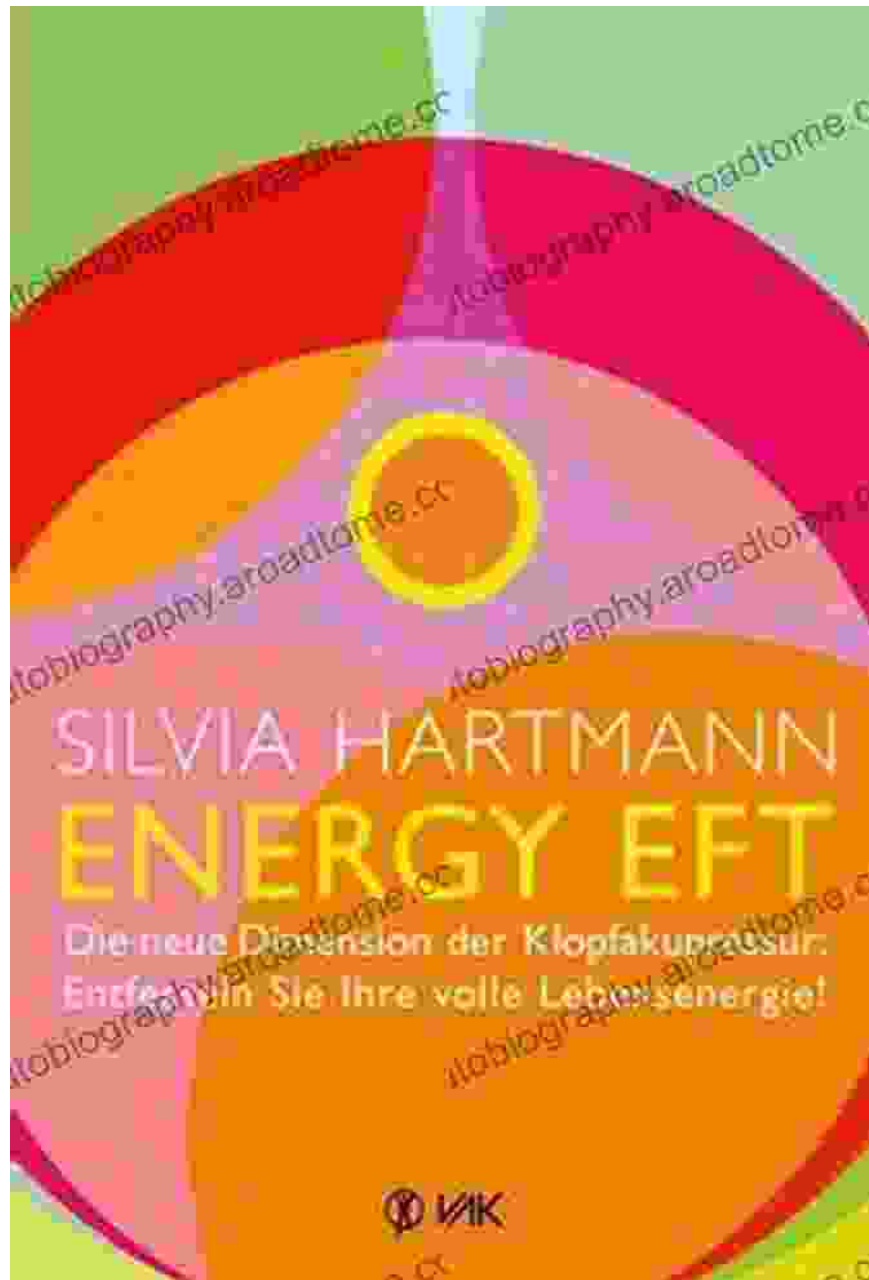


Unleash Your Energy with Silvia Hartmann's Energy EFT



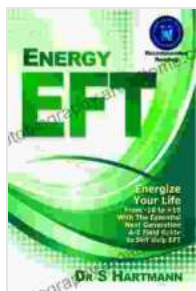
Energy EFT by Silvia Hartmann

★★★★☆ 4.3 out of 5

Language : English

File size : 1536 KB

Text-to-Speech : Enabled



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| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 274 pages |
| Lending | : Enabled |



A Revolutionary Approach to Emotional and Energy Healing

In her groundbreaking book, *Energy EFT*, Silvia Hartmann unveils a powerful and accessible system for emotional and energy healing. Drawing upon her extensive experience as a master EFT practitioner, Hartmann guides readers through a step-by-step process that empowers them to release emotional blocks, enhance their energy levels, and create a life filled with vitality and purpose.

The Power of Energy

Hartmann believes that energy is the foundation of our physical, emotional, and mental well-being. When our energy is blocked or depleted, we experience a wide range of symptoms, including fatigue, anxiety, depression, and physical ailments. Energy EFT works by restoring the body's natural energy flow, allowing us to heal from past traumas, overcome negative emotions, and achieve optimal health and vitality.

How Energy EFT Works

Energy EFT is a simple yet effective technique that combines the principles of Emotional Freedom Techniques (EFT) with energy medicine. By tapping on specific acupuncture points while focusing on specific emotions or

issues, Energy EFT helps to release the energetic blockages that are holding us back.

The tapping process stimulates the body's meridian system, which is a network of energy channels that run throughout the body. By tapping on these points, we can clear blockages in the meridian system and promote the free flow of energy throughout the body.

Benefits of Energy EFT

Energy EFT offers a wide range of benefits, including:

- Reduced stress and anxiety
- Relief from depression and other emotional issues
- Increased energy levels
- Improved sleep
- Reduced physical pain
- Enhanced immune function
- Greater clarity and focus
- Increased sense of purpose and fulfillment

Who Can Benefit from Energy EFT?

Energy EFT is suitable for anyone who wants to improve their physical, emotional, or mental health. It is particularly beneficial for people who are struggling with:

- Stress and anxiety

- Depression and other mood disorders
- Trauma and PTSD
- Chronic pain
- Fatigue
- Sleep problems
- Addictions
- Low self-esteem

How to Use Energy EFT

Hartmann provides clear and detailed instructions on how to use Energy EFT in her book. The process is simple enough to be done by anyone, regardless of their experience level. Energy EFT can be used on its own or in conjunction with other healing modalities.

To perform Energy EFT, simply follow these steps:

1. Identify the issue or emotion that you want to address.
2. Establish a setup statement that describes the issue in a concise and positive way.
3. Tap on the karate chop point (the fleshy part of the hand, between the base of the little finger and the wrist) while repeating your setup statement.
4. Tap on the eyebrow point, the side of the eye, under the eye, under the nose, under the mouth, and the collarbone point, while continuing to repeat your setup statement.

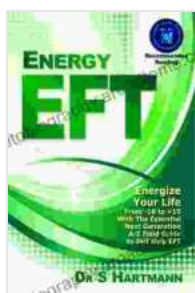
5. Repeat steps 4 and 5 while focusing on a specific aspect of the issue or emotion.
6. Finish by tapping on the top of the head and saying, "I am safe and loved."

Energy EFT is a powerful and transformative tool that can help you to release emotional blocks, enhance your energy levels, and create a life filled with vitality and purpose. Silvia Hartmann's book provides a comprehensive guide to this revolutionary healing technique, empowering you to take control of your health and well-being.

If you are ready to embark on a journey of self-discovery and healing, I highly recommend reading Silvia Hartmann's Energy EFT. This book has the power to change your life.

Free Download your copy of Energy EFT today and start experiencing the benefits of this groundbreaking healing technique.

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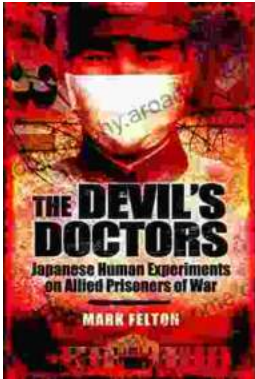
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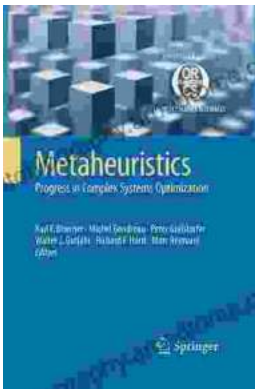
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