

January 2009 Newsletter

I hope you all have a wonderful New Year and may all your dreams come true for 2009.

I was lucky enough to go to the Isle of Anglesey and to the Snowdonia Range over the New Year and to see some of the stunning scenery here in North Wales. It so reminded me of my favourite places in New Zealand. We walked in clear sunlight, with frost on the beaches and mountain passes, with clear blue skies and even frozen lakes beside us! Breathtaking...

Snowdonia is the highest peak in Wales and England. We traveled through valleys where the ground was thick with frost.

AAMET REMINDER

If you are submitting your 2 cases in order to become an AAMET EFT Level 2 Practitioner please remember there is now a £10 AAMET administration fee effective 1 January 2009.

CONTEMPLATION

Here is a story that I have found so helpful to keep clarity in my life. Some of you may have already heard or read it before. If not, enjoy...

Two Zen monks, Tanzan and Ekido, were walking along a country road that had become extremely muddy after heavy rains. Near a village, they came upon a young woman who was trying to cross the road, but the mud was so deep it would have ruined the silk kimono she was wearing. Tanzan at once picked her up and carried her to the other side. The two monks walked on in silence. Five hours later, as they were approaching the lodging temple, Ekido couldn't restrain himself any longer. "Why did you carry that girl across the road?" he asked. "We monks are not supposed to do things like that."

"I put the girl down hours ago," said Tanzan. "Are you still carrying her?"

I am grateful for the tool of Emotional Freedom shared by Gary Craig that has allowed me to let go of and stop carrying 'baggage' that no longer served me. Imagine what life would be like for someone like Ekido carrying a heavy load, unable or even unwilling to let go of past situations, limitations and accumulating more throughout life. What a heavy burden the past is for their physical, mental, spiritual and emotional bodies.

Begin your New Year free from "stuff." Consider joining us for any one of the following courses and empower yourself to let go.

NEW COURSES in WALES

I am offering a new empowering workshop to increase Self-Esteem and Confidence. I began my business many years ago in New Zealand with the aim to inspire people and enrich their lives by sharing tools of empowerment. When people are free of limitations e.g. emotional, physical, mental or spiritual, they become successful.

What better than to begin this New Year being successful in whatever form you choose - as a mother, father, friend, lover, business partner, sister, brother?

What would you achieve without the limitation of poor self-esteem and a lack of confidence?

The workshop will take place on Wednesday 21 January 2009 10am-2pm and Friday 23rd January 6pm-10pm held at Morfa Hall, Bath Street, Rhyl, North Wales. The cost is £50 per person on the day; or £35 per person when paid before 15 January 2009 and includes a tailor-made confidence building CD worth £10.

We will actually create and record the Hypnosis CD based on your needs during the workshop and you will receive a copy of it to take home!

HONG KONG

We not only have Training covering EFT Levels 1-3, we are also offering Neurolinguistic Programming NLP & (EFT) Emotional Freedom Techniques Training for Improving Relationships; A new Hypnosis & Emotional Freedom Techniques (EFT) Exploration Night; A new Creating Successful Days Training

As well as the above, we shall also be doing Personal Consultations lasting either one and two hours.

SHANGHAI

This year we will be heading to a new location in Shanghai to offer workshops and training. We will be in a variety of locations giving free talks/taster seminars as well as the courses that are available in Hong Kong.

EFT RESOURCES

There is a new EFT book out for children and for therapists who work with children called "Tapping for Kids" by Angie Muccillo. This book teaches EFT through rhymes & stories and comes with a downloadable comprehensive resource pack including sing along downloads, license free certificates and quizzes for integrating into your own practice.

The paperback is available for £9.97 from the publisher (Paperback or full colour instant download eBook)

Warmest Winter Regards to you from Wales, may this find you in great health and ready to be successful in 2009!