

EMOTIONAL FREEDOM TECHNIQUE

ABOUT EFT

EFT is an alternative treatment for emotional distress and physical pain and aches. It is also referred to as tapping or psychological acupressure. Tapping can create a balance in the body's energy system and reduce pain.

PLEASE FOLLOW THESE STEPS

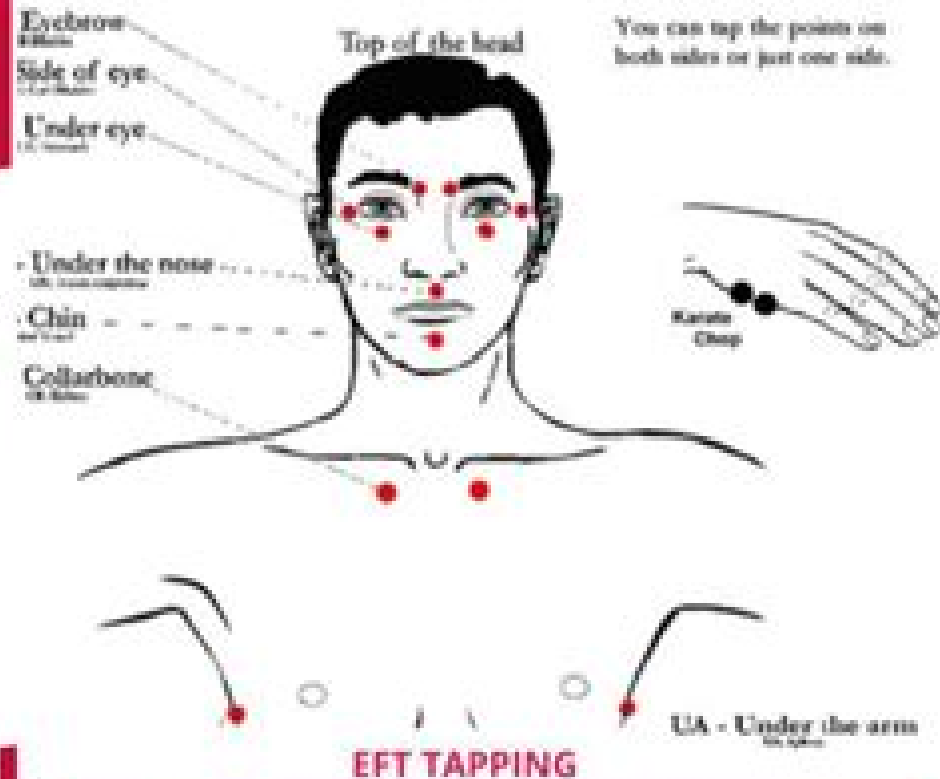
The 7 steps of EcoMeditation

1. Use the tools to tap on each of the EFT acupressure points in any order. Hold the intention that you are in a calm and peaceful state. Tap on the points from top to bottom, then start again.

2. Close your eyes and let your tongue rest loosely on the floor of your mouth.

3. Feel your hands, feet, the space inside your hands. Feel the space inside your feet. Feel the space inside your legs, your arms, your torso, your neck and head. Feel the space inside your whole body. Picture a big empty space behind your eyes. Picture a big empty space between your eyebrows. If any thoughts come up through this process just let them go. Watch them drift like clouds across the sky, without attachment.

4. Breathe slowly, for 4 seconds per out-breath, and 4 seconds per in-breath. If physical sensations arise in your body, such as aches or pain, you don't have to do anything about them. Keep your focus on your breath.



5. Visualize the location in your chest where your physical heart resides. Imagine breathing in and out through your heart, while maintaining 6 seconds in-breaths and 6 second out-breaths. Maintain a relaxed tongue.

6. Imagine a beam of love pouring out through your heart toward a person or place that you love with each out-breath. Stay in this state for several breaths. Notice the big empty space behind your eyes, and how relaxed your tongue is on the floor of your mouth.

7. Bring the beam of love back into your body. Into the area of your physical heart. Send that love to any part of your body that is uncomfortable or in pain. To end the meditation, take 3 deep 6 second breaths.

The Art And Science Of Emotional Freedom

Ananga Sivyer



The Art And Science Of Emotional Freedom:

AMT Conference Manual 2003 Alex Kent, Susan Courtney, 2003-06 Contains papers from workshops presented at the Third European Energy Therapies Conference held in August 2003 The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches In August 2003 an extraordinary group of people met to learn and share their knowledge expertise and energies at the Third European Energy Therapies Conference The manual contains papers from workshops presented at the conference giving readers the opportunity to learn the latest in this exciting field and share the flavour of this gathering

The Art & Science of Emotional Freedom Ananga Sivyer, 2003-09 This EFT workbook introduces readers to techniques which can be easily learnt to use for emotional and physical healing Readers can learn how to quickly and effectively dissolve fears phobias sadness anxiety and the negative core beliefs limitations imposed upon us and assimilated by us throughout our lives Introduction to The Art Science of Emotional Freedom Welcome to your personal guide to positive change using the power of meridian therapies This workbook will introduce you to ground breaking techniques which you can quickly and easily learn to use for emotional and physical healing The primary meridian therapy you will be learning here is The Emotional Freedom Technique or EFT EFT is a versatile and powerful technique which is accessible to everyone due to its simplicity and convenience of application I have always been interested in complimentary therapies and have spent a great deal of time over the years looking into various techniques for reducing stress and anxiety and overcoming personal blockages and limitations One area that was of particular interest to me fuelled by my talks with and observations of the courageous battles of people I love dearly was anything that could ease the pain of abuse or trauma without producing feelings of exposure or vulnerability A true healing process where the healing and relief could begin immediately without having to go through and go over the very things that were so painful to recall Due to the staggering success rate of EFT the word is spreading fast The aim of this workbook is to present these valuable and highly effective techniques in a way that can be easily learned by anyone who wishes to try the power of meridian therapies for themselves The first part of this book the science provides a basic understanding of the meridian system and covers the history and development of the techniques presented After the science you will find the art for those of you who want to get straight to the business of setting down your emotional baggage and walking away from it This is where you can begin learning the tools that you will use for a lifetime Ananga Sivyer [Association for Meridian Energy Therapies Yearbook 2003](#) Silvia Hartmann, 2003-03 The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches This Yearbook is an invitation to join us in this field of healing with introductions to techniques explanations of terms and referrals to practitioners and trainers

Adventures in EFT Silvia Hartmann, Silvia Hartmann-Kent, 2000 Learn and understand EFT with this practical and information packed manual that includes the A Z of EFT applications and how to use this wonderful technique with a wide

variety of problems Treat yourself for sadness anger addictions low self esteem and a whole lot more The Essential Emotional Freedom Techniques EFT Training Manual by Silvia Hartmann foreword by Gary Craig For Self Help and experienced practitioners alike Adventures In EFT contains literally hundreds of techniques tips suggestions and approaches to make the most of Gary Craig s outstanding EFT Now in the 6th expanded and revised edition this book is the essential field guide and reference companion for anyone using EFT in self help or with clients Written by one of the most experienced EFT practitioners in the world Adventures In EFT includes A Z of EFT applications Using EFT with memories Glossary of Terms and much more *Catalyst of Power* Jon Whale,2006-06 Discusses the topics such as experience your own Assemblage Point a crucial energy vortex of our Energy Body discover how the position of the Assemblage Point controls how we feel and behave learn how to shift and relocate the Assemblage Point to improve mental and physical performance and accelerate personal growth and more Spiritual Teacher's Handbook Dee Apolline,2012-06-29 The Spiritual Teacher s Handbook is for all spiritual teachers facilitators and leaders It contains comprehensive and easy to use guidance on the role of a teacher teaching skills such as presentation communication ethics humility ego higher self how we learn psychologically energetically the aura colours sound meditations grounding protection UK legislation dealing with challenging situations self development and much more This practical and interactive resource aims to empower teachers to inspire others as they develop spiritually and come to their own Truth Drawing on a wide range of experiences this book focuses on teaching with confidence love compassion humour **Theory of Knowledge Third Edition** Nicholas Alchin,Carolyn P. Henly,2014-05-30 A unique narrative through the latest TOK guide from two of the IB s most respected experts Guides students by helping them examine the nature of knowledge and ways of knowing Develops diverse and balanced arguments by raising questions in a variety of contexts Provides complete support assessment Includes all the new ways of knowing and areas of knowledge Also available This Student s Book is supported by Dynamic Learning which offers Teaching and Learning Resources that include a guide to teaching the course and classroom activities plus a unique lesson builder tool to help teachers collate and organise a range of resources into lessons The Dynamic Learning package also includes a Whiteboard eTextbook version of the book for front of class teaching and lesson planning Also from later in the year please look out for assignable and downloadable Student eTextbooks The Abstract Expressionist's Journey: Techniques for Emotional Freedom S Williams,2025-04-13 Dive into a transformative exploration of abstract painting with The Abstract Expressionist s Journey Techniques for Emotional Freedom This groundbreaking book delves deep into the resurgence of contemporary abstract art offering raw insights into its trends techniques and profound impact on emotional expression Whether you re an aspiring artist or a seasoned creator this guide equips you with the tools to break through creative blocks embrace innovative methods and foster confidence in your artistic voice Discover how color theory texture and form come together to channel energy and emotion onto the canvas Explore the psychological effects of abstract art both for creators and viewers and learn how visual stimuli can evoke powerful responses

From traditional mediums like acrylics oils and watercolors to cutting edge innovations such as digital abstract painting AI generated artwork and interactive installations this book showcases the versatility and boundless potential of abstract techniques But it doesn't stop there Navigate the challenges every artist faces from self doubt and fear of judgment to technical limitations and uncover actionable strategies to overcome them Delve into critical discussions around ethical considerations including cultural appropriation authenticity and intellectual property rights ensuring your work aligns with fairness inclusivity and universal values With chapters dedicated to integrating abstract practices into daily routines fostering personal growth and achieving emotional freedom this book is more than just a manual it's a roadmap to unlocking your full creative potential Backed by empirical evidence and guided by principles of Kantian ethics it bridges the gap between innovation and accountability empowering artists to push boundaries while staying rooted in integrity Whether you're seeking inspiration practical advice or a deeper understanding of the societal influence of art *The Abstract Expressionist's Journey* invites you to embark on a path toward fearless creativity meaningful connection and lasting transformation Let abstraction become your language of liberation

Keywords Abstract painting techniques emotional expression in art contemporary abstract art trends experimental art methods overcoming creative blocks mixed media abstract painting digital abstract art AI generated artwork interactive art installations ethical considerations in art cultural appropriation in painting intellectual property rights for artists fair use guidelines for art Kantian ethics in creativity inclusive artistic practices fostering confidence in art building an art routine personal growth through painting modern art movements art therapy benefits color theory in abstract art texture in visual arts energy in abstract compositions fear of judgment in creativity self doubt as an artist breaking barriers in art innovative art tools emotional freedom in creativity universal values in art trust in artistic expression accountability in art creation empirical evidence in art studies long term artistic development visual stimuli and emotions pushing boundaries in modern art versatility in art mediums authenticity in abstract painting

EFT -Emotional Freedom Technique and Acupressure, Color Breathing, Visualization for Healthy Mind, Body and Clear Eyesight
Clark Night, 2011-03-06 Color version EFT is an Easy Type of Chinese Acupressure Puncture without Needles or Hard Pressure EFT is applied by TAPPING activating energy points meridians on in the body with the fingertips Tapping removes energy blocks stuck stagnant energy orients polarizes corrects balances and strengthens the energy flow in the body through the Meridians Energy Pathways Energy Points Chakras Nervous System Electric Chi and other Energies Physical and Spiritual Tai Chi Qi Gong Karate Energy Control Methods are related to EFT EFT removes negative destructive emotions thoughts feelings stress from the mind brain system by correcting energy flow The body's energies flow correct and strengthen EFT balances and improves function of the left and right brain hemispheres This produces good health clear eyesight Neck chest shoulder eye muscle tension stiff infrequent eye shifting movements headaches strain in the mind brain negative unhappy past present thoughts emotions experiences blocked energy flow lowered liver kidney health staring

squinting cause unclear eyesight Negative destructive thoughts emotions worry are a common cause of mental strain back chest shoulder neck eye muscle tension and unclear eyesight Lowered eyesight increases worry mental strain which then increases the body neck eye muscle tension Eye function is impaired Light rays focus incorrect in the eye Circulation to in the eye lowers Vision is more unclear EFT Nutrition Natural Eyesight Improvement corrects these conditions Blocked energy experienced during a stressful event happens first before the negative emotions occur and locks them into the mind body Negative thoughts emotions maintain blocked energy flow Removing blocked energy first results in removal of the negative emotions thoughts feelings and often brings instant clear eyesight As EFT Tapping removes energy blocks corrects the energy flow resulting in removal of negative emotions thoughts feelings the person can then place positive constructive thoughts into the mind system think feel in a positive constructive way about the past or present stressful event Positive thoughts emotions help to correct and strengthen the body s energy flow Correct energy flow is now maintained Mental and physical health improve eye function returns to normal eyesight is 20 20 and clearer at all distances close and far Health of body organs systems improve as energy flows correct throughout the body EFT improves the function of the brain visual cortex left and right brain hemisphere activation integration This improves function of the brain with the eyes retina eye muscles and body Eyesight and mental physical health improve Memory imagination math science speech learning creativity art music skills all functions of the brain left and right hemispheres even the oldest deep survival areas of the brain improve This is a main treatment of Natural Eyesight Improvement 20 free PDF E Books Natural Eyesight Vision Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional up to date Modern Natural Eyesight Improvement Training Original Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Antique Magazine Pages in the 1900 s Print All of William H Bates Clark Night Books included in the PDF Video and Audio lessons Read this book on Kindle See William H Bates Author s Page for Video of internal book pages full description of the Paperback Kindle and 20 free E books <https://clareyesight.com/batesmethod/info>

[The Healing Power of Sound](#) Janie Everett, 2024-06-18 Discover the magnificent power of sound in this beginner s guide to sound healing In *The Healing Power of Sound* sound therapist crystal healer and energy worker Janie Everett sets out to unpack the power that comes with listening to the world and the universe as it vibrates through and all around us Exploring the healing benefits of engaging with the vibrational frequencies that can soothe the soul this introductory guide to using sound to heal the mind body and spirit lays out in the easiest terms how to get the most from engaging more deeply with the sounds that punctuate our every waking moment Informed by her work as a sound therapist and energy practitioner Janie Everett explores the ways we can work with sound and activate its healing powers all while guiding readers through meditations and exercises that encourage them to fully explore the sense that they perhaps take

most for granted Starting with a gentle introduction to the science that underpins this mystical area throughout the book there are guided exercises and practices to help you engage with the sounds to be found all around us in everyday life From the simplest moments of listening intently to nature needing nothing but your ears to tune into the world through to a deep dive into all the tools that can enhance a sound healing experience this comprehensive beginner s guide is packed full of information and practical sound experiences The power of sound healing can be felt in the tiniest of vibrations made by implements found in the home or experienced in the surroundings of an organized sound bath For those new to sound healing all the kits you might see if you attend one is explained leaving you feeling confident and excited to join an organized event happy in the knowledge that you ll know what to expect Containing everything you need to know about to get started on a sound healing journey from the power of quartz in a wristwatch to the resonance of the background hum of the big bang The Healing Power of Sound will guide readers in how to harness the majesty of the universe to soothe their souls in trying times

The Art-Science Symbiosis Marcelo Velasco, Ignacio Nieto, 2024-06-20 This book delves into the long standing human aspiration to combine art and science In six chapters The Art Science Symbiosis outlines new approaches to understand current scientific practice in general and art science in particular showcasing how contemporary art can provide a unique perspective on the meaning and potential of collaboration With more than a hundred full colour images The Art Science Symbiosis serves as a resource for researchers interested in the art science integration as well as a general reference for interdisciplinary and transdisciplinary work In the book twenty two works have been selected based on their inherent merits and for the emergent knowledge that their art science integration produces These works have sparked novel questions ideas and curiosity amongst scientists and artists alike which we hope will promote further dialogue not only amongst them but with the general public inspiring a process that may lead to diverse complex and promising results with real world consequences we have as yet to uncover The Key messages of the book are Contemporary art is a powerful space of dialogue between science and the public Interdisciplinary work based on symmetrical collaboration promotes groundbreaking results Artistic inquiry can lead to new understanding of scientific exploration Art science practice could be started using a simple methodology

Emotional Freedom Technique For Dummies Helena Fone, 2010-12-29 A member of the Energy Therapies family which includes acupuncture acupressure and shiatsu Emotional Freedom Technique is a simple and increasingly popular self development therapy used to treat a wide range of physical and emotional issues Popularised by figures including Paul McKenna EFT is based on the theory that negative emotions are caused by disturbances in the body s energy Often referred to as acupuncture without needles EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body s energy flow restore balance and reprogram thought processes This no nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range

of issues including depression fears phobias anger addictions sleeplessness and pain It s simple safe anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good Includes information on The path to emotional freedom explaining EFT Understanding your emotions Basic EFT tapping routines Improving emotional health with EFT Practising EFT on yourself and others Helena Fone is a registered EFT practitioner and trainer and an advanced hypnotherapist She has a diploma in advanced holistic hypnotherapy and practices CBT and NLP Find out more about Helena at www.EFTRegister.com [The Clue to History](#) John Macmurray,1938 [The Heart & Soul of Eft and Beyond](#) Phillip Mountrose,Jane Mountrose,2005-07 EFT the Emotional Freedom Techniques has been called a modern miracle in healing As growing numbers of people know it works quickly and can be used on virtually any issue and no previous training or experience is needed to succeed Building on the Mountroses popular paperback Getting Thru to Your Emotions with EFT this e book has hundreds of practical and transformational tips and strategies for using EFT and holistic healing for creating the life you truly desire It is a kind of encyclopedia of knowledge in EFT and energy and spiritual healing written in an easy to understand manner Moreover the tables and diagrams alone convey many wonderful ideas methods and approaches Philip Friedman PhD author of Creating Well Being Included are 12 leading EFT Experts proven tips and strategies for making EFT even easier and more effective in all aspects of your life Here are highlights of what you will receive in this multi purpose e book Dozens of practical and transformational tips and strategies for EFT You can put these into practice immediately as well as be able to refer to them time and time again A pragmatic and spiritual approach to healing that addresses the body mind spirit The Magic Question that can quickly provide clarity when the tapping sequences are not working How to use Kinesiology muscle testing to pinpoint any issue Recognize sabotaging beliefs that psychologically reverse you 15 quick reference charts and diagrams to make EFT and muscle testing easier and more understandable How to center yourself to increase healing and live life more fully The Holistic Process a Mountrose Getting Thru Technique GTT which elegantly finds the deeper issues that EFT can then clear How to treat being switched an energy imbalance that can create a tremendous barrier to healing Included is information and charts on how to overcome fears of success and fears of getting well Knowing your chief defense pattern application of this knowledge alone can transform and uplift your entire life Dealing with energy toxins which can be behind any symptom or problem Three positive installations to greatly enhance EFT Also find out a technique to create a dynamic future An in depth analysis of the common missing ingredient in healing forgiveness Learn the exact misconceptions that hold people back In addition to using EFT to forgive included is a powerful easy to use forgiveness technique Dozens of transformational tips and insights on different key subjects from 12 leading EFT experts and much much more **Fields in Motion** Dena Davida,2011-10-01 Fields in Motion Ethnography in the Worlds of Dance examines the deeper meanings and resonances of artistic dance in contemporary culture The book comprises four sections methods and methodologies autoethnography pedagogies and creative processes and choreographies as cultural and spiritual

representations The contributors bring an insiders insight to their accounts of the nature and function of these artistic practices giving voice to dancers dance teachers creators programmers spectators students and scholars International and intergenerational this collection of groundbreaking scholarly research points to a new direction for both dance studies and dance anthropology Traditionally the exclusive domain of aesthetic philosophers the art of dance is here reframed as cultural practice and its significance is revealed through a chorus of voices from practitioners and insider ethnographers

Conscious Dancer, Fall 2009 #8 , The Oxford Handbook of Nonsuicidal Self-Injury Elizabeth

Lloyd-Richardson, Imke Baetens, Janis L. Whitlock, 2024 The Oxford Handbook of Nonsuicidal Self Injury is a compendium of up to date research and knowledge of topics germane to the field of nonsuicidal self injury NSSI Edited by renowned scholars Elizabeth E Lloyd Richardson Imke Baetens and Janis L Whitlock the handbook brings together cutting edge research from a group of internationally distinguished scholars It covers a wide array of topics including epidemiology function neurophysiological processes lived experience and intervention and prevention approaches This comprehensive text will serve as a go to guide for scholars clinicians and anyone with interest in understanding treating and preventing self injury

Messages from Margaret Gerry Gavin, 2012-12-17 This heartfelt distillation of heavenly spiritual advice offers every reader expanded understanding creative solutions and hope for the future Lee Woodruff best selling author When the first supernatural occurrences began Gerry Gavin was to say the least skeptical But as the messages from otherworldly beings grew stronger he grew to accept and reach out to them When he came into contact with his guardian angel Margaret he discovered he could communicate with her through writing letters Their correspondence began by focusing on personal guidance but soon expanded to assisting anyone who came to Gerry for her sage wisdom In *Messages from Margaret* Gerry brings her message to the world taking readers on a journey from the beginning of creation to the current day delving into why this is such a special moment in history and explaining how we all have the power to change the world Controversial issues are addressed and common myths debunked with simple explanations and easy to understand language This book will resonate with readers long after putting it down and change the way we think about our everyday lives **Library of**

Congress Subject Headings Library of Congress, 2012 **Core Curriculum of Addictions Nursing** Albert Rundio, Bill Lorman, 2015-08-10 An official publication of the International Nurses Society on Addictions IntNSA the Core Curriculum of Addictions Nursing provides a foundation for expertise in addictions nursing and helps nurses achieve success on the basic and advanced addictions nursing certification examination It serves as a valuable reference for nurses in all settings and practice areas aiding with the development or expansion of knowledge of skills in caring for clients potentially or actually affected by addictive processes The Core Curriculum advances evidence based addictions nursing practice while supporting the mission of the IntNSA

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