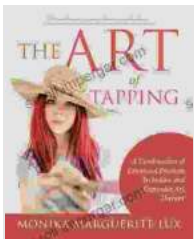


# Unleash Your Inner Healing Power: The Transformative Combination of Emotional Freedom Technique and Expressive Art Therapy

Are you ready to embark on a profound journey of emotional healing and creative self-discovery? The groundbreaking combination of Emotional Freedom Technique (EFT) and Expressive Art Therapy offers a revolutionary approach to transform your life from within. This article will delve into the transformative power of this unique synergy and guide you towards a deeper understanding of its profound benefits.



## The Art of Tapping: A Combination of Emotional Freedom Technique and Expressive Art Therapy

by Monika Marguerite Lux

★★★★★ 5 out of 5

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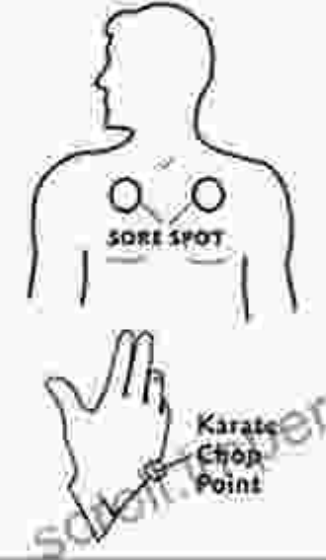



## Emotional Freedom Technique (EFT): Tapping into Your Inner Healer

Emotional Freedom Technique, also known as "tapping," is a powerful energy psychology technique that harnesses the body's meridian system to

release emotional blockages. By gently tapping on specific acupressure points while focusing on the emotional issue, EFT helps to dissolve negative emotions, reduce stress, and restore emotional balance.

**EFT™ TAPPING PROCEDURE (The Basic Recipe)**

<b>#1...The Setup</b>	<b>#2...The Sequence</b>	<b>#3...The 9 Gamut</b>
<p>11 Repeat 3X Even though I have this _____ (problem), I deeply &amp; completely accept myself. 22 While continuously rubbing the "Sore Spot" or tapping the "Karate Chop" point:</p>	<p>Tap about 3X on each point:</p> 	
<p><b>The Sore Spot/ Karate Chop Point</b></p> 		<p>Tap the 9 points while saying the GAMUT POINT symmetrically:</p> <ol style="list-style-type: none"> <li>11. Eye-point</li> <li>2. Ear-point</li> <li>3. Back of head (ear-side) (head-point)</li> <li>4. Front back (ear-side) (head-point)</li> <li>5. 5th digit (pinky)</li> <li>6. Back of hand</li> <li>7. Wrist</li> <li>8. Palm</li> <li>9. Fingers</li> </ol> <p><b>#4...Repeat (#2) The Sequence</b></p> <p>Repeat the sequence made of tapping on the Sore Spot or on "Don't Worry! It'll All Work Out!" or the "Karate Chop" point. You'll be "REALLY" feeling it in a minute or two!</p>

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## Expressive Art Therapy: Unleashing Your Artistic Healer

Expressive Art Therapy utilizes creative expression as a therapeutic tool to facilitate emotional healing and personal growth. Through painting, drawing, sculpting, dancing, or any other form of art, individuals can safely explore their inner world, process difficult emotions, and gain insights into their subconscious mind.



## **The Synergistic Power: EFT and Expressive Art Therapy United**

When Emotional Freedom Technique and Expressive Art Therapy are combined, their effects become exponentially amplified. EFT gently releases emotional blockages, creating a space for deeper emotional healing and self-awareness. Expressive Art Therapy then provides a safe and expressive outlet for the emotions that have been stirred up, allowing for a profound integration and understanding of the emotional experience.

This synergy enables individuals to:

- Process and heal from emotional trauma and stress
- Resolve deep-seated emotional patterns and beliefs
- Enhance emotional intelligence and self-awareness
- Foster creativity and self-expression
- Promote overall well-being and resilience

### **Case Study: A Journey of Transformation**

Sarah, a young woman struggling with anxiety and depression, embarked on a journey of healing using this transformative combination. Through EFT, she gently tapped away at the emotional roots of her anxiety, releasing pent-up emotions and negative self-beliefs. Simultaneously, Expressive Art Therapy provided her with a creative outlet to explore and express her inner feelings. Sarah painted vibrant abstracts that symbolized her emotional struggles and triumphs, gaining a deeper understanding of her own inner landscape.

Over time, Sarah noticed a profound shift within herself. Her anxiety and depression gradually dissipated, replaced by a newfound sense of peace and self-acceptance. She discovered hidden strengths and developed a deep connection with her own creativity. Sarah's journey serves as a testament to the transformative power of this holistic approach.

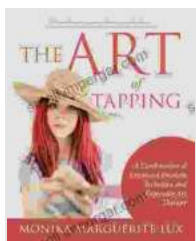
### **Empowering You on Your Healing Journey**

If you're ready to embark on a path of deep emotional healing and creative self-discovery, the combination of Emotional Freedom Technique and Expressive Art Therapy can be your transformative guide. By tapping into the power of both modalities, you'll cultivate a deeper understanding of

your emotional world, dissolve emotional blockages, and unleash your creative potential.

Embrace the transformative power within you. Free Download your copy of the book, "Combination of Emotional Freedom Technique and Expressive Art Therapy," today and begin your journey towards emotional healing, creative expression, and personal growth.

Unlock the transformative power of this unique synergy and embark on a journey of profound healing and self-discovery!



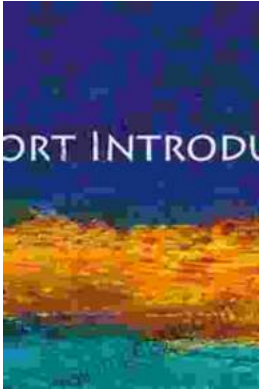
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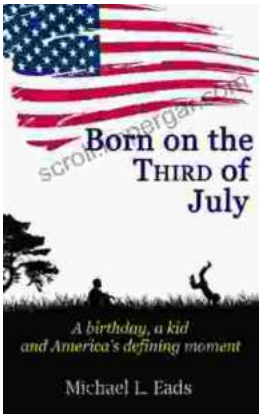
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