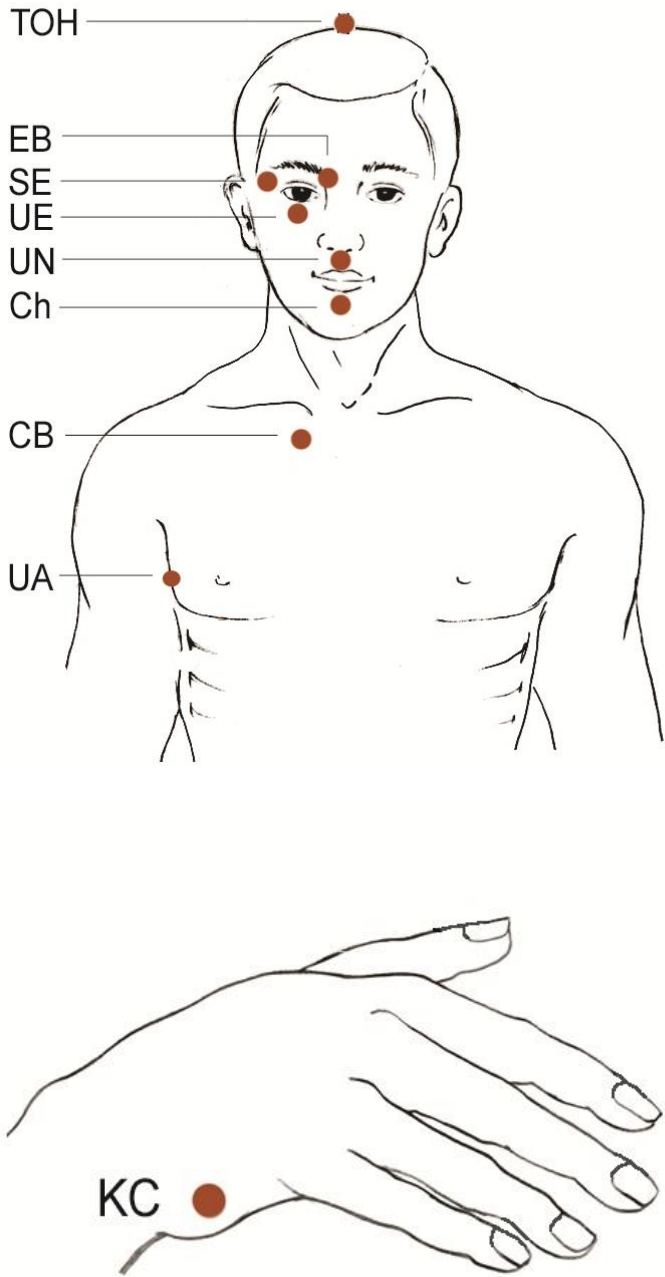


Meditation for Fear of Infectious Disease

Here's a tapping meditation from Dawson Church, PHD, Emotional Freedom Technique (EFT) Practitioner:



Fear of Infectious Diseases

From Dawson Church, PHD, EFT Practitioner - In January I was teaching an online workshop to people in China. It was disrupted by the coronavirus epidemic there.

As people panic worldwide, it's worth remembering that **a critical factor in whether or not you get sick is the strength of your immune system**. I've done a number of clinical trials evaluating levels of immunoglobulins. These are the molecules in our mucous membranes (mouth, nose, etc.) that guard against invading organisms including viruses and bacteria. Research shows that **positive emotions raise immunoglobulin levels** while negative emotions lower them. In one study, a combination of EcoMeditation and EFT tapping **raised immunoglobulins 113% in a week** (Groesbeck et al, 2019). I've made a **meditation** ("*Fear of Infectious Disease*") that incorporates the two methods, and **we are distributing it free to millions of people**. Here's the English version; it's also available in Mandarin, French, Spanish and German (from Support@EFTuniverse.com).

Link to YouTube video "*Fear of Infectious Disease*":

https://www.youtube.com/watch?v=JOYI6O_qaHM&feature=youtu.be

Please share it with your community and use it yourself!

Thanks,
Dawson Church



Dawson Church, PhD, EFT TRN-3
Northern California
support@EFTuniverse.com
www.eftrainer.com

What is EFT Tapping?

EFT means "Emotional Freedom Techniques" and is a **powerful self-help method** based on research showing that **emotional trauma contributes greatly to disease**. Clinical trials have shown that EFT tapping is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress.

Once the distress is reduced or removed, the body can often rebalance itself, and accelerate healing.

EFT uses elements of Cognitive Therapy and Exposure Therapy, and combines them with Acupressure, in the form of fingertip tapping on 12 acupuncture points. Tapping healing concepts are based on practices in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, Tapping is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power.

Over 100 papers published in peer-reviewed medical and psychology journals, including dozens of clinical trials, have demonstrated that EFT is effective for phobias, anxiety, depression, posttraumatic stress disorder, pain, and other problems.

To view a demonstration of the basic tapping technique, see ...

<https://www.eftuniverse.com/certification/dawson-church-phd>

or

<https://www.thetappingsolution.com/tapping-101/>