

**EFT**  
**New Age Therapies**

**Is It Possible To Feel Confidently  
De-stressed In Minutes?**





Do you feel tensed up and wish you could just let it all out?

Does acting the confident capable person put you under stress, or do you just want to a quick pick-me-up for now?

Either way, taking off some stress is always a good thing.

This simple actionable advice is not designed to make you irresistibly attractive, the best public speaker ever, or a millionaire in 2 hours flat 😊

It is definitely designed as real advice on exactly how you can take one step forward now.

**#1** Place both hands on your chest, take three gentle breaths and release all the pressure. Set your intention for EFT acupressure to help you de-stress.

**#2** Tap the top of your head continuously at the center of your head (the crown) and breathe in and out gently and slowly. If you cannot reach the center of our head, leave it out. Easy.

**#3** Tap your forehead (third eye point) gently and continuously with the intention of de-stressing or just to feel better. Then take a gentle slow breath in and out.

**#4** Tap your eyebrow just beside your nose and take a gentle, slow, small breath in and out, with the intention to de-stress. Tap gently with a feather touch and relax. You can choose to use one hand or both hands.

**#5** Tap with one hand or both just on the side of the eye and slowly and gently breathe in and out.

**#6** Repeat under the eye. Then under the nose.

**#7** Next you can tap just beneath our lips where there is a horizontal line then gently, slowly, take a small breath in and out.

**#8** You can tap one side of the V beneath your neck. Tapping can be done with one hand or both while you gently breathe in and out.

**#9** Next tap the side of your thumb, index finger, middle finger, ring finger, and the little finger respectively, and then move softly towards the side of your hand, taking small slow breaths, in and out through the nose if you can.

**#10** Next place both hands on your chest and take three gentle breaths; now you can stretch, shake your arms and legs, wiggle your toes, whatever works to improve energy flow.

Go ahead and give it a try! Have a look at the video and tap along.

Onwards and forwards,

*Suzanne Zacharia*

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PPS – Enjoy!

PPPS – If you haven't already, go ahead and give it a try!