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Subject: EFT Tap4Peace N E W S (November 2011)
Greetings!

This is the **November 2011 Tap4Peace News Letter for EFT**. I hope you find the information useful and interesting. Note: The [Level 2 EFT workshop](#) will be held this coming weekend (see below).

The contents are:

1. EFT News (What's Gary up to?)
2. EFT Tip of the Month
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7. An Information-rich EFT News Letter

1. EFT News

There has been a rumour going around that [Gary Craig](#) is going to appear back on the EFT scene following his retirement mid last year. The latest more-than-a-rumour is that he is going to have a new web site called ACIM (which stands for A Course in Miracles). It's not exactly clear what he's going to do or what the implications of that are but EFT is included. I'll keep you informed as it unravels. What I do know is that the book "A Course in Miracles" is meaningful to Gary based on his comments during the EFT Masters Course that I attended in San Francisco in 2005.

2. EFT Tip of Month - The Secrets that Opens the Door

Sometimes, EFT works so quickly and profoundly on a major long term issue that it's simply jaw dropping. If you ask around, you'll find that every experienced EFT practitioner has had this experience with clients. Gary sometimes called these "one session wonders". We also know that that isn't always the case. In fact, "one session wonders" are well in the minority when working with complex issues. The factors that influence this include things like the structure of the problem and how it's stacked up, the number of layers, and extent of repression associated with emotional pain.

From a practitioner point of view, these all adds up to "[reality](#)". In other words, it is how it is. The practitioner viewpoint is something like "let's roll our sleeves up and get to work". There is an inherent honesty in this, which is built into the fundamentals of EFT where testing our results is thorough and important.

Generally speaking (as it's not always so), individuals who are having [private sessions](#) with an EFT practitioner make more, deeper and faster progress if they have a good understanding of the basics of EFT, which includes "aspects". The reason for this is that [an EFT session is actually a team activity](#) and the more closely the practitioner and client work as a team, the more productive the sessions are and (if any) the more rewarding any between-session "homework" is. The more familiar the client is with the fundamentals, the more he/she can contribute to the sessions.

Accepting that some problems are complex, multi-layered and long term and augmenting that with a deeper understanding of "aspects" helps to open doors. Aspects are the components (or the pieces of the pie) that together make up a problem, such as negative emotions, feelings, limiting beliefs and painful experiences. Gary Craig likens an issue to a forest that's made up of trees. Some personal issues have lots of trees (sometimes hundreds) and some have a few or even a single tree. Often, some of the trees are bigger and meaner than others and have a wider influence. Locate the bigger core trees and tap on them thoroughly and the smaller trees tend to fall over which is known as the "generalization effect". A problem can also be likened to an onion which has a number of layers. Many issues are like that and to get to the core, one frequently needs to work down through the layers, tapping on what is currently accessible along the way as things unravel. This concept and approach works well.

Not having a good understanding of aspects and how to locate them limits how thoroughly or deeply

problems can be resolved. The most proven and tested strategies for locating aspects are fairly easy to learn and use.

The most useful and proven strategies for breaking a problem down into individual aspects are covered and taught on the Level 2 EFT workshop and were developed by Gary Craig. And, the best strategies for locating underlying core issue(s) of a presenting problem are included in this course.

Over the years, many people (who have already done Level 2 **or** an equivalent two-day or four-evening workshop) have done it again to become more familiar with these strategies and more able to use them confidently. Level 2 also teaches the three primary EFT techniques for working with and resolving painful memories. They are really simple and easy to learn and use but (like anything else) they also require practice to develop the skills to a comfortable level.

A key "secret" that can be used to make progress with difficult or resistant problems is how to locate and identify aspects that will open one or more doors to allow a systematic resolution of an issue.

3. What is the Most Important EFT Workshop?

That's easy. It's Level 2. All of the *advanced* EFT workshops are built on and depend upon the skills and strategies learnt on Level 2. Gary is quoted as saying that "Mastering EFT is mastering the basics". The topics covered on Level 1 and expanded on Level 2 provide a *complete set* of the fundamental skills and strategies of EFT. None of them are hard to learn but some require practice and familiarity to become confident using them. And, *they can all be self-applied*.

Are you familiar with the [four stages of competence](#)? They have been around for years. They are: 1. [Unconscious incompetence](#) (beginner), 2. [Conscious incompetence](#) (lacks confidence, makes mistakes), 3. [Conscious competence](#) (settled down with it, doing well), and 4. [Unconscious competence](#) (just does it well without thinking). A lot of people falter at stage 2 because being incompetent or all thumbs can be somewhat uncomfortable or embarrassing.

Doing Level 2 several times is usually (but not always) what it takes to practice the basic skills before they become very familiar and you can use them easily, with yourself or others. I have made this easy to do - it's ridiculously cheap to do it again!

4. Upcoming EFT Workshops

Click on [EFT workshops](#) (web page) for a **brief description** of upcoming workshops **or** click here for a [diagram](#) (a PDF document) showing an **overview** of the workshops. The next Level 1 workshop will be held in late February. The remaining workshops for 2011 are:

The *foundational* [Level 2 EFT workshop](#) on **Saturday & Sunday, the 12th & 13th of November** to be held in the [State Library of Western Australia](#).

The *innovative* [Personal Empowerment EFT workshop](#) **Saturday & Sunday, the 26th & 27th of November** (the pre-requisite is Level 2 **or** an equivalent two-day or four-evening workshop). See information on this workshop below.

The *advanced* [Level 3 EFT workshop](#) will be held on dates arranged with those who've registered (the pre-requisite is Level 2 **or** an equivalent two-day or four-evening workshop).

Note: The contents of these Levels 1 to 3 workshops are consistent with the guidelines of [AAMET](#) (an association that defines the international EFT workshop curriculums).

5. The Personal Empowerment EFT workshop

The exciting [Personal Empowerment EFT workshop](#) has been in development by me for over 6 years. This will be the third time this workshop has been held. It has been refined and further developed. It is for those who are serious about using EFT. The pre-requisite is Level 2.

It's all about re-claiming our innate power and inner strength that we lost contact with somewhere along the way or never knew we had. The truth is that we have amazing potential and our *inner resources* can be activated and used to face and resolve issues encountered in life and within our own personal worlds. These inner resources are within us and can be tapped into and activated by using EFT.

This workshop includes some new innovative EFT techniques and all of them can be self-applied.

In a nutshell, this workshop includes: a new effective way to *untangle* the resistances present with persistent issues; how to access our *inner resources* needed to resolve personal issues or life situations; how to use EFT to *wake up* from a trance state (such as a bad mood or a fixation of attention); several simple but effective ways to work with a *wounded "younger self"* or a *"fragmented part"* stemming from a traumatic experience (which are a good precursor to the more complex Matrix ReImprinting technique); several approaches to locate *"disowned parts"* of ourselves and (all importantly) to *make peace* with each of them; and, an approach to take full *ownership and responsibility* for our own emotions, feelings and other reactions which can be very *liberating*.

There are also **practice sessions** for those who have done this workshop and they will continue next year. It takes practice and familiarity to get the most from these techniques and it's worth it!!!

6. The EFT Certification Program

The **EFT Certification Program** for EFT practitioners, developed by [AAMET](#) (the international **A**ssociation for the **A**dvancement of **M**eridian **E**nergy **T**echniques), has been widely accepted around the world, including in Australia.

By adopting this association, we now have internationally standardized contents for the Levels 1 to 3 plus a program only for those who wish to become officially certified as EFT practitioners (for Levels 2 and 3). There is also a program for an experienced EFT practitioner to become a certified Trainer and also certification as a Trainer of Trainers.

Such certifications will give EFT practitioners much more credibility and, over time, it will greatly enhance and speed up EFT's acceptance into the mainstream. EFT master [Rehana Webster](#) and I are currently the only certified (by AAMET) EFT Trainers in WA.

Certification is available for Level 2 (EFT Practitioner) and then Level 3 (Advanced Practitioner). Those who have *already* done Levels 2 and 3 still need to go through the formal certification process, doing the Level 2 certification first and then the Level 3 certification. For experienced EFT'ers, these certifications wont take long.

Contact me by email if you'd like more information on certifications or if you have any questions about becoming certified.

7. Subscribe to an Information-rich EFT News Letter

The EFT Founding Masters have their own web site and you are welcome to *subscribe* to the *practical, information-rich* and *cutting-edge* EFT Masters News letter at www.eftmastersworldwide.com which is ideal for those who are interested in EFT developments and applications. I submit EFT articles to be published in this News Letter from time to time. This News Letter includes a wide range of articles on various new EFT developments & applications plus hints and tips for EFT practitioners.

All the very best and keep on tapping!

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