

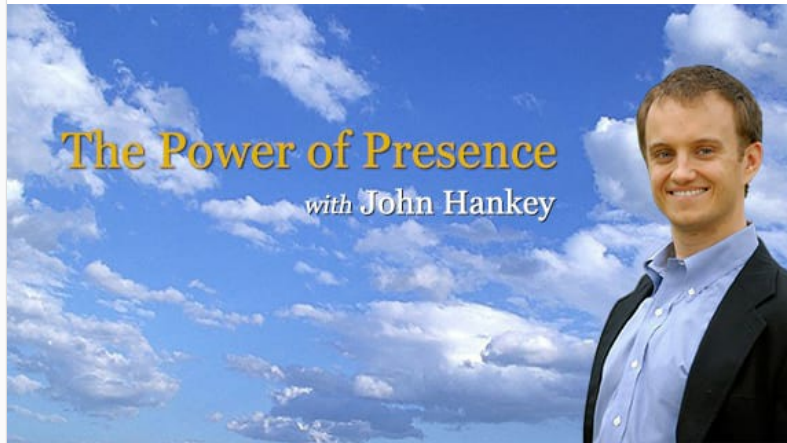
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November 06th 2014: The Neurology of Self-Programming

We have discussed how the Flow State...The Zone...is our optimal way of experiencing ourselves and the world. The secret of being mindful and present is called progressive relaxation. The more profoundly we relax, the deeper our experience of Flow. Meditation and other practices are great general state builders, but what if a specific area of our lives is knocking us off center? Enter the Neurology of Self-Programming. Emotional Freedom Technique (called EFT or tapping) sets the standard for affecting change in particular life contexts. This show discusses the underlying principles upon which EF

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