

**EFT New Zealand Newsletter**  
**October 2013**

**New premises coming soon!**

The EFT Centre is moving in the next month so watch out for an announcement of our new location. Our phone and email will remain the same so you can continue to contact us easily. If you have an appointment booked we will confirm the address with you prior to your appointment.

**Wellfest October 6 at 3pm Seminar Room 1 at Vodafone Event Centre, 770 Great South Rd, Manakau**

Join me on Sunday at Wellfest for a free introduction to tapping. This is a great opportunity to introduce family and friends to EFT while enjoying a great day out. Wellfest offers a smorgasbord of free seminars as well as many interesting booths, demonstrations and mini-sessions with a wide range of skilled practitioners. Drop by and say hello at the Dreamlits stand on Sunday (I won't be there on Saturday due to teaching commitments). **Discount Expo tickets are available through [Grabone](#) today ☺**

**Is getting a good sleep a problem for anyone at your house?**

A father's desperate search to find a cure for his son's night terrors and bed wetting has turned him into a metaphysical inventor. For Wayne necessity truly was the mother of all invention. A single dad, he anguished on a nightly basis as he comforted and soothed his nine-year-old son plagued with night terrors. Wayne was determined to design and create a product that tackled the terrors and help his son have a more peaceful, balanced night. A good friend of mine and a student and teacher of Metaphysics for over 20 years, he researched the energetic frequencies of crystals and their effects on the body. Harnessing the power of a special combination of eight crystals, Wayne created what his son termed a 'Dreamlit', a small bracelet that is worn at bedtime.

Each crystal has been chosen for its unique properties, powerful in its own right, but when combined and sequenced as they are in the Dreamlit, and then enhanced by specific processes, it acts as a balancing tool, calming the body and mind to promote a deeper rest and create balance within the energy centers in our bodies.

The Dreamlit is the result of significant research and a rigorous six month trial involving both adults and children with sleep disturbances. "The outcome of the trials exceeded all expectations", Wayne revealed. "We had a test group, all with sleep issues, from constantly waking in the night, night terrors and bed wetting. Each one wore the Dreamlit for a period of six months and recording the results. Within a short time the incidences of night terrors and bed wetting were reduced with all who took part and each revealing that they were having better nights' sleep. By the end of the trial when we asked them not to wear the bracelets...well, within a week, they were asking for them back."

For Wayne, witnessing the profound effect the Dreamlit had on his son's life was the validation he needed to take the Dreamlits into production.

"I had spent many years looking for ways to help my son Matthew with his night terrors. I tried both allopathic and natural products with limited results. Since being introduced to the Dreamlits a year ago my son has not had another night terror - and for the past year he has slept in his own room every night. He still has the odd bad dream but not enough for him to want to sleep with another person. When the

bracelets were first created they didn't have a name and Matthew named them Dreamlits. He is very proud of this."

During the trial those involved reported fewer occurrences of bed wetting, more restful sleep, reduced headaches, calmer and more relaxed states during the day.

I can tell you from personal experience that dreamlits are very powerful and my son, my mum have had very positive results from wearing a dreamlit. Like Mathew, my son experienced night terrors for years and even as a young adult still had very disturbed sleep. He now sleeps well and enjoys his dreamtime. Mum at 80 struggled for years with frequent waking, and has found since using the dreamlit she now sleeps for about six solid hours – quite an achievement.

Tapping can often bring great relief to those who suffer from insomnia and nightmares / night terrors. I personally have found that the addition of a dreamlit makes a substantial difference to the quality of sleep and now recommend my clients use one for this purpose. The synergistic effect of tapping and a dreamlit allows for much faster resolution of sleep problems.

If you'd like to try a dreamlit to improve your sleep, you can [order a dreamlit from my website](#). If you'd like some information about stocking dreamlits for your clients, please [contact me](#) for further information.

### **Beginners EFT Workshop October 12**

I still have two places left on this workshop so [register now](#) if you'd like to join us. Learn to do more than just paddle and play in the waves with EFT and get real and meaningful results.

### **What Kind of Tapper are You?**

Over the years I've come across many people who tell me they "know all about tapping" and I've observed that it's used at different levels with varying results. Discover if you're a Surfer, a Pollyanna, an Intrepid Explorer or maybe you're even a Life Changer.

**Paddlers** rely on tap along videos and other generic tapping sessions to clear their issues without tailoring tapping to their specific aspects. Often results in a temporary high but results are rarely long lasting without personal follow-up tapping. These tappers typically either give up quickly or become optimistically addicted to following these tap along opportunities.

**Surfers** use tapping to relieve initial intensity to their familiar stress level (usually SUDS 3-4) and stop. Surfers gain some temporary relief from initial symptoms and intensity, and frequently the problem reappears. Surfers can then conclude that "EFT doesn't work for them" or just plain doesn't work.

**Pollyanna's** can jump in right after the surfers and tap in a whole pile of positive affirmations, which give a temporary high but the results of which don't usually last long. Often there is a fundamental misunderstanding about how EFT actually works and they are confused by tapping on the negative and their prior learning about the importance of thinking positively.

**Globalites** tend to use tapping for the big issues in life (eg low self esteem) by tapping on more global all encompassing statements such as "Even though I have low self esteem, I love and accept myself" and can even become quite distressed in the process. Unfortunately they rarely make any significant progress and can become quite disillusioned about tapping's potential.

**Zero Hero's** continue on from where surfers leave off and keep tapping until they get a zero intensity on the current event / symptom and stop. Sometimes the problem is resolved and other times it comes back so "maybe EFT doesn't work for that problem".

**Paddlers, Surfers, Pollyanna's, Globalites** and **Zero Hero's** can often benefit from attending an introductory workshop so they get a clear understanding of why we do what we do with EFT and how to apply it in practice to get quality results. Once the simple misunderstandings are cleared up and the technical aspects of EFT are clarified results and confidence can improve significantly.

**Intrepid Explorers** look for hidden aspects that might come back to bite them in the bum later; they ask interesting probing questions and test out their results. If considering that argument with Bob last night, once they feel at a zero, the check for other aspects like isolating the look on his face, the tone of his voice, his posture, their own breathing etc Explorers usually get deep resolution on any event they tap about though other similar incidents may still bother them.

**Deep Sea Divers** go a bit further and ask about past experiences that resonate with the issue being tapped about. When else have I felt like / experienced this? Who else do I know has this problem? When did this first happen to me? Divers are experts at getting to the bottom of an issue and exploring aspects. But wait, there's more...!

**Life Changers** ask the big questions and explore the meaning they gave to events and investigate if that is still an appropriate conclusion for them to act upon. What did it mean about you that it happened? About others? About God? About life? About dogs etc? What's the evidence for that? Is there any evidence that disputes that? What might be a more appropriate and useful conclusion from my current adult perspective? At this point lives change, and the fundamental premise upon which you base all your actions is changed.

Level 2 and 3 training focuses on developing skills in exploration, diving and life changing belief work. It takes EFT beyond stress or pain management into the realm of life transformation and it's an exciting journey of discovery.

**With EFT – like life – what you put into it is what you'll get out of it.**

If what you're looking for is to manage stress then a surfing/Pollyanna approach might work for you.

If you want to get past a bad experience then you might have to learn how to be an intrepid explorer or deep sea diver.

And if what you want is to enjoy the full benefits of tapping and transform some aspect(s) of your life, then it's important to go the whole way and become a life changer.

Your best route to learning how to use EFT effectively is to attend live workshops or private consultations with a certified practitioner and trainer\* so you learn how to ask the right questions to discover what's really going on for you. Remember – you're worth it!

**\*Why a certified practitioner?**

Certified practitioners hold current membership in a professional association and have learnt how to apply EFT successfully to a wide range of client issues. To achieve practitioner status they have completed significant training and undergone examinations to prove their competence. They work within a code of ethics, are regularly supervised by a senior practitioner/trainer and are subject to a formal complaints procedure. This is your assurance they have taken their responsibility to you and their chosen profession seriously and you can feel confident of receiving a high standard of care.

## **Level 2 Tapping Workshop Labor Weekend Oct 26-29**

Have you have wanted to learn more about EFT and how to help those around you? Now's your chance! This four day workshop will provide insight and practice in advanced tapping skills that you can use for yourself and others to dive down and get to the bottom of an issue. I've spent the last 13 years developing a high quality training program designed to give you both the theoretical understanding of EFT and hands on practical skills applying tapping in real life situations. Prior attendance at an Introductory Workshop is required to join this workshop (available October12). Attendees will receive an AAMET Level 2 certificate of Attendance.

Practitioner certification is conditional upon successfully completing exams, mentoring and case studies – see website for more details. Three places are still available so apply now if you want to be considered for this workshop.

**Happy tapping and I look forward to catching up with you in person soon**

**Liz**

