

Emotional Freedom Techniques (EFT) and Energy Psychology (EP)

You will get your modern-day desire for rapid, dependable results by using these quick, easy and effective body-energy based methods. Let's keep it totally simple. All you are actually doing is using natural energy points on your body to quickly relax your body and calm your mind; the ideal performance state. Once you know the points to use, it takes less than one minute.

Methods, methods, dependable how-to-do-it ways to handle the mental and emotional side of sport are what athletes want. Athletes have said to me, *I want something I can physically do to dependably relax.* Athletes will become increasingly self-reliant with mental-and-emotional-self-management when they know what to do to handle stressful situations. Athletes can now quickly and easily learn very dependable body-energy based methods. I can teach anyone in 30 – 60 minutes enough about these methods so that you can go out and “test-drive” them for yourself.

Because brain science teaches us that thoughts are energy, do you know what upset “thought energy” does to your body? Do you know that negative thoughts and feelings (thoughts linked to physical sensations in your body) can get trapped in your body and you don't even know it? This unconscious negativity in your body then messes up your physical performances. This gives you the “disabled attitude,” where you can't just slap positivity on unnoticed negativity in your body. So with this news, do you believe you can totally handle the mental side of your game with thinking only? I don't believe so.

What would you say if I said I could teach you an effective and dependable way to relax your body almost instantly, even under big-game pressure? Further, would you be interested in learning them if I told you that these same simple, fast, effortless methods could totally clear the negativity out of your mind/body system?

Again, the entire point of this website, and contact with me, is for me to introduce how-to-do-it methods. These are superb innovations for athletes to know about. I consider these methods, in my 40 years experience, the best way yet developed for athletes to quickly, easily and effectively break out of negative cycles. I have been working with these methods for the past 15 years, both personally and professionally.

While working with baseball coach Dan Spencer (2007 National Pitching Coach of the Year in college Division I baseball) he said to me, “I think EFT helps take their heads out of the way so they can do what they have trained their bodies to do.”

Many Championships later...

Energy Psychology is an exciting new field using innovative methods that practitioners are beginning to introduce into the sports-performance world. In effect, Energy Psychology is the mental health field “meeting” the acupuncture system; producing methods to “talk to the body” to “flush out” negative mental-and-emotional-energy blocks that are “stuck” in the body and mess up your athletic performance. The

various methods involve learning how to manage the natural energy flows in your body. Science is proving that the energy system of the body exists and the “map” of this energy system developed by acupuncturists thousands of years ago was remarkably accurate.

Begin to imagine an “energy circulatory system” in your body. Picture microtubules (like a tiny vein or artery pathway in your circulatory system for carrying oxygen rich blood through your body) carrying, primarily electromagnetic energy, through all of your major muscle groups, joints and ligaments, major body organs and into your brain.

The theory is that disruptions in the body’s energy system are the cause of negative mental blocks, not lack of will power, determination or mental toughness. The key idea is that for peak functioning, i.e. coordination, balance and mental clarity, an athlete wants the “energy lines” clear to carry this natural energy into all of your body and mind. Imagine having left a garden hose out all winter. In the spring, when you go to use it, you notice that the water isn’t running cleanly, nor is a full stream of water coming out of the hose. As you continue to move water through the garden hose, the water clears and there is a full flow of water through the hose. Energy Psychology methods provide a way to keep the energy lines in your body clear.

The primary Energy Psychology method that I have been teaching for the past 12 years is called Emotional Freedom Techniques (EFT). I think EFT, or self-help acupuncture, is the simplest, you-can-do-it-yourself Energy-Psychology method to teach to athletes so that they have something dependable, specific and concrete to do when they are upset and can’t “get bad performances out of their mind.”

This method consists of physically tapping, with your fingertips, on certain acupuncture points located on the 14 energy lines in your body to keep your natural energy flowing through totally clear energy lines.

In effect, EFT “tapping” is a dependable relaxation technique. Again, think in terms of an “energy-circulatory system” It then becomes a common sense notion to me, that when stressed about your performance, that you would “tap” some acupuncture points to quickly relax your body and calm your mind instead of the frustrating “old way” of trying to analyze what’s wrong, trying to “out think” bad performances and trying to “over think” during game-time performances.

I remember a player I worked with who had spent half of the season trying to “out-think” his hitting problems. He joined some fellow teammates to work with me using EFT tapping. He quickly cleared his mind-body-system-energy blocks after a couple of quick rounds of physically tapping a few acupuncture points while mentally focused on his frustration. He suddenly exclaimed, “I can’t wait to go out and hit!” His coach sent me the following email:

Hi Greg- Thank you for the email. I felt that J_____ was a different person this weekend. More back to last year...I am going to follow up today with the kids that were at your meeting. I appreciate you taking the time to meet with us. I am interested in doing more. We play tomorrow so we have big day to get ready. I will touch base with you soon.

M_____ Associate Head Baseball coach

Energy Psychology Methods and Emotional Freedom Techniques — Why should I bother with it?

Did you know that your body has an “energy circulatory system,” just like it has a circulatory system for your blood? Has any coach, sport psychologist and/or athletic trainer ever talked with you about the performance benefits of managing the natural energy flows in your body?

Did you know that physical balance, coordination, and mental clarity improve when the energies flowing in your body and mind are balanced and flowing freely, rather than being neurologically disorganized?

These techniques are something you can do for yourself to balance the flow of your natural body energy. It works where motivational talks, positive thinking or more thinking or less thinking or controlling thinking or stopping thinking often don't, because emotional memories of past poor performance get “stuck in the body,” not just in your mind.

The theory is that negative emotional and thought experiences disrupt the natural energy flows in our bodies and, as a result, mess up athletic performance—these methods can help you quickly rebalance the energy flows to your body organs, major muscle groups & joints, as well as, immediately activating your brain's messages to your body.

One of the consistently valuable benefits of doing EFT is that it quickly relaxes your body and clears your mind. The other great aspect is that you don't have to change anything in the moment; you simply tell yourself the truth about what you are thinking and feeling right now and use the technique to address whatever is happening right now—be it negative or positive. It is highly efficient and effective. It can sound strange, it can seem strange to see it demonstrated and yet it works!

It can be used to:

- Address mental/emotional blocks to peak performance
- Instantly boost energy
- More rapidly recover from game performances
- More rapidly recover from physical injury
- Improve workout performances/break through “training plateaus”
- Break through “comfort zones” ...Increase physical range of motion
- More rapidly implement mechanical changes—swing changes, pitching form, etc.
- And more...

Let's be clear—I am not introducing a cure-all for every sports-performance problem, nor am I suggesting that this replaces other approaches you are already using for physical performance and health maintenance. At the same time, EFT is being found to help when nothing else will. The suggestion is to try it on everything as it a self-help tool that accesses all natural energy, is pain free, and is side effect free.