

Learning to focus

EFT TAPPING PRACTICE

Quantity vs Quality



OANA RATIU

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Thank you for downloading this practice!

On the next page you will find a brief summary of what EFT tapping is and how to use this downloadable practice so that you get the most out of the time you spend with yourself.

If you are new to this method, please take a few minutes to read the information shared here to enhance your practice.

You can find the free downloadable practices here: <https://www.oanaratiu.com/en/gift/>

Do you have any questions or comments? Feel free to reach out to me, I am here to support you: <https://www.oanaratiu.com/en/contact/>

Enjoy your practice!

Oana Ratiu

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REMINDER: EFT tapping is a stress-relieving, complementary method that does not replace a healthy lifestyle nor any medical diagnosis and treatment. Everyone can practice EFT tapping assuming own responsibility. Always use your better judgment; if you need a specialist, medical care or mental health support it is not a time to tap, it is a time to ASK FOR THE HELP YOU NEED!

Before you start practicing, make sure you read the Disclaimer >>

<https://www.oanaratiu.com/declaration.pdf>

What is EFT tapping and how does this practice work?

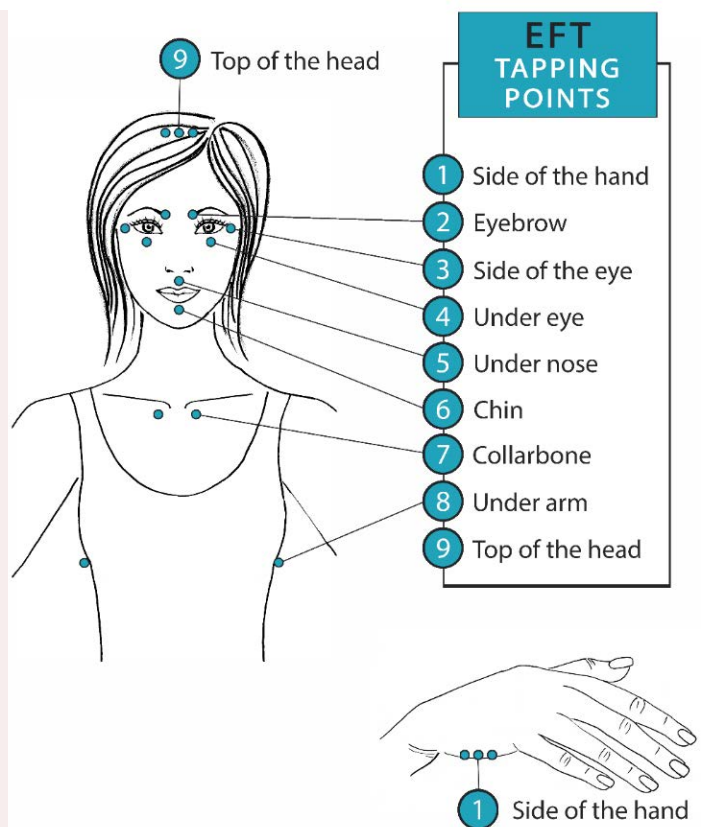
EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing these practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle method, but it is worth getting to know it in depth as well, as it has great value.

It is important to know that the practice below is worded in a general way so that it can be used in many different situations. You will see that there will be parts that fit your own story, but you may also find parts that are not true for you at all – feel free to replace these parts with your own words.

Try!

Touch the points shown in the picture on yourself, this will help you to memorize them faster. This is very useful, as you will come across them throughout the following pages.

When you do the practice, tap on one point at a time while you read the given sentence, then move on to the next point and sentence.



[Click here for larger picture! >>](#)

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PRACTICE DESCRIPTION

BLOG POST RELATED TO THIS PRACTICE

This thing called congruency

<https://www.oanaratiu.com/blog/congruency/>

PRACTICE TIME, ON AVERAGE:

8-10 minutes

RECOMMENDATIONS FOR YOUR PRACTICE:

If you have many tasks, or you are caught in a variety of actions simultaneously and somehow you never seem to get to the end of them, this practice will help you build your focus. It is helpful to learn how to truly focus, because if you get in the habit of dealing with one task at a time, you will finish your task in a shorter period of time, also your effectiveness and satisfaction will increase.

HOW TO START

Find a place and time when you can do the next practice undisturbed. Sit down comfortably, take three slow, deep breaths and imagine that for few minutes you let go of all your worries, thoughts and to do's

NOTE

The following tapping text starts from a negative state and moves toward the positive. At the beginning of the exercise, we tap on thoughts about the truth, about how we feel right now, so we recognize the existence of negative feelings.

Tapping does not make the negative feelings, thoughts stronger, but weakens and releases them, thus reducing stress and making space for positive thoughts, feelings, and solutions.

Tap on the side of your hand and say out loud or silently

Even though, I am so used to doing more things at the same time and I can hardly imagine to only focus on just one thing at a time, I still love and accept myself. *(Take a deep breath!)*

Even though, there are so many things happening at once, it is almost impossible to pay attention to only one thing at a time, I love and accept myself as I am now. *(Take a deep breath!)*

Even though, right now I still feel it is impossible to concentrate on just one thing at a time, when so much is going on and there are so many expectations around me, I still love and accept myself. *(Take a deep breath!)*

Tap on the points

Eyebrow:	My to do list is so long, I have no idea where to start
Side of the eye:	My mind is all over the place
Under eye:	I feel like I'm in 100 places all at the same time
Under nose:	I have to meet so many expectations
Chin:	The endless task list is so pressuring
Collarbone:	It is just impossible to concentrate on one thing at a time
Under arm:	Not when I have so many things to do
Top of the head:	What happens with all the other things on my list? Who will take care of those? I'll never be done with this list
Eyebrow:	I am getting tense, even at the thought
Side of the eye:	I look at the list of things to do, and I feel the pressure
Under eye:	I already feel like a tense ball, and I haven't touched anything yet
Under nose:	I feel this tension in my throat and, in my stomach
Chin:	What if I took a deep breath? <i>(Take a slow deep breath, and continue tapping)</i>
Collarbone:	What if I made a priority list?
Under arm:	Because I realized by now, that when I try multitasking, chances are that I am going to make some mistakes.
Top of head:	That's what I'll do. I'll write a priority list that will help me stay on track

Take a slow, deep breath and continue tapping!

Eyebrow: This list will help me to get a better overview of my day, and my tasks and this is something I really need
 Side of the eye: Even though my mind is still on overdrive
 Under eye: I am aware that it's its job to keep going and going
 Under nose: That's how it feels like it's doing the job it needs to do, and that's ok
 Chin: I love my mind, it supports me in so many ways
 Collarbone: Maybe I could just tame it a little
 Under arm: And it might even become my best friend
 Top of the head: I want my mind to become my best friend

Eyebrow: By working together and being in sync with my mind, I can achieve so much more
 Side of the eye: It may well be, that even my mind enjoys it when I am in the present moment.
 Under eye: I can teach my mind to be in the present moment
 Under nose: I know that what I need now is to focus on one thing at a time
 Chin: If I think about it, I am doing it right now already
 Collarbone: My mind and I are focusing on this tapping practice now
 Under arm: I actually experience everything more intensely this way
 Top of head: When I focus on what I'm doing right now, that is when I am in present moment

Take a slow, deep breath and continue tapping!

Eyebrow: I can be focused
 Side of the eye: It's easy for me to focus
 Under eye: I can ignore all the other disturbing things happening around me, when I choose to
 Under nose: And this doesn't mean that I forget something important
 Chin: But what I am doing right now has priority over the rest
 Collarbone: I have my list, that helps me keep track of everything
 Under arm: When I finish what I am doing now, I will turn my focus on the next thing
 Top of the head: Having my list, I will always be reminded of my to-do's. I understand and appreciate its importance now

Eyebrow: I am safe
 Side of the eye: I remember everything I need to do
 Under eye: Nothing will be lost
 Under nose: I give myself permission to only focus on the task before me

Chin: And this is a good thing to do
 Collarbone: It is safe for me to do this
 Under arm: I can be more productive
 Top of head: And I see that this can be easy to do

Take a slow, deep breath and continue tapping!

Eyebrow: I let go of everything else with calm
 Side of the eye: If my mind wonders of, and goes back into thinking about many other things at the same time
 Under eye: I give myself permission to be gentle and patient with it and with myself
 Under nose: I can easily bring my attention back to what I am doing now
 Chin: I teach my mind with ease and love
 Collarbone: I let go of all other thoughts that are not related to the task at hand
 Under arm: This gets easier and easier to do every day
 Top of the head: I like this easy way of learning to focus

Eyebrow: I'm sure I'll notice very soon all the benefits that focusing brings me
 Side of the eye: I am allowing myself to keep my focus gently and easily
 Under eye: It's ok to focus on one thing at a time
 Under nose: I will be more productive
 Chin: This is getting easier and easier to do
 Collarbone: I enjoy being able to focus
 Under arm: It's so wonderful to be in the present moment, body and soul
 Top of head: This feels amazing

Take a slow, deep breath and continue tapping!

Eyebrow: Others are noticing this change in me as well
 Side of the eye: Both in my work and private life
 Under eye: Whatever I do, I pay attention to that one thing
 Under nose: And it only depends on me
 Chin: Quality time is more valuable than anything else
 Collarbone: I choose to gift myself this value in every aspect of my life
 Under arm: I deserve undivided attention
 Top of the head: I experience complete focus in every area of my life, and I enjoy it

Take a slow, deep breath!

Now that you have your priority list, when you are facing some important task, I recommend that you do this tapping sequence again. In addition, you can tapp as many rounds as you like, or add any methods that help your focus.

*** Additional practice: **Morning Tapping – Ahead of a busy, stressful day** that you can download from the following link https://www.oanaratiu.com/6_ratiu-morning-55ku1wy34uu.pdf

Thank you for giving yourself permission to try, and also for sharing your experience with me. I would love to hear about your healing process and how was this experience for you. You can reach me at: info@oanaratiu.com

Good luck and enjoy tapping!

Love,

Oana