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Mind Creates Your
Life!

In EFT: EFT Tapping Scripts & Solutions To An Abundant YOU 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!, the book lays out easy-to-use practices, diagrams, and

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worksheets that will teach readers, step-by-step, how to tap on a variety of issues.

EFT: EFT Tapping Scripts & Solutions To An Abundant YOU Life

Included are plenty of scripts to cover some of the issues that you may want to tap on: relieving stress and anxiety, overcoming resistance to change, tapping through issues

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from your past that
might still be affecting
you (subconsciously)
today, relieving

physical pain, stopping
your cravings, healthy
relationships, phobias
and fears and other life
changes.

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With Tapping, you
focus on the emotional
aspects of your weight
loss without having to

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worry about the diet. A diet is very good and healthy, but being anxious about it isn't healthy. This following EFT script can help you reduce or eliminate altogether that sinking feeling when you stray from your diet.

4-Minute EFT Tapping Script for Weight Loss and Diet Anxiety

Ó Evidence Based EFT,
2019 2 Example

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Pros of Using Scripts ~
adapted from Gary
Craig The allure to
these scripts involves a
convenience factor
wherein a ready made
approach is provided
that requires no
customization or
detective work. Just tap
on the EFT points while
repeating words that
someone else provides.
Easy. It's a one-

Example Tapping

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Solutions To An Scripts - Evidence Based EFT

Put your hands on your
heart of energy or
heart of gold, close

your eyes and take
three deep breaths in
and out. Our EFT

tapping set up or
opening statement is:

"I release all my
Depression stress
now." In the heart
position, take a deep
breath in and say this
on the outbreath.

Repeat three times.

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EFT Tapping Script For Depression

Check the subjective rating again and if necessary do another tapping round. Here is the Basic Tapping

Script information as a PDF file you can download. Note. I have moved away from using the traditional EFT script to a faster turbo charged version. It is called Reboot Tapping. Check it out

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and let me know your results and which one you prefer.

Traditional EFT - Basic EFT Tapping Script | W E L L N E S

...
EFT for Loneliness -
Tapping Script One of the emotions that come up often for my clients is 'loneliness'. It seems to be one of the hidden emotions we carry around sometimes.

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EFT tapping script for anxiety. This powerful healing modality and energy healing technique is highly effective at treating stress and anxiety. Follow along with the tapping points and 2 scripts to reduce your anxiety. #EFT

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Nicolas Ortner is CEO

of The Tapping

Solution, LLC, a

company with a

mission to bring

simple, effective,

natural healing into the

mainstream through

Emotional Freedom

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“tapping.” Tapping is a healing modality that combines ancient Chinese acupressure and modern psychology.

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Emotional Freedom
Techniques EFT. EFT
author and trainer,
Dawson Church PhD
discusses alternative

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tapping scripts to help
blocks to the self-
acceptance part of the
EFT Setup Statement.

When Self- Acceptance is the Problem while Tapping ...

Put your hands on your
heart of energy or
heart of gold, close
your eyes and take
three deep breaths in
and out. Our EFT
tapping set up or
opening statement is:

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"I release all my
Insomnia stress now."
In the heart position,
take a deep breath in
and say this on the
outbreath. Repeat
three times.

EFT Tapping Script For Insomnia

EFT comes from The
Third Field in the Mind,
Body, Energy triad. For
severe physical or
psychological
conditions, please see
the appropriate health

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Simply
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care provider as well.
With this out of the
way, let's get started
on this EFT script for
Infertility.

Prove That Your Mind Creates Your **EFT Tapping Script For Infertility**

Stress and anxiety are
the #1 issue that
people struggle
everyday. My passion
is helping people
reduce/eliminate stress
and anxiety. EFT
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remove emotional

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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
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weight loss to fostering
better relationships,
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readers' eyes to just how powerful this practice can be.

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Put your hands on your heart of energy or heart of gold, close your eyes and take three deep breaths in and out. Our EFT tapping set up or opening statement is: "I release all my Grief stress now." In the

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heart position, take a deep breath in and say this on the outbreath. Repeat three times.

EFT Tapping Script For Grief

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Technique EFT
INTRODUCTION. My
EFT scripts are NOT
intended to be a
training course in the

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teaching, use, or application of the Emotional Freedom Techniques, known as “tapping.” There are experts who have created videos and other materials, based on considerable experience.

Scripts - Tapping - EFT, Emotional Freedom Technique

Emotional Freedom Techniques (EFT), also referred to as tapping,

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is a technique used in holistic healing. EFT incorporates the psychological benefits of talk therapy with the physiological benefits of acupuncture to reset your energy and restore your emotional and physical imbalances. EFT can relieve a wide range of emotional and physical ...

Emotional Freedom Techniques (EFT) -

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Definition, Tapping

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Emotionally Focused

Therapy is a highly
validated method for

restoring the
connection between

couples. Find An EFT

Couples Therapist >>

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Therapy (NCCEFT) has

a mission to: Fill the

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