



Learn EFT from a certified EFT Master
on the introductory **Level 1**

Emotional Freedom Technique Workshop



The **Emotional Freedom Technique** (EFT) is a powerful *emotional clearing* technique that can be used to effectively reduce and eliminate *negative emotions and feelings*, remove attachments to limiting *beliefs* and dissolve *accumulated emotional pain*. This often occurs quite rapidly, but not always as some issues require persistence. EFT is sometimes called "**emotional acupuncture**" as it includes **tapping** on a series of specific acupressure points while **tuning into** an emotion, feeling or similar.

Based in part on the same ancient principles as acupuncture, but without needles, the EFT technique gets to the heart of a problem by directly addressing and clearing *blockages in the energy system*. EFT is the most widely used technique (worldwide) of a group of methods known as *energy techniques* or *meridian tapping techniques*.

The **EFT tapping technique** can be learnt in less than an hour and can be easily **self-applied** or used to **help others**. It is an **effective tool** that you can use to resolve *emotional issues* and thereby improve the *quality of your life*, help to *heal present and past relationships*, enhance *performance* in life and expand your *comfort zones*. EFT has many uses and is a wonderful tool to have to assist us through *the journey of life*.

This introductory workshop (level 1) introduces EFT and explores its fundamentals. Participants will learn the **background** of EFT, **why** it works (its theory) and **the full EFT tapping technique**. There will also be live **demonstrations** of EFT.

Several strategies will be introduced on how to approach and work with a **complex problem** (that has some or many contributing factors) plus an introduction to a simple but amazingly effective EFT technique for resolving **painful memories**. And more!

And, you will get to **practice and personally experience** EFT a number of times. You will learn to do EFT well enough to *get measurable results* and will receive useful *reference material* to take with you. *It is the beginning of a wonderful adventure and you will have this fantastic tool for the rest of your life.*

Introductory EFT Workshop

Date: Sunday, the 31st of October 2010 (10 AM to 5:00 PM).

Enrolment from 9:30 am for a 10 am start. You can pay on the day (cash, cheque, or Visa or MasterCard).

Venue: To be advised, but will be a central location.

Cost: The price is **\$175** per person with discounts for groups, pensioners, etc.

This course will cover **the full EFT tapping technique** and you get a **FREE EFT DVD**.

Registration: To make or confirm a booking:

Phone me on (08) **9487 8363** any time to reserve your place(s) **or**

Email me at pgraham@tap4peace.com.au

Web site: Go to www.integrative-clearing.com.au for more details and info on EFT.

Next Step: This Level 1 workshop is followed by the **foundational Level 2 EFT Workshop**. For those who want to develop their EFT skills further, the two-day **Level 2 EFT Workshop** (10am to 5pm) will be held on **Saturday and Sunday, the 18th and 19th of September**. Cost \$395. Level 2 certificate on completion.

Peter Graham, certified EFT Master

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Notice: While EFT has produced remarkable results, it is still considered to be in the experimental stage and thus practitioners and the public must take responsibility for their use of it. This workshop is an educational activity and is not intended as a therapy or as a substitute for the recommendations of health-care providers.