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The tapping points used in EFT are based on the doctrines of traditional Chinese ... More and more people around the globe now simply call it Tapping, and it's a healing revolution in the making. ! 9! ... Find Out How to Transform Your Mental, Emotional and If you're searching for more energy, more

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effective tapping targets with EFT. TELL THE STORY EFT founder Gary Craig devised some wonderful techniques to help those of us using EFT to identify specific events without flooding ourselves with too many uncomfortable emotions. One of my favorite techniques is the Tell The Story Technique.

EMOTIONAL FREEDOM TECHNIQUES (EFT) - Carol Look

The AAMET Free EFT Manual It is our pleasure to offer you a comprehensive, introductory guide to EFT (Emotional Freedom Techniques). This 66-page download (.pdf in English or French) includes tapping basics, how-to skills, questions and answers, and essential Art of Delivery tips to help you discover the benefits of EFT.

Free EFT Manual " How to Get Started with EFT Tapping

He found that there were certain patterns of tapping points that worked well for specific problems. and yet the patient was still cured. learning the procedures for TFT. and in the mid 1990's he developed EFT (Emotional Freedom Techniques) as a simplified. developing a tapping technique that deliberately did not use any diagnostic technique.

EFT Tapping Solution Ebook | Acupuncture | Law Of

By itself, the EFT Tapping Basic Recipe can be applied to any issue you want, and although it is still only the first step to EFT's full potential, it continues to provide results that range from encouraging to impressive.

How to do the EFT Tapping Basics - The Basic Recipe | PART

Years ago, when I started out learning EFT, there was exactly one EFT manual " Gary Craig's original EFT manual. And maybe one YouTube tapping channel. Gary Craig's EFT manual was the EFT bible, but it is not easily available anymore.

EFT Manual - PDF Download - tap-easy.com

That is where Emotional Freedom Technique (EFT) tapping comes in. Think of EFT as a reset button at your fingertips. EFT is an amazing self-help technique millions are using worldwide. Tapping can be used for relief from sadness, fear, worry, anxiety, anger, phobias, bad habits and performance issues naturally.

Emotional Freedom Technique - tap-easy.com

EFT Procedure for Self-help In this pocket guide I will describe a modified version of the original "EFT Basic Recipe". One "round" or cycle of EFT would usually take just a minute or two, and can be repeated a number of times until relief from a craving, tension, pain or negative emotion is achieved. Step 1 -

Awareness.

(Emotional Freedom Techniques) Self-Help and Recovery

The Tapping Solution (EFT): How To Get Started Learn Tapping Now Tapping is an extraordinarily simple technique and can be learned by anyone in minutes. Whatever life stress or challenge, learn how to use Tapping to release it and create the life experience you most want and deserve.

The Tapping Solution (EFT): How To Get Started

Special message to those downloading This manual from our web site. This manual is a starting pointâ€”an introductionâ€”to EFT. It is a companion to our more extensive video and audio based EFT Course and is NOT intended to be complete training.

EFT manual in Word for website--2008-Feb - Spiritual-Web

Stop self-sabotage and clear reversals with these EFT Tapping Scripts â€” If you are attracting the opposite of what you want your life to be, chances are you are sabotaging your success because of subconscious programming. These 12 EFT Tapping Scripts help clear the most common self-sabotaging subconscious beliefs so your thoughts become more congruent with what you want to become.

12 EFT Tapping Scripts To Clear Self-Sabotage and Program

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The EFT Tapping Revolution: cure anxiety, stress

tapping rounds could not be enjoyed in this format. To use this book , simply read the scripts (preferably aloud) while using two or three fingers of either hand to tap the points as shown below and noted in the scripts.

101 Life-Enhancing, Fear-Smashing, Mind/Body-Healing

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