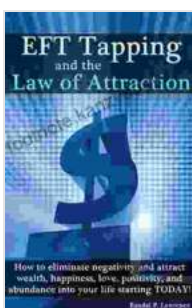


EFT Tapping and the Law of Attraction: A Powerful Guide to Manifesting Your Dreams

EFT tapping is a powerful emotional healing technique that can help you to release negative emotions and beliefs, and to create more positive outcomes in your life. EFT tapping is based on the principles of acupuncture, and it involves tapping on specific points on your body while focusing on a particular issue. EFT tapping has been shown to be effective in treating a wide range of issues, including anxiety, depression, PTSD, and physical pain.

The Law of Attraction is the belief that we attract into our lives what we focus on. When we focus on positive things, we attract more positive things into our lives. When we focus on negative things, we attract more negative things into our lives. The Law of Attraction is based on the principle of resonance, which states that like attracts like.

EFT tapping and the Law of Attraction can work together to help you to manifest your dreams. EFT tapping can help you to release the negative emotions and beliefs that are blocking you from achieving your dreams. The Law of Attraction can help you to focus on the positive things that you want to attract into your life.



EFT Tapping and the Law of Attraction: How to eliminate negativity and attract wealth, happiness, love, positivity, and abundance into your life starting TODAY!

by Randal Lawrence

★★★★☆ 4.2 out of 5

Language : English

File size	: 2732 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 29 pages
Lending	: Enabled



To use EFT tapping and the Law of Attraction together, follow these steps:

1. **Identify a specific issue that you want to work on.** This could be anything from a negative emotion to a limiting belief.
2. **Create an affirmation that describes the positive outcome that you want to achieve.** For example, if you want to release the fear of public speaking, your affirmation could be "I am confident and articulate when I speak in public."
3. **Tap on the following points on your body while repeating your affirmation:**
 - * **Karate chop point:** The fleshy part of the outside of your hand, just below your pinky finger.
 - * **Eyebrow point:** The inner edge of your eyebrow, just above your nose.
 - * **Side of eye point:** The outer corner of your eye, just below your eyebrow.
 - * **Under the nose point:** The small dip below your nose, just above your upper lip.
 - * **Chin point:** The center of your chin, just below your lower lip.
 - * **Collarbone point:** The hollow at the base of your throat, just above your collarbone.
 - * **Underarm point:** The center of your underarm, just below your armpit.
 - * **Top of head point:** The highest point on your head, at the top of your skull.

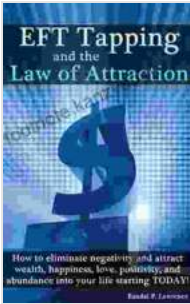
4. **Repeat the process for 5-10 minutes, or until you feel a shift in your energy.**

Here are a few tips for using EFT tapping and the Law of Attraction together:

- **Be specific about what you want to manifest.** The more specific you are, the more likely you are to achieve your goals.
- **Focus on the positive.** When you focus on the positive things that you want to attract into your life, you are more likely to attract those things.
- **Be consistent.** EFT tapping and the Law of Attraction work best when you are consistent with your practice. Try to tap every day, or at least a few times per week.
- **Be patient.** It takes time to manifest your dreams. Don't give up if you don't see results immediately. Just keep tapping and focusing on the positive, and you will eventually achieve your goals.

EFT tapping and the Law of Attraction are two powerful tools that can help you to manifest your dreams. By using these two techniques together, you can release the negative emotions and beliefs that are blocking you from achieving your goals, and you can focus on the positive things that you want to attract into your life. With consistent practice, you can use EFT tapping and the Law of Attraction to create a more fulfilling and abundant life.

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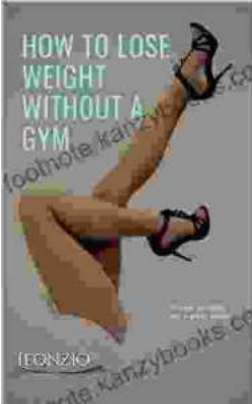
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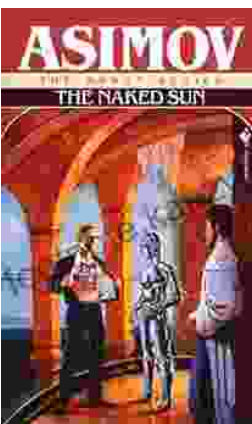
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