

# Eft -Emotional Freedom Technique Acupressure, Color Breathing, Visualization for Healthy Mind, Body Clear Eyesight: Natural Vision Improvement (Paperback)



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## **EFT -EMOTIONAL FREEDOM TECHNIQUE ACUPRESSURE, COLOR BREATHING, VISUALIZATION FOR HEALTHY MIND, BODY CLEAR EYESIGHT: NATURAL VISION IMPROVEMENT (PAPERBACK)**

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Createspace, United States, 2011. Paperback. Book Condition: New. 252 x 204 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Color version. Black and white copy is available for lower price on. 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's, 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...

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