

Understanding the Free mE® EFT Approach to Emotional Health

Introduction Free mE® EFT Level 1

BURKE, VA, UNITED STATES, May 2, 2025 /EINPresswire.com/ -- [YU2SHINE](https://www.YU2SHINE.com) proudly introduces Free mE® [EFT](https://www.YU2SHINE.com) Level 1, the foundational course of the proprietary Free mE® Emotional Freedom Technique system—a unique quantum-based method that expands traditional EFT by integrating breathwork, heart installation® and coherence, intuitive affirmation sequencing and alignment. This level empowers participants with the essential tools for emotional healing, using tapping techniques refined through the lens of Quantum Personal Development™.

Distinct from other EFT approaches, Free mE® EFT works to restore balance not just emotionally but energetically, laying the clear foundation by explaining the basic laws of energy and empowering mindset structures, while using precise breathing and neural anchoring methods. Participants learn to identify subconscious blocks and reprogram responses through embodied affirmations and tapping.

“

You can't heal what you don't acknowledge.”

Jack Canfield

Supported by clinical studies showing EFT's efficacy in reducing anxiety, depression, and cortisol levels, Level 1 provides a gentle yet powerful entry into daily healing practices. (Feinstein, 2019)



Free mE EFT



[YU2SHINE.com](https://www.YU2SHINE.com)

To learn more about Free mE® EFT Levels 1–4 and to enroll, visit [freemeeft.com](https://www.freemeeft.com)

As a free introduction to this method, individuals are invited to explore MyGiftOffer.com, where they can access the Quantum Leap ebook and a demonstration of Free mE® EFT.

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