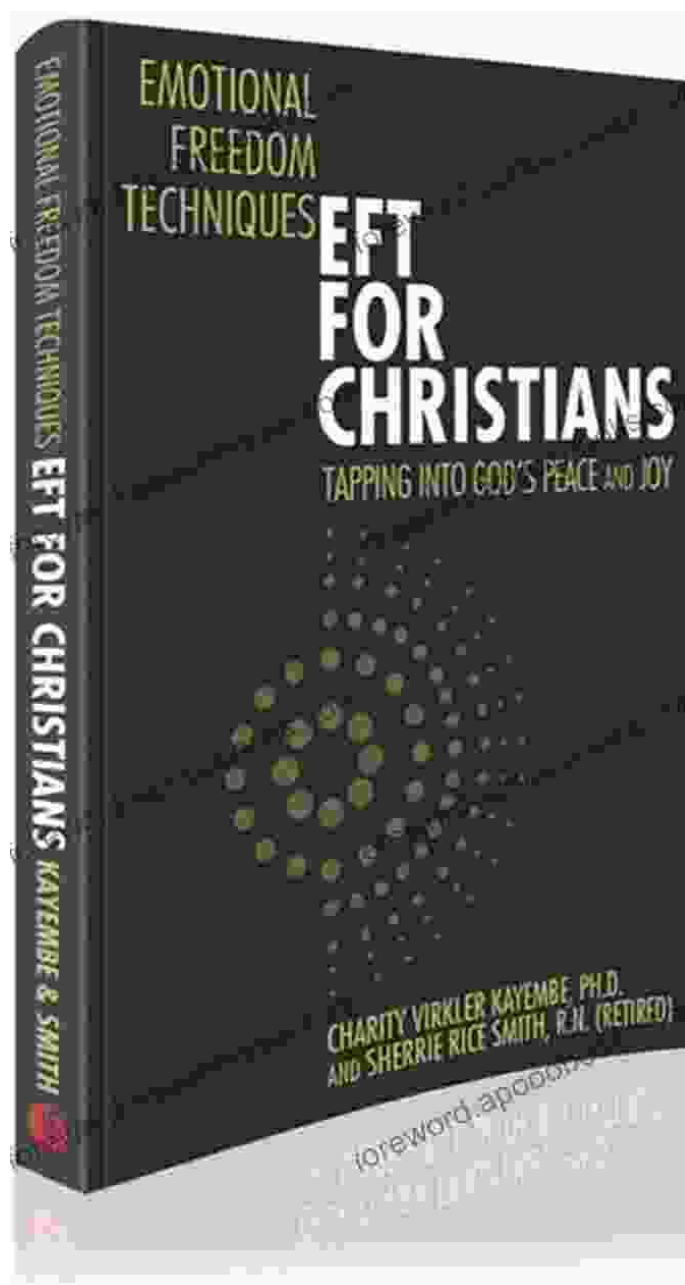
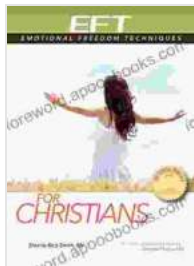


# EFT for Christians: A Comprehensive Guide to Emotional Freedom Techniques for Spiritual Growth and Healing



In today's fast-paced and often stressful world, it can be challenging to maintain emotional balance and spiritual well-being. Emotional Freedom

Techniques (EFT), also known as tapping, is a powerful self-help tool that can help you overcome emotional blocks, reduce stress, and enhance your spiritual connection.



## EFT for Christians (Eft: Emotional Freedom Techniques) by Sherrie Rice Smith

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1583 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 213 pages
Paperback	: 112 pages
Item Weight	: 8.3 ounces
Dimensions	: 6.75 x 0.25 x 10.25 inches



EFT For Christians is a comprehensive guide to using EFT for spiritual growth and healing. Drawing upon Christian principles and the Bible, this book provides a unique approach to addressing emotional challenges from a faith-based perspective.

### What is EFT?

EFT is a mind-body technique that combines gentle tapping on specific meridian points on the face and body with positive affirmations. By tapping on these points while focusing on a specific issue or emotion, EFT helps to release negative energy and promote emotional healing.

EFT is based on the principle that all emotional distress is caused by a disruption in the body's energy system. By tapping on the meridian points, we can rebalance this energy and restore emotional harmony.

## **Benefits of EFT for Christians**

EFT offers numerous benefits for Christians, including:

- Reduced stress and anxiety
- Overcoming emotional blocks and traumas
- Improved sleep
- Enhanced spiritual connection
- Increased self-awareness and compassion
- Relief from physical pain and discomfort

## **EFT and Christian Principles**

EFT is fully compatible with Christian principles. In fact, many Christian leaders and practitioners have endorsed EFT as a valuable tool for spiritual growth and emotional healing.

EFT can be used to address a wide range of emotional challenges that Christians may face, such as:

- Forgiveness
- Guilt and shame
- Fear and doubt
- Anger and resentment

- Rejection and abandonment
- Spiritual dryness

## **How to Use EFT**

EFT is a simple and easy-to-learn technique that can be practiced anywhere, anytime. The basic EFT process involves the following steps:

1. Identify the specific issue or emotion you want to address.
2. Rate the intensity of the emotion on a scale of 0 to 10, where 0 is no intensity and 10 is the most intense.
3. Choose a setup statement that acknowledges the issue and expresses your desire to release it.
4. Tap on the karate chop point (side of the hand) while repeating the setup statement three times.
5. Tap on the nine EFT meridian points (eyebrow, side of eye, under eye, nose, chin, collarbone, under arm, top of head, and thumb) while focusing on the issue and repeating a positive affirmation.
6. Re-rate the intensity of the emotion.
7. Repeat steps 4-6 as necessary until the intensity of the emotion is reduced or eliminated.

## **EFT For Christians: A Practical Guide**

EFT For Christians provides a step-by-step guide to using EFT for spiritual growth and healing. The book includes:

- In-depth explanations of EFT and its principles

- Specific EFT tapping sequences for common emotional challenges faced by Christians
- Biblical references and affirmations to support your EFT practice
- Guided meditations and exercises to enhance your spiritual connection
- Personal stories and testimonies from Christians who have experienced the benefits of EFT

EFT For Christians is an invaluable resource for anyone seeking emotional healing and spiritual growth. Whether you are a seasoned EFT practitioner or a newcomer to this powerful technique, this book will provide you with the tools and guidance you need to transform your life.

By embracing the principles of EFT and connecting it with your Christian faith, you can overcome emotional blocks, reduce stress, and experience the fullness of God's love and grace.

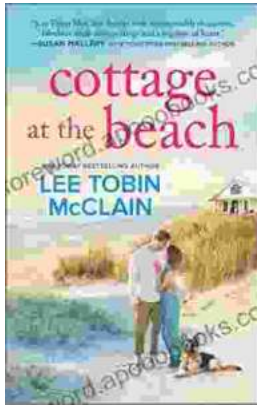


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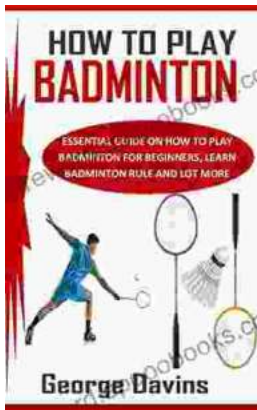
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