

# Emotions in Motion

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IT'S all about balance, turning negatives into positives, weaknesses into strengths, failures into winning situations. And Jasmine Bharathan, helps people do all this with her gentle touch and the Emotional Freedom Technique (EFT). With a bachelor's degree in alternative system of medicine, she holds workshops, counselling sessions, group programmes all over the country and is here to conduct a workshop on EFT, focussing specifically on relationships.

Based on the ancient principles of acupuncture,

EFT is a simple tapping procedure that gently realigns the body's energy system by using your finger tips, without

needles and pressure, explains Jasmine. "We then balance out the negative emotions and in the process, build positive ones," Jasmine believes that unresolved and suppressed emotional issues can lead to physical disease. "The medical community is recognising that alternative medicine does contribute towards a person's emotional well-being, and it's not a substitute for medicine, but helps people deal with their emotions and health issues without popping pills," Jasmine too, was able to overcome health problems with EFT.

Quick, simple, result-oriented, EFT is

based on the principle that the cause of all negative emotions is a disruption in the body's energy system. Properly applied, EFT realigns energy meridians with respect to negative memories, disconnects physical discomfort that we attach to it, "Through emotional balance, I have helped people overcome health problems, anxiety, fear of failures, rejections and unfolded many layers," Jasmine, who loves working with children and students, is now pursuing MD in alternative medicine.

Having learnt the technique from Gary Craig, the founder of EFT, Jasmine hopes to teach EFT to health facilitators.

For more info log on to [heal-empower.com](http://heal-empower.com)

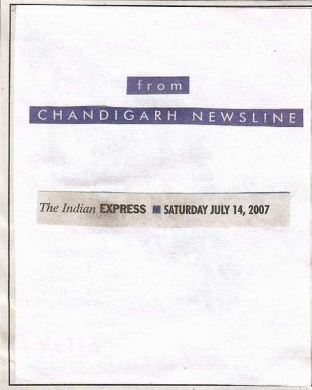


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