



## Emotional Freedom Technique (Eft) Through the Chakras

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By Michael Hetherington

Createspace, United States, 2014. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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) -...



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