

The Heart & Soul Of Eft And Beyond - Phillip Mountrose

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EFT (the Emotional Freedom Techniques) has been called a modern miracle in healing. As growing numbers of people know, it works quickly and can be used on virtually any issue, and no previous training or experience is needed to succeed. Building on the Mountroses' popular paperback *Getting Thru to Your Emotions with EFT*, this e-book has hundreds of practical and transformational tips and strategies for using EFT and holistic healing for creating the life you truly desire. "It is a kind of encyclopedia of knowledge in EFT and energy and spiritual healing, written in an easy-to-understand manner. Moreover, the tables and diagrams alone convey many wonderful ideas, methods, and approaches." --Philip Friedman, PhD, author of *Creating Well-Being* Included are 12 leading EFT Experts' proven tips and strategies for making EFT even easier and more effective in all aspects of your life. Here are highlights of what you will receive in this multi-purpose e-book:

- * Dozens of practical and transformational tips and strategies for EFT. You can put these into practice immediately, as well as be able to refer to them time and time again.
- * A pragmatic and spiritual approach to healing that addresses the body-mind-spirit. The Magic Question that can quickly provide clarity when the tapping sequences are not working.
- * How to use Kinesiology (muscle testing) to pinpoint any issue. Recognize sabotaging beliefs that psychologically reverse you.
- * 15 quick-reference charts and diagrams to make EFT and muscle testing easier and more understandable.
- * How to center yourself to increase healing and live life more fully.
- * The Holistic Process, a Mountrose Getting Thru Technique (GTT), which elegantly finds the deeper issues that EFT can then clear.
- * How to treat being "switched," an energy imbalance that can create a tremendous barrier to healing. Included is information and charts on how to overcome fears of success and fears of getting well.
- * Knowing your chief defense pattern; application of this knowledge alone can transform and uplift your entire life.
- * Dealing with energy toxins, which can be behind any symptom or problem.
- * Three positive installations to greatly enhance EFT. Also find out a technique to create a dynamic future.
- * An in-depth analysis of the common missing ingredient in healing: forgiveness. Learn the exact misconceptions that hold people back. In addition to using EFT to forgive, included is a powerful easy-to-use forgiveness technique.
- * Dozens of transformational tips and insights on different key

subjects from 12 leading EFT experts, and much, much more...Author: Mountrose, Phillip Publisher: Holistic Communications Illustration: N Language: ENG Title: The Heart & Soul of EFT and Beyond Pages: 00000 (Encrypted PDF) On Sale: 2005-07-28 SKU-13/ISBN: 9780965378758 Category: Body, Mind & Spirit : Healing - General Category: Psychology : Emotions Category: Medical : Alternative Medicine

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