

EFT Advanced Practitioner Training – Day 5



Mirror Tapping

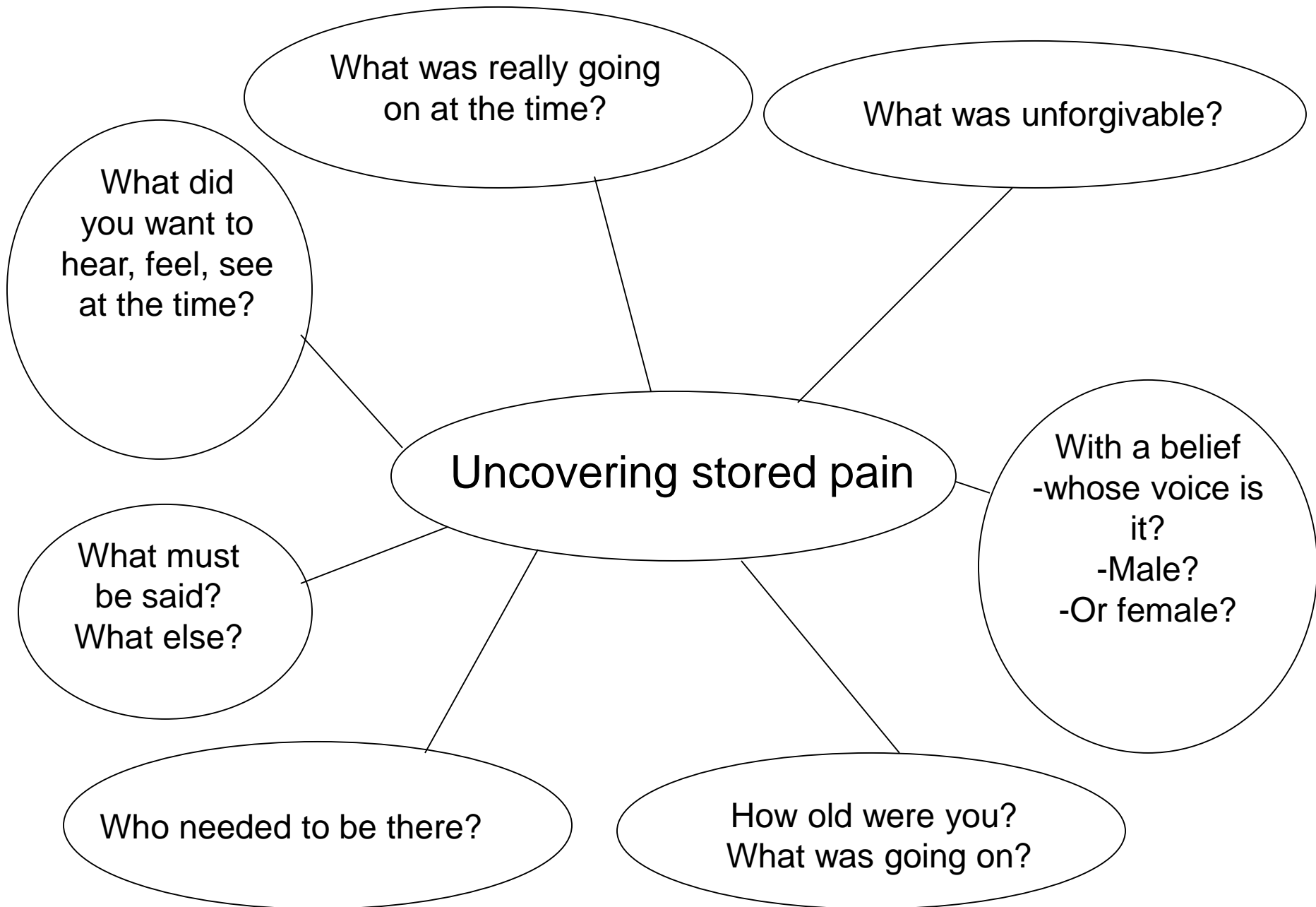
Picture Tapping

Cancer Tapping

Dream Tapping

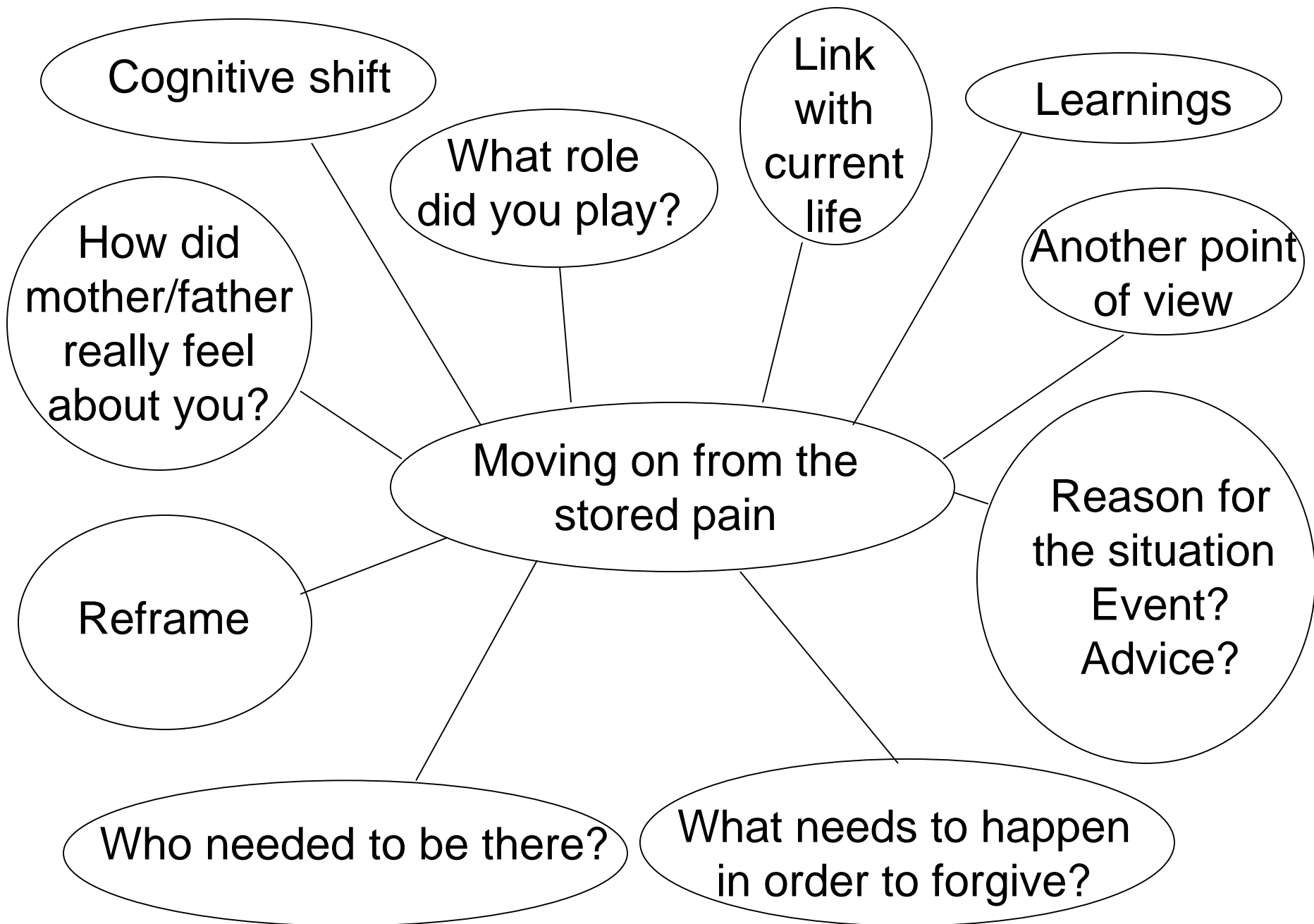
Working with the inner child

- The origin of an issue
- Gets stored as inner pain
- Beliefs get formed and act out
- Allows an issue to be resolved



Clearing the stored pain

- Tapping on the inner child (ECHO)
- Movie technique
- Continuous tapping
- Submodalities
 - Images: pictures
 - Sounds: voices
 - Feelings: emotions, sensations
- Ask the inner child and tap



Emotional freedom at all levels

- Forgiveness
- New empowering belief
- Empowering feelings
- Test the future
- Engage the mind, body and spirit

Tapping with the Inner Child

- Imagining the Inner Child on your lap
- Having a dialogue with the Inner Child
- Allowing the child to empty out the stored pain
- Gaining the learning's about what happened
- Inviting a mentor to provide advice
- Creating a space for forgiveness – of other and self



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