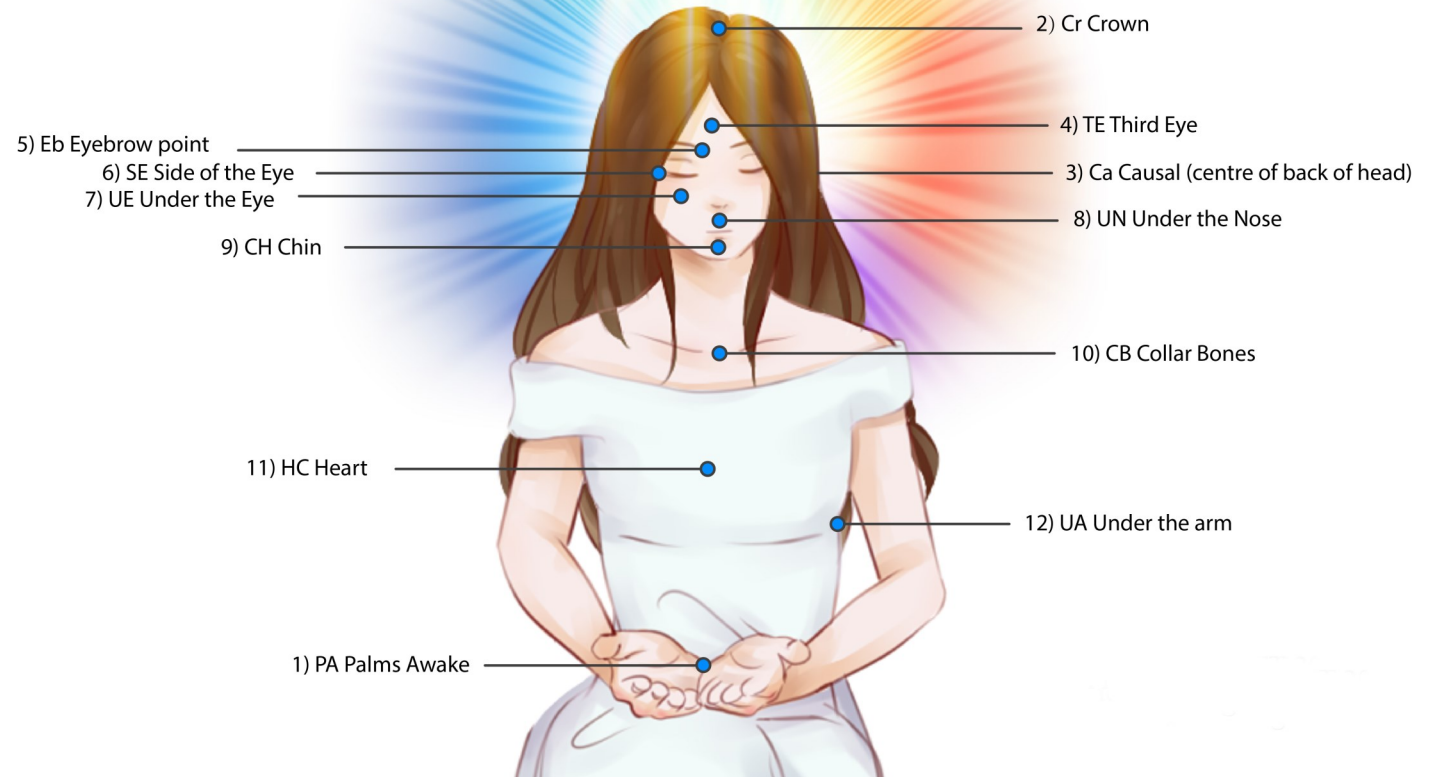
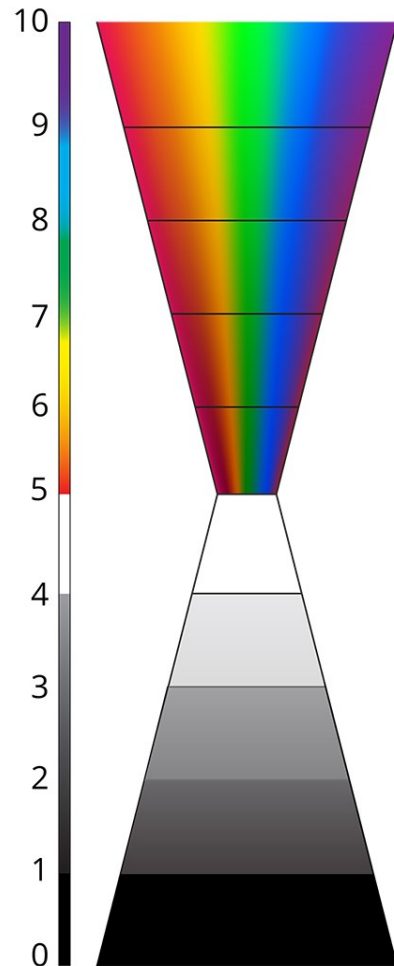


# Angel EFT Contact Points & Vibrational Scale

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## How to do Angel EFT

- 1) First rate your vibrational state on the Vibrational Scale above. How are you feeling now?
- 2) With palms upward facing on your lap (PA Palms Awake) and feet flat on the floor address the angels with whatever you want to focus on. Example: 'Angels I would like help to feel positive in my life today.' You can spend some time here, and go into as much detail as you want.
- 3) Go around the points as illustrated, slowly and mindfully. You can use both hands, and just hold the points gently. Use a reminder word or phrase such as 'positive.'
- 4) When you are back at 'palms awake' check in and see how you feel now using the Vibrational Scale. Be aware of any insights and guidance you are receiving now.
- 5) Repeat , changing the set up and reminder phrase as needed. When you are finished, bring your awareness to your feet to ground yourself.