# Embrace 10 Healing EFT Affirmations For Cancer Transcript

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## Introduction to EFT for Cancer Support

Well, hello, everybody. This is Dr. Karlfeldt. And we are going to talk a little bit about some things called for an EFT is a technique that I usefor a lot of my cancer patients, not only cancer patients, but it's utilizing a different specific tapping technique where you tap on different acupressure points to can I enhance the energy of the body while you're then dealing with the stress factor or while also saying something positive?

So you can do it. Do it either way. And I wanted to kind of go through this with you today. And, in fact, we're going to go through things that focuses more on kind of the emotional, spiritual support in regards to cancer.

And because everything in your body is the frequency. And if we can then correct the energy that is within you, how you view things, and that will then impact your immune system.

It will impact a inflammation that will impact how your hormones function. It will it can make the difference between life and death. So it is a very simple technique that you can use any time you can use it in your car, in your home, at work.

## How EFT Tapping Works

What I tell my patients, Bruce, this along your face and you've probably done it too much and you might need to calm down a little bit, but let's just kind of go through what it looks like, that technique in itself.

So you start done with, you know, you say even though and then and you cannot chop on this call a karate chop point and tap there and say even though and you fill in the blanks there with the statement.

So right now there are ten different statements that I want us to kind of focus on. So it'd be good for you to go through this process and you can go through it every day and it's just ten phrases and you go through each phrase one time using them for you.

That which stands for emotional freedom technique. So you go right here and the first one is going to be focused on acceptance and presence. Yeah. In regards to what you're dealing with with cancer.

But it can be any kind of diagnosis. It doesn't have to be cancer, it can be anything can be applied in any which way. So you go right here. Even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal again.

And we repeat that phrase three times. You know, even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal.

Even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal. And as good as you're doing this, to really kind of feel the emotion, the more you can kind of connect with what you're saying and really feel it, that even better, you know?

## Acceptance and Presence

And then you go and after you do that, you know, the kind of the pattern is going to be beginning of the eyebrow and the eyebrow and then the eyes top and bottom lip, then kind of right underneath the collarbone, kind of that hollow space and then bra strap points.

You know, I can either do like this or it can look like a little monkey doing like this either way. But it's kind of on that bra strap point, right, right here that you want to do it.

So now we've done this three times and then we go, even though I have this diagnosis, I completely, a deeply and completely accept myself and trust in my body's ability to heal.

Even though I have this diagnosis, I'd be blind, completely accept myself and trust in my body's ability to heal. So I'm hope you're doing this with me.

Even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal. Even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal.

Even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal. Even though I have this diagnosis, I deeply and completely accept myself and trust in my body's ability to heal.

And then we want to go to a strength and resilience. Yeah, you go. Even though I am strong, resilient and capable of facing this challenge, every cell in my body is working towards my healing.

I still love and accept myself fully and completely, even though I am strong, resilient and capable of facing this challenge. Every cell in my body is working towards my healing.

## Strength and Resilience

I still love and accept myself fully and completely, even though I'm strong, resilient and capable of facing this challenge. Every cell in my body is working towards my healing.

I still love and accept myself fully and completely. I am strong, resilient and capable of facing this challenge. Every cell in my body is working towards my healing.

I'm strong, resilient and capable. Facing this challenge, every cell in my body is working towards my healing. I'm strong, resilient and capable of facing this challenge.

Every cell in my body is working towards my healing. I am strong, resilient and capable of facing this challenge. Every cell in my body is working towards my healing.

I am strong, resilient and capable of facing this challenge. Every cell in my body is working towards my healing. I am strong, resilient and capable. Facing this challenge, every cell in my body is working towards my healing.

And then we go to love and nourishment. Even though I surround myself with love and support every tap nourish my body and soul, I still love and accept myself fully and completely.

So can be be formless even though fill in the blank. I still love and accept myself holding completely. And you can do that for anything. Yeah. Even though I have anxiety, I still love and accept myself full and completely.

And whatever you fill in the blank, that is what you will use as your tapping down on the these. I have anxiety. I have anxiety as you're tapping on this, these different pressure points.

So right now, loving nourishment. So even though I surround myself with love and support, every tap nurses, my body and soul, I still love and accept myself fully and completely.

## Love and Nourishment

Even though I surround myself with love and support, every tap nourishes my body and soul. I still love and accept myself fully and completely. And then I surround myself with love and support every tap, nourish my body and soul.

I surround myself love and support. Every tap nourishes my body and soul. I surround myself with love and support. Every tap nourishes my body and soul.

I surround myself with love to support every tap nourish my body and soul. I surround myself with love and support. Every tap nourishes my body and soul.

I surround myself with love and support. Every tap nourishes my body and soul. And then we go to gratitude and positivity. So even though I'm grateful, the strength I find within myself every day and the love that surround me, I still love and accept myself fully and completely, even though I'm grateful for the strength I find within myself every day and the love that surrounds me.

I still love and accept myself fully and completely, even though I'm grateful for the strength I find within myself every day and the love that surrounds me.

I still love and accept myself fully and completely. I'm grateful for the strength I find within myself every day and the love that surrounds me. I'm grateful for the strength I find within myself every day and a love that surrounds me.

I'm grateful for the strength I find within myself every day and the love that surrounds me. I'm grateful for the strength to find within myself every day and the love that surrounds me.

I'm grateful for the strength I find within myself every day and the love that surrounds me. I'm grateful for the strength I find within myself every day and the love that surrounds me.

And then we'll go to faith and hope.

## Gratitude and Positivity

So even though every moment brings new hope, I have faith in my journey and the healing process. Even though every moment brings new hope. I have faith in my journey and the healing process.

Even though every moment brings new hope. I have faith that my journey and the healing process every moment brings new hope. I have faith in my journey and the healing process.

Every moment brings new hope. I have faith that my journey and the healing process, every moment brings new hope. I have faith in my journey and the healing process.

Every moment brings new hope. I have faith in my journey and the healing process. Every moment brings new hope. I have faith in my journey and the healing process.

Every moment brings new hope. I have faith in my journey and the healing process. And then we do release it and release and let go. So even though I release all fears, uncertainty and stress, I invite peace and calm into my heart.

I still love and accept myself fully and completely, even though I release all fear, uncertainty and stress, I invite peace and calm into my heart. I still love and accept myself full and completely, even though I release all fear, uncertainty, a stress, I invite peace and calm into my heart.

I still love and accept myself holding completely. I release all fear, uncertainty and stress. I invite peace and calm into my heart. I release all fear, uncertainty, stress.

And by peace and calm into my heart, I release all fear, uncertainty, stress. I invite peace and calm into my heart. I release all fear, uncertainty and stress.

And by peace and calm into my heart, I release all fear, uncertainty and stress Same by peace and calm into my heart. I release all fear, uncertainty and stress.

## Faith and Hope

I'm by peace and calm into my heart. And then we go into trust and patience. Even I trust in the wisdom on my

body. Healing is a process and I'm patient with myself.

I still love and accept myself fully and completely, even though I trust in the wisdom of my body. Healing is a process and I'm patient with myself. I still love and accept myself fully and completely, even though I trust in the wisdom of my body.

Healing is a process and I'm patient with myself. I still love and accept myself fully and completely. I trust in the wisdom. My body healing is a process and I'm patient with myself.

I trust in the wisdom of my body healing is a process and I'm patient with myself. I trust in the wisdom of my body. Healing is a process and I'm patient with myself.

I trust in the wisdom of my body healing is a process and I'm patient with myself. Healing I trust in the wisdom on my body. Healing is a process and I'm patient with myself.

I trust in the wisdom. My body healing is a process and I'm patient with myself and then want to go for growth and learning. Even though this journey takes me and teaches me more about myself, I grow stronger and wiser each day.

I still love and accept myself fully and completely.

## Release and Let Go

Even though this journey teaches me more about myself, I grow stronger, wiser each day. I still love and accept myself fully and completely. Even though this journey teaches me more about myself, I grow stronger and wiser each day.

I still love and accept myself full and completely and go right here. This journey teaches me more about myself. I grow stronger and wiser each day. This journey teaches me more about myself.

I grow stronger and wiser each day. This journey teaches me more about myself. I grow stronger and wiser each day. This journey teaches me more about myself.

I grow stronger and wiser each day. This journey teaches me more about myself. I grow stronger and wiser each day. This journey teaches me more about myself.

I grow stronger and wiser each day. And then we focus on harmony and balance. And even though I bring balance and harmony to my mind, body and spirit together, they work towards my well-being.

I still love and accept myself full and completely, even though I bring balance and harmony to my mind, body and spirit together. They work towards my well-being.

I still love and accept myself fully and completely, even though I bring balance and harmony to my mind, body and spirit. Together, we work towards my well-being.

## Trust and Patience

I still love and accept myself full completely. I bring balance and harmony to my mind, body and spirit. Together. They work towards my well-being. I bring balance and harmony to my mind, body and spirit.

Together, they work towards my well-being. I bring balance and harmony to my mind, body and spirit. Together. They work towards my well-being. I bring balance and harmony to my mind, body and spirit.

Together, they work towards my well-being. I bring balance and harmony to my mind, body and spirit. Together, they work towards my well-being. I bring balance and harmony to my mind, body and spirit.

Together, they work towards my well-being. And then for the last one, as support and unity, which is crucial. Even though I'm not alone on this journey, I'm supported, love and guided every step of the way.

I still love and accept myself fully and completely. Even though I'm not alone on this journey. I'm supported, loved and guided every step of the way.

I still love and accept myself fully and completely. Even though I'm not alone on this journey. I'm supported, loved and guided every step of the way.

I still love and accept myself fully and completely. I'm not alone on this journey. I'm supported, loved and guided every step of the way.

## Growth, Balance, and Support

I'm not alone on this journey. I'm supported, loved and guided every step of the way. I'm not alone on this journey. I'm supported, loved and guided every step of the way.

I'm not alone on this journey. I'm supported, loved and guided every step of the way. I'm not alone on this journey. I've supported, loved and guided every step of the way.

I'm not alone on this journey. I'm supported, loved and guided every step of the way. This is a powerful technique. And so I hope you did this with me.

This is something that you can actually you know, this this video you can replay and we can do it. We can do it every day together until you have it down.

And as I said, you can do it anywhere. Can and you can actually if you don't want to say it out loud, you may be in a in a social setting that you really can't you can just cannot think the words.

But what's really important is to bring out try to bring as much energy into it so you really feel it. So thank you so much for doing this with me and I hope I hope your face is not too sore right now.