

# The Healing Power of EFT Tapping: Unlocking Miracles for the Soul

**RANDAL LAWRENCE**



**EFT  
TAPPING  
MIRACLES  
FOR THE  
SOUL**

Are you looking for a miracle to heal your soul? Look no further than the remarkable power of Emotional Freedom Technique (EFT) tapping. This transformative practice, also known as psychological acupressure, has been

heralded by many as a miracle worker when it comes to improving emotional, mental, and even physical well-being.

## What is EFT Tapping?

EFT tapping is a powerful holistic healing technique that involves gently tapping on specific meridian points on the body while focusing on a particular issue or problem. It combines elements of modern psychology, ancient Chinese medicine, and the body's energy system to create a unique approach to healing.



## EFT Tapping Miracles for the Soul: Six inspiring and uplifting stories of positive change and transformation through Emotional Freedom Therapy tapping by Randal Lawrence (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English  
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The concept behind EFT tapping is that emotional and physical issues are caused by disruptions in the body's energy system. By tapping on these meridian points, while at the same time acknowledging and accepting your specific concern, you can restore balance to your energy system and alleviate the associated emotional or physical distress.

## The Science behind EFT Tapping

Although it may appear unconventional, EFT tapping is backed by scientific research and has gained recognition and acceptance in the field of psychology. Researchers have found that tapping on specific acupressure points can reduce levels of cortisol, the stress hormone, and stimulate the release of endorphins, promoting relaxation and a sense of calm.

Furthermore, studies have shown that EFT tapping can help rewire the brain by disrupting the neural pathways associated with negative thoughts and emotions. By tapping on the meridian points, individuals can break free from the patterns of negative thinking and reframe their experiences in a more positive and empowering way.

## **EFT Tapping Miracles for the Soul**

The benefits of EFT tapping extend far beyond just managing stress and anxiety. Many practitioners have experienced miraculous transformations in their lives by using this technique consistently:

### **1. Emotional Healing:**

EFT tapping has a profound impact on emotional healing. By gently addressing past traumas, unresolved emotions, and limiting beliefs, individuals can experience a deep sense of release and healing. Many report feeling lighter, more peaceful, and free from the emotional burden they once carried.

### **2. Overcoming Addictions:**

EFT tapping has shown promising results in helping individuals overcome addictions, whether it is smoking, overeating, or substance abuse. By targeting the underlying emotional triggers and neutralizing them, individuals can break free from the cycle of addiction and regain control over their lives.

### **3. Enhancing Relationships:**

EFT tapping can also be transformative when it comes to improving relationships. By releasing emotional baggage and working through communication barriers, individuals can experience renewed connections, deeper understanding, and more harmonious relationships with their loved ones.

### **4. Physical Healing:**

EFT tapping is not limited to emotional healing. Many individuals have reported miraculous physical healings after incorporating this technique into their daily lives. From chronic pain relief to improved immunity, the body's natural healing mechanisms are activated through the power of EFT tapping.

### **5. Boosting Confidence and Self-Esteem:**

Using EFT tapping regularly can significantly boost confidence and self-esteem. By addressing and releasing the negative beliefs and self-doubt that hold individuals back, they can step into their power and embrace their full potential.

## **Getting Started with EFT Tapping**

EFT tapping is an accessible and empowering practice that can be learned and practiced by anyone interested in improving their overall well-being. To get started with EFT tapping, follow these simple steps:

### **1. Identify the Issue:**

Take a moment to identify the specific issue or problem you want to address. It could be a fear, a negative belief, a traumatic memory, or any emotional or physical ailment you wish to alleviate.

### **2. Rate the Intensity:**

On a scale of 0 to 10, rate the intensity of your discomfort or distress associated with the chosen issue. This will help you track your progress and determine the effectiveness of the tapping.

### **3. The Setup:**

Create a setup statement that acknowledges the issue and affirms self-acceptance. For example, you could say, "Even though I have this fear of public speaking, I deeply and completely accept myself."

### **4. The Sequence:**

Tap on the specific acupressure points while repeating the setup statement or other affirmative statements related to the issue. The meridian points used in EFT tapping include the top of the head, eyebrows, side of the eyes, under the eyes, under the nose, chin, collarbone, under the arm, and the karate chop point on the hand.

### **5. Check-In:**

After a few rounds of tapping, reassess the intensity of your discomfort or distress. Notice if there is any shift or improvement in how you feel. If necessary, repeat the tapping sequence with adjusted setup statements.

## **EFT Tapping - A Miracle for All**

It is important to note that while EFT tapping has brought about miraculous changes for many, it may not be a quick fix for everyone. Results may vary from person to person, and it may require consistent practice and persistence to experience significant breakthroughs.

Nevertheless, EFT tapping offers a unique and empowering approach to healing that can unlock miracles for the soul. By combining the power of touch, focused

intention, and self-acceptance, anyone can tap into their inner resources and create positive transformations in their lives.

So why wait? Start your EFT tapping journey today and open the doors to miracles, healing, and a deep connection with your true self.

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This book contains six powerful and inspiring stories that were told to me by people who had struggled for years with different problems in their lives. At one point or another all of these men and women felt powerless to overcome the problems they were having. But through the power of EFT tapping, each and every one of them overcame their challenges. They are living proof of the power of EFT tapping. These are their stories.

Please note that this is not a book about how to tap. I have published two other how-to books on tapping that will be of interest to readers seeking information about what tapping is and how it is used. Please see my Amazon author page for

information about my other books:

<http://www.amazon.com/author/randallawrence>

## Customer Reviews

Do you need some encouragement?<sup>Katherine Fugelli</sup>

This is an easy to read collection of stories that will really lift your spirits. I read through the stories whenever I need to feel better.

Rekindle the body, mind, and spirit<sup>Dawn Prentice</sup>

I turned to this book when I was in my hour of need and it picked me up and inspired me with its positive message.

Couldn't put it down<sup>Benjamin White</sup>

I read this book straight through in one evening and I found myself thinking about the stories for days after. The things the people in this book overcame were really dramatic, like the man who just about lost his entire life to his out of control eating and obesity problem. I'm recommending this book to everyone I know.

Touching<sup>Devin Starr</sup>

This book touched my heart and inspired me to start tapping for myself. It is a great read at the end of a hard day when you need something to make you feel better. It is a book to read again and again. I think that learning about tapping eft therapy is so fascinating.

Stories to open the heart<sup>Jorge Perez</sup>

Really amazing to think about the problems that some people have had and that the tapping solution worked for them. Touching and humbling to think about.

Will give you the courage to try again<sup>Stephanie Wilson</sup>

Reading about what other people have overcome is so inspiring. Sometimes I

feel like I'm too much of a chicken and a coward to overcome my problems but when you read a book like this you can't help but feel the courage to dust yourself off and face down your demons.

Something for everyone<sup>Chris Bouchard</sup>

The people featured in this book have different background and problems in their lives but the solution is the same: emotional freedom therapy. I know someone who used eft tapping for weight loss and swears by it.

Insightful and heartwarming<sup>Amanda Scrivens</sup>

I love just curling up with some tea or warm soup and sitting by the window and reading uplifting stories like these. Really makes you think about the things you can do in your own life to be happier and healthier.

## **About the author**

Randal P. Lawrence is a long time trainer and practitioner of eft tapping. He holds a Masters Degree in Applied Clinical Psychology with a focus on Energy Psychology. His research focuses on the connections between body and mind. He has helped countless people solve emotional problems in private coaching sessions by using eft tapping techniques.

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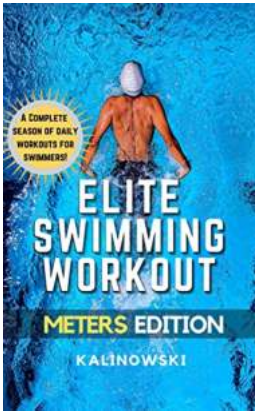
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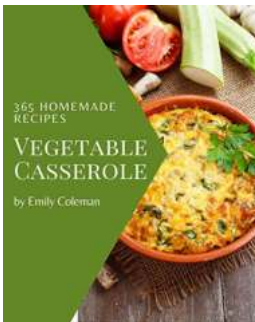
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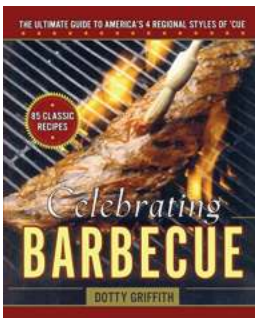
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