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Jasmine Bharathan conducts workshops that explain how EFT works

EMOTIONAL FIX

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The mind-body connection is one of the hottest topics of research currently. Often, emotional issues are the root cause of physical ailments. The way out? Sort your mind and your body will follow. This principle also drives Emotional Freedom Technique (EFT), a therapy that's part of the emerging field of Energy Psychology (Meridian Therapy).

EFT... WHAT?

EFT aims to balance the body's subtle energies by addressing emotions. Jasmine Bharathan, EFT and TAT (Tapas Acupressure Technique) practitioner and founder of Heal Empower Foundation, an organisation that focuses on emotional well-being, explains: "EFT believes that the cause of all negative emotions is a disruption in the body's energy system. Once our body's subtle energies are balanced, it heals itself."

The technique is based on acupuncture principles. But instead of needles, the body's energy meridians are stimulated by tapping them with fingertips. A combination of tapping, acknowledgement and affirmative statements helps heal emotional and physical problems.

EFT believes in acknowledging emotions. So you

need not feel guilty about anger, grief, jealousy or loneliness as they are natural to humans. Instead, you have to accept them. "The key to well-being lies in unfolding the layers of anxiety, past experiences and fears, and let the true potential emerge," says Jasmine.

Some Mumbaikars share their experience of how tackling unhealthy expressions of emotions helped them tide over troubles.

VIJAYLAXMI ARORA
Child Protection Specialist



"A long-distance marriage, along with health problems, had led to unpleasant situations in my life. EFT primarily helped release my anger. It was a gradual process, but as the layers kept getting cleared, I was able to leave my anger behind. I consciously identified where I was going wrong and began working on myself. When I lost my father recently, the tapping, meditation etc. helped me cope.

Therapist and spiritual healer Jasmine Bharathan explains how Emotional Freedom Technique helps unclog the mind

Now I try to understand the thought process that leads to a particular situation which gives the issue a new perspective. I am more available to my relationships which has improved my bond with my husband and child. At work, I have become far more productive. My colleagues also see a huge change in me." **What worked:** "The Movie Method — where you recall unpleasant incidents, pause, apply EFT until you are comfortable narrating the story — and Tearless Trauma Approach (relieving the stress of past traumatic incidents) was extremely useful for Vi-

jayalakshmi," says Jasmine. "But it's her determination to take charge of her life that makes all the difference."

AJAY KALRA
Writer and Life Coach



"The end of a relationship led to a certain emptiness as if I'd lost the meaning of life. Friends and family helped, but it's hard to get back on track when the relationship in which you invested everything is gone. Working on being emotionally free, therefore, primarily meant giving myself plenty of therapeutic space. When you bottle up emotions, they eat you up. Once they are out, all that is fragmented becomes complete.

"I gradually pulled myself back together. When I tried to go beyond my emotional block, I felt integrated once again. Today, I am flowing and rocking!"

What worked: "Every time Ajay expressed his thoughts and feelings, he felt a tightness in his throat or empti-

ness in his stomach. EFT was used through those bodily sensations to address the underlying difficult emotions," says Jasmine.

DINAZ DASTUR
Artist



"Being spiritually inclined, I always rely on emotional therapies to cope with ups and downs. I am a perfectionist. If there is any disruption or if things are not in order, I get stressed. To get over it, I tried to delve deep within me. I realised, where my faults lie; I knew I had to go slow. This helped me combat stress. Today I'm more relaxed because I have learnt not to be over-anxious and get affected by negative emotions."

What worked: "Dinaz's openness to whatever can be useful for her well-being is a significant healer. Her attempts to balance her energy system during stress gave her insight," says Jasmine.

— CO-ORDINATED BY LERHA MENON