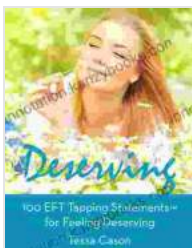


Unlock the Power Within: 100 EFT Tapping Statements for Feeling Deserving

Discover the Transformational Power of EFT Tapping

Do you struggle with feelings of unworthiness or inadequacy? Do you find it challenging to believe that you are deserving of love, success, and abundance? If so, you are not alone. Many people grapple with these limiting beliefs, which can hold them back from fully realizing their potential.

The good news is that there is a powerful tool that can help you overcome these negative beliefs and reclaim your sense of worthiness: EFT tapping.



100 EFT Tapping Statements for Feeling Deserving

by Tessa Cason

★★★★★ 5 out of 5

Language : English
File size : 7029 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages
Lending : Enabled

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EFT tapping is a simple yet effective technique that uses gentle tapping on specific acupressure points on the face and body. This tapping stimulates the body's energy meridians, which helps to release emotional and physical tension.

One of the most powerful ways to use EFT tapping is to combine it with positive affirmations. When you tap on specific acupressure points while repeating positive statements about yourself, you can reprogram your subconscious mind and create lasting change.

100 EFT Tapping Statements for Feeling Deserving

This book provides you with 100 carefully crafted EFT tapping statements that are designed to help you cultivate a deep sense of deservingness.

These statements are organized into five sections:

- Self-Love and Acceptance
- Worthiness and Abundance
- Overcoming Negative Beliefs
- Manifesting Your Desires
- Living a Deserving Life

Each section contains 20 statements that you can use to tap on. Simply choose a statement that resonates with you, tap on the acupressure points, and repeat the statement while focusing on the positive emotions that it evokes.

How to Use the EFT Tapping Statements

To use the EFT tapping statements, follow these steps:

1. Find a quiet place where you will not be disturbed.
2. Read through the statements and choose one that resonates with you.

3. Sit comfortably and close your eyes.
4. Take a deep breath and focus on the statement.
5. Begin tapping on the karate chop point (the side of your hand) while repeating the statement.
6. Continue tapping on the following acupressure points: eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, underarm, and top of the head.
7. Repeat the statement while tapping on each point.
8. Continue tapping for 5-10 minutes, or until you feel a shift in your energy.

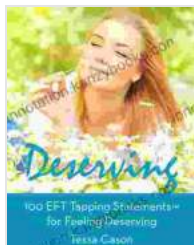
You can use the EFT tapping statements as often as you like. The more you use them, the more deeply they will reprogram your subconscious mind and help you to cultivate a lasting sense of deservingness.

Benefits of EFT Tapping for Feeling Deserving

There are many benefits to using EFT tapping for feeling deserving, including:

- Reduced feelings of unworthiness and inadequacy
- Increased self-love and acceptance
- A stronger sense of self-worth
- Increased confidence and assertiveness
- Improved relationships
- Increased abundance and prosperity

If you are ready to reclaim your sense of worthiness and manifest the abundance you deserve, then this book is for you. Free Download your copy of 100 EFT Tapping Statements for Feeling Deserving today and start your journey to a more deserving life!

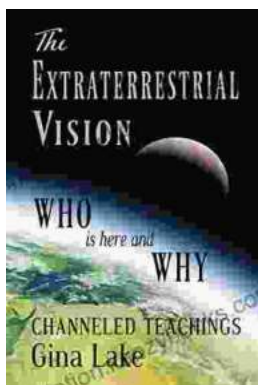


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