

Intro to Tapping 12/28/2011-Wed Gathering in Rockville

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This Wednesday Gathering we learn how to tap to release stuck emotional issues and traumas with Jennifer Ludders.



Emotional Freedom Techniques EFT is a modality that combines the principles of the Chinese meridian system with modern psychology. EFT targets acupuncture points, however, rather than using needles, EFT stimulates these points by lightly tapping and allows the body's physical energy system to engage with the mind, helping to achieve alignment between the two. EFT is a gentle technique that works with our natural 'Mind-Body' connection. Tapping on specific acupressure or EFT tapping points while focusing on a problem or unpleasant

physical sensation helps to alleviate or 'lift' the negative charge from the associated feeling. Stuck, blocked or pent up negative energy in our bodies can be the root cause of all sorts of mental and/or physical problems and cause a disruption in the body's energy circuits. Using EFT helps reduce/relieve and can even remove energetic distress in the body. Even though EFT stands for Emotional Freedom Techniques, it has been clinically proven to be effective in treating many things that keep us from having a happier, healthier life such as ongoing stress/anxiety, fears and phobias, depression, insomnia, physical pain, trauma, cravings, among many others.

After working in the financial sector and as a diplomat for the U.S. State Department posted in Mexico and Vietnam, Jennifer Ludders decided to pursue her long-held passions in the realm of coaching and mind-body healing as a new career. Jennifer attended an Emotional Freedom Techniques (EFT) tapping group in Chiang Mai, Thailand and was amazed by how easy and effective EFT was on such a wide range of issues and immediately began using it at every opportunity, on both herself and anyone who was open. She heard about an organization in Indonesia having great success in using EFT to provide trauma relief and emotional support for survivors of natural disasters

and, after receiving her Level I and II EFT certifications, went there to learn more about the use of EFT for Post Traumatic Stress Disorder (PTSD) and trauma. Jennifer is now actively documenting and promoting EFT initiatives throughout the world, as well as building her practice as an EFT practitioner, Life Coach and Hypnotist.