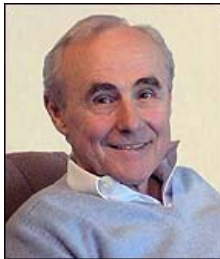


**THE HEARTBEAT OF EFT**  
**EFT Insights Newsletter (January 26, 2007)**



EFT Founder,  
Gary Craig

Hi Everyone,

Please peruse and choose from this info-rich newsletter. It is the Heartbeat of EFT and this edition brings you 20 messages, lessons, announcements, tips, skills and articles written by your peers (plus more). **Scroll down to view this extraordinary library of ideas and inspiration** and pick one or more that interest you. Doing so with each newsletter should substantially magnify your skills.

Hugs to all, Gary

P.S. Please consult qualified health professionals before putting these ideas into practice for yourself or others.

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**Helpful Items**

**Thought for the Day:** *"He who needs nothing can be trusted with everything."* From "The Disappearance of the Universe" by Gary Renard

**Today's EFT Quote:** *"Your Basic Course and Borrowing Benefits training videos are truly revolutionary .. many thanks."* Vincent O'Kelly

**Today's Humor:** [25 Signs You've Grown Up](#)

**Did you know?** ... there is an entire section on Using EFT for Sports and other Performance issues at <http://www.emofree.com/articles.aspx?id=21>

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**Announcements**

**Peter Graham from Australia is our latest EFT Master:** After rigorous trainings, workshops and exams, Peter Graham has now qualified as an EFT Master. He is listed, along with our other EFT Masters, on our website. [Find an EFT Master Practitioner](#)

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**Messages from the EFT Masters**

[How to become an EFT Master](#)



[Persistence and a challenging case - Incest, abuse, depression, anxiety attacks, nightmares and flashbacks](#): Study this detailed article by EFT Master Sophia Cayer. It is about one of those clients that have seemingly endless issues. These are challenging cases, of course, and require many EFT sessions before things clear. Such clients present opportunities to enhance our Mastery of EFT as they will bring up new issues at nearly every turn. What is so beautiful about this article is that Sophia takes us through the process step-by-step and shows us many ways to address these challenges. Sophia can be seen in the First EFT Master Showcase to be held in Dallas, TX March 9, 10, 11, 2007 (**Note: it is now 60% full**). Join her in this historic event. Register at [www.eftmastertraining.com](http://www.eftmastertraining.com) Sophia's website is: [www.solacewithsophia.com](http://www.solacewithsophia.com), or you can [email her](#)



[Behind the Scenes of the Movie Technique](#): One of our most useful concepts is The Movie Technique. It is simple to use and often provides quality results. A thank you goes to EFT Master Karl Dawson from the UK for giving us details about why it works so well. Karl Dawson can be seen at the EFT Master Showcase to be held in Dallas, March 9, 10, 11, 2007 (**Note: it is now 60% full**). Register at [www.eftmastertraining.com](http://www.eftmastertraining.com) Karl specializes in working with serious disease and conducts monthly EFT workshops (Levels 1-3) near Stratford-Upon-Avon. Check for upcoming dates at [www.eftuk.com](http://www.eftuk.com) Karl will be starting a new 2 day 'EFT for serious disease.' course from January 2007. [E-mail Karl](#).

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**Today's Featured Articles**

**Featured Article #1:** [9 Phases of Organizing with EFT: Phase 2-Observe Habits](#): Figen Genco is an expert in personal organizing and shares her tips and hints for using EFT in this area. [Email Figen](#) and download her Manual on De-Cluttering at [her website](#)

**Featured Article #2:** [Using EFT for the emotions behind a heroin addiction](#): Many thanks to Gary Williams from the UK for this very detailed trip through his three sessions with a heroin addict. Many insights here. [Email Gary](#) and [Visit his website](#)

**Featured Article #3:** [A Quality Idea - Surrogate Tapping with Magic Buttons Bear](#): Here's more glowing evidence of the value of surrogate EFT. Linda Wood from the UK describes the many benefits of tapping on a toy bear in behalf of ourselves or others. I know this sounds woo-woo to many ... but you may as well get used to it. We have far too many of these reports on our website to ignore this phenomenon. It is easily explainable in spiritual terms (we are all connected) and through the findings of quantum physics. [Email Linda](#) for Magic Buttons Bear and [Visit her website](#)

**Featured Article #4:** [An Innovative "Solution Offering" Technique](#): Read about how Figen Genco softens the EFT Setup phrase by injecting the word "maybe" within it. That can be very useful for some clients. [Email Figen](#) and [Visit her website](#)

**Featured Article #5:** [EFT success for a Binge Eater](#): Carol Solomon, PhD gives important insights regarding a successful Binge Eating case. Afterwards, her client says, "*For the first time in my LIFE ... on Monday night, I was given a chocolate at the end of Christmas meal with friends at a restaurant and I put it to my mouth to take a bite (habit - in my mouth before I thought about it) and it was too sweet and I was too full ... and I held (HELD) the last 2/3rd's of it in my fingers for over 10 minutes as we were all saying goodbye and I threw it in a bin (THREW IT OUT) on the way to my car!!!*" Carol also teaches her popular "Profit From Your Website" class for EFT practitioners starting February 7th. For details, [register here](#). For Carol's Stop Binge Eating With EFT Ebook and recorded audio, [visit her website](#) or [Email Carol](#)

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#### Tips from the EFT Website

- [Some brief phobia cases--snakes & phobias/bugs](#): Most phobias respond pretty quickly to EFT. Accordingly, we get some almost magical "one minute wonders" with them that are a delight to watch. A thank you to Meryl Beck for giving us a few such cases in this article.
- [Using EFT for a headache provides aid to alcohol recovery](#): Sometimes the simplest applications of EFT can lead to profound results. Mair Llewellyn-Edwards (from the UK) found this out by introducing her client to EFT for a mild headache. The headache vanished in short order and this motivated the client to use EFT for every form of stress in her life. The result was a material aid to her alcohol addiction recovery. Mair gives us more details in her message.
- [It started in a prison camp](#): Suppose you had been born in a prison camp and spent your first 5 years in that deprived and abusive environment. Suppose further that shortly thereafter you were pushed out of a moving car. Might you have some healing to do? Such was the case with Barbara Feldman's client. Please note that using EFT on a physical issue (low back pain) had apparent results [side benefit] on an important emotional issue. We see this synergy frequently.
- [Programming dreams with EFT](#): Let me gratefully acknowledge Marilyn Johnson for sharing with us yet another creative use for EFT. Marilyn, by the way, is not a professional therapist. Rather, she comes from the client perspective and has pursued various energy procedures on her own. Like so many, she experiments with EFT to "see what else it can do." In this example, she chose to "program her dreams" (my term) to create answers and insights for a problem in her life. Great idea! Enormous potential!
- [Expert golfers, EFT and comfort zones](#): To date, most of the golf experiences discussed on this list have been with beginning golfers and those of medium skill. We now have a report from Steve Sayre, an accomplished golfer who plays to a 6 handicap (that means he typically shoots 6 strokes over par). That is good enough to be in the top 10% of most prestigious golf clubs. Steve has used EFT with success to noticeably reduce his golf score and describes his experience
- [A very easy elevator phobia case](#): Here is one of our "one minute wonders" regarding an elevator phobia. A thank you to Joan Hitlin for providing it. "*When I greet a new client I usually go down to the first floor and walk them up the stairs (for weight loss clients I tell them that this is step one of the program). But it was the end of a long day, and I was quite tired, so after saying hello, I said "Let's take the elevator," and we both got on. About three quarters of the way up, he very quietly said "I'm terrified of elevators." Well, we were almost there, so I apologized, and we continued, with him looking quite ill, to the 3rd floor.*"
- [PMS](#): By Heather Morrison, Cht
- [Resolving the intense after effects of child birth trauma](#): Silvia Hartmann-Kent from the UK gives us a professional look at the long term effects (lasting 24 years) of a brief series of birth related traumas and how they turned an otherwise happy, normally adjusted young lady into someone beset with an imposing list of problems. Silvia expertly uses EFT on many of the key parts and, to help us with our study, she separates out the various aspects for us by putting the relevant language in quotes throughout her message.
- [EFT "homework" and other messages](#): Here are a variety of recent correspondences that help illustrate EFT. While all are useful, I would like to emphasize the importance of "EFT homework" that is involved in Hilary Jupp's message. She had her client tap daily and her result was dramatic improvement across a wide variety of physical ailments.
- [Learn EFT -- OR -- Expand Your Knowledge--60 day return policy](#)

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#### Other Items

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**Important note:** While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Gary Craig is not a licensed health professional and offers EFT as an ordained minister and as a personal performance coach. Please consult qualified health practitioners regarding your use of EFT.