



# Emotional Freedom Technique (EFT) Though the Chakras

*Michael Hetherington*

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**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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The event that you get from Emotional Freedom Technique (EFT) Though the Chakras is the more deep you digging the information that hide within the words the more you get interested in reading it. It does not mean that this book is hard to know but Emotional Freedom Technique (EFT) Though the Chakras giving you thrill feeling of reading. The writer conveys their point in certain way that can be understood simply by anyone who read the idea because the author of this book is well-known enough. This kind of book also makes your own personal vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having that Emotional Freedom Technique (EFT) Though the Chakras instantly.

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Is it you who having spare time subsequently spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This Emotional Freedom Technique (EFT) Though the Chakras can be the reply, oh how comes? A book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

#### **Cynthia Harvell:**

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