

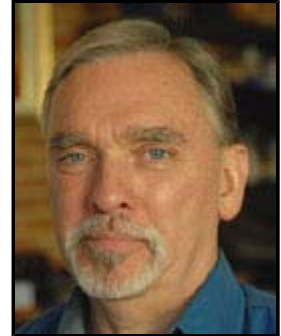
Peter Graham

From: "Peter Graham" <pgraham@iinet.net.au>
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Sent: Wednesday, 3 October 2007 10:34 PM
Subject: Tap4Peace (October 2007)

Greetings!

This is the **October issue** of my **Tap4Peace EFT News letter**. There was no September 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. - Peter Graham.



Contents

October and November Workshops
 EFT Masters Showcase in October (Sydney)
 EFT Tip of the Month (the Setup)
 Reasonably Priced Insurance
 Quote from Gary
 Tap O' the Mornin' (with Brad Yates)
 Adyashanti is in Perth (3rd to 7th of October)
 Gary Craig's EFT Video

October and November Workshops

Click here (www.integrative-clearing.com.au) for more information on EFT or a full schedule of the workshops over the next few months.

A **Level 1 EFT Workshop** will be held **next week** (evenings) on **Tuesday & Thursday, the 9th & 11th of October** (6:45 PM to 9:00 PM) in Subiaco. The cost is \$185 (for those doing it for the first time). There is special offer for those who did a half-day or single-evening EFT introductory workshop with me about two years ago. The next **weekend** Level 1 EFT workshop will be on **Sunday the 25th of November** (10 AM to 5 PM).

The next two-day **Level 2 EFT workshop** will be held on **Saturday and Sunday the 13th and 14th of October** (and again in early December). Pre-requisite: the **Level 1 EFT workshop** **OR** the earlier half-day **Introductory EFT workshop** **OR** an equivalent introduction to EFT (such as **Steve Wells** and **Dr David Lake's** workshops **OR** if self-taught). Another Level 2 EFT workshop will be on **the 8th and 9th of December**.

EFT Masters Showcase in Sydney

The EFT Masters showcase (www.eftmastertraining.com/sydney/index.html) is **being held in Sydney later this month**. **I will be one of the presenters** along with **5 other certified EFT masters** from around the world (another Australian, two New Zealanders, one from England and an Italian doctor). It will be held from **the 25th to 27th of October** and **there** is still time to make a **BOOKING** for this extraordinary event.

A number of Perth EFT'ers are already booked and excited about it. It will be a unique opportunity to see six professional EFT masters do live EFT sessions and presentations plus question and answer sessions. It will be an exceptional personal experience for all who are there (including me).

EFT Tip of the Month

The "**Setup**" is an important part of the EFT technique. The **Setup** is done first, then followed by the **Tapping** sequence. Understanding why we do the Setup can be useful. Some people don't use the setup as they see no reason to do it. Some do it mechanically, like a ritual, simply because it's part of the technique. Some people don't like it because may bring up some self-esteem issues.

There are **three good reasons** for doing the Setup which *sets things up* and *get things ready* so that the Tapping can weave its magic without impedance or opposition.

The first and original reason for doing the Setup is to correct a problem known as **Polarity Reversal (PR)** which can prevent EFT (and other techniques) from working. This is where the body's energy system is reversed, usually as a result of the *overwhelming* force (energy) in one or more traumatic experiences. The **body's natural energy polarity** (plus and minus) is reversed, which can be demonstrated using kinesiology-style *muscle testing*. In the 1980's, Dr Roger Callahan found that tapping on the Karate Chop (KC) point would often correct this problem (at least temporarily) and allow the tapping to work. Thus, we tap continuously on the Karate Chop point while doing the Setup to deal with any reversal that may be present (which is the case, reportedly, up to 40% of the time). Rubbing the Sore Spot (about 4 vertebrae below the collarbone) is also a correction for reversal and is used if the KC point doesn't seem to correct it.

While doing the Setup, we are also consciously **acknowledging and accepting** the problem, feeling, emotion or belief or whatever by saying "*Even though I have this*". We are focusing on "what is" in the now and acknowledging it (maybe, for the first time). Often, we have not consciously recognized and accepted it as there's been some (or a lot of) resistance, denial or repression connected with it. The setup statement helps to bring it into **the light of consciousness** which opens the door to acceptance of it. "**We cannot change anything unless we accept it.**" - **Carl Jung**.

The third contributing factor in doing the Setup is **the affirmation of self-acceptance**. Why are we doing that? Why that particular affirmation? One answer is that this particular affirmation (including any of its variations that we use) helps to **neutralize or suspend self-judgement**. Self-judgement and self-criticism are like road blocks. They cause a person to become even more entrenched in his/her negativity and reinforce his/her negative self-image. "**Self-acceptance means accepting and coming to terms with ourselves now, just as we are, with all our faults... as well as our assets and strengths. Self-acceptance is easier, however, if we realize that these negatives belong to us - they are not us.**" - **Maxwell Maltz** (from *Psycho-Cybernetics*, 1960).

Do the setup consciously each time and say the affirmation with intent. Say it like you really mean it (even if right now you don't fully believe it). With self-acceptance comes inner peace. Some people choke when first asked to do the setup and can't even get the words out. If this happens, gently keep the tapping rolling along, tapping for him/her if needed, and tapping only on right now feelings or sensations or whatever is coming up. In one of The EFT Course videos, Gary encountered this and got the client to tap on "Even though I have this self-acceptance problem..." and it got the person through that. "**When you begin to state an affirmation like, "I love and approve of myself," really pay attention to what negative messages come up because as you recognize them they become the treasures that will unlock the door to your freedom.**" - **Louise Hay** (from *The Power is Within You*).

Having said all this, the Setup is not always needed and many people do well when they skip it and only do it when things are slow or blocked. The essence of EFT is the *tapping* while focusing *attention* on an issue or feeling and most of the time (averaging around 60% of the time) EFT works easily and well whether we do the Setup or not. I like the setup and do it most of the time.

Another quote: "**No real success or genuine happiness is possible until a person gains some degree of self-acceptance. The most miserable and tortured people in the world are those who are continually straining and striving to convince themselves and others that they are**

something other than what they basically are." - **Maxwell Maltz** (from Psycho-Cybernetics).

Reasonably Priced Insurance

If you have a full-time or part-time practice involving one or more complementary therapies or techniques (including EFT), then the International Institute for Complementary Therapies (www.iict.com.au/Index.htm) may be of interest.

The IICT is a professional body for the Natural Therapy Industry and they now represent over 350 modalities Australia-wide. Part of what they offer, in addition to listing your practice in their Practitioner Directory, is to provide a way to get reasonably priced insurance. For example, you can get Public Liability Insurance, Professional Indemnity and Product Liability Insurance for \$5 Million cover for as little as \$264. That is a quarter of what I used to pay for just Public Liability Insurance with a large well-known insurance company.

Quote from Gary

"If your training in EFT is limited to our EFT Manual, please be reminded that you have just begun your EFT education. Although you may be pleased, or even thrilled, with your results there is much, much more that you can do with EFT. By comparison, if mastery of all of our video sets is equivalent to a PhD, then the EFT Manual has taken you through the 3rd grade." - **Gary Craig**.

Tap O' the Mornin' with Brad Yates

If you want to start the morning with some positive tapping, watch Brad Yates on YouTube (www.youtube.com/watch?v=aoSzivsQkVI).

Adyashanti is in town

Spiritual teacher **Adyashanti** is **in Perth this week**. He will be giving two talks this week in the evenings plus a 2-day intensive next weekend. His message is consistent with the teachings of **Eckhart Tolle** (author of The Power of Now) and he is VERY highly regarded around the world and draws large groups.

The evening satsangs (talks) will be held at the **Fremantle Town Hall** (no registration required, \$20 donation requested) on **Wednesday the 3rd of October** (bit late to go to that one!) and another one on **Thursday the 4th of October**. Sorry for the short notice.

The Intensive (\$240 at the door, so be early) will be held on **Saturday and Sunday the 6th and 7th of October** at the **Cottesloe Surf Life Saving Club**. If you have questions about the Intensive, **contact Peter Sumner on 9336 4737**. Adyashanti will also be doing satsangs and Intensives in **Sydney** and (yes, you guessed it) **Byron Bay**.

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 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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TYPE REMOVE IN THE SUBJECT OR TEXT AREA. I HAVE NO DESIRE TO BE A SOURCE OF
UNWANTED EMAILS.