



# 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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A lot of people always spent all their free time to vacation or go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the whole day to reading a publication. The book Emotional Freedom Technique (EFT) Though the Chakras it doesn't matter what good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to bring this book you can buy the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book offers high quality.

#### **Henry Evans:**

The reason? Because this Emotional Freedom Technique (EFT) Though the Chakras is an unordinary book that the inside of the book waiting for you to snap the item but latter it will jolt you with the secret that inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of rewards than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to delay having that book? If I had been you I will go to the publication store hurriedly.

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