

Title:

Whining Your Way To Health, Happiness & Prosperity With EFT

Word Count:

882

Summary:

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Having a good attitude. Seeing the bright side to everything. Life's hard enough as it is and

You know, emotions build up. Or should I say, energies build up. And up. It is just like a pre

Keywords:

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Article Body:

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Of course, the reason for this is a blockage in the energy system, a stopper in the flow that

The classical EFT effect, if you will.

But here's our special application - whining.

Whining is an activity to *express* backed up emotions just as much as a panic attack or a tem

Here, we are talking about blockages not in the "life-and-death" systems of the energy body bu

Even so, when the pressure gets too bad something has to be done and then we whine - about the

Interestingly, if people were allowed to whine more frequently to their partners, their co-wor

We soon learn that whining is NOT how to make friends and influence people (other than to walk

What happens to the unexpressed pressure build up which could have been released with a jolly

Well of course, it will have to be *expressed* *somehow* - in other and possibly more damaging

So I have decided that whining is indeed, healthy and should be seriously tackled on a regular

Hopefully, we can use EFT as we whine to actually target and unblock the energy flow which *ca

So, and without any further ado, here is:

The EFT Whining Protocol

1. When the time is right, with or without another, sit down with an EFT protocol to hand.

2. Think about something that really annoys you about your life.

Please note we are not talking about major past issues of trauma and abuse in this case, but s

Example. "Ok, about my wife. She *really* gets on my nerves. Always wanting to watch TV, can't

3. As you whine, you tap. You may tap randomly or intuitively, or simply just tap the whole row.

Please note: The tapping tends to get faster as you get into the whine. That's alright and a normal part of the process.

4. Continue until you:

- a) run out of things to tap on;
- b) feel lots better;
- c) start laughing;
- d) have somehow forgotten what you were tapping on.

To sum up:

Whining is a natural human activity that denotes the need for an energy release. In and of itself, whining is not a problem.

However, when the activity of whining is paired with the release and un-blocking effects of EFT, it becomes a powerful tool for emotional release.

The EFT Whining Protocol is thereby fully recommended as a prophylactic measure and method for emotional release.

Seriously.

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