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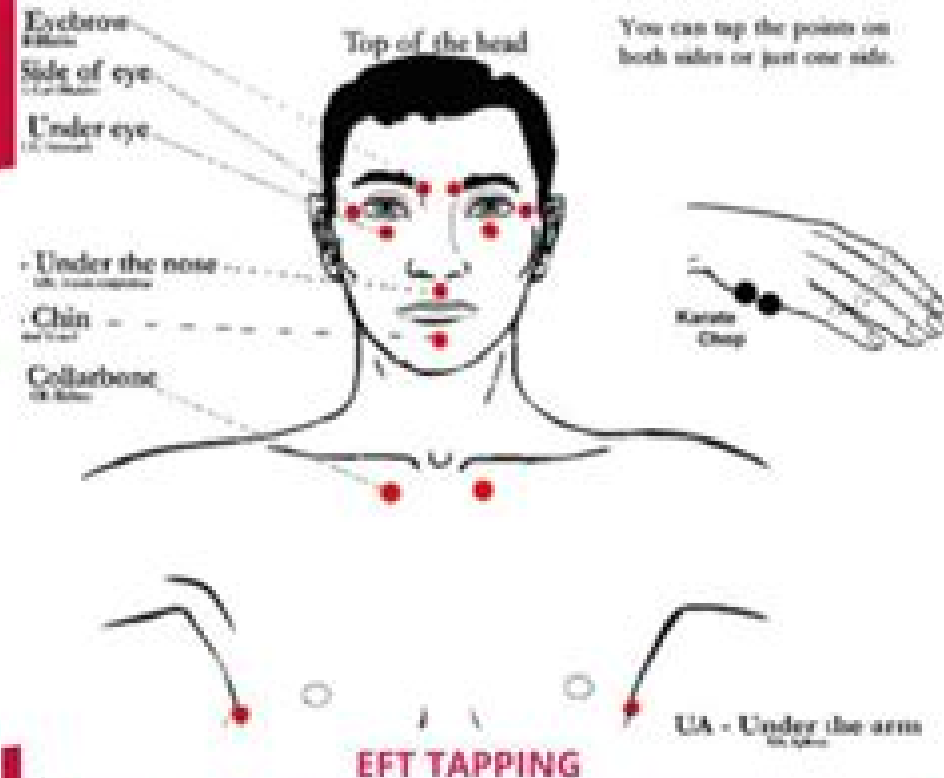
ABOUT EFT

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.

Manual Emotional Freedom Technique

RJ Shavelson



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