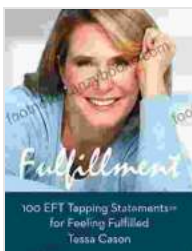


100 EFT Tapping Statements For Feeling Fulfilled: Unlock Your True Potential and Achieve Lasting Happiness

Embark on a transformative journey towards fulfillment with our exclusive collection of 100 EFT tapping statements. Emotional Freedom Technique (EFT), also known as tapping, is a powerful self-help technique that harnesses the mind-body connection to release emotional blockages and promote profound healing.

These carefully crafted statements are designed to guide you through a process of emotional release, self-discovery, and positive affirmation. By tapping on specific meridian points while repeating these statements, you can access deep-rooted emotions, dissolve limiting beliefs, and reprogram your subconscious mind for lasting happiness and fulfillment.



100 EFT Tapping Statements for Feeling Fulfilled

by Tessa Cason

★★★★☆ 4.3 out of 5

Language : English

File size : 7660 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 148 pages

Lending : Enabled

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How to Use EFT Tapping Statements

1. Identify an area in your life where you desire greater fulfillment.
 2. Choose a tapping statement that resonates with your current emotional state or desired outcome.
 3. Tap gently on the following meridian points while repeating the statement aloud or silently to yourself:
 - Karate Chop Point (top of the hand)
 - Eyebrow Point
 - Side of Eye Point
 - Under Eye Point
 - Under Nose Point
 - Chin Point
 - Collarbone Point
 - Underarm Point
 - Top of Head Point
- Repeat the statement and tapping sequence multiple times until you feel a shift in your emotions or energy.

100 EFT Tapping Statements For Feeling Fulfilled

Emotional Release

- Even though I feel unfulfilled, I deeply and completely accept myself.

- I release any negative emotions or beliefs that are blocking my fulfillment.
- I let go of past experiences that have held me back.
- I forgive myself for any mistakes or regrets that may have contributed to my unfulfillment.
- I am worthy of love, happiness, and fulfillment.

Self-Discovery

- I am open to exploring my true passions and purpose.
- I trust my inner wisdom and intuition to guide me towards fulfillment.
- I recognize my unique strengths and abilities.
- I embrace my flaws and imperfections as part of my journey.
- I am willing to step out of my comfort zone to achieve greater fulfillment.

Positive Affirmations

- I am capable of creating a fulfilling life for myself.
- I am worthy of happiness, joy, and abundance.
- I am grateful for all the opportunities that life has to offer me.
- I am manifesting a life filled with purpose, meaning, and fulfillment.
- I am surrounded by love, support, and encouragement.

Manifestation

- I am open to receiving all that I desire in life.
- I visualize and believe in my ability to achieve my dreams.
- I take inspired action towards my goals.
- I am grateful for the abundance that flows into my life.
- I am living a life aligned with my highest purpose.

Additional Tips

- Use a mirror while tapping to enhance the intensity of the emotional release.
- Listen to soothing music or nature sounds to create a supportive atmosphere.
- Practice EFT tapping regularly to experience cumulative benefits.
- Combine EFT tapping with other self-help techniques such as journaling, meditation, or affirmations.
- If you experience any discomfort or resistance during the tapping process, seek guidance from a qualified EFT practitioner.


Unlock the transformative power within you with our 100 EFT Tapping Statements For Feeling Fulfilled. By embracing this powerful technique, you can dissolve emotional blockages, discover your true potential, and manifest a life overflowing with happiness, purpose, and abundance. Remember, fulfillment is a journey, not a destination. Embrace the process, trust in your inner wisdom, and witness the profound shifts that EFT tapping can bring into your life.

Free Download your copy of 100 EFT Tapping Statements For Feeling Fulfilled today and embark on a transformative journey towards lasting happiness and fulfillment.


EFT Tapping Procedure

1st The Setup

Repeat 3 times
 "Even though I have/fear
 this _____
 (issue/problem)
 I deeply & completely
 accept myself" or
 "I accept & Love myself
 deeply & completely
 While continually holding
 the Sore Spot
 or tapping the
 Karate Chop Point."



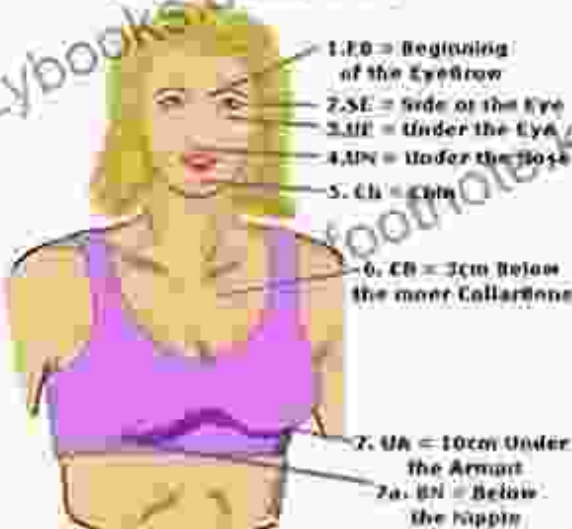
Sore Spot



Karate Chop Point


2nd The Sequence

Tap 7- times on each point 1..12
 while repeating "This... (problem)"



- 1. EO = Beginning of the Eyebrow
- 2. SE = Side of the Eye
- 3. UE = Under the Eye
- 4. UN = Under the Nose
- 5. CH = Chin
- 6. CB = 3cm Below the lower Collarbone
- 7. UA = 10cm Under the Armpit
- 7a. BN = Below the Nipple
- 8. Th = Thumb
- 9. IF = Index Finger
- 10. MF = Middle Finger
- 11. RF = Ring Finger
- 12. EC = Karate Chop

3rd The 9 Gamut



Gamut

Perform the following 9 actions while tapping the Gamut point continuously.

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right heart steady.
4. Eyes hard down left.
5. Roll eyes in a circle clockwise.
6. Roll eyes all clockwise.
7. Hum 2 seconds of a song (Happy Birthday).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song.

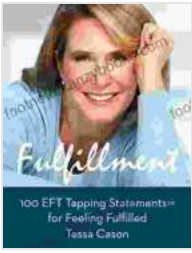
4th Repeat The Sequence

When repeating 1-4 use the wording:
 "This diminishing.... (problem)
 Then test your results &
 repeat steps 1- 4 as required.

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100% Satisfaction Guarantee: We are confident that you will find our EFT tapping statements invaluable on your journey towards fulfillment. If, for any reason, you are not completely satisfied with your Free Download, simply contact us for a full refund.

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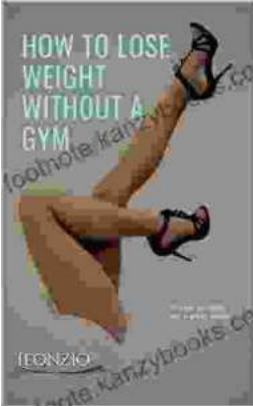
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