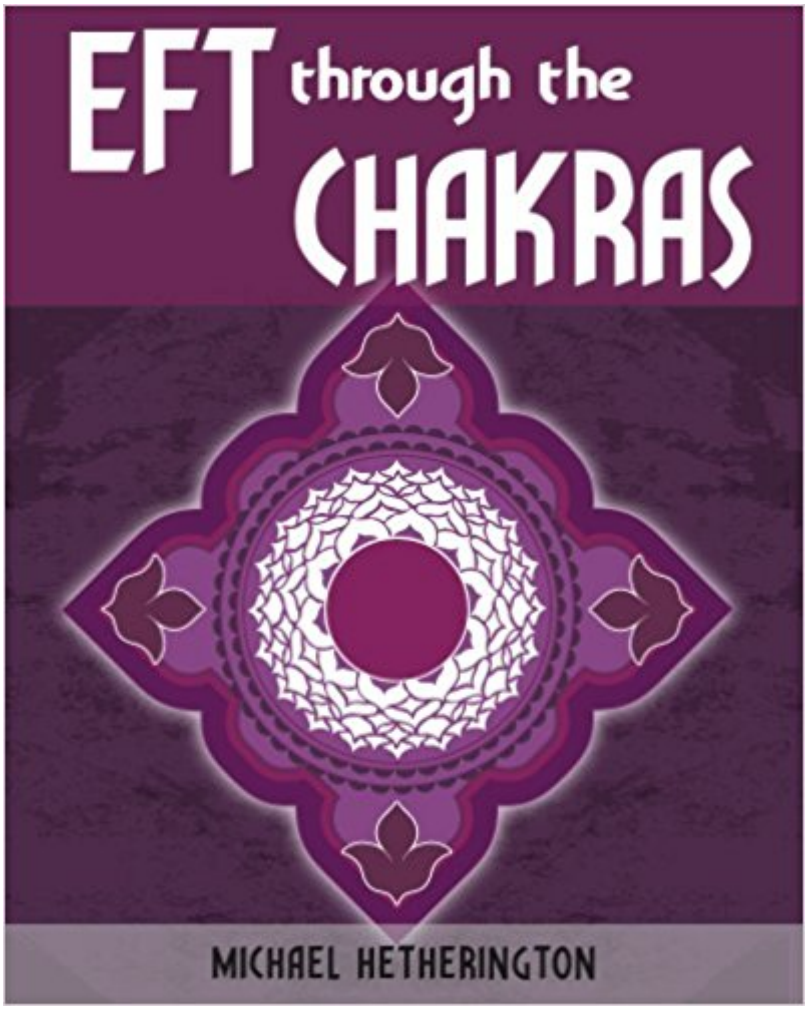
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Emotional Freedom Technique (EFT) Though The Chakras



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Synopsis

Emotional Freedom Technique (EFT) through the Chakras 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 muscular pain instantly and dramatically- Effectively treat all 3 levels of the human being - physical, mental/emotional and spiritual- Treat and heal yourself or use it to treat and heal others- Establish more awareness in your daily life by working with the ChakrasWhen 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 your potential- Speak more clearly and with ease- Feel more grounded and energized- 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!

Book Information

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Customer Reviews

As a Healing Touch energy worker, I work a lot with the chakras and human energy field. I also have been getting into EFT tapping lately. So I was very interested when I saw this book incorporating both tapping AND the chakras! It is a thin book, not a lot to it, but the content is powerful nonetheless. It is straightforward and easy to follow even if you don't have the skills of a energy practitioner and you don't need to be versed in EFT tapping either. I followed the suggestion to just tap on one chakra every 24 hours, and let it "integrate." (Energy keeps working for a day or more after you've started balancing it.) I started with the root chakra. I didn't feel particularly different that evening, but by afternoon of the next day I felt much more "grounded" and calm, like I had meditated that day which I hadn't. I felt secure, which is inherent quality of a balanced root chakra. This is a good tool for those of us who don't always make time to meditate, or for those who find it difficult to quiet the mind and relax.

I think the combination of EFT and chakra clearing is absolutely genius; I have been practicing eft for a few years now yet it never occurred to me to combine it with my chakras. This book concisely and clearly explains the practice of EFT as well as what your chakras are and does a great job of combining the two for amazing results. I love how every chakra was given its own section with easy to understand instructions on how to apply EFT on each one. I immediately stopped and applied the methods described with each chakra and the relief was immediate. You can read the book in one sitting and start using the techniques as you're reading. Anyone who is interested in EFT or chakras is going to want to buy this book; the results are indisputable.

I have been practicing the EFT for two years now and it has greatly improved my sense of well being as well as emotional issues I was struggling with. I was glad I found this book, as it connects chakra balancing with EFT.EFT (Emotional Freedom Technique) is tapping acupuncture points on the body that will effectively make you feel better emotionally, physically, and spiritually. The methods are simple and quick to do, and can help with a plethora of problems, including emotional & physical blocks, headaches, anxiety, insomnia and phobias.Michael Hetherington has a lovely writing style. He is very straightforward and compassionate. This is a great book for beginners who want to learn EFT, as well as healing practitioners who want to enhance the healing process for their clients.

I have to say, I really didn't know what to expect with this and if anything was going to change. I went to this because I've done so much mental and spiritual work and I'm still struggling with certain insecurities, and this could help with any emotions stuck in the body. I'm a week in and I feel this immense calmness and better hold of my emotions. There's definitely less to little mental chatter, so much that I was concerned haha I've been engaging in a twenty minute meditation along with the EFT tapping and I go to bed with this stillness and calmness.

Great book! knowledgeable, simple and easy to read and follow. It helps me to reduce stress and stay calm and focused. I'm also using it for weight loss and lost 5 lb the past ten days ;) If you really follow it step by step it will help you too... Is it worth to try?... I'd say YES.

Great explanation of EFT and referrals to videos on utube to enhance. Great tool for myself and to share with my clients.

Good and easy way to heal and energize the chakras. Important for our life and health so worth doing the technique in this book. Quick to do and loved it. Can do each and every day since it takes virtually no time at all once you get into the groove.

It is clear, concise and covers what EFT is. It thoroughly explains what the chakras are and how to clear themof f negative and unwanted energy. It is perfect for my personal use and my use with clients. I would definitely recommend tobeginners or professionals.

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