

emotional freedom technique pdf

emotional freedom technique pdf has become an invaluable resource for individuals seeking alternative methods to manage stress, anxiety, trauma, and emotional well-being. In recent years, the popularity of EFT, also known as tapping therapy, has surged thanks to its simplicity, effectiveness, and accessibility. An Emotional Freedom Technique PDF offers comprehensive guidance, step-by-step instructions, and valuable insights that empower users to harness this powerful self-help tool anytime and anywhere. Whether you are a beginner exploring EFT for the first time or an experienced practitioner looking for a portable reference, a well-crafted PDF resource can significantly enhance your understanding and practice of emotional healing.

What is Emotional Freedom Technique (EFT)?

Definition and Overview

Emotional Freedom Technique (EFT) is a form of psychological acupressure that combines principles from traditional Chinese medicine and modern psychology. It involves tapping on specific meridian points on the body while focusing on particular emotional issues or physical symptoms. Developed in the 1990s by Gary Craig, EFT aims to restore balance to the body's energy system, thereby alleviating emotional distress.

How Does EFT Work?

EFT operates on the premise that emotional disturbances are rooted in disruptions in the body's energy pathways. By tapping on these points while verbalizing specific statements, individuals can reduce the intensity of negative emotions, diminish physical pain, and promote mental clarity. The process helps reprogram subconscious beliefs and emotional responses, leading to long-lasting relief.

Benefits of Using an Emotional Freedom Technique PDF

Accessibility and Convenience

- **Portable Format:** An EFT PDF can be stored on your device, allowing you to access it anytime, anywhere.
- **User-Friendly:** PDFs often include visual diagrams, step-by-step instructions, and FAQs that simplify the learning process.
- **Cost-Effective:** Many EFT PDFs are available for free or at a low cost, making the technique accessible to a broad audience.

Educational Value

- **Comprehensive Information:** PDFs often contain detailed explanations about the science behind EFT, case studies, and success stories.
- **Structured Learning:** Structured chapters or sections help users systematically learn and practice EFT techniques.
- **Resource for Practitioners:** Certified therapists and coaches can use PDFs as teaching tools or client

handouts.

Personal Empowerment

- Self-Help Tool: Enables individuals to take control of their emotional health without the need for professional intervention.
- Routine Practice: Facilitates regular practice, which is crucial for effective emotional healing.
- Customization: Users can adapt techniques to their unique needs based on the guidance provided in the PDF.

Key Features of an Effective Emotional Freedom Technique PDF

Clear Step-by-Step Instructions

A good EFT PDF should outline the core tapping sequence, including:

1. Identifying the Issue: Focus on a specific emotional or physical problem.
2. Creating a Setup Statement: Affirming self-acceptance despite the issue.
3. Performing the Tapping Sequence: Tapping on designated meridian points while repeating phrases.
4. Reassessment: Checking the intensity of the issue and repeating if necessary.

Visual Diagrams and Charts

Visual aids enhance understanding and execution:

- Tapping Points Diagram: Shows the locations of the meridian points.
- Flowcharts: Guide users through the process step-by-step.
- Sample Scripts: Provide example phrases for various issues.

FAQs and Troubleshooting Tips

Address common questions such as:

- How long does it take to see results?
- Can EFT be combined with other therapies?
- What should I do if I experience emotional release during tapping?

Additional Resources and References

A comprehensive PDF may include:

- Links to online EFT communities
- Recommendations for further reading
- Contact information for certified EFT practitioners

How to Find and Choose the Best Emotional Freedom Technique PDF

Sources for EFT PDFs

- Official Websites: Gary Craig's official site or reputable EFT organizations.
- Therapist-Recommended Resources: Clinicians often recommend specific PDFs for clients.
- Online Marketplaces: Platforms like Amazon or Etsy may offer professionally designed PDFs.
- Free Resources: Many websites offer free downloadable PDFs that are well-structured and credible.

Criteria for Selection

- Authenticity: Ensure the PDF is authored by certified EFT practitioners.
- Clarity: Clear instructions and easy-to-understand language.
- Comprehensiveness: Covers basic techniques and advanced applications.
- User Feedback: Positive reviews or testimonials.

How to Use an Emotional Freedom Technique PDF Effectively

Creating a Practice Routine

- Dedicate specific times daily or weekly for EFT sessions.
- Use the PDF as a step-by-step guide during practice.
- Keep a journal to track progress and emotional shifts.

Customizing the Technique

- Adapt sample scripts to fit your personal experiences.
- Focus on specific issues that resonate with you.
- Incorporate affirmations and positive statements.

Combining EFT with Other Modalities

- Use alongside mindfulness, meditation, or therapy.
- Consult with professionals for integrated approaches.
- Explore additional resources provided within the PDF for complementary techniques.

Common Challenges and Solutions When Using EFT PDFs

Difficulty Identifying the Issue

- Use journaling or visualization to clarify emotional triggers.
- Start with minor issues to build confidence.

Emotional Intensity During Tapping

- Practice grounding techniques.
- Pause and breathe if feelings become overwhelming.
- Reassure yourself with positive affirmations.

Inconsistent Practice

- Schedule EFT sessions into your daily routine.
- Set reminders or alarms.
- Use the PDF as a motivational tool.

The Future of Emotional Freedom Technique PDFs

Digital Advancements

- Interactive PDFs with embedded videos or audio guides.
- Mobile-friendly versions for seamless practice on smartphones.
- Integration with apps and online communities.

Personalized Resources

- Customized PDFs tailored to specific issues like trauma, phobias, or chronic pain.
- Updated editions incorporating latest research and techniques.
- Access to online support groups linked within the PDF.

Educational Expansion

- Courses and certification programs using PDF materials.
- Workshops and webinars complementing PDF guides.
- Development of multilingual PDFs to reach diverse audiences.

Conclusion

An emotional freedom technique PDF is a vital resource that democratizes access to self-healing tools, empowering individuals to manage emotional and physical challenges effectively. With clear instructions, visual aids, and comprehensive information, these PDFs serve as portable, user-friendly guides that facilitate regular practice and foster emotional resilience. Whether you are just starting your EFT journey or seeking to deepen your understanding, choosing the right PDF tailored to your needs can significantly enhance your emotional well-being. Embrace the power of tapping and leverage the wealth of knowledge available in well-crafted PDFs to unlock emotional freedom and improve your quality of life.

FAQs about Emotional Freedom Technique PDFs

Q1: Can I use an EFT PDF without any prior experience?

Yes, most PDFs are designed for beginners and include detailed instructions suitable for first-time practitioners.

Q2: Are free EFT PDFs reliable?

Many free resources are credible, especially those from reputable organizations. Always check the

author's credentials and reviews.

Q3: How long does it take to see results using EFT from a PDF guide?

Results vary depending on the issue and consistency. Some individuals notice immediate relief, while others may require ongoing practice.

Q4: Can I modify the scripts in the PDF?

Absolutely. Personalizing scripts enhances relevance and effectiveness.

Q5: Is it necessary to see a professional after using EFT PDFs?

While many find EFT helpful on their own, consulting a trained EFT practitioner can provide personalized support, especially for complex issues.

Embrace the journey toward emotional freedom with the right resources—start exploring and practicing with an EFT PDF today for a healthier, more balanced life.

Frequently Asked Questions

What is an Emotional Freedom Technique (EFT) PDF and how can it help me?

An EFT PDF is a downloadable document that outlines the tapping sequences and techniques used in Emotional Freedom Technique. It can help you learn and practice EFT to reduce stress, anxiety, and emotional blocks effectively at your own pace.

Where can I find reliable and free EFT PDFs online?

Reliable sources for free EFT PDFs include official EFT organizations, well-known holistic health websites, and reputable wellness blogs. Always ensure the PDF is from a credible source to get accurate and safe guidance.

Are there any recommended EFT PDF resources for beginners?

Yes, many websites offer beginner-friendly EFT PDFs that include step-by-step instructions, diagrams, and scripts. Examples include the EFT Universe and The Tapping Solution websites, which provide comprehensive beginner guides.

Can I use an EFT PDF to learn tapping techniques on my own?

Absolutely. EFT PDFs are designed for self-study and can help you learn the tapping points and sequences. However, consulting a certified EFT practitioner can enhance your understanding and effectiveness.

Are there any benefits of using an EFT PDF over video tutorials?

Using an EFT PDF allows you to learn at your own pace, revisit the material easily, and practice without needing an internet connection. PDFs also provide a structured reference that you can keep handy for daily use.

How do I ensure the EFT PDF I'm using is up-to-date and accurate?

Check the source of the PDF to ensure it's from a reputable organization or certified practitioner. Look for recent publication dates and reviews from users to confirm the content's relevance and accuracy.

Can I customize the EFT scripts in a PDF to suit my needs?

Yes, most EFT PDFs include sample scripts that you can personalize to address your specific issues or emotions, making your practice more effective and tailored to your experiences.

Is it safe to rely solely on an EFT PDF for emotional healing?

While EFT PDFs are helpful tools for self-practice, ongoing emotional issues may require guidance from a qualified EFT practitioner or mental health professional for comprehensive support and safety.

Additional Resources

Emotional Freedom Technique PDF: Unlocking the Power of Tapping for Emotional Well-Being

In recent years, a remarkable approach to managing stress, anxiety, and emotional distress has gained widespread attention—Emotional Freedom Technique (EFT). As the popularity of this holistic healing method grows, many individuals and practitioners seek accessible resources to deepen their understanding and practice of EFT. One of the most convenient ways to do this is by accessing an Emotional Freedom Technique PDF, a downloadable, easy-to-navigate document that consolidates essential information, techniques, and guidance. In this article, we explore what an EFT PDF entails, its significance, how to utilize it effectively, and the broader implications for personal and professional growth.

Understanding Emotional Freedom Technique (EFT)

What is EFT?

Emotional Freedom Technique, often referred to as "tapping," is a form of energy psychology that combines principles from traditional Chinese medicine with modern psychology. Developed in the 1990s by Gary Craig, EFT involves tapping on specific acupressure points on the body—primarily on the face, hands, and torso—while focusing on a particular emotional issue or physical sensation.

The core premise of EFT is that emotional distress and physical ailments stem from disruptions or

blockages in the body's energy systems. By stimulating these acupressure points through tapping, EFT aims to restore the natural flow of energy, thus alleviating negative emotions and physical symptoms.

How Does EFT Work?

The process typically involves three main components:

1. Identification of the Issue: The individual pinpoints a specific emotional problem, such as fear, anger, or grief, and rates its intensity on a scale (often 0-10).
2. Setup Statement: A phrase that affirms self-acceptance despite the issue, e.g., "Even though I feel anxious about this presentation, I deeply and completely accept myself."
3. Tapping Sequence: The practitioner or individual taps on a series of predefined acupressure points while repeating reminder phrases related to the issue.

Over time, consistent practice can lead to reduced emotional intensity, improved mental clarity, and physical relief.

The Significance of an Emotional Freedom Technique PDF

Why Access an EFT PDF?

A well-structured EFT PDF serves as a comprehensive educational resource, breaking down the complex methodology into digestible parts. It is especially valuable for beginners, busy professionals, or those who prefer self-guided learning. Here are some reasons why an EFT PDF is indispensable:

- Accessibility: Download and access anytime, anywhere—ideal for practice on the go.
- Clarity: Visual aids, diagrams, and step-by-step instructions make learning easier.
- Reference Material: Keep a handy guide for ongoing practice and troubleshooting.
- Cost-effective: Generally free or inexpensive compared to in-person workshops.
- Structured Learning: Organized content that covers theory, techniques, and case studies.

What Should an Effective EFT PDF Include?

A comprehensive EFT PDF should encompass:

- Introduction to EFT: History, principles, and scientific backing.
- Step-by-Step Instructions: How to perform tapping sequences.
- Acupressure Points: Diagrams with detailed locations.
- Sample Scripts: Statements for common issues like anxiety, phobias, or pain.
- Troubleshooting Tips: How to handle emotional surges or plateaus.
- FAQs: Common questions and clarifications.
- Resources and References: Links to further reading, videos, or professional directories.

How to Use an EFT PDF Effectively

Preparing for Practice

Before diving into EFT sessions using the PDF, consider these preparatory steps:

- Create a Calm Environment: Find a quiet, comfortable space free from distractions.
- Set an Intention: Clearly define the emotional issue you want to address.
- Gather Materials: Have your EFT PDF accessible, a mirror if needed, and a notebook for reflections.

Following the Tapping Sequence

The typical EFT session involves these stages:

1. Identify and Rate the Issue: Determine the intensity level of your emotional distress.
2. Set Up Statement: Repeat a phrase acknowledging the problem and self-acceptance.
3. Begin Tapping: Tap on the designated acupressure points in sequence, usually around 5-7 points, while repeating reminder phrases.
4. Reassess: Rate the emotional intensity again. Repeat the cycle until the distress diminishes.

Customizing Scripts

An EFT PDF often contains sample scripts. To maximize effectiveness:

- Personalize the language to resonate with your specific feelings.
- Incorporate relevant details to deepen emotional engagement.
- Use the PDF as a template, modifying phrases as needed.

Tracking Progress

Maintain a journal or use the PDF's dedicated space to record:

- The issue addressed.
- Initial and post-tapping intensity ratings.
- Observations about emotional shifts.
- Insights or breakthroughs experienced.

Benefits and Limitations of Using an EFT PDF

Benefits

- Empowerment: Learning EFT through a PDF fosters self-reliance in managing emotional health.
- Consistency: Having a go-to resource encourages regular practice.
- Cost-Effective: No need for expensive therapy sessions; self-guided learning suffices.
- Educational Value: Deepens understanding of energy psychology principles.

Limitations

- Lack of Personalization: Self-practice may lack the nuance a trained practitioner offers.
- Misapplication Risks: Incorrectly identifying issues or misusing points can reduce effectiveness.
- Emotional Intensity: Some issues may require professional support, especially for trauma or deep-seated problems.
- Information Overload: Without guidance, beginners might feel overwhelmed or confused.

To mitigate these limitations, users are encouraged to supplement PDFs with reputable online courses, videos, or professional consultations when necessary.

Finding and Choosing the Right EFT PDF

Sources of EFT PDFs

- Official EFT Websites: Gary Craig's official site offers free resources.
- Wellness Platforms: Reputable holistic health sites often provide downloadable guides.
- Therapist and Coach Resources: Many practitioners share PDFs as part of their programs.
- Online Communities: Forums and social media groups often share curated resources.

Criteria for Selecting a Quality EFT PDF

- Credibility: Authored or endorsed by certified EFT practitioners.
- Clarity: Clear instructions with visual aids.
- Comprehensiveness: Covers various issues and includes troubleshooting.
- Up-to-Date: Reflects current understanding and best practices.
- User-Friendly: Easy language and accessible layout.

Broader Implications and Future Perspectives

EFT as a Complementary Tool

While EFT is gaining recognition for its efficacy, it is often used alongside traditional therapy, medication, or other holistic practices. An EFT PDF can serve as an entry point or supplementary resource, empowering individuals to take control of their emotional well-being.

Digital Resources and Innovations

The rise of digital media has expanded access to EFT learning materials. Interactive PDFs, video tutorials, and mobile apps are increasingly integrated with traditional PDFs, providing multi-sensory engagement. As research continues, more evidence-based protocols are expected to emerge, making tools like EFT PDFs even more reliable.

The Role of Self-Help in Mental Health

The availability of downloadable resources like EFT PDFs democratizes mental health care. It encourages proactive coping strategies, reduces stigma, and fosters a culture of self-awareness. However, it also underscores the importance of recognizing when professional intervention is necessary.

Conclusion

The Emotional Freedom Technique PDF stands as a valuable resource in the landscape of self-help

and holistic healing. By offering structured guidance, visual aids, and practical scripts, it enables individuals to harness the power of tapping for emotional relief and personal growth. While it is not a substitute for professional support in severe cases, it is an accessible, cost-effective, and empowering tool that complements broader mental health strategies.

As more people seek alternatives to conventional therapy, the role of comprehensive, well-crafted PDFs will continue to grow. Whether used as an introductory guide or an ongoing reference, an EFT PDF can be a catalyst for emotional freedom, resilience, and overall well-being—unlocking the body's innate ability to heal and restore itself.

Disclaimer: Before beginning any new emotional or physical health practice, consult with a qualified healthcare provider, especially if you have underlying health conditions or trauma histories.

Emotional Freedom Technique Pdf

emotional freedom technique pdf: EFT -Emotional Freedom Technique and Acupressure, Color Breathing, Visualization for Healthy Mind, Body and Clear Eyesight
Clark Night, 2011-03-06 Color version. EFT is an Easy Type of Chinese Acupressure, Puncture without Needles or Hard Pressure. EFT is applied by 'TAPPING', activating energy points, meridians on/in the body with the fingertips. Tapping removes energy blocks, (stuck, stagnant energy), orients, 'polarizes', corrects, balances and strengthens the energy flow in the body, through the Meridians/Energy Pathways, Energy Points, Chakras, Nervous System. (Electric, Chi and other Energies, Physical and Spiritual.) Tai Chi, Qi Gong, Karate Energy Control Methods are related to EFT. EFT removes negative, destructive emotions, thoughts, feelings, stress from the mind/brain, system by correcting energy flow. The body's energies flow correct and strengthen. EFT balances and improves function of the left and right brain hemispheres. This produces good health, clear eyesight. Neck, chest, shoulder, eye muscle tension, stiff, infrequent eye 'shifting' movements, headaches, strain in the mind/brain, negative, unhappy past/present thoughts, emotions, experiences, blocked energy flow, lowered liver/kidney health, staring, squinting cause unclear eyesight. Negative, destructive thoughts, emotions, worry are a common cause of mental strain, back, chest, shoulder, neck, eye muscle tension and unclear eyesight. Lowered eyesight increases worry, mental strain, which then increases the body.., neck, eye muscle tension. Eye function is impaired. Light rays focus incorrect in the eye. Circulation to/in the eye lowers. Vision is more unclear. EFT, Nutrition, Natural Eyesight Improvement corrects these conditions; Blocked energy (experienced during a stressful event) happens first, before the negative emotions occur and locks them into the mind/body. Negative thoughts, emotions maintain blocked energy flow. Removing blocked energy first results in removal of the negative emotions, thoughts, feelings and often brings instant clear eyesight. As EFT Tapping removes energy blocks, corrects the energy flow, resulting in removal of negative emotions, thoughts, feelings; the person can then place positive, constructive thoughts into the mind, system; think, feel in a positive, constructive way about the past or present stressful event. Positive thoughts, emotions help to correct and strengthen the body's energy flow. Correct energy flow is now maintained. Mental and physical health improve, eye function returns to normal, eyesight is 20/20 and clearer at all distances, close and far. Health of body organs, systems improve as energy flows correct throughout the body. EFT improves the function of the brain, visual cortex, left and right brain hemisphere activation, integration. This improves function of the brain with the eyes, retina, eye muscles and body. Eyesight and mental, physical health improve. Memory,

imagination, math, science, speech, learning, creativity, art, music..., skills - all functions of the brain, left and right hemispheres even the oldest, deep survival areas of the brain improve. This is a main treatment of Natural Eyesight Improvement. 20 free PDF E-Books: Natural Eyesight (Vision) Improvement Training+Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method+Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set -132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training.+ Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. All of William H. Bates, Clark Night Books included in the PDF.Video and Audio lessons.Read this book on Kindle. See William H. Bates, Author's Page, for Video of internal book pages, full description of the Paperback, Kindle and 20 free E-books;
<https://cleareyesight-batesmethod.info/>

emotional freedom technique pdf: 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.

emotional freedom technique pdf: The Four Most Effective Drugless Methods of Deliverance from Insomnia and Universal Method of Drugless Treatment for Depression, Chronic Fatigue Syndrome, Other Neurological Diseases and Hypertension Sergey Tandilov, 2014-03-10 The suggested drugless methods of deliverance from insomnia permit to get rid of dropping-off to sleep disorder (dyskoimesis, initial insomnia) by special energetic and esoteric ways that seems very humane since all soporifics have side effects, they promote appearance of both physical, and psychological dependences and their ability to provide dream reduces with time since an organism accustoms to the soporifics. Besides, frequent visits to a doctor with an aim to get prescription for new portion of soporific become unnecessary. As regards universal method of drugless treatment for depression, chronic fatigue syndrome, other neurological diseases and hypertension, it was created exclusively with intention to help to people suffering from depression, however, it proved to be enough universal that can be explained by that the offered method treats thanks just to the general rejuvenation of an organism. According to the authors opinion, even each healthy person should be engaged in this method for very effective prophylaxis every year two weeks, which are apart for approximately or exactly half a year for ten-fifteen minutes a day. As regards depression, it is considered as one of the most poignant and hard to cure diseases. Many humans sick of depression commit suicide.

emotional freedom technique pdf: Clinical EFT Handbook Volume 1 Dawson Church, Stephanie Marohn, 2013-05-30 EFT (Emotional Freedom Techniques or tapping) is used by an estimated 10 million people worldwide. Yet a lack of standardization has led to a field in which dozens of forms of EFT, with varying degrees of fidelity to the original, can be found. This led to the establishment of Clinical EFT, the form of EFT taught in the original EFT Manual and associated materials, and validated in over 20 clinical trials. In this volume, the most noted scholars, researchers and clinicians in the field compile a definitive outline of the EFT protocol, as it is applied in medicine, psychiatry, psychotherapy, and life coaching. This first volume covers • Biomedical and Physics Principles • Psychological Trauma • Fundamental Techniques of Clinical EFT. This series of handbooks is essential reading for anyone wishing to understand EFT as validated in research, science, and best clinical practice.

emotional freedom technique pdf: Ophthalmologist William H. Bates & the Bates Method History - Natural Eyesight Improvement Dr. William H. Bates, 2011-04-10 True Story of Ophthalmologist William H. Bates 'Battle with the Optical industry, Eye Surgeons, Doctors to Teach and Preserve Natural Eyesight Improvement.' Bates Method History. (Black & White Version.)

Includes natural treatments for clear vision without use of eyeglasses, surgery, drugs and 54 Monthly Issues, 4½ years of Dr. Bates Better Eyesight Magazine Illustrated with 500 pictures, a variety of treatments for every eye condition & 14 Free E-Books consisting of an entire Natural Eyesight Improvement Training Course, download from Internet. E-books include the book 'Do It Yourself - Natural Eyesight Improvement-Original and Modern Bates Method' & the entire 132 Issues, 11 years of Ophthalmologist Bates Better Eyesight Magazines in Original Antique Print & a modern text version with 500 pictures, The Cure of Imperfect Sight by Treatment Without Glasses..., all the authors Paperback & Kindle books. Eyecharts, Audio & Video lessons in the book chapters. William H. Bates discovered Natural Eyesight Improvement, 'The Bates Method'. He discovered the natural principles, normal function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles, nerves, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma, and other conditions. Natural Eyesight Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Hidden from the public by eye surgeons, Optometrists, Optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts! Dr. Bates worked his entire life treating people successfully with Natural Eyesight Improvement. When he cured the eyes, vision of many patients, medical students and other doctors in the hospital where he worked with natural treatments, without use of eyeglasses, surgery, drugs and proved his method is fact, that some of the old theories of eye function are incorrect; the eye surgeons that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority' & 'Dr. Bates Lecture' in Better Eyesight Magazine: November, 1919, April, 1923 & Articles in his book.) Dr. Bates then opened his own office, a Clinic in Harlem, New York City. He treated thousands of people by natural methods, including many of the poor people that had little money. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured the young and old, people of all ages, nationalities, cured a variety of eye conditions. The Bates Method is so simple and effective that many of his cured patients, 'often children' then went on to cure their friends, family, parents, teachers and other children of defective vision including crossed, wandering eyes. Read the 'true story of the two little girls that restored a blind mans eyesight' in the Oct. 1925 Magazine Issue. Dr. Bates recorded 11 years of work in his clinic, his patients and their varied treatments in his Better Eyesight Magazines, Books and Medical Articles. Dr. Bates Better Eyesight Magazines contain many Natural Treatments, a variety of Activities, Directions, Articles describing how Dr. Bates, Emily Lierman Bates, (his Clinic assistant, wife) and other eye Doctors, School Teachers, Bates Method Students, Bates Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems. Dr. Bates Amazon.com Authors page; http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_1

emotional freedom technique pdf: Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method Clark Night, William Bates, 2011-12-08 Natural Eyesight Improvement based on the Method, Treatments of Ophthalmologist William H. Bates. (Color Version) Paperback contains popular EFT book and Dr. Bates books, Magazines in the E-Book. Amazon 'look inside' will soon have the color preview. Includes 20 Color Printable PDF E-Books with this Paperback book, Eyecharts, Audio, Video Lessons, 600+ color pictures, all the Author's and Ophthalmologist Bates 50 books. Contact the Author for the download link; Address is on the 'Thank-You Page' inside the book. E-Book contains 'Word Search'- type in any word, Example; Myopia to see 50-100 Treatments for unclear distant vision. Adobe Translates to Italian, Spanish, German... Activities; Shifting-Natural Eye Movement, Central Fixation, Relaxation, Memory & Imagination, Switching Close, Middle, Far for perfect equally clear vision, convergence, accommodation, divergence, un-accommodation in the left and right eyes at all distances, Left and

Right Brain Hemisphere Activation & Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Deep Relaxation, Palming, Positive Thinking, Posture, Body Movement, Physical Therapy, Abdominal Breathing, Chi Energy Circulation, Strengthening, Sunning, Saccadic Sunning, Seeing, Reading Fine Print and Eyecharts Clear, EFT, Acupressure, and other Activities for clear Close and Distant, Day and Night Vision, Healthy Eyes. E-mail, phone support. 20 E-BOOKS CONTAIN; +This Paperback Natural Eyesight Improvement Book in Color, with 100 pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement. +Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training. +Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement! +The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of all the original book pages) with pictures. +Medical Articles by Dr. Bates - with pictures. +Stories From The Clinic by Emily C. Lierman/Bates. +Use Your Own Eyes by Dr. William B. MacCracken. +Normal Sight Without Glasses by Dr. William B. MacCracken. +Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training. +EFT Training Book. +Clear Close Vision - Seeing Fine Print Clear. +Ten Steps For Clear Eyesight without Glasses. +Astigmatism Removal Treatments. +New additional books.+Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts. +Audio and Video lessons in training chapters. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, retinitis pigmentosa, detached retina, wandering/crossed eyes (strabismus) and other conditions. See 'William H. Bates Author's Page' for entire Biography, Videos of internal book pages, description of the Paperback, 20 E-books.

http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_

emotional freedom technique pdf: The Science Behind Tapping Peta Stapleton, Ph.D., 2019-04-16 This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called tapping, EFT has been utilized by thousands people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

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