

Welcome to the March Newsletter,

As at the beginning of every year, the first months are often focused on setting up EFT practitioner trainings through the year. In the middle of all my busyness I realized I was forgetting something very important: all the EFT enthusiasts out there who don't want to be practitioners but who'd really like more knowledge beyond the basic EFT introductory workshops. So I have put together a new Advanced Self Help workshop just for you so you can learn some of the more advanced techniques usually only taught at the practitioner trainings. I'm excited and I hope you'll enjoy learning some new tricks to improve your tapping results.

EFT Beyond Relief – The Other 80% of EFT

Did you know that most people who use EFT often get less than 20% of the potential benefits? People are often so delighted with the relief they gain it's hard to imagine how much better it can get so they stop short of some life changing opportunities.

EFT works in many ways and at different levels:

1. Symptom management (feel a bit better so you can cope)
2. Situation resolution (sort out the immediate problem)
3. Exploring the origins of your reaction in the situation (core issues)
4. Releasing unhelpful beliefs
5. Making positive choices for the future

Often I find there is a urge to skip over the middle levels and go straight to step 5, and a resultant disappointment with the outcome, which leads people to conclude tapping doesn't work for them, at least not for long.

The most common reason people get stuck at level 1 is that they have a tendency to stop tapping when they reach their normal level of discomfort (something they're used to living with), which for most people is often somewhere around a 4/10. Here you feel you can cope and it feels familiar so you stop short of complete relief – sound familiar? A useful phrase from Gary Craig (founder of EFT) regarding this is *“Don't be a hero, Go for zero”* – very sound advice. You can check you've got to zero by always asking ourselves not *“How do I feel now?”* which will often lead to a *“I'm ok”* kind of answer, but *“Is it a complete zero yet?”* If not keep on tapping!

Other push on and tap through the layers of their issue. There are a number of different EFT techniques you can use at this point if you get stuck like chasing the pain, the movie or story technique, metaphors etc. With diligence you can manage to resolve the issue you are immediately facing so you can get on with your life more comfortably. What can happen though is that the trigger that set up that problem situation for you is still there, and so it will activate again and again though time.

Here the solution is to use some good questions to delve down to the level 3. Some questions you might ask include

- When did I first have this kind of experience?

- What does it remind me of?
- Who else do I know who has this kind of problem?

The purpose of these questions is to lead you back to where, when and how this trigger began. Be resolving those core events (using the skills from level 2) often we can eliminate the trigger altogether and gain a new perspective on our experiences. We can then use choices and positive tapping to move us into a new way of being.

If you'd like to learn more about how you can get more from your tapping join me for a one day Advanced Self Help Go for Gold workshop on April 21st. This is the first time I've offered these skills to non-practitioners (yup, sometimes I can be a bit slow!) and I'm really excited to see how much more you can do when you learn some of these more advanced skills. This workshop is open to those who have some experience using EFT for themselves and is not designed for practitioner training as the focus will be on working with the techniques for yourself. We'll

- refresh your basic knowledge and skills
- enhance your understanding and use of the movie technique
- add to it the story technique
- explore how to discover hidden sensory aspects
- look at how to use abstract and visual metaphors
- how and when to use the chase the pain technique
- use questioning strategies to find core issues
- discuss the right ways to use choices and positive tapping
- learn how to make best use of EFT online events and you-tube videos

[Register for your place](#) and you'll be amazed just how much more you can do and achieve with tapping using these advanced techniques and start getting much better and deeper results. New to EFT? Register for the April 6 introductory workshop first.

[EFT Introductory Workshops April 6 or May 25](#)

We all have stuff we drag around, trip over and seem to find hard to let go of. Sometimes it enough to break a poor camel's back and we find ourselves struggling to get on with life the way we want to. Wouldn't it be great to drop the load? Tapping is a safe, quick and easy way to let it go so you can be happier, healthier and more successful. In a nutshell, here's how EFT works:

PROBLEM > Fight / Flight / Freeze response > STRESS (↑cortisol)

EFT > Relaxation Response + Problem Awareness > RELEASE (↓ cortisol, ↑DHEA & ↑ Serotonin)

Tapping relieves not only your emotions but also your energy system, endocrine system, nervous system and every system in your body. That's why so many people notice unexpected positive physical changes even when they are tapping for emotional issues.

[Register and Get Free with EFT:](#)

Cost \$170 (earlybird paid by March 15 is \$150) includes workshop, manual, certificate & morning tea.

Venue April 6 is Home & Family Seminar Room (down driveway), 2 Seaview Rd, Northcote, 9am-4pm.

Enquiries welcome.

EFT Enthusiast Survey – We Need Your Help!

The EFT trainers want to improve the services we provide to the EFT enthusiasts and we'd like your input into future EFT events. Please take a few minute to take this [quick online enthusiast survey](#) to help us better understand your needs and preferences.

Be in to Win! Respondents will be entered into a draw to win a copy of Gary Craig's original EFT Course on DVD (which is now out of production and very had to get!) Just enter your contact details at the end of the survey to enter the draw.

Thinking of Practitioner Training this Year? It's not too late...

This year I'm introducing two streams of AAMET certified practitioner training to suit your learning style and availability. Payment plans are available for both training options so you can get started

[Option 1](#) is a series of one day workshop through the year covering the levels 1-3 (Starts April 6)

[Option 2](#) is a series of 3 multi-day workshops, one for each level (Starts April 6 or May 25.)

That's it for me this time,

Happy tapping

Liz