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The Negative Patterns That We Form Around Our Uncomfortable Thoughts, Feelings,
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Thoughts Or Emotions Into. 12th, 2024Welcome To EFT | Home Page | Janice Smylie
EFTUse 9 Gamut When 1-10 Intensity Reduces By Less Than 2 Points In 3-4 Rounds
Of Tapping, And When 4 Or Less 1-10 Intensity Remains, But Without An Identifiable
Reason. // Follow With Forward Eye Sweep, Lap To Ceiling & Back To Lap, If
Remaining 1-10 Intensity Is 2 Or Less. 10th, 2024.

Emotional Freedom Technique (Also Called EFT Or Tapping ...Open Your Eyes Look
Down Hard Right, Then Left Make A Circle With Your Eyes Going One Way And Then
The Other Hum Briefly (preferable A Song) Count To 5 Out Loud Hum Briefly Again
Now Repeat The Process By Going Back Up To Your Eyebrow, Tap On All The Spots
And Back Down To Your Hand Repeating The Han 28th, 2024Reminder Sheet For
EFT Tapping Points - Healthy In Mind• You Have To Be Specific About Each Aspect
Of The Memory Or Feeling That You Are Tapping For. • Treat Each Aspect Of A
Memory Or Issue Separately, E.g. Anger At Your Mother For Embarrassing You On

Your 8th Birthday Would Be Treated Until Down To Zero, And Then Sadness That The Day Was Ruined, Etc. • Bring Each Aspect Down To Zero. 10th, 2024
EFT International Free Tapping Manual Introduction A Woman Comes Into The Practitioner's Office And Is Distraught; She Has Been So Frightened Of Driving For 9th, 2024.

Tapping With Children - Evidence Based EFT School Work. • Even Though I'm Nervous About Giving That Talk On Tuesday, I Choose To Be Calm And Confident 2. Positive Tapping Most People Only Tap When They Feel A Negative Feeling. But You Can Use Tapping For Positive Statements. It Is H 29th, 2024
The Science Behind EFT And Meridian Tapping In 1962, Chiropractor Dr. George Goodhart, D.C. Began Using Manual Pressure On Acupuncture Points To Enhance Healing. Later, Psychiatrist, Dr. John Diamond, M.D. Had His Patients Say Positive Statements—now Popular 20th, 2024
Faster EFT Tapping Script - Faster EFT/Eutaptics Faster Eft Tapping Script “The Quick Tap” Identify The Problem: Think About (or Recall) The Problem Or Event In Detail. (Notice The Emotions And Specific Images That Support The Problem). Really Associate (step Into The Memory, Imagine Yourself Really There, See What You Saw, Hear What You Heard And Feel What You Felt) ‘The Stronger You File Size: 235KB 13th, 2024.

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And Open The Door To More Wealth Than You Ever Imagined. Tapping For Wealth
And Abundance-Lisa Townsend 2014-07-23 In "Tapping 8th, 2024EFT™ TAPPING
PROCEDURE (The Basic Recipe)Tap About 5X On Each Point #2...The Sequence #2 -
SE #3 - UE #4 - UN #5 - CH #6 - CB #7 - UA #1 - EB #8 - TH #12 - KC #9 - IF #10 -
MF #11 - LF. Title: EFT 4th, 2024.

EFT™ (Emotional Freedom Techniques) SHORTCUT TAPPING ...T H E S E T U P 2)
Repeat Three Times: "Even Though I Have This Problem, I Deeply & Completely
Accept Myself." 3) While Continuously Tapping The "Karate Ch 12th, 2024Example
Tapping Scripts - Evidence Based EFTExample Tapping Scripts Evidence Based EFT
Dr Peta Stapleton LEGEND • KC - KARATE CHOP OR SIDE OF THE HAND • SE - SIDE
OF EYE • UE - UNDER EYE • UN - UNDER NOSE • CH - CHIN • CB - COLLARBO 19th,

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Tune In To The Problem And Rate The 10th, 2024.

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