

Peter Graham

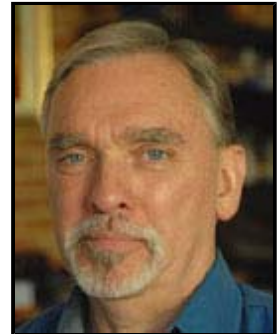
From: "Peter Graham" <pgraham@inet.net.au>
To: "Selected Recipients" <pgraham@inet.net.au>
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Hello!

Even though 2008 is already well under way, I wish you all the very best for the remainder of 2008! That sounds a lot like the Setup statement in EFT!

This is the **February 2008 issue** of my **Tap4Peace EFT News letter**. **Tap4Peace** is derived from the concept of using the **Emotional Freedom Techniques** (EFT) to tap for inner peace.

I offer a range of services (EFT sessions, relationship coaching, and related workshops) that address **the major personal issues that most individuals encounter in life**. The underlying purpose of my work is personal and spiritual growth. - Peter Graham.



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Upcoming Workshops

Click here (www.integrative-clearing.com.au/workshop_schedule.html) for a **full schedule** of all my workshops from February to May 2008.

The **Level 2 EFT workshop** will be held on **Saturday and Sunday**, the **23rd & 24th of February**.

The three-day advanced **Level 3 EFT workshop** will be held over **three Sundays** starting on the **16th of March**.

The **Vital Relationship Skills workshop** will be held in the **evening** (for the first time) over **six weeks** starting on Monday the **31st of March 2008**.

The next introductory **Level 1 EFT Workshop** will be held on **Sunday**, the **4th of May**, and again (over two evenings) on **Tuesday and Thursday**, the **6th & 8th of May**.

The **Counselling for Non-counsellors Course** will be held in the evening starting on **Tuesday the 13th of May 2008** and will run over **eight weeks**. It will be presented by Dr Donna Brandes, PhD. and myself.

EFT Masters' Newsletter

The EFT Masters (there is only about 30 certified EFT Masters in the world) have formed an

international group and we are working together to promote EFT and take **a leading role in quality EFT training world-wide**. This is the beginning of an exciting new era for EFT and its expansion and acceptance around the world.

Quality EFT depends on quality training.

The EFT masters now have their own EFT Master's Web Site and you are welcome to subscribe to the new **information-rich EFT Masters Newsletter** (www.eftmastersworldwide.com). To enrol, just go to the EFT Master's web site and enter your email address and click on Go.

New DVD Libraries

The EFT DVDs have been re-packaged into easy to use Libraries. Each library contains three sets of DVDs.

"The most commonly asked question about our DVDs is "which ones do I buy?" This has been confusing for years and we have finally addressed it by combining our 9 DVD sets into 3 attractively priced Libraries (The EFT Foundational Library, The EFT Intermediate Library and The EFT Honors Library)." - Gary Craig.

Up to 50% discounts still apply and you can still copy them up to 100 times to give (not sell) to others. You can see the details on the new **Order Page** (www.emofree.com/a/?1824/2).

EFT Tip of the Month

When EFT isn't working, the most common reason is that you are tapping on the wrong thing. The challenge is to find the right thing to focus and tap on and tap on that.

A counselling concept that I came across many years ago was the idea of "**asking the right question at the right time**". Some counsellors seemed to have "the knack" of doing that and being able to do that consistently was seen as the ultimate skill. This "knack" is mostly related to the extent and quality of his/her trainings and the many hours of experience that he/she has had "in the chair". It may then appear to be "a knowing", a knowing what to ask or do - or knowing when to keep your mouth shut and just wait.

A similar concept applies to EFT. When we *tap on the right thing at the right time*, EFT works amazingly well with a very high percentage of people. Things just dissolve or shift every single time we tap on the current right-now issue or feeling. And, each time it changes or the energy shifts, this needs to be noticed and the focus of the tapping immediately changed to match "what is" now.

There is a widely accepted sequence of skill levels that we all go through in learning something new. The first stage is **Unconscious incompetence** (all thumbs, but having a go), followed (after some more training and/or experience) by **Conscious incompetence** (where we now become aware of how unskilled we currently are), and later (after lots of practice) it becomes **Conscious Competence**, and finally it becomes **Unconscious Competence** (where we don't think, we just know what to do or say). Understanding this can be useful.

Some of us find the "conscious incompetence" stage to be *downright uncomfortable* and give up or avoid being in that situation. The answer is to use the amazing EFT tool we have to deal with the negative emotions and feelings that are arising within us by observing and tapping on them. They are, after all, old emotions and feelings that are getting in the way of our own personal growth and evolvment. By clearing them, it opens the door to making it through to the next stage of conscious competence - which feels bloody good!

To become more skilled at EFT requires learning more about it and gaining more experience in using it, preferably as much as you can. Some of my EFT students who have gone on to become professional EFT practitioners did the level 2 and/or level 3 EFT workshops several or more times to become increasingly familiar and comfortable with the important concepts and EFT techniques.

The [Level 2 EFT workshop](#) contains *a full set of the most important things you need to know about EFT*. All of them. It's a complete package. These are the foundational skills and techniques. It's worth doing this workshop a few times even if the only thing you want to do with EFT is to self-apply it. As EFT is a valuable tool for use in the journey of life, it's worth learning to do it confidently.

Developing effective relationship skills

Relationships can be challenging as we all know and close relationships can be even more challenging. Things can happen during any relationship (such as upsets, hurts, issues, etc.) that can adversely affect that relationship.

The bottom line is that if these things are not dealt with and not resolved *effectively*, they are left unresolved and can stack up and gradually (or rapidly) cause ongoing or recurring problems.

In the excellent book "Why People Don't Listen" by Hugh Mackay suggests that most of us use the relationship skills we learnt in the home we grew up in. Most of us, including me, were never taught *how* to resolve conflicts, heal wounds, communicate effectively, etc. as we grew up.

The simple fact is: *"If you keep doing what you've always done, you'll keep getting what you've always gotten."* - Jim Rohn. It is imperative that we learn some new relationship skills that are based on sound principles and that actually work, along with a clear understanding of what consistently or always throws a spanner in the works.

You can learn these vital skills on my Relationship Skills Workshop. It has taken over 20 years to learn, gather and develop the materials taught and the exercises used in this workshop. The efficacy of these approaches have been thoroughly tested and refined with real clients and couples over a long period. *Practical applications of this knowledge can make an astounding difference in a relationship.*

The [Vital Relationship Skills Workshop](http://www.integrative-clearing.com.au/relationships/relationship_skills.html) (www.integrative-clearing.com.au/relationships/relationship_skills.html) will be held in *the evenings for the first time* and will run over *six weeks*. The advantage of this, compared with doing it all in one weekend, is that you will have time to digest the concepts and practice the skills as we proceed culminating in the "rules of engagement".

The Rules of Engagement are very important as they provide *the agreements and guidelines that are needed for Effective Communication to take place*. Ideally, both people would agree to abide by these "rules" (guidelines or principles) prior to addressing an issue but, even if only one person knows them, they can still be very useful because they are based on what actually works and open the door to getting somewhere (even if it's currently a stalemate or a "mine field").

Oprah and The Power of Now

Oprah Winfrey is very enthusiastic about Eckhart Tolle's fabulously useful book *"The Power of Now"* and his latest book *"A New Earth"*. These are the best books I have ever come across for those who want to find profound and lasting inner peace.



More than 250,000 people have recently joined Oprah Winfrey's Book Club so they can participate in her upcoming series of Webcasts with Eckhart Tolle on his latest book, *A New Earth*.

Oprah hopes her Web course with Eckhart will become "the world's largest classroom" and, all the indications are, that her hopes will be realized. Being a Web course or Webcast means you will be able to *see and hear it on your own computer*. The course is free, but you have to register on-line to access it. You can register quickly and easily by clicking here (www.oprah.com/anewearth).

The 10-program course begins **March 3, 2008** at 9.00pm Eastern time in the USA and runs each week till May 5. For **Australian viewers**, 9.00pm Monday March 3, in US/Eastern (9/8c) converts to 11.00am Tuesday March 4, in Perth - 1.00pm Tuesday March 4, in Sydney/Melbourne.

Click here (www.peterspearls.com.au/oprah.htm) for details on how to be part of this great event.

If you are interested in learning more about the power of the now (which I strongly encourage), then Peter and Pearl Sumner hold an **Eckhart Tolle gathering** twice a month, on the first and third Saturday afternoon (3 to 5 PM) of each month in South Fremantle and show videos of Eckhart discussing his teachings. For more details, click here (www.peterspearls.com.au/eckhart-group-old.htm).

Helpful Hints from Gary Craig

Helpful Hint (www.emofree.com/Archives/Archive199.htm): *"You can substantially improve relationship counselling with EFT. Rather than talking endlessly about the issues and then arriving at some compromise, you can, instead, collapse the issues with EFT so that the need to compromise is minimized. This allows each partner more freedom to be themselves and less feeling of being "imprisoned" by the other."* - Gary Craig.

Helpful Hint (www.emofree.com/Archives/Archive202.htm): *"Sometimes clients' issues are so private that not even a therapist is privileged to know about them. This is a real stumbling block with conventional techniques. However, with EFT, you can often get relief under these circumstances by applying EFT while the clients "run the movie" in the privacy of their own minds. Several trips through this process is likely to provide a high degree of emotional freedom."* - Gary Craig.

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EFT Downunder Workshops

Steve Wells and Dr. David Lake (www.eftdownunder.com/about.html), founders of EFT Downunder, are holding an energy technique workshop called "Lighten Up Your Life: Treating Everyday Trauma With Energy Techniques" in **Perth** on the **23 - 25 May, 2008** and also in **Melbourne** from the 16th to the 18th of May. Full details and costs (and discounts) can be found at www.eftdownunder.com/LightOz.html.

It introduces EFT to those who don't already know it plus to the Simple Energy Techniques (SET) and also Provocative Energy Techniques (PET). SET is really a very simple and uncomplicated version of EFT.

PET is a hybrid technique that combines EFT with a psychological approach called Provocative Therapy. It involves warm-hearted humour and also provocative communication techniques designed to "stimulate" negative beliefs (which can then be tapped on).

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/a/?1824 and click on Watch Video. I understand that the person who made the video was involved in the making of "The Secret" DVD.

Tap4Peace

Some of the more recent Tap4Peace News letters are available on my web site.

Keep on tapping! Bye for now.

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