

LiberatingTouch-EFT (Enlightening, Effective Emotional Freedom Techniques) Sequence for Experiencing Freedom and Love in the present moment

1. What am I attached* to in this moment?

*What am I holding on to? Clinging to? Feeling needy about?

*What is upsetting / affecting me? *What am I resisting/ avoiding/ denying?

Rub your chest area (Tender area) gently, while articulating all that you feel attached to at the moment...and **then firmly touch** all the body energy areas as illustrated while tuning into the related the body-mind sensations.

For example: This turmoil about my finances, annoyance with my parents, shame about my weight, guilt, sadness about my addiction, worry about my children etc. The sensation I am experiencing is like a mental fog, is discomfort in my tummy, is constriction in my chest.

2. **I allow myself space to breathe and notice my reactions to this attachment.** I give myself some space to breathe. I allow some space for clarity, understanding and love (Detachment). Rub your chest area (Tender area) gently while saying **I allow myself space to breathe and simply BE with this now**

Touch the body energy points while repeating alternately until you feel you have space from the issue. You may need to do this a few times, you may receive deep insights and you will know when this step is complete as your breathe will deepen.

This attachment, the origins of this attachment

Space to breathe, Simply Be,

Detachment, Loving Awareness

Allowing Love, Simply noticing,

3. What do I really really want now? What do I desire now?

Rub your chest area (Tender area) gently, while articulating what you truly desire now

For example: I want to feel happy, I want to feel contented, I want to feel fit and flexible, I want to feel wealthy, I want to feel capable, I want to feel self confident, I want love, I want money, I want peace, I want freedom...

Hold the areas illustrated while repeating,

This desire

I align my vibration with the realisation, understanding and release of this desire

I acknowledge, honour and bless this desire

I liberate this desire and am open to all possibilities of love and freedom

4. I am free again, Open to Love, Truth, Freedom

Rub your chest area (Tender area) gently, while repeating, **I am free again, I am open to Love, Truth, Freedom**

Hold the little finger and repeat, Allowing All Possibilities, Allowing Effortless Transformation

Hold the ring finger and repeat, Releasing any tension, stress or body-mind tightness with my breath

Hold the middle finger and repeat, I am Opening to Peace, Love, Truth and Freedom

Hold the Index finger and repeat, I am Healing the mind and Liberating the Heart

Hold the thumb and repeat, **I am free from anxiety and stress I am open to Love**

Check in, how are you feeling now? You can do this as many times as you want to experience a deep level of detachment, inner connection, possibility and profound love.

