

## **Science, Love and EFT with Dawson Church, Report by Dr Rangana Choudhuri**

The weekend with Dawson was exciting, exhilarating and refreshing. At first when I saw Dawson I felt a little intimidated by his towering 6 foot 6 inch stature. He was so big and I was so small (5ft 2inches)! tap, tap, tap, tap....

Then as I got to know him I started to experience the power of this incredible human being. He was kind, compassionate, curious and full of great insights and knowledge. Dawson could effortlessly bridge the world of science and p values with the world of love and energy medicine.

The weekend started on Friday evening with a special session on EFT Research. At the end of the evening 3 research groups were established to lead EFT research in the UK. For more information please contact Mary Hunt ([emotionalrepair@btinternet.com](mailto:emotionalrepair@btinternet.com)) or Judy Wilkinson ([judywilkinson@mac.com](mailto:judywilkinson@mac.com)). If you would like to join the EFT Research yahoo group please contact Elham Kashefi ([elham.kashefi@virgin.net](mailto:elham.kashefi@virgin.net)).

On Saturday Dawson enlightened us all with the science behind energy medicine and EFT and on Sunday Dawson explained the energy of love. Here are some of my key scientific insights from the meeting:

- **Your DNA is not your DESTINY** - Identical twins with the same genetic code presented with very different health profiles - one was very healthy whilst the other had dementia, incontinence and a degenerative disorder. Identical twins can have the same genetic code at 3 years and after 50 years their genomes can be very different.
- **Energy Medicine is not a new phenomenon** - The first evidence for energy medicine dates back 5,300 years in the form of acupuncture point tattoos on a mummy discovered in Western Europe with osteoporosis. The tattoos corresponded to those used to treat osteoporosis.
- **Doctors are aware of energy medicine** - Medical professionals already use energy medicine in the form of ultrasound, MRIs, EKGs and ECG.
- **Being nurtured at an early age is critical to good health** - A study of 17,400 subjects showed that lack of nurturing from parents resulted in disease. The more abuse a child experience the greater the problem in adult life. These effects may be reversed with the use of energy medicine.

- **Stress increases cortisol levels** - Increased stress levels can increase cortisol which can result in chronic health problems, for example heart disease
- **EFT can lowers cortisol in the body** - After EFT treatment cortisol levels in the body dropped by 21% versus CBT (cognitive behaviour treatment) and no treatment where cortisol dropped by 14%
- **Brain scans show that EFT can reduce anxiety** - Patients with severe anxiety disorder shifted from highly dysfunctional brain scans to completely normal radio frequencies after 12 sessions of EFT
- **EFT proven effective on pain and cravings** - Study published in 2008 demonstrated that EFT significantly ( $p < 0.01$ ) reduces pain, intensity of traumatic memories and cravings by 68%, 83% and 86% respectively.
- **Latest Veteran study shows EFT reduces PTSD symptoms** - A recent observational study on patients with PTSD found that after 6 sessions of EFT, anxiety and depression decreased by 46% and 49% respectively ( $p < .001$ ). These gains were maintained after 90 days as well. [www.stressproject.org](http://www.stressproject.org).

Hope you have found these insights useful. Please do use these insights when explaining EFT - it builds your reputation as well as the credibility of EFT.

If you would like more information please do contact myself, Dr Rangana Choudhuri, Level 3 Practitioner & founder of Deeper Life Coaching on 07855431116 or [rdchoudhuri@yahoo.co.uk](mailto:rdchoudhuri@yahoo.co.uk).

Full list of references can be found in Dawson's book Genie in your Genes. To purchase the book from Cygnus Review click here <http://www.cygnus-books.co.uk/the-genie-in-your-genes-dawson-church-p14349.html>. When you order the book please request the bonus article from the latest edition as well.

Dawson's website is [www.soulmedicine.net](http://www.soulmedicine.net) or [www.soulmedicineinstitute.org](http://www.soulmedicineinstitute.org). If you want a copy of the recent Iraq Veterans study or lists of published EFT research please go to <http://www.eftevents.com/science.htm>.