

## EFT in New Zealand Newsletter

### Upcoming events

#### Ultimate Women's Expo July 27-28

Come and visit me at the Global Health Stand (#8). I'll be offering a number of different talks and mini seminars throughout the weekend alongside the Global Team. We'd love to see you there 😊

SATURDAY - 3pm Phobia Release Group

SUNDAY - 11:30am Introduction to EFT; 2:15pm Food Cravings Group; 3:15pm Tapping Solution Movie

**Special Expo only Offer: Attend the EFT Introductory Workshop on August 11th & show me your Expo ticket & I'll refund your \$20 Expo entry fee.**

[EFT Beginners Workshop](#) on August 11 is a practical and fun workshop where you can discover the possibilities of helping yourself and others. As a gifted intuitive practitioner and teacher I draw on my extensive experience and broad client base to share with you insights into EFT Tapping - a fascinating modality which builds on your natural self healing tendencies to release limitations and enhance physical, emotional and spiritual wellbeing. During this informative workshop you'll have the option to experience EFT tapping first hand.

You'll learn how to quickly and easily release stuck thoughts, feelings and experiences so you can experience spontaneous physical, emotional & spiritual improvements to your wellbeing. This course introduces all the basic techniques needed to begin enjoying the benefits using EFT tapping and forms the introductory workshop for the more advanced practitioner training.

It's useful to know that everyone can learn to do or receive this kind of healing, and it's far easier than you may think. If you'd like to explore and expand your abilities and interests perhaps this workshop comes at just the right time for you. I would love to hear from you so email me if you're interested!

#### See how amazing your brain is

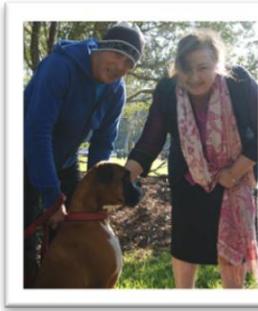
7H15 M3554G3 53RV35 7O PROV3 H0W OUR M1ND5 C4N D0 4M4Z1NG 7H1NG5, 1MPR3551V3  
7H1NG5! 1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7 N0W, 0N 7H15 LIN3 Y0UR M1ND 1S R34D1NG 17  
4U70M471C4LLY W17H 0U7 3V3N 7H1NK1NG 4B0U7 17, B3 PROUD! ONLY C3R741N P30PL3 C4N R3AD  
7H15. R3 P057 1F U C4N R34D 7H15.

#### News – Listener article on Tapping

Recently I was disappointed to see a negative article published in the New Zealand Listener on Tapping by Marc Wilson, a lecturer on Psychology at Victoria University. The article was based loosely on some older research on EMDR (eye movement desensitization) and TFT (Thought Field Therapy – the precursor to EFT) and in essence did not find that TFT was effective on the problem treated. The article did not mention EFT or any of the excellent research that has shown the many benefits of EFT nor did the author contact any EFT practitioner or even try EFT for himself.

A big thank you to all those who acted promptly to respond to this misinformed article. Both Marc and the Listener have been contacted by many EFT enthusiasts and practitioners from around the country bringing them both up to date with current research on tapping and offering to demonstrate EFT and gift them videos etc. We haven't had a direct response from Marc (who's been on leave this last week) and we'll keep you posted on any updates.

### Another EFT Success Story at a Practitioner Workshop



Debs had had a deep love of animals big and small since childhood, but had a deep fear of big slobbery dogs following a scary incident at a young girl. Debs would go out of her way to avoid coming into contact with a big dog even though she felt quite comfortable with other large animals such as horses. During the workshop Debs volunteered as a demonstration subject and we used some of the practitioner techniques such as the movie technique, tell the story technique and chasing the pain. Multiple aspects unfolded quickly and within 30 minutes Debs phobia was gone.

Next day the class went to the park for a picnic lunch and a lovely man with a beautiful big slobbery dog walked by. Being enterprising souls and following strict instructions to test their work thoroughly, her classmates quickly rounded up the dog and brought him to Deb to check how she's react. As you can see from the picture Debs was able to approach the dog comfortably and pet him happily.

If you'd like to learn these techniques for yourself or to help others, or perhaps just want my assistance to overcome your phobia please get in touch – I'd be happy to help.