

## Experiments show EFT's effect on brain waves

Neuro-feedback experts Gary Groesbeck and Donna Bach, N.D., are frequent lecturers and workshop facilitators in their native England. As part of their work, they studied the brainwaves of numerous Emotional Freedom Technique ([EFT](#)) clients and found many improvements. Here is Groesbeck's report of the results of their investigations:

## Results of our Investigations

*By Gary Groesbeck, BCIAC, and Donna Bach, N.D.*

Donna Bach, N.D., and I saw evidence that EFT works at a verifiable level in the field of EEG brain wave measurements. We were pleased to observe Gary Craig and some of the EFT Masters working with groups of people who volunteered to be part of a project to make the benefits of the EFT process more visible and measurable.

In our experience of over 15 years of private practice in the fields of neuro-feedback and biofeedback, we have been very impressed with the way **EFT has been beneficial** to the client. We started using the EFT tapping while the client is being hooked up to brainwave-monitoring systems. We saw many changes for the better taking place in real time.

Biofeedback is based on the practice of brainwave monitoring, heart-rate measuring and the monitoring of other biological functions of the body for the purpose of boosting performance and assisting in the improvement of mental and physical health. While working with Gary Craig we made some amazing observations that could assist in making EFT, and the benefits that the person is receiving, instantly visible during an actual tapping session. Here is a brief summary of what we are seeing:

1. Initial field studies show some very rapid and significant changes in the overall brainwave patterns that mirror the release of emotional issues during sessions, and a movement towards a more brain optimal function.
2. There is a reduction in brain energy, which occurs more rapidly than in just a simple relaxation period, often within a single round of tapping. When the brain works more efficiently, the amount of electrical activity being measured through the skull decreases.
3. An increase in brainwave symmetry — that is, both sides of the brain begin to work together in a more balanced manner. People often have the mistaken assumption that they are either right-brained or left-brained and in truth, we are both, and the two sides of the brain need to work together for optimal health and performance.
4. Finally the band of energy often associated with emotional intensity, anxiety, stress, negative worrying and a possible history of addictions, the “monkey mind” band, reduces beautifully as emotional issues are released during tapping.

*Gary Groesbeck is a fellow of the Biofeedback Certification Institute of America (BCIAC) who assisted EFT founder Gary Craig in Boston. Donna Bach is a doctor of naturopathy.*