

# Foreword

In this thoughtful and well-researched book, Lawrence Pagett and Paul Millward trace the developmental path that has led us to modern EnergyEFT, before guiding the reader to experience the unique effects of this outstanding change modality for themselves.

EnergyEFT and its theoretical underpinnings present a challenge for those educated, and some might say indoctrinated, into the twentieth-century Western way of thinking. Here, science confines itself to the material and what can be proven in a laboratory; only, there are certain things that are not researched because they are too challenging and too wide ranging.

Science has avoided trying to answer questions such as, 'What is an emotion?' Yet this is a fundamental question, as all things that humans do are driven by emotion, coloured by emotion. Our human lives are all about emotion.

Scientists can become very angry when we start to talk about the energy body; how it produces the phenomenon we call 'emotions' as a direct feedback device to how it is functioning. Yet we must ask, how can we even do clean science without understanding what emotions are, how they work and, especially, how we can control our emotions so that logic, clarity and, most of all, truth may reign in the end.

EFT – Emotional *Freedom* Techniques – is a huge breakthrough for humanity. Before EFT, we were afraid of emotions – of others' and, most of all, of our own. After

EFT, we are no longer afraid. We have a direct tool that can change the way we feel in minutes.

That is entirely unprecedented, and although EFT shares the utilisation of meridians and acupuncture points with the ancient Chinese and Indian traditions, the knowledge of the energy system has never before been applied to human emotions. For humanity, there is no greater topic at this time.

Emotions create wars. They create hatred where there could be love. They create unhappiness, anger, aggression and depression and destroy the lives of men, women and children. They are enormously powerful and, likewise, drive our most important experiences. Emotions are the genesis of all art, all progress and, in the end, all science too.

We cannot begin to estimate just how the world will change as more and more people get to both understand their own emotions and begin to have control over them.

Here I would speak with you directly, dear reader, and ask you to reflect on your own life and how your own emotions have shaped who you are and what you do.

We all have so much potential, strength and power, and it is the barriers that exist within us that hold us back. EFT can break those barriers and set us free, one person at a time.

With every one of us who regains clarity, logic and the will to love, the world changes for the better.

I would lay these pages to follow close to your heart and invite you to an exploration and an adventure like no other – to find out what life can be like when we live in *emotional freedom*.

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