

Newsletter February/March 2009

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Hello there! Got a bumper edition this time wanted to get this out to you before I start my travels! Next week I am going to Ireland to offer EFT (Emotional Freedom Techniques) Training Levels 1, 2 and 3, in beautiful Kinsale. I am happy to return to Kinsale, Co. Cork, we had such a heart-felt there group last time. This time the group will be smaller, which means we have more time for personal interaction and exploration. I have gone through all my EFT courses and manuals this year, updating and revamping them after being part of the very interesting "EFT Gathering" in Ilkley. It's going to be exciting presenting this new information as well as the new requirements from AAMET.

I have also added some new processes in Level 3. One of them is called 'Balance States.' I have been working on this with clients over the past 6-12 months and they include working EFT for different emotional polarities. Instead of clients going from one polarity to another, these powerful techniques bring in more grace and balance.

Finally in the EFT Resources section of this newsletter I have included an EFT and Huna Technique that I recently found somewhere on the internet. Amazing and incredible.

INTERESTING QUESTION – and DIVINE LOVE

An EFT student emailed recently:

"There is this issue with Josie (not her real name) and her boyfriend Jack, lots of guilt and shame and anger. She wants me to work with him as well." What would you say?

My comments were "Jack has to want to work with you... not Josie telling him - otherwise Jack might rebel and won't commit 100%. The choice has to be made internally by Jack, not because someone else is pushing him. Let Jack come to you, or work with Josie on her issues regarding Jack. Everyone has free will and so does Jack. Even if Josie is TRYING to help, her wanting/needing/forcing actually disempowers Jack.

What would you do if someone were forcing or expecting you to go to a session or change yourself? My first response won't be published here.... but I am sure you could imagine what that might be!

In relationships we can see what the OTHER person needs to do but it's more difficult to see in it ourselves (more about this in our new Level 3 training). We love the other person and just want to help them. That's where EFT can come into it's own.

We can tap FOR the other person by a process known as “surrogate tapping”, which clears OUR energy around the difficulty; releases tension felt between the two people; gives us a feeling of empowerment as we feel we are “doing SOMETHING” to help. (Which we are energetically.) We are clearing any issues WE have in connection with this current challenge and empowering the other person to find their own way through their difficulty...

The EFT student went on to ask “Do you have any experience for something like that? I explained, “Yes I have seen this often in relationships. To continue with your example – I can sense that Josie loves & cares for Jack, wants to help him, but she can only help herself.”

In cases such as these I usually now recommend surrogate tapping:

Start with setting an intention – whatever Josie wants to resolve about this current or a past situation, seeing a positive outcome, not what she doesn’t want to have happen

Have Josie tap on the Karate Chop point, stating, "My name is (boyfriend's name) and I am doing this out of love" – this stops the possibility of Josie including her own agenda in this tapping

Then complete all the set up statements stating them as "I." E.g. in this case “My name is Jack. I am doing this out of love. Even though I have lots of guilt, shame, anger, I deeply & completely want to accept all of who I am, and I choose to free myself from the bonds of these emotions etc.”

Use all the information you have gathered from Josie about "Jack". Josie said "he has lots of guilt, shame and anger." We know through our EFT training that underneath anger we will find sadness, so remember to add this while tapping even though Josie might not be aware of this.

Further statements might be "Even though I still have lots of guilt, shame, anger, and underneath all this might be sadness, I am choosing to empower myself to let this go now & I deeply & completely want to accept myself." “Even though I have had this guilt and shame and anger, and underneath all that is old unresolved sadness, it IS time for a change, I am ready to bring healing to this, and I deeply & completely want to accept myself.” “Even though I still have some of this guilt, shame, anger, and underneath all that is sadness, I choose to accept myself just as I am and I thank Jack for being my mirror, I let him off the hook now as I am taking responsibility for how I feel!” etc. etc.

Continue tapping with what comes up for Josie. Include any observations that Josie makes about him and what she knows about Jack’s current and earlier life. Very soon into the process the person tapping FOR the other person realizes that they are the ones that have the issue! I love how EFT can lift the veil so that the person can get their own understandings, clarity and awareness not only about themselves but how they have or are contributing to the situation.

In my own past, I watched my friends, family, partners struggling in life. Many refused to tap on themselves or chose not to. I felt very powerless. Now I realize they were a mirror for me, they mirrored of an aspect of myself that I could not see; or chose not to see; or was unwilling to see. Once you clear what you see mirrored to you, it will no longer have any effect on you, and you can be of more help as you remain in a place of complete acceptance and compassion - known as Divine love. Here there is no agenda, just pure unconditional love. My thanks to EK for your email!

Quote

"We don't see the world as it is. We see the world as WE ARE."

Anais Nin

FORTHCOMING TRAINING

We have a few more special courses on their way to you:

IRELAND

We will return this year to Kinsale from 27th February - 8th March 2009 to share the new EFT Level 1, 2 and 3 and training and private consultations. For those of you who are doing Level 3, I have a something very new to offer you. More details of this on Sunday 8th March 2009. In addition, I have a special offer for those of you in Kinsale!

See below:

RAISING FUNDS FOR AAMET

At the recent EFT Gathering, we were made aware of the enormous amount of work that has been happening behind the scenes at the AAMET. ALL of which has been done without funds or donations of any kind. A suggestion was then made to make a collection on the day and over £300 was raised. Someone suggested offering a session and asking for donations to be given to AAMET. This I felt was a fantastic idea and so I would like to extend this to the areas I will be travelling to shortly. If you live in Ireland, Shanghai or Hong Kong then please contact me. Have a free session and make a donation to a very worthy cause – our AAMET (Association for the Advancement of Meridian Energy). I will offer 3 sessions and will forward whatever is donated to AAMET. First come first served.

Tam Founder of AAMET said: "I was humbled and grateful at the support I received at the Gathering. Please offer my thanks for the very generous donations received towards the running of the AAMET. Amazingly it totaled £380 (with more promised via Paypal). The money has been deposited in the AAMET account and will be applied to the good of the AAMET in the future. I will deliver an account of it and how it was used to the Management Team each April. PayPal donations should be sent to the e-address EFTUK@AOL.COM and cheques should be payable to 'Therapists International' and posted to me at 'Ty Goch', 4 St Mary's Mews, Tickhill, S Yorkshire, DN11 9LR"

FORTHCOMING TRAINING

NORTH WALES

Improving Relationships - Wednesday 18th March 9.45am-1pm and Wednesday 18th March 6.45pm – 10pm £35 (before March 10th) or £50 on the day. To be held at the Wellington Community Centre, Wellington Road, Rhyl LL18 1LE. Find out how you can improve your relationship with yourself and with others with easy, powerful methods for change. Don't miss this one!

Creating Successful Days- Friday 20th March 6.45pm – 10pm £35 (before March 10th) or £50 on the day. To be held at the Wellington Community Centre, Wellington Road, Rhyl LL18 1LE. Discover how

you can place goals into your future, discover future progression and EFT tools to create successful days every day!

SHANGHAI

I return to Shanghai from 27th March until 12th April 2009. We will be offering one-on-one consultations and EFT Training. I have a special offer for those of you in Shanghai! See above topic 'Raising Funds for AAMET'

HONG KONG

We are looking forward to returning to Hong Kong from 15th through to 29th April 2009 to offer a few new courses as well as EFT Training and one-on-one consultations. I have a special offer for those of you in Hong Kong! See above topic 'Raising Funds for AAMET'

ONLINE GROUP

I will shortly be offering a new online programme for Level 3 students. More details on our home page.

EFT RESOURCES

In previous EFT Level 2 training, I have shared how an Institute for Mentally Disturbed Patients in America was emptied as one of the psychologists recognized that each patient there was a mirror of himself. Each day he took out a patient file and, holding the patient within his mind, said "I am sorry; Please forgive me; I love you; Thank you." One by one, over time, the patients were discharged, until there were none left. (This is a précis of the story, which is true.) So a suggestion was made to tap with this statement. I must admit the energy that comes through when you do this is beautiful. Why not give it a go and share your experiences with us? Tap on your eyebrow point; side of the eye; under eye; under nose; under bottom lip; collarbone; underarm saying "I am sorry; Please forgive me; I love you; Thank you." Hope you enjoy this Huna & EFT Technique!

The Box Technique

Some of my previous students asked me to write this technique up. While at the EFT Gathering I offered to share a protocol I created. We are not sure who began this technique. Gwyneth Moss claimed it was hers from an inspiration given to her by Steve Burgess. My thanks to everyone involved for the idea! The article was published in the AAMET Buzz. Feel free to click here and go to the article.

EFT CONFERENCE

Tania Prince asked me to include this in my next newsletter. "The EFT Conference will be on the 11/12th of October near Manchester Airport, in a gorgeous hotel. I would appreciate it if you could get it out to your lists about it and let them know it is happening. We even have Tapas Fleming coming!" Tania will have the huge task of coordinating this Conference.

NEXT ISSUE

***** Stay tuned for next month's issue on maintaining balance. How to integrate and ground balance in your life. Discover emotional areas/centers in your body.*****

Bye for now! Happy Tapping...