



Don't let life flutter by



Free EFT Script

“Eye Strain”

Easing Eye Strain whilst on the Computer

By Joe Williams

<http://www.EFTAbundance.com>

Eye Strain – Caused by the computer

Begin Tapping on the Karate Chop Point:

Even though I have all of this eye strain, I love accept and forgive myself

Even though I spend too much time on the computer, and reading without resting my eyes, I love and accept myself.

Even though I have this pain behind eyes, all this heaviness around my eyes, and my eyes are so dry, I love accept and forgive myself.

Eye Brow Point	All of this eye strain
Side of the Eye	My eyes feel dry
Under Eye	It is causing pressure all around my eyes
Under Nose	My eyes feel tired
Chin	I keep staring at the computer
Collar Bone	My eyes feel so strained and tired
Under Arm	I feel pressure in my eyes
Top of Head	All this pressure

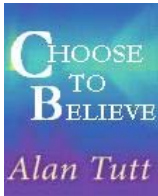
Eye Brow Point	All of this burning eye strain
Side of the Eye	This pressure behind my eyes
Under Eye	All this pressure in my head
Under Nose	All of this eye strain
Chin	Maybe its from too much reading
Collar Bone	Maybe its from too much TV
Under Arm	Maybe its even from too my time on the computer
Top of Head	My eyes feel so heavy and strained

Eye Brow Point	All this pain behind my eyes
Side of the Eye	All the pressure and heaviness
Under Eye	Causing my eyes to hurt
Under Nose	This pain behind my eyes
Chin	All of this dry pain
Collar Bone	It feels like sand in my eyes
Under Arm	My saw red burning eyes
Top of Head	All this tiredness in my eyes

Eye Brow Point	I just want to lye down
Side of the Eye	My eyes need a rest
Under Eye	My eyes are hurting
Under Nose	I am sick of always having eye strain
Chin	All of this pressure in my eyes
Collar Bone	All of this eye strain
Under Arm	All this heaviness in my eyes
Top of Head	All of this pressure and eye strain

Eye Brow Point	Maybe its time to relax my eyes
Side of the Eye	Maybe I should just close my eyes for a while
Under Eye	I choose to release all this tension in my eyes
Under Nose	Releasing all the tension from my head
Chin	Releasing all the pain in my eyes
Collar Bone	I choose to allow myself to become calm
Under Arm	Its time to relax my eyes
Top of Head	I am grateful for my eyes as they allow me to see

Life Changing Products



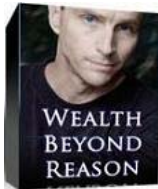
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Change your personal beliefs at a core level...What you believe you will receive.



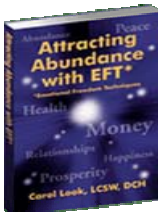
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Unblock limiting beliefs holding you back from attracting wealth and prosperity



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A Complete Law of Attraction Program, Bob Doyle from the hit movie "The Secret"



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Release negative emotions and limiting beliefs for attracting wealth and happiness



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