

Example EFT Exercise for Therapists:

1. Setup Statement:

- "Even though I may have doubts about my spiritual journey, I deeply and completely accept myself."

2. Tapping Rounds:

- Tap each meridian point (top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm) while repeating the following phrases:
 - "I release any doubts about my spiritual journey."
 - "I choose to trust in the unfolding of my spiritual path."
 - "I am open to receiving guidance and clarity."
 - "My spirit is resilient, and I embrace the journey."
 - "I am connected to a higher purpose."

3. Closing Statement:

- "I trust in the divine unfolding of my spiritual journey, and I am open to the wisdom it brings."