

New! **Inside: All's Well Page 16**
 This month New Spirit Journal is very pleased to announce the addition of our new health column. It is being written by Moira Fitzpatrick who is both a naturopath and a psychologist. In "All's Well - Health for Body, Mind, Spirit" she will write about the multifaceted aspects of wellness.

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FREE

The Emotional Freedom Technique

A bridge to the land of personal peace

by Judith Campanaro



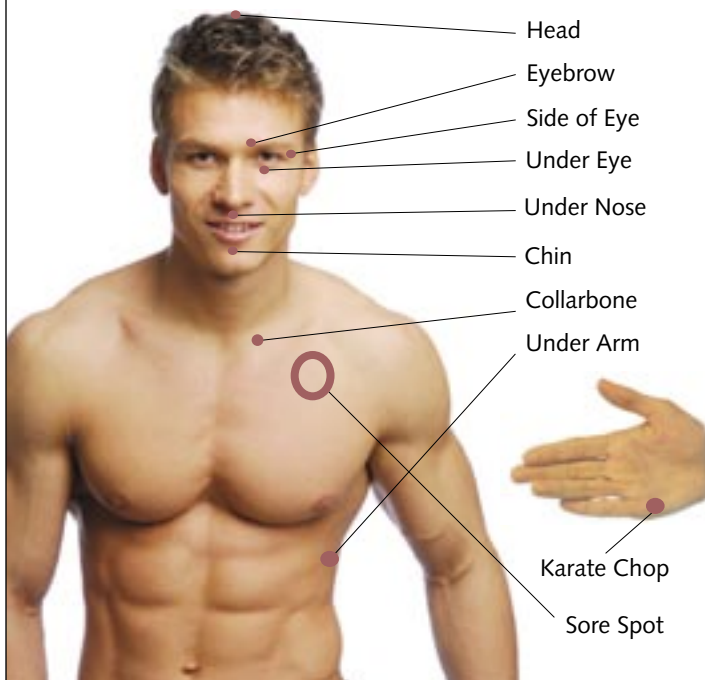
Dave Duran, Dena Przybyla, and Cindy Wright use the Emotional Freedom Technique (EFT) in their practices. They say it is amazingly effective and simple to use. Clients say it helps them make changes more quickly and easily.

Opening Yourself to Expect Magic and Miracles in Life

Setup/Reversal Statement

Repeat this statement three times while tapping the sore spot: "Even though I don't naturally expect magic and miracles in my life, I unconditionally love and accept myself."

EFT TAPPING POINTS



Reminder Phrase

Tap all eight points with this statement: "I don't have faith that magic and miracles could be a natural part of my life."

Now tap each point with the corresponding statement:

- Eyebrow: what you see is what you get in life.
- Side of eye: there's no such thing as magic or miracles.
- Under eye: they're just an illusion.
- Under nose: I can't have faith in imaginary things like that.
- Chin: it's not worth my time and energy.
- Collarbone: I only trust what I can see and touch.
- Under arm: I have doubts about magic and miracles and things that aren't tangible.
- Head: although part of me wishes they were real.

Moving into the positive, tap each point again with the corresponding statement

- Eyebrow: maybe magic and miracles are possible in life.
- Side of eye: I've heard stories of amazing things happening to other people.
- Under eye: maybe I've just been too closed off.
- Under nose: I choose now to change my beliefs about magic and miracles.
- Chin: and develop an expectation for amazing developments in my life.
- Collarbone: wonderful experiences I couldn't have imagined or predicted.
- Under arm: magic and miracles in every area of my life
- Head: are now a natural part of my experience.

Tapping in the positive – tap all eight points with this statement:

I naturally expect and attract magic and miracles into my life all the time!

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