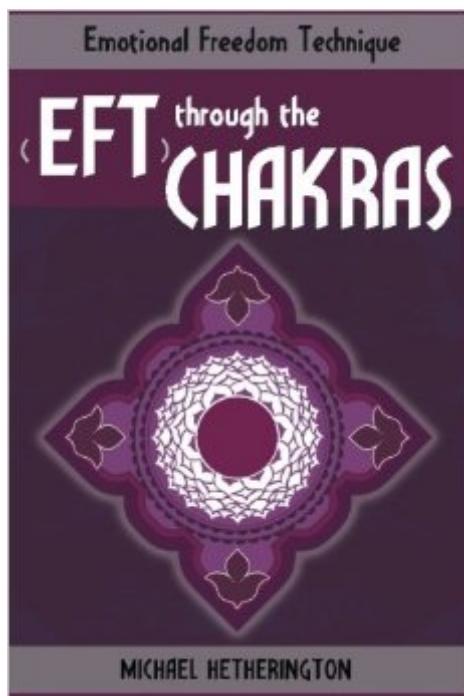


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# Emotional Freedom Technique (EFT) Through The Chakras



## **Synopsis**

Emotional Freedom Technique (EFT) through the Chakras (2nd Edition - Expanded and Updated) 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 any muscular pain instantly and dramatically - Effectively treat all 3 levels of the human being - physical, mental/emotional, spiritual - Treat and heal yourself or use it to treat and heal others - Establish more awareness in your daily life by working with the Chakra's. When 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 energised - 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**

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 bought the book just out of curiosity and ended up finishing it in one sitting. Normally I am not the type of person to read these kinds of books but this one I really liked. The book is a very well put together and teaches a method of tapping acupuncture points that will effectively make you feel better emotionally, physically, and spiritually. The methods are simple and quick to do, and are able to help you with a wide array problems. All in all, I found this to be a very helpful read and one that I would certainly recommend checking out.

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 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 never thought of this combination, but if you are practicing EFT or if you have any understanding of our Chakras, PLEASE, try this. It only makes sense to work these two systems in this amazingly simple and efficient way.

This is being sold as a "book", albeit an e-book. It is not a book; it is a pamphlet at best. Following a brief description of the Chakras, there are a series of tapping scripts with a generically based affirmation. It is an interesting idea, but working with the broadest negative characteristics associated with each Chakra and affirmed by the generic "I deeply love and appreciate myself" is perhaps a start at working with tapping for self healing, but I would suggest a real book like "The Promise of Energy Psychology" by David Feinstein, Donna Eden and Gary Craig (the creator of the Tapping Technique). I would not recommend this short monograph to anyone.

It's not that this is the best book I've read... This is the most down to earth book I've read yet that was quick and to the point. I kept putting off reading this until I decided I really needed to work on my chakras. Tonight's my second night exercising using this.. The first night, the change came gradually. My third eye is my most active chakra and sometimes it's to the point where I can really feel the pressure on my forehead, etc. Right after tapping my base chakra, that pressure felt more comfortable and the energy that I could feel in my body felt more calm. Starting off at my base chakra really grounded me but I know I have some more clearing to do before I can completely feel grounded. So I'm taking this a day at a time. I'll update this as I go.

Very easy to read, apply the techniques explained in the book. There are a few typos, and some misprints for e.g.. the section in the book that describes the summary of 'throat chakra' actually duplicate summary from the heart chakra, leading to no summary for the throat chakra. I hope the author and publisher fix this small issue in the next edition of the publication. Over all I love the book and I recommend it to anyone wanting to make visible difference in their lives.

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