



Faster EFT

(Emotionally Focused Transformations)

The Fast Track to
“Eliminate Emotional Blocks & Facilitate Healing”

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What the Experts are Saying...

"EFT offers great
healing benefits."

—Deepak Chopra



"EFT is easy, effective, and produces amazing results!"

Donna Eden, Author of numerous books on Energy Medicine and Co-Author of
"Promise of Energy Psychology"

"EFT is destined to be the top healing tool of the 21st century"

Cheryl Richardson, Author of "Stand Up for Your Life," "Take Time for Your Life,"
and "Life Makeovers"

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What Will Faster EFT Do For You?



EFT Tapping Techniques



Emotional Improvements

- Overcome Fears & Anxiety
- Emotional Self Management
- Resolution of Self-Doubts



Physical Improvements

- Improve Your Sleep
- Address Weight Concerns
- Conquer Addictions



Performance Improvements

- Optimize Your Vitality
- Dissolve Mental Blocks
- Strengthen Your Sports Performance

Eliminate Emotional Blocks & Facilitate Healing Quicker!

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So, What is Faster EFT?



- Faster EFT, like EFT Tapping, is a psychological acupuncture without the needles. It uses the same energy meridians as acupuncture. Stimulate certain points on those meridians by tapping with your fingertips, while vocalizing the problem at hand & expressing self-acceptance.
- Developed by Robert G. Smith, this new methodology is a collection of cutting-edge techniques and processes that integrate the most effective elements of EFT (Emotional Freedom Techniques), NLP (Neuro Linguistic Programming), BSFF (Be Set Free Fast), and spiritual understanding.
- Faster EFT addresses the entire mind body which includes what you think (beliefs) and how you process your thoughts along with your body's response.
- It is a self-empowering system that gives you control over your past, present & future.

A Quick & Simple Method of Reducing the Intensity of Traumatic Emotional Memories & Their Effects on Physical & Performance Issues.

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What is a Belief?



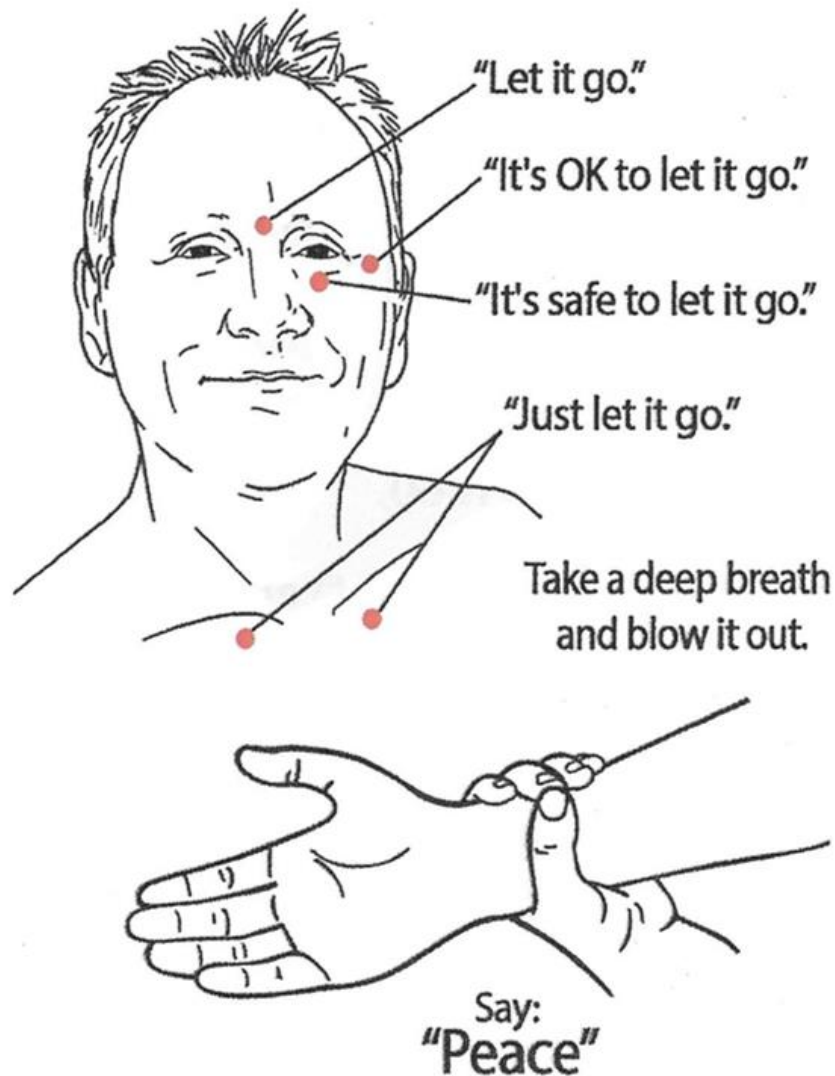
- A belief is an assumed truth.
- We create beliefs to anchor our understanding of the world around us.
- Once we have formed a belief, we tend to persevere with that belief.
- Therefore:
 - Beliefs are feelings (that can support our fears – of what???)
 - Everything we do (i.e., our behavior) is driven by how we feel.
 - Stress is the body's reaction to how we feel (i.e., influenced by our beliefs)

Faster EFT Provides a Healthy and Logical Belief System That is Easily Accepted — That Will Facilitate Your Healing!!

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Faster EFT Tapping Style



It's Fast, It's Simple, and Most Importantly, It's Effective!

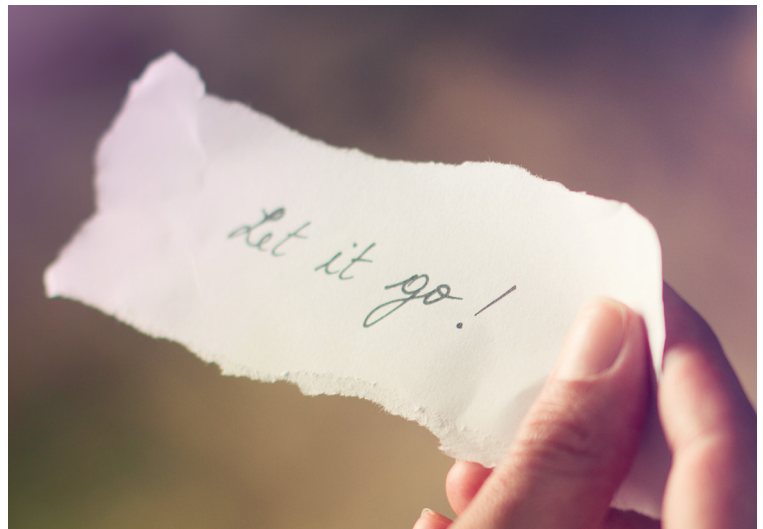
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Faster EFT Tapping Process

1. **NOTICE** how you **KNOW** and **FEEL** the problem (feeling, image, sound).
2. Start tapping on each point and **FOCUS** on the spots as you are tapping and SAY:
 "LET IT GO,
 It's safe to **LET IT GO.**
 It's OK to **LET IT GO,**
 Just **LET IT GO."**

 Or, you can just say, "LET IT GO"
3. **HOLD YOUR WRIST**, take a **DEEP BREATH** in, blow it out and **SAY "PEACE."**
4. Recall a **HAPPY MOMENT** and enjoy it.
5. Now, go **CHECK** the problem again.
6. **REPEAT** the process.
7. **KEEP TAPPING** on the memory until you change the meaning and turning it into a positive.



You Will Have a Simple Reference Sheet to Help You at Home!



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Serving Clients via Skype, Zoom or FaceTime
Please visit my website to schedule your remote sessions!