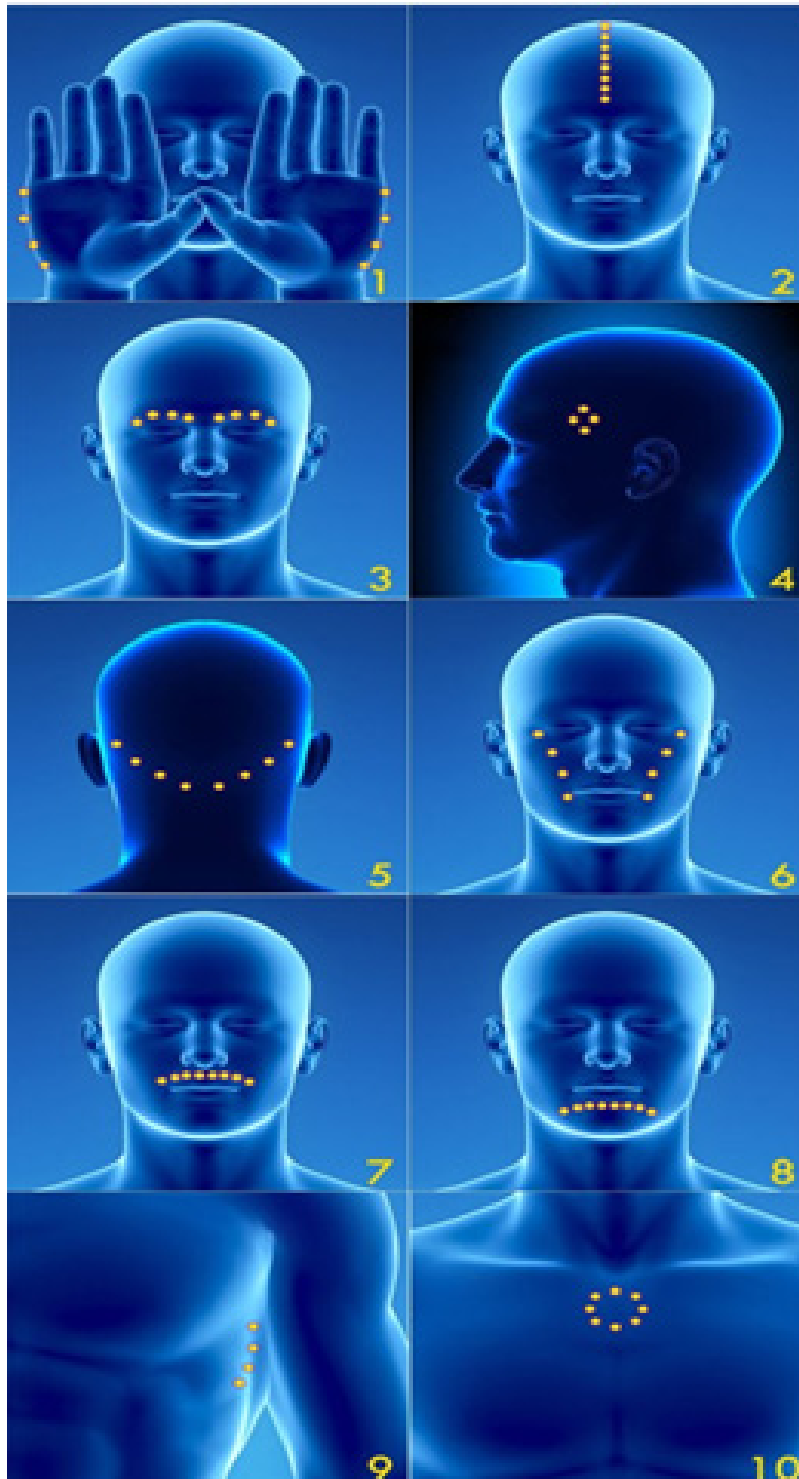




EFT-X
Emotional Freedom
Technique Xtra!

Here Are the 10 Points Used in the EFT X Process:





Tapping these specific acupuncture points stimulates the receptors on your skin. These receptors respond to mechanical forces by transferring signals from the sense organs to the respective nerve centres of the brain.

When you recall an emotional stressor and begin tapping these acupuncture points, signals are sent to your brain and the neural pathways associated with this emotional stress are disrupted and changed.

Neurochemical endorphins are released, and the stress signals are diffused and re-imprinted so that the pathways cannot be activated in the same way again.

Your endorphins are 27 times more powerful than morphine!



In The Gamma Mindset Full Program you have 6 EFT-X Video Sessions and 2 Free Flow EFT-X Audios.

1. Clearing Fears and Blocks about Change
2. Eliminating Self Doubt
3. Clearing Fears and Blocks about Failure and Success
4. Clearing Fears and Blocks about Achieving Your Goals
5. Clearing Fears and Blocks about Money and Wealth
6. Eliminating Anxiety.
7. EFT-X Free – Flow Audio.
8. EFT-X Ultra Audio.

The 6 videos are self-explanatory follow long sessions.



EFT-X Free-Flow Guidance:

The EFT-X Free-Flow guided audio is the same process, but the only guidance is through the tapping points. This allows you to focus on, think about, say out loud, or whatever you need to do to really associate with the issue/problem that you have and want to clear.

You will hear me say:

‘OK think about whatever that stressor is, that feeling, that emotion, that state of being, that is stressing you, think about what happened, who was involved, feel that feeling in the body as much as you can. Let’s clear this now...’

I then guide you through the process.



EFT-X Ultra Guidance:

EFT-X Ultra is the same as the EFT-X Free Flow only it's a longer session which guides you through the process 5 times.

You can clear any specific fear, self-doubt, anxiety, not feeling good enough, worthy etc with the EFT-X Free Flow and EFT-X Ultra Sessions.