



RELAX

letter

HANDWRITTEN FONT

Relaxation Letters

DP Hallahan



Relaxation Letters:

The Relaxation Letters Audrey Burns Ross, 1993 *EFT -Emotional Freedom Technique and Acupressure, Color Breathing, Visualization for Healthy Mind, Body and Clear Eyesight* Clark Night, 2011-03-06

Color version EFT is an Easy Type of Chinese Acupressure Puncture without Needles or Hard Pressure EFT is applied by TAPPING activating energy points meridians on in the body with the fingertips Tapping removes energy blocks stuck stagnant energy orients polarizes corrects balances and strengthens the energy flow in the body through the Meridians Energy Pathways Energy Points Chakras Nervous System Electric Chi and other Energies Physical and Spiritual Tai Chi Qi Gong Karate Energy Control Methods are related to EFT EFT removes negative destructive emotions thoughts feelings stress from the mind brain system by correcting energy flow The body s energies flow correct and strengthen EFT balances and improves function of the left and right brain hemispheres This produces good health clear eyesight Neck chest shoulder eye muscle tension stiff infrequent eye shifting movements headaches strain in the mind brain negative unhappy past present thoughts emotions experiences blocked energy flow lowered liver kidney health staring squinting cause unclear eyesight Negative destructive thoughts emotions worry are a common cause of mental strain back chest shoulder neck eye muscle tension and unclear eyesight Lowered eyesight increases worry mental strain which then increases the body neck eye muscle tension Eye function is impaired Light rays focus incorrect in the eye Circulation to in the eye lowers Vision is more unclear EFT Nutrition Natural Eyesight Improvement corrects these conditions Blocked energy experienced during a stressful event happens first before the negative emotions occur and locks them into the mind body Negative thoughts emotions maintain blocked energy flow Removing blocked energy first results in removal of the negative emotions thoughts feelings and often brings instant clear eyesight As EFT Tapping removes energy blocks corrects the energy flow resulting in removal of negative emotions thoughts feelings the person can then place positive constructive thoughts into the mind system think feel in a positive constructive way about the past or present stressful event Positive thoughts emotions help to correct and strengthen the body s energy flow Correct energy flow is now maintained Mental and physical health improve eye function returns to normal eyesight is 20 20 and clearer at all distances close and far Health of body organs systems improve as energy flows correct throughout the body EFT improves the function of the brain visual cortex left and right brain hemisphere activation integration This improves function of the brain with the eyes retina eye muscles and body Eyesight and mental physical health improve Memory imagination math science speech learning creativity art music skills all functions of the brain left and right hemispheres even the oldest deep survival areas of the brain improve This is a main treatment of Natural Eyesight Improvement 20 free PDF E Books Natural Eyesight Vision Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional up to

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Relaxation Letters Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Relaxation Letters**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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