

The emotional freedom technique eft (Download Only)

The Tapping Solution Emotional Freedom Techniques and Tapping for Beginners: EFT Tapping Solution Manual: 7 Effective Tapping Therapy Techniques for Overcoming Anxiety and Emotional Freedom Tapping Into Wealth Introducing Emotional Freedom Techniques Tapping Your Way to a Great Big Smile! Enjoy Emotional Freedom Emotional Freedom Technique For Dummies The Book of Tapping Eft Tapping Therapy Introducing EFT (Emotional Freedom Techniques) Heal Yourself with Emotional Freedom Technique: Teach Yourself Eft Tapping EFT Tapping Therapy EFT: A Complete Guide to the Emotional Freedom Technique Tap, Taste, Heal Emotional Freedom Technique - Tapping Into Results The Science Behind Tapping EFT TAPPING THERAPY The Heart & Soul of Eft and Beyond Principles of EFT (Emotional Freedom Technique) The Science Behind Tapping Tap Into Joy I Can Feel Better: a Tapping Story All Things Eft Tapping Manual Emotional Freedom Technique (EFT) Through the Chakras Think and Grow Rich With EFT (Emotional Freedom Techniques) The Art of Tapping It is in Your Hands Matrix Reimprinting using EFT Tapping Your Troubles Away with EFT EFT Tapping for Your Daily Health A Practical Guide to EFT Emotional Freedom Technique & Acupressure, Color Breathing, Visualization Tapping Into Wellness Emotional Freedom Technique (Eft) and Children The Tapping Solution for Parents, Children & Teenagers It is in Your Hands Eft and Tapping The EFT Manual

The Tapping Solution 2013-04-02 nick ortner founder of the tapping world summit and best selling filmmaker of the tapping solution is at the forefront of a new healing movement in his upcoming book the tapping solution he gives readers everything they need to successfully start using the powerful practice of tapping or emotional freedom techniques eft tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives using the energy meridians of the body practitioners tap on specific points while focusing on particular negative emotions or physical sensations the tapping helps calm the nervous system to restore the balance of energy in the body and in turn rewire the brain to respond in healthy ways this kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions because of tapping s proven success in healing such a variety of problems ortner recommends to try it on any challenging issue in the tapping solution ortner describes not only the history and science of tapping but also the practical applications in a friendly voice he lays out easy to use practices diagrams and worksheets that will teach readers step by step how to tap on a variety of issues with chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships ortner opens readers eyes to just how powerful this practice can be throughout the book readers will see real life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying the simple strategies ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want

Emotional Freedom Techniques and Tapping for Beginners: EFT Tapping Solution Manual: 7 Effective Tapping Therapy Techniques for Overcoming Anxiety and 2019-12-02 eft or emotional freedom technique is a holistic therapy that can help you reduce stress and anxiety in this beginner s guide you ll find scripts for phobias and anxiety together with 7 tapping techniques you can start using right away

Emotional Freedom 2010-12-23 eft spoon fed emotional freedom is a short book that teaches eft it is described as a method with a short chapter teaching each part of the method with clarity and clear illustrations notable are chapters that give an orderly approach to treating barriers an explanation of the use of shortcuts and a chapter that teaches your subconscious to treat issues on demand also an appendix includes lists of issues and aspects to help the reader identify and treat additional issues that would otherwise be overlooked there is also a flow diagram of the entire treatment method for those more spiritually inclined there is a chapter that will teach the subconscious of some readers the eft method these readers will then simply ask their subconscious to treat the emotion or issue that arises they will then experience the emotions gradually subside this book has been printed in japanese over 10 000 copies sold in english worldwide over 8 000 copies sold in japan

Tapping Into Wealth 2014-12-26 eft emotional freedom techniques also known as tapping has become a popular tool for realizing goals for many of us one of our main aspirations is to flourish in our careers and by extension in our finances yet limiting beliefs and fears keep people stuck in their current financial states eft uses the fingertips to tap on acupuncture points while emotionally tuning into negative attitudes and past experiences allowing people to transform their thoughts and feelings margaret m lynch teaches people how to harness the power of tapping to identify and clear blocks to prosperity book jacket

Introducing Emotional Freedom Techniques 2017-07-05 this title offers simple and effective techniques for emotional health and wellbeing emotional freedom techniques eft is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing the techniques empower individuals to make their own changes in their thinking and feeling by combining focus on an issue whilst tapping on the body s energy system eft provides highly flexible easy to use and practical solutions for a huge range of emotional issues across all age groups this book is a comprehensive information resource and how to guide for health professionals and adults to introduce eft into their day to day lives it provides an extensive exploration of how eft can be successfully applied to a wide range of social emotional behavioural and health issues it includes case examples of phobias fears issues around behaviour confidence health issues speech problems depression stress anger addictions abuse performance issues and managing pain it offers an overview of some of the latest perspectives within neuroscience and physiology which reflect the changes that occur naturally when using eft

Tapping Your Way to a Great Big Smile! 2020-08-13 tap your way to a great big smile a practical guide for kids to learn emotional freedom technique eft tapping and develop emotional intelligence are you a parent looking for a simple and fun activity to help your kids improve their physical and emotional well being would you like your kids to develop emotional intelligence through a simple mindful exercise that can be practiced anytime anywhere if so it s time to learn about eft tapping emotional freedom technique or eft for short is a therapeutic practice that combines ancient chinese acupressure with techniques of modern psychology tapping uses meridian points to relieve tension and stress throughout the body while people of all ages can benefit from eft tapping this technique is especially effective for kids the repetitive rhythm of tapping is a powerful method for calming them down positive affirmations are used along with tapping to help kids improve their self confidence so if your kids have had a rough day at school or at home during covid or if they have been feeling anxious it is time to introduce them to eft tapping and what better way is there than through rhythmic movements and positive affirmations inside this book you will find simple and kid friendly instructions on how tapping works step by step a great tool to help kids learn to identify different emotions even if they are not fully verbal simple and powerful affirmations to help kids build self confidence kid friendly diaphragmatic breathing exercise to help them calm down and relax instantly and so much more kids are undoubtedly faced with different stress triggers throughout the day this is why eft tapping is so important to their emotional well being this book will teach your kids how to calm down when they re having a difficult time and help them build emotional intelligence at an early age so scroll up click buy now and start tapping your way to a great big smile

Enjoy Emotional Freedom 2010-07 emotional freedom therapy or eft is a remarkable technique that alleviates emotional distress using simple yet elegant techniques based on the body's energy meridians by teaching an easily adopted system of tapping on the body's meridian points this book enables you to tune and tone your body's energy system for immediate relaxation and relief

Emotional Freedom Technique For Dummies 2010-12-29 a member of the energy therapies family which includes acupuncture acupressure and shiatsu emotional freedom technique is a simple and increasingly popular self-development therapy used to treat a wide range of physical and emotional issues popularised by figures including Paul McKenna eft is based on the theory that negative emotions are caused by disturbances in the body's energy often referred to as acupuncture without needles eft involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body's energy flow restore balance and reprogram thought processes this no-nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including depression fears phobias anger addictions sleeplessness and pain it's simple safe anyone can practice it at home and with eft for dummies readers can banish bad habits for good includes information on the path to emotional freedom explaining eft understanding your emotions basic eft tapping routines improving emotional health with eft practising eft on yourself and others Helena Fone is a registered eft practitioner and trainer and an advanced hypnotherapist she has a diploma in advanced holistic hypnotherapy and practices CBT and NLP find out more about Helena at eftregister.com

The Book of Tapping 2017-03-16 a step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional psychological and physical ailments effective for emotional conditions such as panic attacks anxiety depression PTSD grief anger jealousy and phobias such as stage fright or fear of flying providing immediate results in many cases shows how this method can treat chronic pain nausea and headaches alleviate insomnia and nightmares encourage the release of painful memories boost self-confidence support weight loss and improve concentration offers the full tapping protocol as well as a shortened version for acute situations illustrates easily accessible points to tap and in what order tapping or emotional freedom technique eft is a simple form of acupressure that treats the energetic roots of emotional and physical suffering by tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system caused by past traumas and suppressed emotions such as grief and anger and restore the natural flow of energy in your body the key to optimal health and overall well-being in this step-by-step guide to eft Sophie Merle details the practice of tapping illustrating the easily accessible points on the face hands and torso to tap and in what order explaining how to open your energetic system to eft treatment for fast and long-lasting results she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions including panic attacks anxiety depression PTSD grief anger jealousy and phobias such as stage fright or fear of flying providing immediate results in many cases she also shows how this method can treat chronic pain nausea and headaches alleviate insomnia and nightmares assist physical healing from illness encourage the release of painful memories boost self-confidence support weight loss and improve concentration the author explains how tapping can be done anywhere offering both the full tapping protocol which only takes a few minutes and a short form version which takes less than a minute for acute issues including remarkable success stories of eft in practice this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips

Eft Tapping Therapy 2014-01-13 if you're ready to tap away trauma relieve emotional distress and offer loving self-affirmations to improve your health and well-being then this is the book for you eft tapping therapy emotional freedom technique handbook gives you the basics to help you easily get started on your way to wellness and a more fulfilling life eft is an amazingly simple technique that can reduce stress pain depression anxiety and other conditions this handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body for many people this type of self-help is enough however some of you will struggle to concentrate or get to the heart of what ails you author Jennifer Michaels urges you not to give up and says when I first began tapping my affirmations were much too vague it took a long time for me to realize I needed to be far more specific and that's when I began to see results

Introducing EFT (Emotional Freedom Techniques) 2014 a practical guide teaching you to use emotional freedom technique to overcome adversity and move on from the past

Heal Yourself with Emotional Freedom Technique: Teach Yourself 2013-05-31 emotional freedom technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon it is a safe and non-invasive healing method based on tapping acupuncture points while you focus on a particular issue it has been shown to be effective in treating fears and phobias performance anxiety guilt shame self-sabotage and other emotional conditions it is also being used to enhance and improve academic and athletic performance psychic and intuitive abilities confidence and self-esteem and overall health and well-being

Eft Tapping 2017-07-03 do you ever have times in your life where there's something wrong but nothing has been able to fix it if so then maybe it's time for you to look into eft tapping emotional freedom technique or eft has been around since the early 90s and has proven to be beneficial to many people it can help people lose weight fight off an anxiety attack change their moods and so much more it's also extremely simple and anybody can do it without the need of a doctor this book will cover the history of eft how to use eft eft tapping practices eft success stories and much more after you read this book you will have a whole new realm of knowledge that will help you achieve amazing things eft to some is all talk and no action but instead of letting those people make your decision for you why don't you give it a try yourself after you first

session you will feel a difference so get this book today and start changing your life so what are you waiting for take action not now but right now and grab your copy today
EFT Tapping Therapy 2015-02-22 if you are interested in learning how to reduce stress and curb the instances of psychological reversal then you must get a copy of eft a complete guide to the emotional freedom technique with this book the reader is able to learn that and much more the emotional freedom technique is a technique which allows the individual to use the meridian energy system of the body to get rid of stress the main point that the author highlights in this book is the process of lowering your stress level and maintaining your stress level at a healthy level maintaining a positive effective stress management technique process that will counter any negative stressors throughout the day eft is an effective stress management technique that can be learned quickly by all who try it

EFT: A Complete Guide to the Emotional Freedom Technique 2014-01-13 a trained chef and body image coach reveals how eft tapping can help you get off the diet roller coaster cultivate self love and heal your relationship with food for many who struggle with food mindful eating alone is not the answer in tap taste heal natural foods chef and mindful eating mentor marcella friel teaches you the neurological repatterning tool of tapping also known as emotional freedom techniques or eft to help you resolve the traumas that have caused you to reach for those foods you hate to love to eat sometimes called emotional acupuncture tapping is an energy healing based practice which uses gentle self tapping on points of the body and affirmation like statements to short circuit harmful patterns and imprinting to help you along your journey tap taste heal offers written tapping scripts links to online tapping script audios and links to online tapping video demonstrations as well as cooking demonstrations for key healing foods let friel s step by step guide take you deeper than weight loss and help you accept honor and nourish your entire being whatever the number on the scale

Tap, Taste, Heal 2019-04-16 what if there s a solution for everything what if you can actually solve all your problems and create a piece of fulfillment and happiness in your life it is somewhat ironic that many place more value on their cars than their well being a car gets an mot and full service yearly due to the wear and tear of travel and to ensure safety on the road however the human body and the human life embodied is arguably a more important vehicle yet many do not do the equivalent of car maintenance where their lives are concerned tapping into results is your ticket to freedom emotional freedom technique tapping solution is one of the fastest and easiest way to solve any emotional or physical problem that you may experience in you life using the energy meridians in your body you can bring your best self to the surface and have a life you always dreamed of financial freedom success fulfillment joy happiness pain and stress free life so why wait why spend any minute of your life stuck in emotions pain worry or feeling simply not good enough this simple strategy is your beginning to healing just remember commit to it learn and apply it and i promise you will manifest the results quicker than you think here is a preview of what you ll learn what is emotional freedom technique benefits of emotional freedom technique is eft right for you using eft to enhance yourself how often you should use eft optimize your health with eft overcome stress and frustration with eft improve mental health with eft release anxiety with eft apply emotional freedom technique to your life unleashing the potential of eft and much much more this is your time to shine not tomorrow not next week right now take back your life happiness fulfillment mindfulness manifestation abundance and prosperity take action now

Emotional Freedom Technique - Tapping Into Results 2018-09-20 the science behind tapping offers readers a deeper understanding of emotional freedom techniques what it is and how it can help with a host of issues i loved reading this book because it provided answers to some of my own personal questions about the relationship between the mind and the body dr joe dispenza new york times best selling author of you are the placebo emotional freedom techniques or simply eft is a powerful way to deal with unresolved issues transform beliefs and reprogram yourself for greater happiness and success commonly called tapping eft has been utilized by thousands of people worldwide if you re holding this book you ve probably tried it at least once or heard about it from a friend eft researcher and author peta stapleton ph d brings together the history and cutting edge research of tapping she also shows how tapping can be used for a whole host of ailments including anxiety weight issues depression trauma and more dr stapleton s own groundbreaking study involving food cravings in overweight adults helped establish eft as an effective valid form of therapy in the science behind tapping you ll come away with a deeper understanding of what eft is and how it can help you the book starts with a beginner s guide to eft which includes tapping statements and phrases as well as helpful charts showing the location of tapping acupoints on the face and upper body after taking you through its many uses dr stapleton also explores the common obstacles to success with eft and how to combat them get ready to learn more about eft and its incredible possibilities

The Science Behind Tapping 2022-01-04 if you re ready to tap away trauma relieve emotional distress and offer loving self affirmations to improve your health and well being then this is the book for you eft tapping therapy emotional freedom technique handbook gives you the basics to help you easily get started on your way to wellness and a more fulfilling life eft is an amazingly simple technique that can reduce stress pain depression anxiety and other conditions this handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body for many people this type of self help is enough however some of you will struggle to concentrate or get to the heart of what ails you author jennifer michaels urges you not to give up and says when i first began tapping my affirmations were much too vague it took a long time for me to realize i needed to be far more specific and that s when i began to see results

EFT TAPPING THERAPY 2013-11-01 eft the emotional freedom techniques has been called a modern miracle in healing as growing numbers of people know it works quickly and can be used on virtually any issue and no previous training or experience is needed to succeed building on the

mountroses popular paperback getting thru to your emotions with eft this e book has hundreds of practical and transformational tips and strategies for using eft and holistic healing for creating the life you truly desire it is a kind of encyclopedia of knowledge in eft and energy and spiritual healing written in an easy to understand manner moreover the tables and diagrams alone convey many wonderful ideas methods and approaches philip friedman phd author of creating well being included are 12 leading eft experts proven tips and strategies for making eft even easier and more effective in all aspects of your life here are highlights of what you will receive in this multi purpose e book dozens of practical and transformational tips and strategies for eft you can put these into practice immediately as well as be able to refer to them time and time again a pragmatic and spiritual approach to healing that addresses the body mind spirit the magic question that can quickly provide clarity when the tapping sequences are not working how to use kinesiology muscle testing to pinpoint any issue recognize sabotaging beliefs that psychologically reverse you 15 quick reference charts and diagrams to make eft and muscle testing easier and more understandable how to center yourself to increase healing and live life more fully the holistic process a mountrose getting thru technique gtt which elegantly finds the deeper issues that eft can then clear how to treat being switched an energy imbalance that can create a tremendous barrier to healing included is information and charts on how to overcome fears of success and fears of getting well knowing your chief defense pattern application of this knowledge alone can transform and uplift your entire life dealing with energy toxins which can be behind any symptom or problem three positive installations to greatly enhance eft also find out a technique to create a dynamic future an in depth analysis of the common missing ingredient in healing forgiveness learn the exact misconceptions that hold people back in addition to using eft to forgive included is a powerful easy to use forgiveness technique dozens of transformational tips and insights on different key subjects from 12 leading eft experts and much much more

The Heart & Soul of Eft and Beyond 2005-07 this is the definitive introductory guide to emotional freedom techniques eft a therapeutic psychological tool that draws on chinese medicine and nlp neurolinguistic programming to remove blockages within the energy system traditional and modern approaches of eft are explained alongside a comprehensive description of energyeft the most advanced and evolved form simple practical usages of eft for stress reduction are included with step by step instruction on how to use tapping to remove stress and energise yourself there are case studies and practical examples demonstrating how eft can relieve a wide range of negative emotional conditions including anxiety anger depression insomnia and migraines the book also explores how eft can improve and maximise positive emotional and spiritual functioning in terms of health and wealth transformation the uses of eft are numerous and this handbook is an ideal starting point for anyone interested in learning more about the positive impact eft techniques can have on their wellbeing

Principles of EFT (Emotional Freedom Technique) 2014-07-21 this book presents the research and evidence behind emotional freedom technique in an easy to read manner and also offers client stories of their experiences what is eft and what happens when you use it emotional freedom techniques or simply eft is a powerful way to deal with unresolved issues transform beliefs and reprogram yourself for greater happiness and success commonly called tapping eft has been utilized by thousands people worldwide if you re holding this book you ve probably tried it at least once or heard about it from a friend eft researcher and author peta stapleton ph d brings together the history and cutting edge research of tapping she also shows how tapping can be used for a whole host of ailments including anxiety weight issues depression trauma and more dr stapleton s own groundbreaking study involving food cravings in overweight adults helped establish eft as an effective valid form of therapy in the science behind tapping you ll come away with a deeper understanding of what eft is and how it can help you the book starts with a beginner s guide to eft which includes tapping statements and phrases as well as helpful charts showing the location of tapping acupoints on the face and upper body after taking you through its many uses dr stapleton also explores the common obstacles to success with eft and how to combat them get ready to learn more about eft and its incredible possibilities

The Science Behind Tapping 2019-04-16 i can feel better a tapping story helps parents teachers counselors and others bring calmness and relaxation to children and teens through a series of simple techniques these methods can be applied to reduce stress that is often the result of anger fear sadness disappointment feeling overwhelmed or anxiety of the unknown this book uses the emotional freedom technique eft or tapping to calm children in as little as five minutes it is based on the traditional chinese medicine belief that a person s energy runs through rivers in the body called meridians when meridians are open their energy flows and they feel good when energy is blocked flow stops and they feel bad the tapping technique outlined in this book clears the obstructions and helps children feel good again parents teachers and counselors can read i can feel better a tapping story to children walking them through a series of simple exercises that combine affirmations and gentle tapping motions to bring calmness the technique can help young people take control of their own emotions by reading this book to themselves tapping as described and as often as needed to feel better

Tap Into Joy 2019-11-11 if we want to make changes in our lives we have to change the destructive dysfunctional beliefs in the subconscious eft is a technique that allows us to change dysfunctional beliefs and emotions on a subconscious level it involves making a statement while tapping different points along meridian paths this manual includes beliefs subconscious mind eft tapping emotional freedom technique how to tap short form of eft yawing and taking a deep breath integration what happens after tapping how does eft tapping works science and eft tapping research benefits of using eft tapping when to use eft we can use eft tapping to change intensity level the very first eft tapping statement to tap sort form or long form of eft tapping walking backwards eft backing up eft tapping statements are more effective when it agrees with current beliefs using a negative eft tapping statement what to do if an eft tapping statement does not clear one statement per round of eft multiple statements per round of eft karate chop point kcp

to desensitize a story situation and or memory do i have to keep tapping the same statements over and over if it does not clear why we might hold onto emotional pain inner critic negative self talk tapping affirmations i tapped and i m not better i cleared this issue before and it s still showing up in my life eft tapping doesn t work for me eft tapping points and the meridians mind chatter a value tool rule 1 for writing your own eft tapping statements use your own words rule 2 for writing your own eft tapping statements process emotions before beliefs rule 3 for writing your own eft tapping statements pay offs for not creating our reality finishing touches tapping positive summary appendix pay off for not creating our reality what do we process first psychological reversal reversed is it necessary to relive the pain in order to heal our pain present time

I Can Feel Better: a Tapping Story 2021-12-18 emotional freedom technique eft through the chakras 2nd edition expanded and updated is a new dynamic system of healing that combines eft tapping with the chakra energetic system this book brings to light each of the 7 chakras their associated acupuncture meridian the muscles governed by and the emotions directly influenced by each of these chakras when we include this information in the eft tapping process it allows for a much deeper healing to occur this technique is simple easy and effective when using eft through the chakras you can reduce emotional anxiety and emotional turbulence in a few minutes clear and reduce any muscular pain instantly and dramatically effectively treat all 3 levels of the human being physical mental emotional spiritual treat and heal yourself or use it to treat and heal others establish more awareness in your daily life by working with the chakras when you work with the chakras you can effectively reduce pain improve digestion calm the mind and calm others down too prepare the body for quality sleep perform at you potential speak more clearly and with ease feel more grounded and energised and so much more if you want to learn more about eft and to work it in with the chakras in a very easy manner within an hour or two then this is the book for you

All Things Eft Tapping Manual 2015-11-07 eft practitioner dena przybyla has combined the clearing and reprogramming effects of eft emotional freedom techniques with the success principles in think and grow rich page 4 of cover

Emotional Freedom Technique (EFT) Through the Chakras 2014-01 the balancing method presents emotional release through the art of tapping by monika marguerite lux if there were self help techniques available that could aid in overcoming your life obstacles would you like to learn them have you been searching for a gentle way of self healing at a deeper level imagine you could live your life to the fullest and find inner peace and happiness this book is a manual on how to release even deep seated hidden and trapped emotions in a very gentle and easy way get ready to explore the world of emotional freedom technique also called tapping or acupuncture without needles expressive art therapy applied kinesiology meridians and muscle testing and more get ready to reclaim your personal power and embrace who you really are

Think and Grow Rich With EFT (Emotional Freedom Techniques) 2011-12-20 it is in your hands is an introduction to a new psychological therapeutic method called emotional freedom technique eft it is a practical procedure to eliminate all negative emotions including stress anxiety fears phobias past traumas including post traumatic stress disorder ptsd substance abuse and all addictions with eft the user no longer has to go through months of expensive and usually ineffective conventional talk therapies in a matter of minutes anyone can be free from any negative emotional or psychological difficulty that in the past has prevented him her from reaching full potential or from living a joyful blissful life eft puts in your hands the power to eliminate all negative emotions it is simple effective and most importantly it is free eft tft is the outcome of a recent scientific discovery that found that the cause of negative emotions is not the memory of a traumatic event but the negative energy entangled around the memory this finding shows that by releasing this energy the negative emotion is instantly eliminated thousands of people have reported relief from past traumas and negative feelings that had previously defied months of conventional treatment the reader only needs to learn a series of meridian end points how to use the hands to tap on these points for a few minutes and the ability to concentrate and feel a particular negative emotion it is that simple it is in your hands is written in a simple style with many practical exercises case studies to treat specific negative emotions and illustrations designed to gradually develop and apply the principles

The Art of Tapping 2017-05-25 matrix reprogramming is a completely new personal development technique which dramatically improves health and wellbeing it was developed from the popular self help technique eft a meridian tapping therapy which has shown outstanding results with both physical and emotional issues in this book you will learn the science behind this technique and why it works including the latest information on the matrix the new biology the body mind connection and the physiology of stress and trauma new protocols for working with trauma relationships addictions phobias allergies birth and the early years new ways of accessing blocked memories considerations for working with long term illness or serious disease and much more whether you are new to eft or a seasoned practitioner this book contains a wealth of resources that will enable you to rewrite your past and transform your future and that of your family friends or clients

It is in Your Hands 2011 you ve probably heard of the idea of de cluttering de cluttering means removing clutter and disorder and bringing order to what used to be a clutter we all know people who live with clutter in their lives of course clinging to things is not necessarily a bad thing clinging to objects can bring us comfort however when too much stuff weighs us down it can cause anger or distress instead of bringing comfort do you know that clutters are not only found in physical objects but our emotions emotions build up and when we fail to deal with them they cause blockages and obstacles in our lives by using eft and tapping you can experience a shift in your emotions as you continue to tap regularly you may feel a shift or change in your mindset it may even come in a way you didn t expect as long as it results in the feeling of being free a weight being lifted and being able to make changes for the positive you ll know you ve made progress it

may take a while for tapping to become a habit but once it does you ll begin to manage your emotions before they build up and cause emotional turmoil why not make tapping a new habit to use in every area of your life by using it consistently you ll give yourself and those around you a wonderful gift to give buy a copy today of eft tapping for your daily health and happy tapping **Matrix Reimprinting using EFT** 2010-08-02 eft founding master judy byrne gives you practical advice on how to use emotional freedom technique to improve your emotional well being and change your life in introducing eft through the proven method of tapping you will learn how to remove negative feelings let go of the past improve willpower and aim for a positive future clear away negative emotions and find inner peace curb cravings and take back control of your life tap into your potential and eradicate those nagging doubts

Tapping Your Troubles Away with EFT 2011 black and white version eft is an easy type of chinese acupressure puncture without needles or hard pressure eft is applied by tapping activating energy points meridians on in the body with the fingertips tapping removes energy blocks stuck stagnant energy orients polarizes corrects balances and strengthens the energy flow in the body through the meridians energy pathways energy points chakras nervous system electric chi and other energies physical and spiritual tai chi qi gong karate energy control methods are related to eft eft removes negative destructive emotions thoughts feelings stress from the mind brain system by correcting energy flow the body s energies flow correct and strengthen eft balances and improves function of the left and right brain hemispheres this produces good health clear eyesight neck chest shoulder eye muscle tension stiff infrequent eye shifting movements headaches strain in the mind brain negative unhappy past present thoughts emotions experiences blocked energy flow lowered liver kidney health staring squinting cause unclear eyesight negative destructive thoughts emotions worry are a common cause of mental strain back chest shoulder neck eye muscle tension and unclear eyesight lowered eyesight increases worry mental strain which then increases the body neck eye muscle tension eye function is impaired light rays focus incorrect in the eye circulation to in the eye lowers vision is more unclear eft nutrition natural eyesight improvement corrects these conditions blocked energy experienced during a stressful event happens first before the negative emotions occur and locks them into the mind body negative thoughts emotions maintain blocked energy flow removing blocked energy first results in removal of the negative emotions thoughts feelings and often brings instant clear eyesight as eft tapping removes energy blocks corrects the energy flow resulting in removal of negative emotions thoughts feelings the person can then place positive constructive thoughts into the mind system think feel in a positive constructive way about the past or present stressful event positive thoughts emotions help to correct and strengthen the body s energy flow correct energy flow is now maintained mental and physical health improve eye function returns to normal eyesight is 20 20 and clearer at all distances close and far health of body organs systems improve as energy flows correct throughout the body eft improves the function of the brain visual cortex left and right brain hemisphere activation integration this improves function of the brain with the eyes retina eye muscles and body eyesight and mental physical health improve memory imagination math science speech learning creativity art music skills all functions of the brain left and right hemispheres even the oldest deep survival areas of the brain improve this is a main treatment of natural eyesight improvement includes 20 pdf e books natural eyesight vision improvement training do it yourself natural eyesight improvement original and modern bates method better eyesight magazine by ophthalmologist william h bates unedited full set 132 magazine issues 11 years july 1919 to june 1930 illustrated with 500 pictures and additional up to date modern natural eyesight improvement training original better eyesight magazine by ophthalmologist william h bates photo copy of all his original antique magazine pages in the 1900 s print all of william h bates clark night books included in the pdf video and audio lessons read this book on kindle see the william h bates author s page for video of internal book pages full description of the paperback kindle and 20 free e books

EFT Tapping for Your Daily Health 2021-08-31 imagine experiencing vibrant health peace abundance and optimism every day tapping into wellness shares an innovative tool called emotional freedom technique eft which allows you to have all this and more literally at your fingertips join kathilyn solomon as she shares simple instructions powerful and practical exercises and real life case studies from this world of miracles eft also known as tapping is a fast spreading easy to learn and effective approach for men women children and animals this guide draws on the latest eft gold standardtm showing you how to work through physical or emotional problems and challenges often referred to as acupuncture without needles tapping can help you resolve chronic pain and illness cravings and addictions overcome stress anxiety and phobias activate your body s own natural healing system gain relief from haunting memories and trauma experience resilience positive energy and improved health praise an excellent resource for you to tap into the rich treasure of your mind body system and release your fears resolve your past traumas heal your sicknesses and far more this book is a fabulous and engaging read and highly recommended eric b robins md mind body healing expert and co author of your hands can heal you tapping into wellness is an excellent resource for anyone wishing to move beyond the troubling thoughts and feelings that limit their experience of life brad yates author of freedom at your fingertips and featured expert in the tapping solution

A Practical Guide to EFT 2014-05-01 why this book because children are magic they still hold within them the wonder of life the curiosity and the openness to experience life in all its nuances with the infinite possibilities it offers at the same time they are very sensitive to the situations they experience and to what they feel the process of growth and development can be at times very difficult and they can feel overwhelmed by their emotions this book is for every child and every parent for every human being who is in contact with children and cares for their wellness and for their heart it will help them become self aware adults trusting themselves and life allowing them to be still in touch with their magic infinite potential emotional freedom technique eft is a healing tool that works on the physical mental emotional and energetic levels

eft works on the energy that flows in the meridians based on traditional chinese medicine by tapping on specific acupuncture points in addition to the tapping the person focuses on the issue that is creating the discomfort so to engage the system on the emotional energetic mental and physical aspects of it eft is an amazing tool to use with children as it teaches them how to deal with their emotions not to fear them and how to let them go safely it helps children to learn how to express themselves so that they can let go of their limiting thoughts emotions before they get cemented creating limitations and blockages in this book that has the idea of being a small eft manual i discuss the basic technique and give suggestions and indications on how to use it on emotions physical issues limiting beliefs and with magic buttons bear the use of eft from a young age is a simple effective way to help the future adults listen to their feelings and find the best way to deal with them not to feel overwhelmed and powerless eft with children brings amazing positive effects on the personal level in family and school environment

Emotional Freedom Technique & Acupressure, Color Breathing, Visualization 2010-03-17 the experience of raising children can be one of life's greatest gifts but it can also come with an overwhelming amount of stress and anxiety and even self doubt am i modeling the type of person i want my child to become am i doing enough to prepare my child to be resilient in an ever changing world are my children happy and confident in themselves in the tapping solution for parents children teenagers new york times best selling author nick ortner encourages readers to take a look at the amount of stress and worry in their lives as parents reminding readers that self care is critical parents are guided on how to use the revolutionary technique known as eft emotional freedom techniques or tapping to release parental overwhelm quiet worry manage conflict and transform their experience of parenthood in the second section of the book nick explores specific uses for tapping with children ranging from releasing negative emotions like anger fear and phobias to dealing with sadness grief guilt and shame this powerful technique can even help with specific challenges such as anxiety disorders difficulties with sleep nightmares performance anxiety bullying school jitters divorce and much more nick emphasizes the importance of teaching children the social and emotional skills they need for success in life school and work this book will guide parents in using eft tapping to help their children learn how to handle challenges by means of self reflection self regulation and overall greater self awareness through the use of easy to follow diagrams links to step by step videos and dozens of tapping tips the tapping solution for parents children teenagers offers an easy to use resource to help solve many of the emotional and social challenges that families deal with on a daily basis

Tapping Into Wellness 2015-12-08 it is in your hands is an introduction to a new psychological therapeutic method called emotional freedom technique eft it is a practical procedure to eliminate all negative emotions including stress anxiety fears phobias past traumas substance abuse and all addictions with eft the user no longer has to go through months of expensive and usually ineffective conventional talk therapies in a matter of minutes anyone can be free from any negative emotional or psychological difficulty that in the past has prevented him/her from reaching full potential or from living a joyful blissful life eft puts in your hands of the public the power to eliminate all negative emotions it is simple effective and most importantly it is free emotional freedom technique eft and thought field therapies tft access the body's energy meridian system to release the negative energy attached to a particular negative emotion the energy meridian system is a natural network of energy pathways circulating throughout the body eft uses the same principles of energy therapies such as acupuncture except that eft does not require needles and it heals psychological problems not just physical ones eft tft is the outcome of a recent scientific discovery that found that the cause of negative emotions is not the memory of a traumatic event but the negative energy entangled around the memory this finding shows that by releasing this energy the negative emotion is instantly eliminated thousands of people have reported relief from past traumas and negative feelings that had previously defied months of conventional treatment the reader only needs to learn a series of meridian end points how to use the hands to tap on these points for a few minutes and the ability to concentrate and feel a particular negative emotion it is that simple it is in your hands is written in a simple style with many practical exercises case studies to treat specific negative emotions and illustrations designed to gradually develop and apply the principles

Emotional Freedom Technique (Eft) and Children 2016-02-18 eft is founded on ancient wisdom of acupuncture that was traditionally used with needles as was witnessed by the chinese more than 5000 years ago however in modern practice the acupuncture points are normally aroused by tapping them with the fingertips while listening to certain affirmations eft works on the basis of making a person change how he/she feels about something and this happens in the sense that the tapping stimulates the acupuncture points thus affecting the electromagnetic level and electrochemical level that normally have a great influence on how a person feels here is a preview of what you'll learn emotional freedom technique the basics foundation of eft tapping your body's energy level eft tapping tips and tricks to make eft more effective using eft tapping to address specific problems tap your way to a happy life this book introduces the everyday happiness practice which is exactly that this is a practical approach to happiness with this practice you give yourself the best possible chance of achieving your dreams the everyday happiness practice is based on eft tapping emotional freedom techniques tapping a modern energy based technique and tried and tested methodology although simple eft tapping is a profound method which dissolves stress eases painful emotions and creates momentum although many millions of people around the world are discovering the joys of eft tapping the everyday application for oneself can be difficult

The Tapping Solution for Parents, Children & Teenagers 2018-02-20 guides readers through the self healing technique of emotional freedom using the body's natural stress reduction points to reduce anxiety boost vitality and improve work performance

It is in Your Hands 2007

Eft and Tapping 2023-01-06

The EFT Manual 2011