Emotional Freedom Tapping (EFT) for Cancer Healing Transcript

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Well. Hello everybody is Doctor Karlfeldt and we are going to talk a little bit about something called EFT. And f. T is a technique that I use for a lot of my cancer patients, not only cancer patients, but it utilizing a different specific tapping technique where you tap on different actor pressure 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. 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 a 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 or will impact a it will impact how your hormones function.

It will it can make the difference between life and death. So EFT is a very simple technique that you can use anytime. You can use it in your car, in your home, at work.

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, the technique in itself.

So you start then with, you know, you say even though and then you and you kind of chop on this, call it karate chop point and tap there. And you say, even though and you fill in the blank 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.

EFT, 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, you know, what you're dealing with 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.

And then you go after you do that, you going to kind of the pattern is going to be beginning of the eyebrow and or the eyebrow under the eyes, top and bottom lips, 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. So 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 I deeply, completely accept myself and trust my body's ability to heal.

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

Even though I have this diagnosis, I deeply, completely accept myself and trust my body's ability to heal. And then we want to go to a strength and resilience.

You know, you go even though I am strong, resilient and capable of facing this challenge, every cell my body's working towards my healing. I still love and accept myself fully and completely, even though I'm strong, resilient and capable of facing this challenge.

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

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

Every cell my body's working towards my healing. I'm strong, resilient, and capable. Facing this challenge. Every cell is in. My body's working towards my healing.

I'm strong, resilient, and capable of facing this challenge. Every cell my body's working towards my healing. I am strong, resilient and capable of facing this challenge.

Every cell my body's 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. 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 falling completely. So kind of the the formless.

Even though fill in the blank, I still love and accept myself building completely. And you can do that for anything. You know, even though I have anxiety, I still love and accept myself holding completely.

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

So right now love and nourishment. So even though I surround myself with love and support every type of nurses, my body and soul, I still love and accept myself falling completely.

Even though I surround myself with love and support. Every tap nourishes my body and soul. I still love and accept myself falling completely. And then I surround myself with love and support.

Every tap nurse 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. I surround myself with love and 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 surrounds me, I still love and accept myself falling 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. I'm grateful for the strength I find within myself every day and the love that surrounds me. I still love and accept myself full 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 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.

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

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

Even though I release all fear and certainly a stress, I invite peace and calm into my heart. I still love and accept myself falling completely. I release all fear, uncertainty and stress.

I invite peace and calm into my heart. I release all fear and certain and stress. I invite peace and calm into my heart. I release all fear and certainly stress.

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

I invite peace and calm into my heart. I release all fear, uncertainty and stress. I invite peace and calm into my heart. And then we go into trust and patience.

Even I trust in the wisdom of my body. Healing is a process and I'm patient with myself. I still love and accept myself falling 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 full 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 falling 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 of 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, it teaches me more about myself.

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

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

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

I'm supported, love 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 in 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 in 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. You know, we can do it every day together until you have it down.

And and as I said, you can do it anywhere can. And you can actually, you know, 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 kind of think the, the, the words. But what's really important is to bring, try to bring us much energy and into it. So you really feel it.

So thank you so much for doing this with me. And I hope, hope, hope your face is not too so right now.