

Sugar cravings subside with persistent and consistent EFT

Hi Everyone,

Michelle Hardwick from New Zealand gives us some creative ways to "find the time" to consistently tap throughout the day. Major benefits often occur when we do this ... including the cessation of sugar cravings. Other health benefits frequently occur as well, such as vision improvement and chronic pain relief.

Hugs, Gary

By Michelle A. Hardwick of Release...Peace

www.michellehardwick.com

I encourage all my clients to use EFT on a regular basis. This allows them to be empowered and to be in charge of their own growth, change and healing and to have the tools to continue to make changes throughout the rest of their lives. I encourage everyone to tap - I tell them that I tap in the car, when on the toilet, in the shower, waiting for planes/trains/buses etc., in fact anywhere!

I give plenty of examples so that clients can see how EFT can be an integrated part of their everyday lives, not just when they see an EFT Practitioner.

Recently, I encouraged one of my clients who was suffering from extreme sugar cravings (that were completely out of control) to tap on a regular basis, whenever she thought of sugar, whenever she thought of overeating, whenever the urge or craving hit, during it, after it if she forgot to tap, if she was fearful or thinking about a craving happening again in the future - I asked her to think about as many other aspects about the craving that she could think of and tap on them. I explained that the more specific she could be in that moment about the craving the better.

She returned for a follow-up session this week, saying "Wow! It (EFT) really works! I tapped during the ad breaks while watching TV. I just put the TV on mute and did a good couple of rounds of tapping and when my program came back on - I turned the sound back on and continued watching. There's not a night I didn't do that tapping."

And - what happened about her sugar craving? 13 days without a craving! It had been out of control over the past 5 weeks. We still have a little way to go, however we made major progress after one session, and more importantly my client was thrilled with the change. The difference was that now she was gaining control of *IT* (the craving) rather than *IT* being in control of her.

So for those of you who say - "there's not enough time in my day to tap".... Firstly tap on the belief of 'having no time to tap' and how about doing it during your ad breaks? Keep me posted - and remember Happy Tapping!!

As a foot note July 2011 - In subsequent sessions we uncovered deep seated aspects of self-punishment and strong ego blocks. It became clear as we tapped that this theme had been going on for my client over many life times. We began to use deeper sets of EFT tools as well as spiritual tools to be able to work with these challenges and release them. We asked my clients' soul for more wisdom, guidance, clarity and truth. We gleaned more information to help her move beyond this limitation towards freedom.

Michelle A. Hardwick

www.michellehardwick.com