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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 Jan 9th, 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. Apr 8th, 2024EFT International Free Tapping ManualIntroduction A Woman Comes Into The Practitioner's Office And Is Distraught; She Has Been So Frightened Of Driving For Feb 4th, 2024. Tapping With Children - Evidence Based EFTSchool 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 Mar 8th, 2024The Science Behind EFT And Meridian TappingIn 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 Popul Jan 10th, 2024FasterEFT Tapping Script - Faster EFT/EutapticsFaster 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 YouFile Size: 235KB Jan 15th, 2024.

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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 Feb 7th, 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 Apr 24th, 2024Técnica De Liberación Emocional Por Golpeteo EFT TappingEste "regalo", Incluyendo La Suposición De Que Debía Ser Un Signo De Los Dioses. Se Convirtió En Una Preciada Posesión Y Diversos Grupos De La Comunidad Tribal Tuvieron Peleas Por Su Culpa. Esto Causó Tanta Tensión Y Consternación Que Los Nativos, Finalmente, Llegaron A La Conclusión De Que Los Dioses Feb 12th, 2024.

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Sequence 1. TUNE IN TO THE PROBLEM 2. THE ASSESSMENT Rate The Intensity Of Your Problem On A Scale Of 0-10, With 10 Being The Worst. 3. THE SETUP ... And Tap On The Sequence Of Points, Repeating The Reminder Phrase. 5. RE-ASSESSMENT Take A Deep Breath, Tune In To The Problem And Rate The Feb 18th, 2024.

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