Emotional Freedom Tapping (EFT) For Cancer Healing Transcript

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Introduction to EFT and Energy Healing

Well. Hello, everybody. This doctor Karlfeldt, and we are going to talk a little bit about some things called EFT. And EFT is a, technique that I use for 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 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 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, that will then impact your immune system. It will impact, inflammation.

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

You can use it in your car, in your home, at work. What I tell my patients, Bruce, this along your face, and you 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.

How to Perform the Tapping Technique

So, you start then with, you know, you say even though. And then you and you kind of chop on this, called a 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 be good for you to go through this process and you can go through it every day. And it's these ten phrases, and you go through each phrase one time, you know, using then EFT, that which stands for Emotional Freedom technique.

So you go right here and the first one is going to be focus 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, you know?

And then you go, after you do that, you know, the kind of the patterns 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.

Acceptance and Trust in Healing

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, deeply, completely accept myself and trust in my body's ability to heal.

Even though I have this diagnosis, I people incompletely 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 come 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 falling completely, even though I'm strong, resilient, and capable of facing this challenge, every cell of my body is 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 in my body is working towards my healing.

I still love and accept myself falling 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 am strong, resilient and capable of facing this challenge.

Every cell in my body's working towards my healing. I am strong, resilient and capable.

Strength, Resilience, and Self-Love

Facing this challenge, every cell of 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 falling completely. So can I be be formless even though fill in the blank, I still love and accept myself falling completely.

And you can do that for anything. Yeah, even though I have anxiety, I still love and accept myself falling completely. And whatever you fill in the blank, that is what you will use as you're tapping down on the this.

You know, I have anxiety, I have anxiety, what else 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 tap nurse is 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.

Gratitude, Hope, and Release

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 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 with 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.

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.

Patience, Growth, and Balance

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 falling completely. Even though I release all fear, uncertainty of 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, uncertainty of 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.

I invite peace and calm into my heart. I release all fear, uncertainty and stress signed by peace and calm into my heart. And then we going to 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 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 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 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, 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.

Support, Unity, and Closing Encouragement

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 fully 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 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 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 full and 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 full and completely. I'm not alone on this journey.

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

I've 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. 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 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, you know, try to bring as 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 sore right now.