

*Use EFT to Access your Inner Resources
and reclaim your Personal Power*



The Personal Empowerment EFT Workshop

This **empowering EFT workshop** is for those who are serious about using EFT for their own **personal development**! It includes *advanced, deep* and *innovative techniques* for making measurable progress with **resistant or persisting issues** and how to access (connect with) your amazing **inner resources** to achieve that. It's the culmination of over six years of **research** and **development** and will be featured in an upcoming book.

To learn and effectively apply these techniques requires some experience with EFT plus participation and commitment and a willingness to take responsibility for your own emotional reactions. The techniques are **especially suitable for self-applications** and, of course, are exceedingly useful for serious applications **with others**.

Pre-requisite: It is required that you are *familiar* with the EFT techniques as covered in the (two-day or four-evening) **Level 2 EFT workshop** as these *foundational skills* are the minimum needed at this level **or** you've attended an *earlier* two-day or four-evening workshop, such as the Foundational EFT Workshop.

Many individuals find that they have at least one or two major issues that just seem to tag along with them or repeatedly interfere with their lives no matter how much tapping, studying, reading, workshops, therapy, meditating, affirmations, praying or other inner work they have done over the years or decades. I call these "forever problems" and they are typically *complex, multi-layered, deep-rooted* and *intimately tied in with who we think we are*. Usually, measurable progress and breakthroughs have been made along the way but there "always" seems to be more work to be done.

This hands-on powerhouse course includes:

- (i) Several **empowering** ways to use EFT to **access our inner or higher resources** that are needed to resolve or handle a **disempowering emotional issue** or a **challenging life situation** or similar, but where this/these **inner or higher resources** are not currently being accessed in that context (but may be in another context). Some examples are: courage, responsibility, intention, integrity, empathy, compassion, creativity, planner, and others. One of the starting questions that can be used is "*What (resource) is missing?*" (in the context of a particular issue) and then *evoke* and *activate* that inner resource using EFT.
- (ii) Several **enlightening** ways to use EFT to **wake up from a "trance state"** (i.e. where there is a *fixation of attention*) that we find ourselves caught up in or sucked into. Whether we realize it or not, a trance state *always co-exists* with a negative state or persisting personal issue and its contributing aspects. Such a trance state is "the invisible glue" that *binds* all these various aspects together.
- (iii) A **breakthrough** approach to separate out and resolve **subconscious resistances** when they are assumed, regarded or experienced as one big resistance but are actually **a bundle of resistances**. These "bundles" often exist in areas where we feel disempowered, stuck or have long-term persistent or recurring personal issues which don't respond well (until separated out and, thus, become more specific).
- (iv) You will learn some very **powerful** approaches for locating **disowned parts of ourselves** (borrowed largely from Debbie Ford's work) and then (using EFT) getting to **acceptance** and making **peace** with each one. **Disowned parts or aspects** of ourselves are at the root of many of our serious problems such as self-esteem issues and self-sabotaging thoughts and behaviours. A disowned or rejected part is an aspect or fragment of ourselves that we "*don't want to be*". And, **what you resist, persists!**

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- (v) Learn several **simple but effective** EFT techniques to *directly communicate*, work with and heal a *wounded inner child* or more correctly a **“younger self” or fragmented “part”** (stemming from one or more traumatic experiences). A traumatized younger self may be *triggered* in life from time to time resulting in that *disempowered inner child* or *self* or *part* manifesting now. This may result in *internal conflicts* or we may *temporarily behave* in an *immature* or even *childish* way. These traumatized younger selves can also influence *who we think we are* (our concept of self). **Note:** Learning these simple **empowering techniques** is very useful as they are not only excellent techniques but are also precursors and good preparation for the more complex and demanding **Matrix ReImprinting technique** if you choose to do it (which requires a full two-day workshop).
- (vi) How to use EFT to assist us to move in the direction of accepting **full ownership and responsibility** for our own emotions, feelings and other reactions. This high level of responsibility is incredibly **empowering and liberating** as we cease being a victim. This approach was inspired by and is based on the Hawaiian healing method “Ho’oponopono” (but *made a lot easier, thanks to EFT*).

This practical hands-on workshop is valuable for those who will be seriously **self-applying** these approaches for their ongoing emotional clearing and personal and spiritual growth **AND** it also adds powerful tools to the “EFT toolkits” of those who will use these techniques **with others** (professionally or non-professionally).

Note: This *advanced workshop* was originally called “**Level 4**” (in 2009) but it’s really a *special-purpose* workshop with a *theme* (i.e. personal empowerment) and *it only requires Level 2 skills*. Thus, it was renamed and the only pre-requisite is having done a Level 2 workshop or an equivalent training.

Dates: It is very likely to be held again in **October or November 2012**.
From **10 AM to 5 PM** on both days.

Cost: **\$395** (two full days) - and it’s **just \$75** if you are *re-doing* it again.

Gift: You get immediate **free loan access** to “The EFT Course” DVDs (the full set) **or** the next set of DVDs if you already have a copy.

PRACTICE SESSIONS: As an important **follow up** for this workshop, there will also be optional **practice sessions** for attendees to really settle down with and practice using these powerful techniques.

Venue: To be advised after enrolment

Registration: Let Peter know if you’re *interested* or have *intent* to do this workshop or to *re-do* it. If there are enough who have indicated their desire to do it, *it can be brought forward* to an earlier time.

Phone (08) **9487 8363** (any day) **or** email me (pgraham@tap4peace.com.au) for more information or to reserve your place.

Web site: www.tap4peace.com.au

Peter Graham, certified EFT Master & EFT Trainer

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