



MUSINGS ON EMOTIONAL FREEDOM

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I've been reading about this particularly groundbreaking method they call Emotional Freedom Technique (EFT) and which has been cited by numerous publications such as Women's World magazine and a number of online sites. Finding its bases on the practice of traditional acupuncture, EFT is touted to help "remove negative emotions; reduce food cravings; reduce or eliminate pain; and implement positive goals." (<http://eft.mercola.com/>)

In today's world, being wrought with stress is par for the course. Adults and children have to contend with a lot of emotional pressure and garbage from living in a highly-strung world. Thus, there is the existence of numerous physical and emotional ailments and the emergence of newer, often stranger ones. Therefore, the introduction and propagation of such performance enhancement techniques that rely on the body's own "defense mechanisms" are more welcome than can be imagined.

I believe any person would give simply anything to be void of emotional concerns, notwithstanding breakthrough techniques such as EFT. To be able to rid yourself of emotions is quite powerful, since you are more apt to focus your energies on more productive pursuits instead of mulling things?and emotions?over and over.

We have seen professional sports players, particularly those in golf, show little or no emotion. I have always marveled at how professional women's golf legend Annika Sorenstram has shown a remarkable expertise at reining in her emotions, even when the fairway and her game are not exactly performing at their optimum peaks. Every time she tees up, Annika Sorenstram has always had the same machine-like intention, and that is to change the course of golf. Mastering her emotions, Annika knows, is very important to be able to gain an equal foothold in the battle for supremacy in the field of golf. Thus, she has succeeded professionally despite her own share of setbacks in life, and has even emerged among the most moneyed professional sports players in history.

As women, we have the advantage of being more attuned to EFT because of the very fact that females show a greater leaning towards using their intuitive faculties. However, being women, we have been stereotyped as being too emotional and sentimental, perhaps owing to the fact that we experience near-death many times over when we give birth, see our children develop and grow and eventually move away. But as women, we also have the power to harness such experiences and enable them to provide us with greater resiliency and hope for the future.

Emotions can be controlled, difficult as that may seem. All we have to do is to possess the right emotional freedom techniques that will ultimately lead to emotional maturity and wisdom.

QUESTIONS FOR DISCUSSION:

1. Is being emotional a burden or a blessing? Why or why not?
2. Why is it difficult to control emotions in women?
3. What could be the benefits of controlling your emotions? How about its dangers?
4. How do you deal with a particularly strong emotion such as anger?
5. Do you believe Emotional Freedom Technique actually works? Why or why not?