



Emotional Freedom Technique (EFT) Though the Chakras

By Michael Hetherington

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Emotional Freedom Technique (EFT) Though the Chakras By Michael Hetherington

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 Chakras**

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 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!

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