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# Eft For Christians Eft Emotional Freedom Techniques

**Carol Dodsley, Choose Changes (Firm)**

## **Eft For Christians Eft Emotional Freedom Techniques:**

Emotional Freedom Techniques-EFT for Christians Sherrie Rice Smith,Charity Virkler Kayembe,2016-09-30 Scripture tells us that we comfort others with the comfort we ourselves have received 2 Corinthians 1 3 5 To the degree that we are healed and comforted we can offer those same gifts much more freely to others Emotional Freedom Techniques EFT is a God created physiological technique that allows us to experience liberty and choice about our feelings and how we experience them It involves tapping gently on acupressure points of the face and upper body This tapping can release pent up emotional stress via the neurological system of daily and long term events and memories Hundreds of university research projects now show why EFT works so well in releasing various traumas including anxiousness fears and persistent sadness Learn how to experience emotional freedom by tapping into God s peace and joy today **EFT for Christians** Sherrie Rice Smith, RN,2015-05-15 While Emotional Freedom Techniques EFT has been gaining in widespread use and popularity during the past decade most Christians are unfamiliar with this gentle and astonishingly effective self help tool Those who have discovered its healing potential may be unsure how it fits in with their faith Sherrie Rice Smith RN Retired has an extensive faith based EFT practice and has pioneered the use of this breakthrough approach also called tapping with Christians In this book she shows how to use Scripture while tapping and how EFT can strengthen the prayer life of the believer Packed with compelling case histories of both physical and emotional healing drawn from her Christian EFT practice as well as her extensive nursing background Sherrie explains the science behind Clinical EFT and how it works in harmony with our divinely created physiology She shows how a combination of good science and firm faith is able to provide dramatic relief from a wide variety of suffering whether it is spiritual emotional or physical and how to integrate this self help method with the Christian life **Eft for Christians Advanced** Sherrie Rice Smith R N,2017-06-23 Sherrie Rice Smith s books EFT for Christians and EFT for Christians Tapping into God s Peace and Joy teach readers how Emotional Freedom Techniques can be used as a tool for healing and why Christians should use tapping as a tool to become more Christlike here on earth With the Holy Spirit s help EFT can aid us to overcome sin and bad habits that can impede our Christian journey EFT for Christians Advanced Change Your Feelings Change Your Life demonstrates in greater detail the different ways and techniques that Christians can use EFT to allow God to heal many areas of life including our emotional spiritual our physical and mental parts EFT now has more than 100 scientific studies backing its efficaciousness And it appears to work quite well on a multitude of issues The EFT for Christians books motivate and encourage Christians to combine their spiritual practices and Christian worldview with the tapping techniques themselves It is a powerful combination Drawing God closer and deeper into our lives *I Don't Care What Other People Think of Me* Paul Bunch,Melissa Bunch,2018-12-15 The emotional freedom technique EFT also known simply as tapping has become more and more popular because of its simplicity and effectiveness EFT utilizes acupoint stimulation on the body s energy flows known as meridians Scientific studies have documented that

EFT can help balance out cortisol levels and significantly reduce the symptoms of posttraumatic stress disorder PTSD depression and anxiety This book provides over 40 tapping sequences that address a variety of situations that commonly present challenges in life such as relationship conflict trauma and self worth The best thing about these tapping sequences is that they are intended to draw a person closer to our Savior Jesus Christ I Don t Care What Other People Think of Me brings to mind that we are each a unique individual We do not have to conform to the expectations of someone else Jesus Christ was true to this principle He did what He knew was right no matter what the consequence was Christ s example of being perfectly true to Himself is why He was able to love and forgive those who nailed Him upon a cross even while it was occurring Christianity, Bible and Alternate Healing Therapy Dr. Vikram Emmanuel Amolik,2025-05-06 *Introducing Emotional Freedom Techniques* Christine Moran,2017-07-05 Emotional Freedom Techniques EFT is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing This title provides an exploration of how EFT can be successfully applied to a wide range of social emotional behavioural and health issues

*Christian's Special Book* Carol Dodsley,Choose Changes (Firm),2008 *How to Feel Better Now* Crystal Derksen,2021-01-22 Miraculous Tap Into The Life You Were Meant to Live We all have had life experiences that left us feeling defeated disempowered and hopeless Despite our attempts to forgive forget and move on it still hurts We put on a smile while secretly struggling through our days trying to be a good Christian But all of our attempts to ignore or repress our painful emotions aren t really working Even blaming others for causing us to feel the way we do doesn t actually make us feel better So what s the answer Dare to unwrap the gift of enjoying everyday life using the biblically congruent scientifically proven method of Christ Centered Emotional Freedom Technique CC EFT In *How To Feel Better Now* you will Learn how CC EFT is a God given tool that works through our physiology to heal us mentally emotionally and physically Overcome traumatic events painful memories and bring closure to the past so that you can fall in love with life Learn what true biblical forgiveness is and what to do when offenses come Learn how our lives are directly affected by our unconscious mind and how to reprogram those limiting beliefs and break through the invisible ceilings that are keeping you stuck Discover how the stories we tell ourselves are causing offense and pain in our lives and how to rewrite them Be thrust into a realm of trusting God by resolving the negative emotions feelings and beliefs that hold you back Transform and heal your life in ways you ve only imagined Join Crystal on an incredible journey that has transformed her life and millions of others *How to Feel Better Now* will guide you step by step into powerful Christ Centered tapping sessions that will empower you to heal past hurts overcome life s circumstances and be renewed in the spirit of your mind *Unleashing Healing Power Through Spirit-Born Emotions* Dr. Mark Virkler,Charity Virkler Kayembe,2017-12-19 Emotions are a language of the heart God lives in our hearts and His Spirit rides out on the emotion of compassion **Christ-Centered Eft: A New Approach to Emotional Freedom Techniques** Arden Compton,2019-03-07 In connecting with who we really are there is nothing more important than a strong

connection to our Savior Jesus Christ He is the source of all healing so it is important to directly use Him in whatever healing modality is use Emotional Freedom Techniques EFT is an increasingly popular and well established modality and many practitioners as well as amateurs are seen the amazing success of this technique in healing addictions chronic pain phobias PTSD headaches immune problems and a host of other ailments Arden Compton trained by the founder of EFT Gary Craig has been developing his expertise in this area full time since 2003 He found that the original modality was lacking a Christ centered focus With his keen insight into the inner conflicts we all have and his deep understanding of the principles of the Gospel of Jesus Christ Arden Compton has honed the EFT tool and made it even more powerful Anyone that has a need to heal or a passion to heal others will find great insight in pages of this book

**Captive Thought Therapy Workbook** Leah Lesesne, 2021-05-30 Take Every Thought Captive The struggles we face affect us body mind and spirit the solutions must holistically address all parts of us as well Captive Thought Therapy is a mind body inner healing protocol developed by Leah Lesesne MA It combines elements of TFT EFT tapping declarations and inner healing prayer to help you take your thoughts captive and find greater breakthroughs in emotional and spiritual health By focusing on specific thoughts and emotions we displace lies that have kept us stuck in faulty patterns that fall short of the abundance of health God desires for us 1

Thessalonians 5 23 We submit each thought and emotion to the authority of Jesus and allow his truth to reign over our minds souls spirits and bodies Walk Yourself through Emotional and Spiritual Healing This easy to follow workbook for personal use includes 40 individual emotion exercises the General exercise exercises for forgiveness and getting your head and heart to agree on truth plus an emotional synonyms chart to help you pick an exercise and grow your emotional vocabulary Emotions Included General Addictive Urges Anger Anxious Thoughts Betrayal Bitterness Compulsive Thoughts Confusion Depressive Feelings Deprived Despair Discouraged Disgust Disconnect Doubt Embarrassment Fear Full Potential Frozen Paralyzed Frustration General Grief Loss Guilt Heightened Sensitivity Hopelessness Incompetent Insecure Jealousy Loneliness Low Self Esteem Mood Swings Nightmares Physical Pain Powerless Rejection Resentment Self Sabotage Shame Shut Down Numb Stress Traumatized Vulnerable Start tapping through your feelings today Use of this workbook does not train or certify you in Captive Thought Therapy

*Emotional Freedom Technique For Dummies* Helena Fone, 2010-12-29 A member of the Energy Therapies family which includes acupuncture acupressure and shiatsu Emotional Freedom Technique is a simple and increasingly popular self development therapy used to treat a wide range of physical and emotional issues Popularised by figures including Paul McKenna EFT is based on the theory that negative emotions are caused by disturbances in the body s energy Often referred to as acupuncture without needles EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body s energy flow restore balance and reprogram thought processes This no nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including

depression fears phobias anger addictions sleeplessness and pain It s simple safe anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good Includes information on The path to emotional freedom explaining EFT Understanding your emotions Basic EFT tapping routines Improving emotional health with EFT Practising EFT on yourself and others Helena Fone is a registered EFT practitioner and trainer and an advanced hypnotherapist She has a diploma in advanced holistic hypnotherapy and practices CBT and NLP Find out more about Helena at [www.EFTRegister.com](http://www.EFTRegister.com)

*Christian Metaphysics* Mary Jo Clancy,2014-05-21 Christian Metaphysics is for those who worry that alternative medicine and natural healing are outside what is allowed by their faith This book helps them to see that God gave us many ways to heal ourselves and that they can heal themselves without harming their relationship with God Explore the following Healing stones of the Bible Biblical herbs Mary gardens and plants dedicated to saints Essential oils Detoxing and making natural choices Belief work theta healing EFT Lots of how to advice and recipes

**Heal Yourself with Emotional Freedom Technique** John Freedom,2013-05-31 Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon It is a safe and non invasive healing method based on tapping acupuncture points while you focus on a particular issue It has been shown to be effective in treating fears and phobias performance anxiety guilt shame self sabotage and other emotional conditions It is also being used to enhance and improve academic and athletic performance psychic and intuitive abilities confidence and self esteem and overall health and well being

**Hearing God Through Your Dreams** Dr. Mark Virkler,Charity Virkler Kayembe,2016-11-15 Learn How to Hear God s Voice Even When You Are SleepingOn average people spend 33% of their entire lives sleeping Even when you are asleep Heaven is still communicating Your spirit is still awake though your body is not Through your dreams you can hear and discern the voice of God The question is How do you simply and Biblically

God I Am the Christ I Am Presenting! Barbara Clark,2012-07-10 HOW MAY I SERVE This Person This Situation Mother Earth GOD I AM The SOUL TUNER Join me in providing the Divine Tune Up through Soul Tuning A Soul Tuner presents The Christ Consciousness to every individual to all humanity and creation which allows the observation of The Christ in everyone everywhere and everything When this presence and connection is allowed only Divine Perfection is recognized in all This loving healing process can be shared throughout daily living from as intimate as family interactions to as expanded as meditations for worldwide situations Soul Tuning is my answer to the question How May I Serve What will your answer be

**Eft for Christians** Sherrie Rice Smith R N,2017-10-19 These 52 EFT Tapping Devotions are meant to be read and practiced one each week throughout the week Included at the end of each devotion are four areas Thought Action Prayer and Further Meditation for putting the lesson from each devotion into practice Meditate on the Scriptures cited Cogitate on the thoughts presented and practice the tapping skills suggested And all these things while tapping There is enough variation in devotional styles personal stories private thoughts physiological lessons and Scriptural instructions to keep you busy for an entire year Finish this book in 52

weeks and then turn around and do them again By this time next year through the Holy Spirit s work in you and the tapping you do you will most likely be a better version of yourself in Christ than you are today     How to become a christ Toi Tout,2020-01-21 After Jesus Christ and his predecessor Buddha called the Awakened One the time has come to incarnate this Christ like energy found in each one of us Such as Jesus did during his forty days retreat in the desert to discover and integrate the process that will bring about our own version of the Christ Because each individual has the capacity to incarnate a Christ like version of his her self After Jesus Christ there could be revealed for example some Arnold Christ Wendy Christ Valentino Christ and other Lea Christ We are waited upon during this period of planetary ascension in which each and every one has the possibility to become the most divine version of his her self You may have thought that the evolution of Homo Sapiens had reached it s term Not so Our evolution is still in progress Soon human beings shall enter an infinitely more majestic phase having as sole guide Love with the daily understanding and living out of our true nature If a human being was able to do it then others can too And even everybody All of those anyhow who wish to deeply It was so for Buddha and Jesus among so many lesser well known Laying aside the fact of his great learning and wealth due to his parents Siddhartha Gautama Buddha was an average human being Buddha never proclaimed himself to be a god or an elect a messenger of god a son of god nor even a prophet He represented himself to be a quite normal human being Everything springs from Love and everything returns to it     *Eft Tapping Therapy* Jennifer Michaels,2014-01-13 If you re ready to tap away trauma relieve emotional distress and offer loving self affirmations to improve your health and well being then this is the book for you EFT TAPPING THERAPY Emotional Freedom Technique Handbook gives you the basics to help you easily get started on your way to wellness and a more fulfilling life EFT is an amazingly simple technique that can reduce stress pain depression anxiety and other conditions This Handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body For many people this type of self help is enough However some of you will struggle to concentrate or get to the heart of what ails you Author Jennifer Michaels urges you not to give up and says When I first began tapping my affirmations were much too vague It took a long time for me to realize I needed to be far more specific and that s when I began to see results     **Bye-Bye Self-Sabotage!** Tracy Latz M.D.,Marion Ross Ph.D.,2016-10-19 Bye Bye SelfSabotage by Tracy Latz Marion Ross Dr s Latz and Ross lead you on a wild journey toward your own personal transformation by mindfully applying concepts in neuroscience quantum physics and a combination of proven techniques and practices to blast through the obstacles blocking your path The authors define the shrinks greatest hits a k a the 12 Keys the core issues that create chaos stress and lack of joy in your relationships health career and life In the opening of the book Dr Bernie Siegel author of Love Medicine and Miracles says The lessons to be learned from this book are age old but re framed in ways that are easy to incorporate and appropriate to our lifestyle today

They ring true for me This book gives profound easy to use practices that allow the readers to rapidly transform their lives Dr s Latz and Ross are called The Shift Doctors because in this book you will find The Neuroscience behind Self Sabotage and why it has been so difficult for you to create lasting change Bulleted targeted recommendations at the end of each chapter to show the most rapid way to overcome issues that affect your health emotions relationships finances and career along with real life examples of how others have shifted their lives using the tools in this book An intensive personal healing journey allowing you to shift your perception and situation for a jump start in life A reference guide to be consulted one chapter at a time whenever a specific issue or challenge arises and stalls forward momentum in your life For anyone truly serious about changing any long established dysfunctional emotional patterns thoughts or behaviors that have them stuck Bye Bye Self Sabotage is the answer



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