

## Peter Graham

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**From:** "Peter Graham" <pgraham@inet.net.au>  
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**Sent:** Thursday, 16 August 2007 9:57 PM  
**Subject:** Tap4Peace (August 2007)

Hi there!

This is the **August issue** of the **Tap4Peace EFT News letter**. There was no July issue. Tap4Peace is derived from the concept of using the **Emotional Freedom Technique** (EFT) to tap for inner peace.

I offer a range of services (counselling, clearing, coaching and training) that directly and effectively address **the major personal issues that most individuals encounter in life**. The underlying purpose of my work is personal and spiritual growth. My web site is [www.integrative-clearing.com.au](http://www.integrative-clearing.com.au). - Peter Graham.



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### August and September Workshops

Click here ([www.integrative-clearing.com.au/workshop\\_schedule.html](http://www.integrative-clearing.com.au/workshop_schedule.html)) for a **full schedule** of all the workshops over the next few months. Click on the **links** below for more information.

The two-day **Level 2 EFT workshop** will be held on **Saturday and Sunday the 18th and 19th of August**. There will also be an evening series (dates to be advised). The cost is \$375 (or 1/3rd of that for those doing it again). **Pre-requisite:** the **Level 1 EFT workshop** **OR** the earlier **Introductory EFT workshop** **OR** an equivalent introduction to EFT. Details: [www.integrative-clearing.com.au/eft/eft\\_level\\_2.html](http://www.integrative-clearing.com.au/eft/eft_level_2.html).

The next **Counselling for Non-Counsellors course** presented by Dr Donna Brandes and myself will commence on **Monday evening the 27th of August** and will run over **eight Monday evenings**. Greatly enhance your skills to help others when they are **emotional, stressed or suffering** or need some **nurturing**. The cost is \$375. **Book soon for this fantastic workshop as numbers are limited**. Details: [www.integrative-clearing.com.au/cfnc\\_workshop.html](http://www.integrative-clearing.com.au/cfnc_workshop.html)

The three-day **Level 3 EFT workshop** will start on **Sunday the 2nd of September** and will continue on dates arranged with those attending. It teaches **advanced EFT skills**. The cost is \$495 (or just \$165 for those doing it again). **Pre-requisite:** the **Level 2 EFT workshop** **OR** the older **Foundational EFT workshop** **OR** an equivalent skill set. Details: [www.integrative-clearing.com.au/eft\\_level\\_3.html](http://www.integrative-clearing.com.au/eft_level_3.html)

The next **Level 1 EFT Workshop** which will be held on **Sunday the 23rd of September**, followed by an **evening workshop** on **Tuesday and Thursday the 25th and 27th of September**. The cost is \$185. Details: [www.integrative-clearing.com.au/eft\\_level\\_1.html](http://www.integrative-clearing.com.au/eft_level_1.html)

The immensely practical **VITAL Relationship Skills workshop**, for individuals or couples, has been *re-scheduled* to be held on **Saturday and Sunday the 29th and 30th of**

**September.** These skills apply to ANY relationship. The cost will be \$375 per person with a BIG discount for couples. Details: [www.integrative-clearing.com.au/relationships/relationship\\_skills.html](http://www.integrative-clearing.com.au/relationships/relationship_skills.html).

## EFT featured in national newspaper

On the first Friday of every month, **THE AUSTRALIAN newspaper** comes with a glossy insert called "Wish". The August 2007 issue of [Wish magazine](#) included a full page article on EFT by UK academic Dr Nick Baylis of Cambridge University.

The article is called "Emotional Rescue: Tapping into our mind-body system can help to heal a host of ills." See the whole article by clicking here [www.integrative-clearing.com.au/eft/emotional\\_rescue\\_nick\\_baylis\\_aug\\_07.pdf](http://www.integrative-clearing.com.au/eft/emotional_rescue_nick_baylis_aug_07.pdf) (in PDF format, about 500KB). It discusses two theories as to why EFT works and suggests that "It is quite likely that both explanations are true and that it's the synergy between the two mechanisms that gives EFT its potency".

## EFT Masters Showcase in Sydney

An EFT Masters showcase will be held in **Sydney in October** and **I will be one of the presenters** (along with 7 other certified EFT masters from around the world). It will be held from **the 25th to 27th of October** and **BOOKINGS are now being taken for it** ([www.eftmastertraining.com/sydney/index.html](http://www.eftmastertraining.com/sydney/index.html)). A number of Perth EFT'ers will be going. It will be a unique opportunity that may never be repeated. Come along and observe EFT masters (each with their own unique style) do a series of real sessions followed by open discussions about the sessions. It will be a great personal learning experience for all who are there (including me).

## EFT for Emotional and Physical Pain

EFT is usually seen as a tool for releasing **emotional pain**. However, it also has a surprisingly successful record in helping to reduce or eliminate **physical pain**. Two Perth professionals who work with people in pain every week share their experiences in using EFT in their practices. And, a long term EFT'er does his first session with a "real" client to a complete resolution of his client's debilitating emotional pain. [Click on the links below](#) to read their experiences with EFT.

**Gary Clark** has a clinic in Perth called [Pain Busters Clinic](#) and he uses a variety of techniques and tools. EFT is one of the primary techniques that he uses. Click here to read how Gary used EFT to completely **eliminate back pain** with one of his clients (visit [www.integrative-clearing.com.au/eft/articles/eft\\_for\\_pain\\_in\\_butt\\_july\\_07.html](http://www.integrative-clearing.com.au/eft/articles/eft_for_pain_in_butt_july_07.html)). Note that the phrase he picked up and tapped on was *a metaphor* that the client expressed ("Work is a pain in the butt").

**Rahima Richardson** is a Perth physiotherapist who uses EFT along with other modalities to **treat clients with physical pains** (see [www.integrative-clearing.com.au/eft/articles/physiotherapist\\_uses\\_EFT\\_july\\_07.html](http://www.integrative-clearing.com.au/eft/articles/physiotherapist_uses_EFT_july_07.html)). She has witnessed some amazing results with clients from quite diverse cultures, walks of life and age ranges using this simple technique and describes how she has approached some of them.

**Kurt Campbell** had a wonderful experience in resolving **emotional pain** when he used EFT for the first time with what he calls **my first real live 'tapping' client** (at [www.integrative-clearing.com.au/eft/articles/kurts\\_first\\_real\\_session\\_july\\_07.html](http://www.integrative-clearing.com.au/eft/articles/kurts_first_real_session_july_07.html)). He had previously used EFT with his children and himself over a period of years but this was his first "legitimate" client and she had a major issue for which she was prescribed medication. Kurt has done EFT training up to Level 3 and this shows through in the way he approached the things that cropped up during this session (including his use of intuition and closely following what she was experiencing at each point during the session and "going with the flow" as new parts (aspects) of her issue came to the surface).

## EFT Tip of the Month

The most common question asked about EFT is "*What should I tap on?*" EFT needs to be aimed

at something. It can be a problem or just one piece (aspect) of that problem such as an emotion, feeling, sensation, thought or event.

It is often a good move to first tap on the problem or issue in a general way (such as "my abundance problem"), especially if the person may be (to some degree) in denial about it. This takes the edge off it and makes the problem more approachable. Sometimes, things just "pop up" out of nowhere while doing this and you can immediately tap on them. Sometimes, we have to tap on the problem as a whole *persistently* before a doorway into the problem opens up. It seems to depend on how much repression exists with regard to the problem.

Just thinking of the problem or putting your attention on it will *often* bring something up, such as a particular feeling or thought (like "This is all too hard"). If that happens, tap on that first. Then, putting your attention of the problem again may (or may not) bring something else up. If so, which it often does, tap on that. After successfully tapping on one aspect or part of an issue, another aspect often spontaneously emerges and you tap on that, and so on (which is called "a daisy chain"). If a daisy chain starts happening, just go with the flow, tapping on one thing after the other. These are covered in depth on the Level 2 EFT workshop.

The idea is to **work with the sub-conscious mind** and to tap on things that it brings up into consciousness (and in *the order* that it brings things up) rather than trying to figure out what to tap on or trying to over-ride it. Thinking and analysing get in the way more often than not. The most important thing to tap on is what is observable or manifesting *now*.

If EFT seems not to be working, check if you are tapping on the right thing (at this point). Tapping on the wrong thing (for now) sometimes means there is something else that should be tapped on first or the thing being tapped on is too general or it's just not a doorway into this particular problem at this particular time. Look for what is there right now and tap on that. Sometimes, you have to be very persistent but sooner or later (usually sooner), something shifts (which you can feel in your body) and you're moving forward.

## EFT and the Law of Attraction

Have you seen the movie [The Secret](http://www.theseecret.tv) ([www.theseecret.tv](http://www.theseecret.tv))? It's all about "the Law of Attraction" and how we attract things and people into our lives and how to attract what we want instead of what we don't want. The movie is "a bit" over the top (to say it mildly) but the basic principles are sound. **Bob Doyle** ([www.wealthbeyondreason.com/call.html](http://www.wealthbeyondreason.com/call.html)) is featured prominently in *The Secret* and he is very enthusiastic about EFT. He runs an abundance program and is well known internationally.

Bob says that: "Having a powerful and simple tool like EFT to eliminate negative emotions and limiting beliefs has proven to be **an essential key** for getting the Law of Attraction principles work in your life."

He goes on to say: "... there is a key thing that you must know before you're going to have success with ANY self-improvement program. You have to learn about "resistance", and how to let it go. This resistance shows up in the form of negative emotions, and the impact that these emotions have in your life range in scope from just "not be happy" to having very serious physical manifestations in terms of your health." ... **"EFT stands for "Emotional Freedom Technique" - a deceptively simply, yet incredibly powerful technique** for completely eliminating negative emotion from your life. Until you experience what it feels like, you won't understand exactly why I'm so enthused by it." - Bob Doyle.

**The Law of Attraction** is not new to **Gary Craig**, who developed EFT. On Gary's web site, there is a series of articles called [The Palace of Possibilities](http://www.emofree.com/a/?1824/palaceof.htm) (see [www.emofree.com/a/?1824/palaceof.htm](http://www.emofree.com/a/?1824/palaceof.htm)) which were subsequently presented in a workshop and are **now available in DVD format** ([www.emofree.com/a/?1824/2](http://www.emofree.com/a/?1824/2)). **Gary says:** "The essence of it is that ... **"Your consistent thoughts become your reality."** This fundamental truth, also known as The Law of Attraction, insures that your properly focused thoughts show up in your life."

## More EFT Endorsements

"EFT and Law of Attraction are Best Friends" - **Michael Losier**, author of the best selling book "Law of Attraction" ([www.lawofattractionbook.com.au](http://www.lawofattractionbook.com.au)) but he wasn't in the movie The Secret; "EFT offers great healing benefits" - **Deepak Chopra** MD, author of over 40 books ([www.chopra.com/3.html](http://www.chopra.com/3.html)); "EFT is at the forefront of the new healing movement" - **Candace Pert** PhD, scientist and author of *Molecules of Emotion* ([www.candacepert.com/products.htm](http://www.candacepert.com/products.htm)) and featured in the film "What the Bleep do we Know!"; "EFT is a simple, powerful process" - research scientist **Bruce Lipton** PhD, author of *The Biology of Belief* ([www.brucelipton.com/introduction](http://www.brucelipton.com/introduction)). For more, visit [www.emofree.com](http://www.emofree.com).

## The Response Cycle

**One** of the vital skills (and there are more and they are all learnable) that we need in relationships (as covered on the [Vital Relationship Skills workshop](#)) is to be able to converse on an important issue without creating Defensive Responses in the other person. **Defensive responses** tend to send the ship off course (away from resolution) or may even sink the ship. One of the ways to stir another person up is to misunderstand them or take something the wrong way or add something to what they said and then (from the other person's viewpoint) respond inappropriately.

The **Response Cycle** is the cycle of a response which (i) begins with an **Observation or Experience** (what happened or what is observed), (ii) which is followed by **Interpretation(s)** and (iii) then by the **Response(s)**. There is a direct relationship between the Interpretation and the Response in that the interpretation precedes and determines the type of response. Sometimes, individuals (maybe, even including thee and me, occasionally) have a *predisposition* to interpret certain things in a particular way (based on earlier experiences in that area). Here's a relevant quote:

*"Understand that you do not respond to anything directly, but to your interpretation of it. Your interpretation thus becomes the justification for the response."* - [A Course In Miracles](#).

It's what we *make of it* that determines our responses to something and it may or may not be true. It may *feel* true emotionally. This can cause problems as the **Receiver** may *misinterpret* or *add to* what the **Speaker** said (or intended to say) followed by the **Receiver** responding in a way that the **Speaker** feels is inappropriate or judgemental. The **Speaker** is then much more likely to get frustrated or defensive. Example: Person A asks "Do you really want to go to the play on Thursday night?" and person B answers "If you don't want me to come with you, why don't you just say so?" **A defensive response is more likely as judgement has occurred!** Person A may have simply preferred to spend a pleasant evening with Person B.

One way to eliminate or minimize the possibility of a defensive response is to *take responsibility for your own interpretations*. This means *retain ownership of the interpretation* without imposing it onto the Speaker (as if it's true) until we have verified it. This greatly reduces the possibility of stirring up resistance or a defensive response in the other person. Example: Person A asks "Do you really want to go to the play on Thursday night?" and person B answers "Yes, I would like to go. However, I am *interpreting* your question as you saying you don't want me to come with you, is that correct?" This leaves the door open for the Speaker to correct any misunderstanding and also sends the message that the Receiver wants to actually hear the message as intended from the Speaker.

In practice, when conversing on a serious emotional issue in a relationship, doing this one simple thing can make a noticeable difference when trying to walk through the "mine field" (if there is one) and sort something out. Try it with someone you know and see what happens.

## EFT Downunder

I did the "100% YES!" workshop with Steve Wells last November and got a lot out of it. Prior to that, I spent some time with both Steve and Dr David Lake while travelling together to the US and doing the EFT masters course with them in 2005. They both use a unique combination of EFT and "Provocative Therapy" in their workshops and private practice called Provocative Energy Techniques (PET), which can be challenging for some and open the doors for others. They are both 100% Genuine and I can recommend their courses. Steve will run all the courses below

except the Retreat which will be run by Steve and David. Visit [www.eftdownunder.com](http://www.eftdownunder.com) for more details and how to enrol on these courses.

Saturday & Sunday 25-26 August 2007 100% YES! (R) Breakthrough to Success. **Melbourne**  
 Saturday & Sunday 15-16 September 2007 100% YES! for Financial Success. **Perth**  
 Saturday & Sunday 6-7 October 2007 100% YES! (R) Breakthrough to Success. **Sydney**  
 Saturday to Wednesday 24-28 Nov. 2007 EFT/PET Daytime 5-Day Retreat. **Sydney**

### EFT Video

If you haven't already seen it, the new online **Emotional Freedom Techniques video** by Gary Craig is a must. To watch this **7 minute video on EFT**, go to [www.emofree.com](http://www.emofree.com) and click on Watch Video. I understand that the person who made the video was involved in the making of "The Secret" DVD.

### Become an "Inverse Paranoid"

Have you read any of the books by Brian Tracy ([en.wikipedia.org/wiki/Brian\\_Tracy](http://en.wikipedia.org/wiki/Brian_Tracy))? He's a big name in the self-help movement. I have been reading his 1993 book "Maximum Achievement" recently and it has a lot of useful information and practical bits. In it, he mentions the Law of Attraction and says: "Many books have been written about this law, and many people feel that it is central to understanding the human condition. The Law of Attraction says that you are a *living magnet*. You invariably attract into your life people and situations in harmony with your dominant thoughts." So, it's not really a secret!!

Later in the book, he discusses Failure and Success and says that "failure is a pre-requisite for success". He then advises readers: "Become an **inverse paranoid**". Tell yourself that everything that is happening is moving you toward the achievement of your goals, even when temporary failures seem to be moving you away from them. Keep looking for the good. Great successes are almost always preceded by many failures. It's the lessons learned from the failures that make the ultimate success possible."

### Tap4Peace

Some of the previous Tap4Peace N e w s letters are available on my web site.

**Keep on tapping! Bye for now.**

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