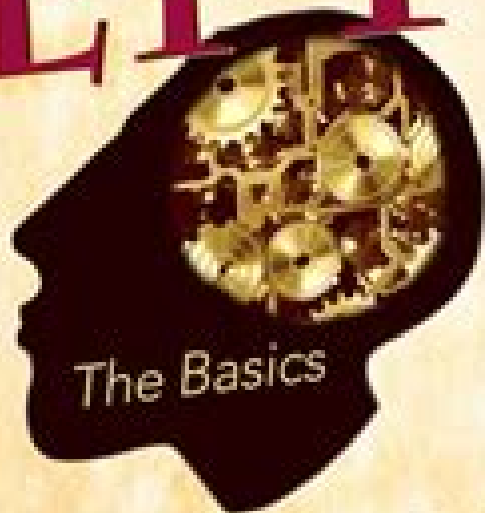


CHANGE YOUR MIND

with

EFT



The Basics

ANGELA TREAT LYON

Who can benefit from EFT?

Adults, children and babies, and babies it is not, even plants and animals, both here and out there and for

I invite you to keep that open mind and decide for how a kind of fun while you're experimenting with EFT. Remember that this isn't a done deal—this is EFT!

Whatever good as you can while you feel Exploration with EFT is a journey, an ending, a great experiment! With each passing year, we have a better idea of what EFT is capable, yet there is so much more we all have to learn.

Use EFT on everything, and see what results you can get!

On the following pages in this book are illustrations showing what happens on an energetic level when you are frustrated, when you use EFT tapping to get what you really want.

I've added pages to the end of some of the chapters so you can use them for your notes. It's my hope that you'll feel free to write, underline, underline, underline or otherwise mark up and make this book totally personal as you make EFT one of the most powerful self-help systems ever you may ever be the best of your life.

Remember to dream up and choose a life you'd prefer to have—and focus on that as you go along.

I feel discouraged

My preferred change will be:
I feel light
I feel energized and inspired
I am excited about my life.

Use EFT on each item

Rate the intensity of each feeling tap on each one.

Refer to the Tapping Points Illustration pages as often as you like. Ultimately you will learn shortcuts, but for now, use the full process. It's powerful.

Persistence!

If you have more than one item per category, the process may take longer than you want to allocate time for. So deal with one at a time. After that you have learned the basic pattern, you can tap a little bit on your own energy day from now on!

Run through

Repeat this sequence 1
thoroughly and completely accept myself
for I want to have and accept myself, as
for willing to think about being it accepting myself.

Examples of I accept phrases for kids:

I'm a great kid
My Mom loves me

Tap the Sequence:

Eye/ears
Side eye
Under eye
Under nose
Chin
Collarbone
Shoulders



Rate/Write

How is your intensity rating now?
How is it now?

As you start getting results, check out the website for EFT
practices: EFTforEveryone.com

Next I can use with your family, friends and whoever else
at it and not have to explain EFT to them. You're not ready
But you're not an experience, and are most likely worried
want to share it with them.

2. DEFINE ANY ISSUE/PROBLEM

What is the issue/problem? What is it, what
does it look, sound, smell, feel like? How big is it?
If I concentrate on it, what is a word to express it?

4. MAKE A PREFERRED CHOICE

What would I rather have/feel instead?

5. CLEAR DISRUPTED ENERGY

Use EFT to clear the disrupted or
obstructing energy.

6. TAKE NEXT POSITIVE ACTION

What is possible now that internal
obstacles are impossible barriers?
What is my next plan?

7. RECHECK & KEEP NAVIGATING

Keep checking to keep myself on course.

BE ALERT!

Change Your Mind Eft Basics

JE Gale



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