help readers work with Mercury Venus Mars and the sun and moon each project with three levels of increasingly complex tasks that are designed to draw readers up to mastery level At the book s core is Annie Botticelli s

ASTRO system which enables readers to align with each planet's motion through Awareness projects to work with each planet Strategy how to plan ahead for each cycle Techniques exercises that range from tapping to mineral soaks and detoxes to mantras Remedies such as crystals and homeopathy all tuned into the planet under discussion and Openness to unexpected perhaps unwanted outcomes brought to you by Divine plan These techniques such as prayer and meditation allow you to be receptive to the great universal flow that supersedes any one planetary cycle The Trauma Therapies John Marzillier, 2014-07-03 It is well recognized that those who go through a major trauma can go on to experience psychological problems Many seek psychological help and there is now a range of psychotherapies specifically for those who have been through trauma In this authoritative book John Marzillier describes and reviews the various forms of trauma therapy examining what the therapies consist of their research basis their similarities and differences and what they tell us about trauma and its effects Designed specifically for therapists and engagingly written the book ranges from established therapies such as prolonged exposure EMDR and imaginal reliving to newer developments such as mindfulness meditation compassionate focused therapy and energy psychology techniques Aware that therapy is more than a collection of techniques Marzillier discusses the nature of psychological trauma the therapeutic relationship and what psychotherapy can offer The domination of a quasi medical model notably in terms of PTSD and of evidence based psychotherapy has led to a misleadingly simplistic notion that effective trauma therapies are those based on exposure This book does much to dispel this notion For all psychotherapists and counsellors this is a valuable book describing the many and varied trauma therapies It shows how therapists of all persuasions can benefit from further understanding of how best to help those who have been through a major trauma **Reiki Collection** Penelope Quest, Kathy Roberts, 2012-01-17 Get these two books on the increasingly popular Reiki healing technique an over 35 value for only 23.99 Penelope Quest is one the most respected and sought after teachers and practitioners of Reiki a powerful energy healing technique Now readers can enjoy and learn from her seminal works Reiki for Life and The Reiki Manual at a special introductory price Reiki for Life An exciting and comprehensive handbook Reiki for Life contains everything readers need to know about the healing art of Reiki This practical guide covers all points basic routines details about the power and potential of each level special techniques for enhancing Reiki practice and helpful direction on the use of Reiki toward spiritual growth Penelope Quest also compares the origins and development of Reiki in the West and the East revealing methods specific to the original Japanese Reiki tradition Suitable for beginners experienced practitioners and teachers alike this book explains what Reiki is and how it works gives detailed instruction in First and Second Degree techniques illustrates how to perform Reiki on yourself as well as others advises on how to become a Reiki Master teacher and includes special advanced methods for working with Reiki Complete with illustrations and a useful section of resources Reiki for Life is a must have for the tens of thousands of Western seekers anxious to learn about this fast growing healing practice The Reiki Manual Reiki is a holistic system for balancing healing and harmonizing all

aspects of the person body mind emotions and spirit encouraging deep relaxation and the release of stress and tension and promoting awareness and spiritual growth This comprehensive manual provides much needed support for students and teachers who want to follow the best practices Covering Reiki levels 1 2 and 3 this book conveys information in an accessible structured and interactive way to enhance the reader s understanding knowledge and experience of the practice The final section of the manual contains reference material specifically for students who wish to become professional practitioners and for Masters who want to broaden their training This section also offers the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice The Reiki Manual can be used as student preparation before a Reiki class as a textbook during Reiki courses as post course reading or for reviewing what has already been learned it includes revision questions and revision activities by Reiki practitioners to help them practice in the best most professional way and by Reiki Masters as a guide to devise and deliver a Reiki course More extensive than any other Reiki book on the market The Reiki Manual will be referred to by lay readers as well as devoted students for many years to come *It's Not That Complicated*: Jan Bowen,2015-10-30 Every facet of your being physical mental and spiritual has the capacity to bring joy and fulfillment to your everyday life By bringing your talents skills values purpose energy and style in sync with the external world you will be thriving and loving every minute of it It s Not That Complicated will walk you through the simple process of releasing pieces of your life that hold you back while simultaneously discovering ways to move forward towards a more fulfilling one Jan L Bowen will help you develop a Personal Template of Daily Practices a Structure of Tactics and a Bundle of Exceptional Resources to not only realize your purpose strengths and passions but to use them to sustain healthy alignment as your life changes **When Everyone Shines INCLUDING You** Kelly Martin,2016-04-17 Hiding is no longer an option Being seen being heard and sharing your light with the world is calling you Are you ready to take the leap into the great unknown leave the stories of the past behind and shine When Everyone Shines INCLUDING You Book 2 in The Shine Series takes the reader on a journey through the highs and lows of learning to shine for the first time From resistance to allowing the natural unfolding of life to take place Not everyone is able to go leaping into the spotlight easily Not everyone has the confidence to shout from the rooftops Look at me here I am After many years of feeling invisible feeling like a failure shining is a huge step When Everyone Shines INCLUDING You will make the journey a more fulfilling and compassionate experience revealing how your humanity holds your greatest gifts and how vulnerability is your greatest strength In Book 2 in The Shine Series you will Learn how to stop pushing against the flow as you step into your power Discover how to embrace your ego without becoming arrogant Embrace and honour your personal limitations and then release them Awaken to your own value and share your worth with the world **Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access** Brian Luke Seaward,2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the



authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

Tapping Donna Eden, David Feinstein, PhD, 2024-05-28 A lucid guide to energy psychology that demonstrates techniques and procedures that can bring about remarkably rapid changes in the way people feel and move through the world Bessel van der Kolk MD 1 New York Times nonfiction bestselling author of The Body Keeps the Score What if the answer to what's holding you back was at your very fingertips That's exactly the solution presented in Tapping We all face a range of issues in common areas of life from worry depression and trauma to self-defeating habits addictions and relationships Thankfully Tapping is an accessible and authoritative new work that offers a vibrant response to the psychological and spiritual trials presented by a world in unprecedented distress Renowned clinical psychologist Dr David Feinstein along with the world's most sought-after expert on energy medicine Donna Eden promise Whether the emotional issue at hand is caused by stress or anxiety physical ailments aging the pressures of parenting work or staying centered and grounded in this world we offer a framework and a set of tools to help you show up at your best Tapping energy points on the skin while bringing problems and goals to mind changes the brain in ways that help to overcome those challenges and support those aspirations This stimulating practice places an astonishingly effective tool into your hands quite literally Emerging from time-honored healing traditions the procedure signals your nervous system to reduce fear anger stress and grief while activating brain regions involved with problem solving and managing emotions to help you find inner balance and take charge of the internal models that govern your life As cultural historian Dr Jean Houston declares in her foreword this is a stunning call to action at a time of desperate personal and collective need Created for everyday and professional readers alike here is an unprecedented resource for self-care and personal growth Through their extensive research and field-tested refinements on this method Eden and Feinstein combine the scientifically validated effectiveness of tapping with the best practices of psychotherapy helping you move forward to a healthier and happier life

Wild Love Gill Edwards, 2012-03-29 Whenever we try to be good or expect others to be good we disconnect from the freedom joy and unconditional love that is our natural birthright It is only when we aim to be happy and reach for our dreams that we reconnect with Source energy and release our loving creative and unique potential Leading spiritual writer Gill Edwards explains that a deep magical and joyous reality lies just beyond our reach if only we can find the key to unlock the door In WILD LOVE she helps us find that elusive key by giving up our old patterns of relating and aligning ourselves with Source energy WILD LOVE is a beautifully written and inspiring book which will help you to become wild and free and to become a passionate and visionary co-creator of your own heaven and earth

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