

## Qigong

“*The Shift Doctors*” (Tracy Latz, M.D., M.S. & Marion Ross, Ph.D.) have presented the “***Qigong Emotional Release***” to therapists at the 2013 15th International Energy Psychology Conference in Reston, VA, the 2012 14th International Energy Psychology Conference in San Diego, CA, and to the Charlotte, NC local program unit of the National Association of Social Workers in 2012. At each presentation by Dr.’s Latz & Ross clinical social workers, psychologists, nurses and physicians are amazed at how rapidly the ***Qigong Emotional Release*** can work.

When asked where the technique originated, “**The Shift Doctors**” state “*We learned the technique from our Qigong Master Robert Peng who taught it to us during our Shaolin tradition Qigong Healer training with him... and we believe from that ancient tradition that it might be the precursor to what has developed into EFT*” (Emotional Freedom Technique). Dr. Latz uses the technique in her Integrative Psychiatric practice more often now than EFT, “because it can be done more quickly in my office and I can teach it to children, teens and adults to empower them to shift overwhelming emotions rapidly without having to create scripts or reminder phrases; and there are only 4 tapping points. Essentially, patients/clients/students also don’t unwittingly open up a can of emotional worms with reminder phrases or statements.” Both Dr.’s Latz & Ross agree that the technique doesn’t work for everyone – “when it doesn’t release the issue, then I still may progress to EFT to deal with the issue”.

The words we are phonetically saying during the routine are “***Song Kong Tong Bing Chuan-Yu***”.

<http://www.shiftyourlife.com/qigong-emotional-release-more-rapid-than-eft/>

Give it a try... it just might **Shift Your Life**® and your overwhelming emotions!

*Happy Tapping.... and Loads of Light to you on your journey!*

“The Shift Doctors” (Tracy & Marion)