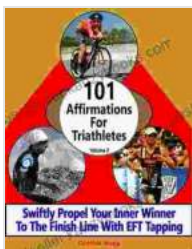


Swiftly Propel Your Inner Winner To The Finish Line With Eft Tapping

EFT tapping is a powerful technique that can help you to overcome obstacles, achieve your goals, and live a more fulfilling life. It is a simple and effective way to release negative emotions and limiting beliefs that are holding you back.



101 Affirmations For Triathletes, Volume 2: Swiftly Propel Your Inner Winner To The Finish Line With EFT Tapping by Cynthia Magg

★★★★★ 5 out of 5

Language : English
File size : 2173 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 114 pages
Lending : Enabled



How does EFT tapping work?

EFT tapping works by stimulating specific acupressure points on the face and body. These points are connected to the body's energy meridians, which are pathways that carry energy throughout the body. When you tap on these points, you are sending a signal to the body to release negative emotions and beliefs.

EFT tapping can be used to address a wide range of issues, including:

- Anxiety
- Depression
- Stress
- Phobias
- Trauma
- Pain
- Weight loss
- Smoking cessation
- And more

What are the benefits of EFT tapping?

EFT tapping has many benefits, including:

- Reduced stress and anxiety
- Improved mood
- Increased self-esteem
- Greater sense of peace and well-being
- Improved sleep
- Reduced pain
- Weight loss
- Smoking cessation

- And more

How do I use EFT tapping?

EFT tapping is a simple and easy-to-learn technique. You can do it yourself or with the help of a practitioner.

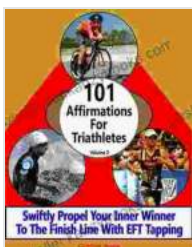
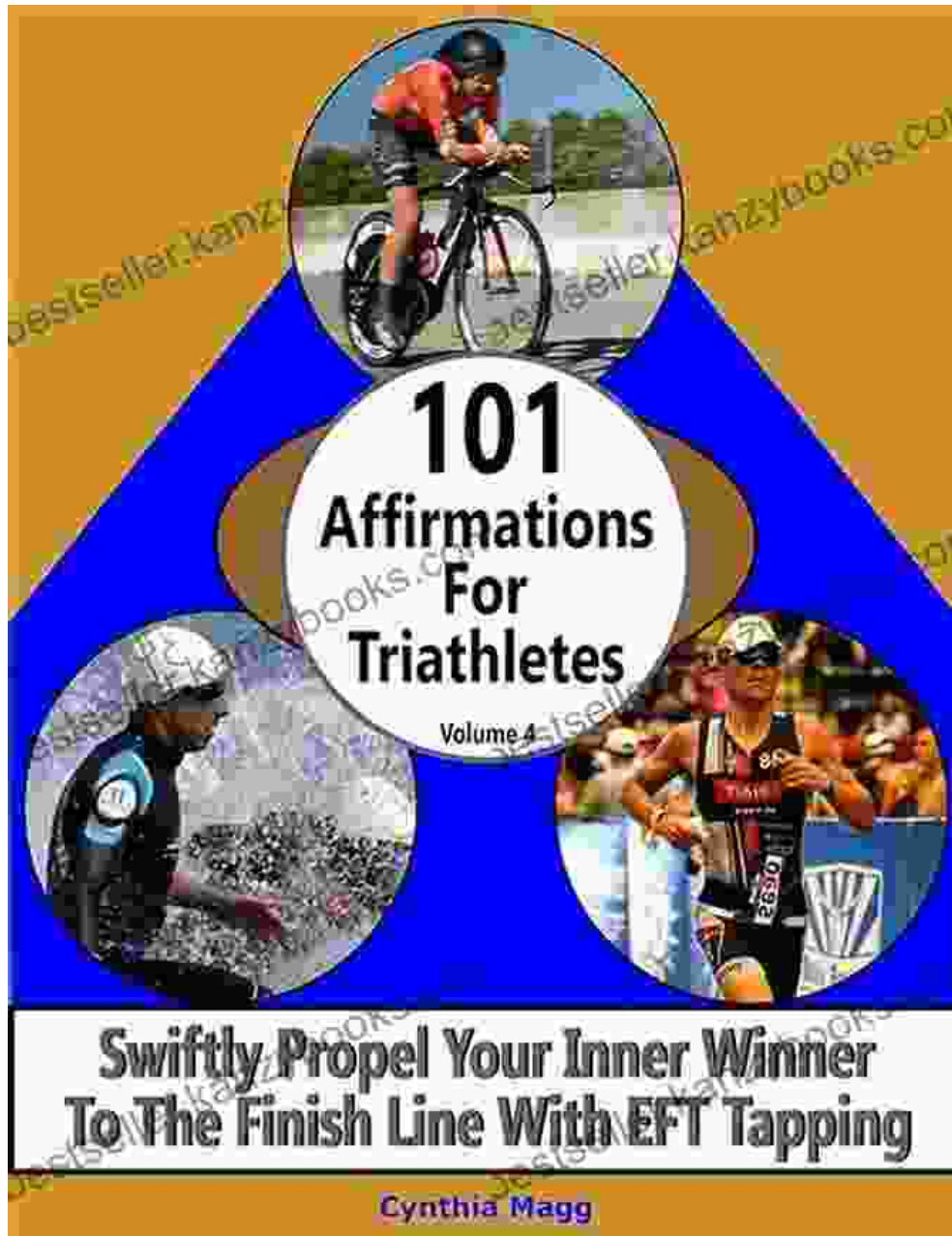
To do EFT tapping, follow these steps:

1. Identify the issue that you want to address.
2. Rate the intensity of the issue on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.
3. Choose a setup statement. This is a statement that you will say while tapping on the karate chop point (the side of your hand). The setup statement should include the issue that you are addressing and a positive affirmation. For example, you could say, "Even though I am feeling anxious, I deeply and completely accept myself."
4. Tap on the karate chop point while saying the setup statement.
5. Tap on the following acupuncture points in sequence:
 - Eyebrow point
 - Side of eye point
 - Under eye point
 - Nose point
 - Chin point
 - Collarbone point

- Under arm point
 - Top of head point
6. Repeat the setup statement and tap on the acupressure points in sequence until the intensity of the issue has decreased.
 7. Rate the intensity of the issue again on a scale of 0 to 10.
 8. If the intensity has decreased, you can stop tapping. If the intensity has not decreased, you can repeat the process until the intensity has decreased to 0.

EFT tapping is a powerful and effective technique that can help you to overcome obstacles, achieve your goals, and live a more fulfilling life. It is a simple and easy-to-learn technique that can be done anywhere, anytime.

If you are looking for a way to improve your mental and emotional health, I encourage you to give EFT tapping a try.

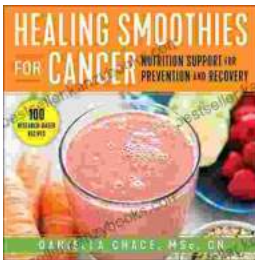


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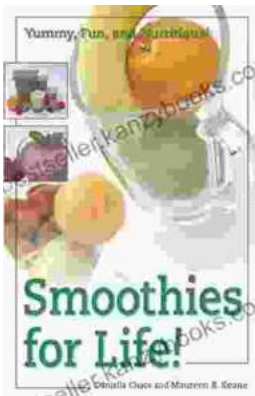
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