

## Peter Graham

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**From:** "Peter Graham" <pgraham@iinet.net.au>  
**To:** "Selected Recipients" <pgraham@iinet.net.au>  
**Sent:** Tuesday, 26 June 2007 9:18 PM  
**Subject:** Tap4Peace (June 2007)

Hi there!

This is the **June issue** of the [Tap4Peace EFT Newsletter](#). Tap4Peace is derived from the concept of [tapping for inner peace](#).

The [range of services](#) (counselling, coaching and training) that I offer address **the major personal issues that most people encounter in life**, including stress, emotional issues, relationship issues, self-esteem issues, accumulated emotional painful and limiting beliefs. The overall purpose of my work is personal and spiritual growth.

**Notice:** There is a **Vital Relationship Skills workshop** coming up **this weekend**, the 30th of June and the 1st of July. It's a breakthrough workshop. Be there and win-win!



### Online EFT Video

Have you seen the new online [Emotional Freedom Techniques video](#) by Gary Craig? It is VERY impressive. 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.

### June and July Workshops

Click here ([www.integrative-clearing.com.au](http://www.integrative-clearing.com.au)) for a full schedule of all the [upcoming workshops](#) over the next few months.

The **immensely practical VITAL Relationship Skills workshop** (for individuals or couples) will be held **next Saturday and Sunday, the 30th of June & the 1st of July**. These skills apply to ANY relationship. The cost will be \$350 per person with a **25% discount for couples or pensioners**. Do you remember this quote? **"If you keep doing what you've always done, you'll keep getting what you've always gotten."** - Jim Rohn. That's never more true than in relationships. Are you ready to make some effective changes?

An **evening Level 2 EFT workshop** will start **next Thursday evening the 28th of June**. Please book soon if you'd like to attend. It teaches a complete set of the most essential EFT skills. The cost is \$350 (or just \$120 for those doing it again). The pre-requisite is an introductory EFT workshop (or an equivalent introduction to EFT or skill set including self-taught).

The **Level 3 EFT workshop** is scheduled to start on **Saturday afternoon the 7th of July (with the remaining dates to be arranged with the attendees)**. 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 an equivalent workshop or skill set).

The **next introductory Level 1 EFT Workshop** which will be held on **Sunday the 29th of July**. There may also be an **evening series** (over two evenings) BEFORE then (so, let Peter know if you're interested). The cost is \$185. This approved EFT workshop provides a comprehensive hands-on introduction to the amazing EFT technique.

### What VITAL Relationship Skills?

The vital skills that we all need in relationships include [how to approach and engage another](#)

person in a conversation that actually goes somewhere, doesn't make things worse and leads to a resolution (for both). This involves learning HOW to get "ego" out of the way ("I'm right, you're wrong"), effective communication skills (especially true listening so each actually feels heard), how to resolve conflicts and disagreements, how to collaborate in solving problems to meet the needs of both, how to negotiate and achieve win-win outcomes, and more. All learnable.

Consider this: If we don't learn new skills and strategies to REPLACE old habit patterns and old "solutions" (that never really worked anyway), it is likely that we will see history repeat itself over and over. I learnt years ago (the hard way) that just "communicating" about an issue doesn't necessarily lead to a resolution (no matter how hard one tries) and that it can even make things worse. What is needed is effective communication.

Learning these important skills provides a framework within which Effective Communication can take place. Ideally, both parties would agree on the approach to be used. But, even if only one person knows how to use these skills, they can still be highly useful because they are based on a clear understanding of what actually works *and* what throws "a spanner in the works" (which includes things like games, judgements and generalizations). It's up to you now to choose to learn and master the vital relationship skills.

Getting a handle on these fundamental skills provides a solid foundation to build on and opens doors that might otherwise remain locked and bolted. [Just resolving the emotional issues with EFT may not be enough, we need to learn some new skills and strategies as well!](#)

### A "Shocking" EFT Testimonial

Over the last few months, I have been exchanging emails with a person overseas. This person has had some serious emotional issues for a long time. The person wanted to know if EFT could help. I said YES (but that it would take persistence and repeated applications of EFT) and suggested he also get "The EFT Course" DVDs (there being no EFT workshops in the part of the world where this person lives). The person is serious about emotional healing and just last week self-applied EFT for the first time. An extract from the latest email is below:

"I started doing some of the techniques and I'm shocked by how effective they are. All last week I was feeling terrible and finally on Sunday I watched one of the dvd's and started working with it and in 5 minutes my entire depression lifted off of me. I was shocked to say the least. :) It tried to come back about an hour or two later and I applied the same procedure and it went away just the same. How awesome! This stuff is great, I wonder what it would be like if everyone knew about this and used it." - (June 2007).

### EFT Tip of the Month

When doing EFT, the wording you use while tapping can make a difference. The best wording to use is one that expresses or reflects *the essence* of the feeling, emotion or belief *and* which has what is known as (in "EFT speak") an accompanying *emotional spike* (such as a surge of emotion when the person says, thinks or recalls something).

The wording of the thought/feeling and the way it's expressed can help to release the emotional charge or (if the wording isn't quite right) lose the connection with it. For example, a person may say or think "I'm really pissed" and immediately experience a surge of emotional energy but "I'm angry" gets tapped on (maybe because it's more socially acceptable) and little change occurs. If it's not responding or not responding well, re-visit and check the wording. Watch out for the emotional surge or "spike" and tap on that when it occurs and you'll get somewhere.

Another thing that goes along with this is *saying the emotion, feeling or belief like you feel it*. Get into the feeling, be present with it and say it like it is (with feeling) all the way through. You can even exaggerate it a little which sometimes accelerates the process. This is all part of *tuning into the feeling or emotion* while tapping which is *essential* if you are to get the most from EFT.

## EFT and the Law of Attraction

According to Michael Losier, **the Law of Attraction and EFT are best friends, they complement each other**. Michael is the author of the best selling book "[Law of Attraction](http://www.lawofattractionbook.com.au/purchase.html)" ([www.lawofattractionbook.com.au/purchase.html](http://www.lawofattractionbook.com.au/purchase.html)) and he recently toured Australia promoting his book. I tried to go to one of his talks in Perth but it was booked out.

In his audio CD "Law of Attraction and EFT are Best Friends", Michael says, about his personal EFT sessions, *"Boy, did I get some awesome results"* and *"What we have come to learn over the last couple of years is how EFT can support the Law of Attraction"*. EFT effectively helps to resolve and dissolve sub-conscious resistance to achieving our goals and dreams.

## EFT Masters Showcase in Sydney

An [EFT Masters showcase](http://www.eftmastertraining.com:80/sydney/index.html) ([www.eftmastertraining.com:80/sydney/index.html](http://www.eftmastertraining.com:80/sydney/index.html)) will be held in **Sydney** in October and I will be one of the presenters (along with some other certified EFT masters from around the world). **Bookings** are now being taken and a number of "EFT people" in Perth have already expressed their intent to be there. Observing EFT masters do a series of real sessions followed by discussions about the sessions will be a great learning experience.

## Endorsements

There is a section called "EFT Endorsements" on [the main EFT web site](#). If you haven't already had a look, then it's worth a visit. It includes endorsements from a number of well-known authors.

## Tap4Peace

Previous Tap4Peace newsletters will be placed on my web site soon. At the moment, only the May issue is there.

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

**Peter Graham**, EFT Master

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[www.integrative-clearing.com.au](http://www.integrative-clearing.com.au)

**NOTICE: IF YOU WOULD PREFER TO NOT RECEIVE ANY EMAILS FROM ME ABOUT RELATIONSHIP WORKSHOPS OR EFT WORKSHOPS, PLEASE REPLY TO THIS EMAIL AND SIMPLY TYPE REMOVE IN THE SUBJECT OR TEXT AREA. I HAVE NO DESIRE TO BE A SOURCE OF UNWANTED EMAILS.**