

January 2013 Newsletter

Happy New year to you all and I hope you have had a fabulous summer so far. These holidays were special for me as I became a first time grandma on Jan 9th to a lovely wee lad called Otto. He was significantly late and had a dragged out 3 day labor, so EFT was a very handy tool for all involved ☺ Otto and his mum and dad are all thriving and settling in well at home on Great Barrier Island. Luckily he'll be back in Auckland for his Great Grandma's 80th birthday in April. Now I'm back focusing on work again there are some great things happening:

Two day trauma workshop with Deepak Mostert in Christchurch on Friday 22nd and Saturday 23rd of March from 9am until 5pm. Venue TBA.

"Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering." Peter Levine, developer of Somatic Experiencing[®] Deepak Mostert is the founder and director of the non-profit organization [TREST Aid](#) (Trauma Relief & Emotional Support). TREST Aid uses EFT for mass trauma relief programs in disaster areas of Indonesia, provides trauma awareness and relief training for universities and trauma relief organizations, and provides individual trauma counseling.

Prerequisite: A basic knowledge of EFT is required for this two day workshop (equivalent of Level 1 EFT training) If you don't have this you can join my certified Level 1 on Saturday February 16 in Auckland or an introductory workshop in Christchurch with Karen Degen on Thursday March 21.

Pre-registration is essential for both the trauma workshop and EFT Level 1 trainings (registration is separate for these). Please email me for booking form(s). The cost for Deepak's Trauma Workshop is \$175; payment can be made to Deepak on the day by cash or cheque. Tea / Coffee and biscuits for morning and afternoon tea are provided: please bring your lunch. If you require advice on accommodation contact karen@setfree.co.nz; she's happy to assist.

Introductory EFT workshop Feb 16 or April 6 – Make Life Easier!

Make this the year you get to grips with EFT and make progress on those sticky issues you've been working around for way too long. Wouldn't it feel great to let it go and feel freer and more successful in life? Join me and [register](#) for one of these practical and fun self help workshops.

[Interested in learning to use EFT with others?](#) The first step is one of the above self help workshops; experiencing EFT for yourself gives you a strong foundation for using EFT with others. Practitioner training starts April 7 (Monthly sessions) or June 8 (4 day Level 2 workshop)

EFT Practitioner Training – New one-day-per-month training option

Some of you have told me how difficult it is for you to get blocks of time for training and want longer to integrate each step, so I've redesigned the training to offer Auckland locals the option of attending the training over a series of one day (mostly) workshops spread through the year.

After each workshop you'll complete activities to help you integrate EFT into your current practice and meet the certification requirements. These include reading, class presentations, case studies and online tutorial to reinforce class learning as per the AAMET syllabus. Out of class activities will take 2-3 hours per week. I'm excited to have the opportunity to present EFT training in this format as I believe it will give you the best chance to become highly skilled in your use of EFT. With this format you can also pay for each session on a monthly basis so it's easier on your cashflow too.

Of course I will also offer the usual workshop block courses for those who find this most suitable for their circumstances. [Details and prices online here.](#)

Other Events

The [Holistic Cancer Congress](#) is bringing together the best of medical science and contemporary holistic health care with a focus on those currently experience cancer. In March his year I will be presenting on EFT at the 300 strong congress along with a strong line of holistic and allopathic experts, including

Dr Bruce Lipton PhD (www.brucelipton.com)

Ian Gawler (www.gawler.org)

Dr Robin Kelly (www.robinkelly.co.nz)

Dr Thornton Streeter DSc (www.biofieldsciences.com)

Dr Nicky Baillie (www.camltd.co.nz/team)

David Holden (www.davidholden.co.nz)

Phil Kerslake (www.lifepaths.co.nz)

Peter Chaplin (www.musicalknivesfood.co.nz)

If you need to know the very latest information on cancer, and natural approaches to its prevention and treatment, you must attend this Congress. The Congress is for all health practitioners, those affected by cancer, and all interested members of the public.

Cost is \$395 until January 31st thereafter \$495 so get your tickets now.

This is what you will get:

2 full days of information-packed, life-changing talks by world-class speakers

Panel discussions where you can ask your questions and get further information

Meet the speakers personally and engage with them.

Mingle with other delegates and establish support networks.

Engage with suppliers of health products and providers of support services.

Includes morning and afternoon teas; and sumptuous healthy lunches!

DVD of the Congress will be available at discounted price.

Get Continuing Professional Education (CPE) points.

Discounted hotel accommodation available (see below)

Please forward this information to someone special – it could make a difference in their life.

2012 Conference Report

What a fabulous time was had at the 2012 conference! Thank you so much to everyone for your heartfelt contributions. It was so delightful to me to see so many come together as a true community sharing knowledge, experience, questions, skills, stories, laughter and love. Your wholeheartedness brought a richness to the experience for everyone.

The various presenters provided deep insight into the workings of EFT and were conveyed so sincerely and creatively. Songs from the heart, creative movement, personal journeys, research in action... all created a rich experience for us all. Our wonderful support team provided delicious nourishing goodies to keep us going and so many volunteers with ready hands for whatever odd jobs arose. I do deeply appreciate your participation.

We are in discussion over a 2013 conference and what format that will take. Thanks for all your thoughtful feedback after the conference which will be used to help guide our decisions.

Have your New Year Resolutions Dissolved?

Intentions are powerful, especially when they come from a coherent base, where all of you wants the same thing. If you have an intention and find yourself acting in ways contrary to achieving that, it's a sure sign there is some inner conflict regarding some aspect of your intention. That's perfectly normal; after all you wouldn't have been doing what you've been doing unless at some level it served you. So what to do?

The tricky thing is when we find ourselves acting contrary to our resolution often our first response is to blame ourselves for being weak minded and beat ourselves up, as if that will encourage us to keep moving towards our goals. We are extolled to "Just Do it!" and ignore the parts that feel resistant. Unfortunately when you have an inner conflict and push ahead with an action plan that satisfies one part and denies another, you always lose and that can create bigger problems! If your new resolution succeeds the unconscious positive intent behind your old choice will find a new way to get what it needs and often it will do so in a self destructive way designed to get your attention.

So here's the thing: when you happen across an inner conflict, get curious and investigate what's really going on. Some good questions to ask yourself might include:

- How does my current choice help me somehow? (Smoking makes me feel like a rebel not just a suit!)
- What do I like about the outcome I get from it? (Men don't hit on me because of my size)

- How does it make me feel? (Chocolate makes me feel special and rewarded)
- What will I miss if I chose not to do / be / have this in my life? (I'll miss my favorite characters if I watch less tv, they feel like my friends)
- How will it change my life in ways I might not like? (If I finish my degree they'll expect more of me at work)
- What do I think/feel about others who have achieved this resolution? (Successful people are selfish, greedy and self absorbed)
- What other unwanted changes might occur if I achieve this resolution? (If I get the promotion I'll have less time with my family)

Keep digging - some of your answers might be surprising! Applying EFT to your answers can help resolve these underlying conflicts and clarify what you really want. You can apply some positive choices to increase your energy and focus so that moving towards your goals become much easier and will give you a much better chance of success.

If you'd like some help clarifying and reinvigorating your resolutions join me for a fun group tapping day on February 2nd from 10am to 4pm. Bring something to share for lunch – tea, coffee & juice provided.

That's it for me now. Love to hear your feedback,

Cheers,

Liz