



SFT TAPPING PROTOCOLS

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Introduction to the SFT protocols

The Spiritual Freedom Technique (SFT) protocols were developed by world-renowned energy healer, Jen Ward, over a period of more than a decade. The protocols were developed in partnership with her spirit guides, the Adepts.

Everything in the universe is energy – frequencies of sound and emanations of light woven together in the illusion of form. Everything you experience in your life is an interaction between the energy you put out into the universe and the energy directed towards you from the collective consciousness of the universe.

You do not have to be an energetic victim of the collective consciousness of the universe. You have it within you to be an empowered sovereign Being. All you need to do is pinpoint the issues that are blocking your energy from flowing in a constructive synchronicity with the universal energy. On the surface, the blockage will usually relate to a person, place, or thing. On a more subtle level, the blockage is related to a belief system or an experience that is triggering an unresolved past life trauma.

SFT tapping is a powerful way of releasing stagnant energy that is causing blockages in you experiencing your optimal joy, love, abundance, freedom, health, and success. There is a

lot to be understood about the SFT tapping process and how it clears stagnant energy. Perhaps you may be interested in signing up for an SFT tapping workshop or masterclass. In the meantime, we are pleased for you to have access to the SFT tapping protocols.

Repeat each statement in the protocol a total of five times in a commanding and deliberate tone of voice while continuously tapping on different parts of the body – three times while continuously tapping on the top of your head, a fourth time while continuously tapping on your chest, and a fifth time while continuously tapping on your abdomen. These are powerful statements to the universe. So repeat them deliberately, consciously, and with intention.

The Energetic Cleanse Protocol

The Energetic Cleanse protocol has been designed to allow you to insert your own issue into the blank spaces provided so that you can release the stagnant energy related to a person, place, thing, belief system, past life experience, trauma, or pain point.

1. All obligation or dependency on _____ is eradicated; in all moments.
2. All claws, tentacles, vivaxes and glass ceilings of _____ are removed; in all moments.
3. The first cause in emboldening _____ is eliminated; in all moments.
- 4 All curses and blessing involving _____ are removed; in all moments.
5. All masks, walls, armor and illusion are removed from _____; in all moments.
6. All portals enabling or emboldening _____ are collapsed and dissolved; in all moments.
7. All psychic streams of energy of _____ are dissipated; in all moments.
8. All brainwashing, hypnotism, mind games or genetic propensity of _____ is removed; in all moments.
9. All the pain, burden, limitations and engrams of _____ is removed; in all moments.

10. All that _____ has taken or lost is returned; in all moments.
11. All energy matrices and complex energy matrices that enable or embolden _____ are escorted into the light and sound; in all moments.
12. All vows, agreements, karmic ties or soul contracts regarding _____ are nullified; in all moments.
13. All strings, cords or attachments of any kind with _____ are severed; in all moments.
14. Resonating or emanating with _____ is eradicated; in all moments.
15. All engrams and muscle memory regarding _____ are immediately eradicated; in all moments.
16. All of _____ is immediately extracted from our sound frequency and light emanation and transcended; in all moments.
17. _____ is removed from all layers of our auric field; in all moments.
- 18 All bodies on all levels of consciousness are devoid of _____'s interference; in all moments.
19. All microcosms and macrocosms are devoid of _____'s interference and are centered and empowered in Divine Love; in all moments.
20. The microcosm and macrocosm resonate, emanate, and are interconnected with all life in Divine Love and are devoid of _____'s interference; in all moments.

The Peanut Butter & Jelly Protocol

The Peanut Butter & Jelly protocol (PB&J) has been designed to allow you to release the stagnant energetic connection between two things – usually you or something positive in the first blank; and an issue related to a person, place, thing, belief system, past life experience, trauma, or pain point in the second blank.

1. All imbalances, dysfunctions or suffering accrued between _____ and _____ are eradicated; in all moments.
2. All obligation, dependency, slave or victim mentality between _____ and _____ is eradicated; in all moments.
3. All manipulation, injustice and inequality between _____ and _____ is eradicated; in all moments.
4. All exploitation and demagoguery between _____ and _____ is eradicated; in all moments.
5. All masks, walls, armor, illusion and blinders are removed from _____ and _____; in all moments.
6. All strings, cords, tentacles, claws, karmic ties and vivaxes between _____ and _____ are removed; in all moments.

7. All engrams, muscle memory, programming and conditioning between _____ and _____ are eradicated; in all moments.
8. All psychic ploys, mind games and hidden agendas between _____ and _____ are dissipated; in all moments.
9. All brainwashing, hypnotism, power grabs and enabling between _____ and _____ is eradicated; in all moments.
10. All vows, agreements, soul contracts, curses or blessings between _____ and _____ are eradicated; in all moments.
11. All energy matrices and complex energy matrices that use _____ or _____ to deter each other from empowerment are escorted into the light and sound; in all moments.
12. All the pain, burden and limitations inflicted between _____ and _____ is eradicated; in all moments.
13. All that _____ and _____ have taken from each other, or others, is returned; in all moments.
14. All those who _____ or _____ have harmed through their dysfunction are made whole and healed; in all moments.
15. All resonating or emanating in need or dysfunction between _____ and _____ is eradicated; in all moments.

16. All need and dysfunction between _____ and _____ 's sound frequency or light emanation is extracted; in all moments.
17. All paradigms between _____ and _____ are shifted from dysfunction to perpetual joy, love, abundance, freedom, health, success and wholeness; in all moments.
18. _____ transcends all transactional dysfunction and wishes the same for _____; in all moments
19. _____ is centered and empowered in perpetual joy, love, abundance, freedom, health, success and wholeness, and wishes the same for _____; in all moments.
20. _____ resonates, emanates and is interconnected with all life in perpetual joy, love, abundance, freedom, health, success and wholeness, and wishes the same for _____; in all moments.

The Exorcism Protocol

The Exorcism protocol has been designed to allow you to release nefarious energies associated with an issue related to a person, place, thing, belief system, past life experience, trauma, or pain point from all vantage points.

1. All psychic streams of energy of _____ that take ownership are immediately dissipated; in all moments.
2. All fear of _____ is immediately eradicated; in all moments.
3. All threats from _____ are immediately eradicated; in all moments.
4. All energies of _____ that disrupt our calm are immediately expunged from our existence; in all moments.
5. All curses or blessings of _____ are immediately removed; in all moments.
6. All contracts with _____ are immediately annulled; in all moments.
7. All intrusions by _____ are immediately eradicated; in all moments.
8. All invitations given to _____ are immediately and irrevocably rescinded; in all moments.
9. All energy matrixes of _____ are immediately sent into the light and sound; in all moments.

10. All complex energy matrixes of _____ are immediately and irrevocably escorted into the light and sound; in all moments.
11. All energy matrixes that enable _____ are immediately sent into the light and sound; in all moments.
12. All complex energy matrixes that enable _____ are immediately and irrevocably escorted into the light and sound; in all moments.

The Positive Protocol

The Positive protocol has been designed to empower yourself to manifest a positive outcome. It works best by removing all blockages to receiving by completing the other protocols first. This creates space in energy for a positive outcome. Do not put any expectations on how or where the positive outcome will manifest. If your mind tries to control the outcome, it will sabotage your intention. Remember, the mind has manifested what you experience presently. So allow yourself to enjoy your intentions realized in very unexpected ways.

1. Space is realized in all worlds to enjoy _____; in all moments.
2. All blockages to enjoying _____ are removed; in all moments.
3. All blockages to receiving _____ are removed; in all moments.
4. All limitations to enjoying _____ are eradicated; in all moments.
5. All portals to enjoying _____ are opened; in all moments.
6. All curses on the enjoyment of _____ are removed; in all moments.

7. The first cause to blocking the enjoyment of _____ is eliminated; in all moments.
8. All glass ceilings on enjoying _____ are removed; in all moments.
9. All timelines that do not support enjoying _____ are collapsed and dissolved; in all moments.
10. The enjoyment of _____ is universally infused into our light emanation and sound frequency; in all moments.
11. Universally we are centered and empowered in enjoying _____; in all moments.
12. Universally we resonate, emanate and are interconnected with all life in enjoying _____; in all moments.

Social Media Links

Jenuine Healing website <https://jenuinehealing.com>

Jenuine Healing YouTube channel:
<https://youtube.com/jenuinehealing>

Jenuine Healing private session:
<https://jenuinehealing.com/jenuine-healing-private-session/>

Jenuine Healing Supporter:
<https://jenuinehealing.com/supporter/>

The SFT Lexicon book: <https://jenuinehealing.com/the-sft-lexicon/>

Jenuine Poetry for Life book:
<https://jenuinehealing.com/jenuine-poetry-for-life/>