

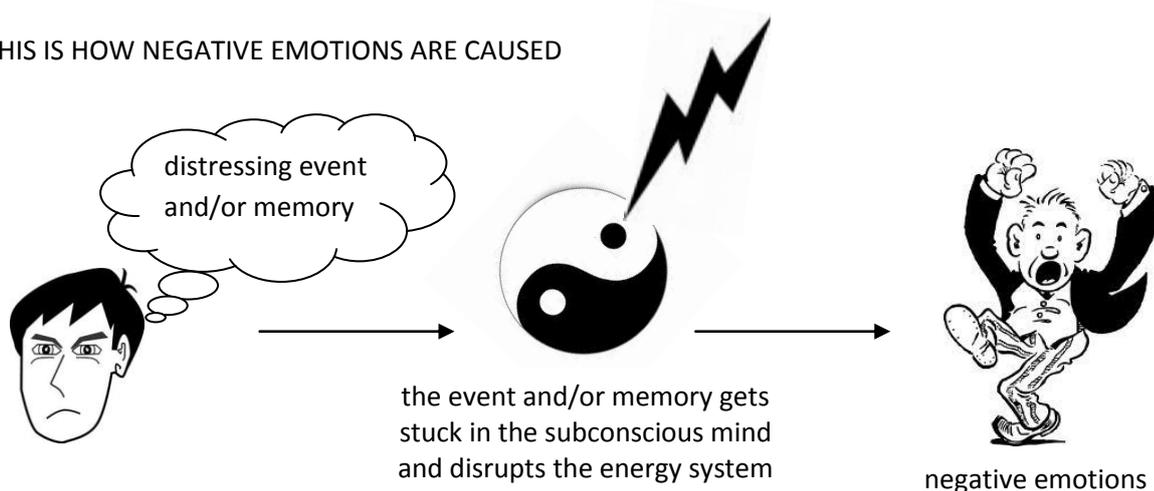
NOVEMBER 2012 NEWS

Well, this year has really come to its end and rather fast too. My sense is to write a year-end type letter but because we await the 21-12-12 and all that the date is meant to bring, I need to wait.

Please don't get me wrong, I am not expecting Fire and Brimstone and my sense, or should I rather say, common sense, tells me that I will be a day like any other. It will come and go and like so many of these days e.g. the 11-11-11 and 31-12-1999, we experienced nothing new or alarming. Having said this, I don't for one moment think that the 21-12-12 is not energetically a turning point in the lives of all as we know it but the turning point I think will be esoteric of nature. This is purely my opinion and golly gosh, imagine my December newsletter if my opinion is totally off the mark ☺! I do hope not as I have 2 new exciting plans in store for next year. The first is the corporate program that I aim at presenting and the other is mystery weekend retreats. My other courses continue as is but I will be offering fewer courses throughout the year.

I would, however, like to spend some time chatting about one of the modalities that I use for healing. It's called EFT ... Emotional Freedom Technique. It is a simple yet profound healing technique that shifts emotional blocks which prevent us from being balanced and well. The list of conditions that EFT assists is endless. But to name a few ... pain, anger, addiction, weight gain/loss, anxiety, trauma, depression, fears and phobias, allergies, etc, etc. This healing method is easy to learn and use. The corner stone to this healing technique is, "The cause of all negative emotion is a disruption in the body's energy system." To understand this, one just needs to look at the diagram below.

THIS IS HOW NEGATIVE EMOTIONS ARE CAUSED



What I find so interesting is that for many of us our subconscious mind is not willing to let go of the disruption as it serves us in some crazy way. So we hold onto it and even EFT is not able to reverse the disruption unless we reverse the block which is called Psychological Reversal. This entire issue is really interesting as Psychological Reversal will stop one from actually doing the EFT on one's self. I sadly speak from experience!

I have seen the most amazing results using EFT in my practice and feel that it is a tool that can assist all to live a balanced healthy life. Should you wish to do some self study in this regard, the net is full of useful information and free downloads. This healing modality is easy to learn and do so please don't think it's only for professionals. This, I believe, is one of the changes that 21-12-12 will bring ... Empowerment and Responsibility for ourselves and the ability to self-heal.

The information and pictures below will give you sufficient information to start your own healing.

I wish you all a wonderful Festive Season and look forward to sending my "post 21-12-12" newsletter.

Love and light
Debbie



EFT IN A NUTSHELL

Memorize THE BASIC RECIPE. Aim it at any emotional or physical problem by customizing it with an appropriate Setup Affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

THE DISCOVERY STATEMENT

"The cause of all negative emotions is a disruption in the body's energy system."

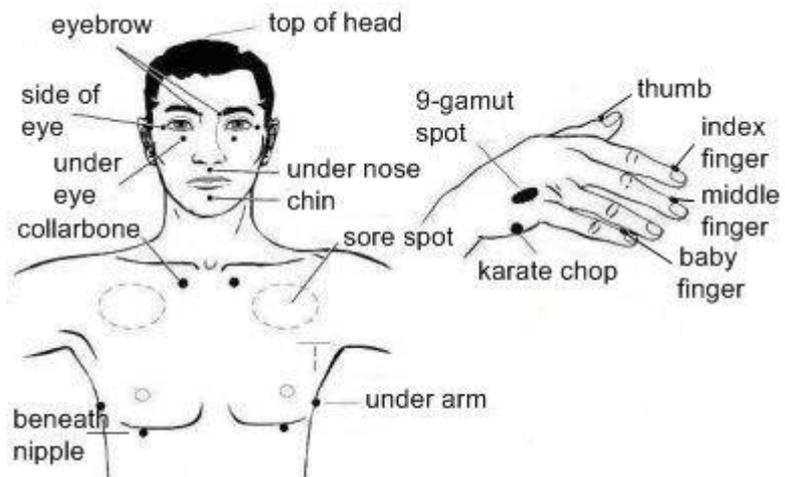
THE BASIC RECIPE

#1. **The Setup** ... repeat this Setup Affirmation 3 times ...

"Even though I have this _____ (problem) _____, I deeply and completely accept myself."
... while continuously rubbing the **Sore Spot** or tapping the **Karate Chop** (KC) point.

#2. **The Sequence** ... tap, about 7 times, on each of the following energy points (in order) while repeating the Reminder Phrase (*problem*) at each point ...

- TH = Top of Head
- EB = EyeBrow
- SE = Side of Eye
- UE = Under Eye
- UN = Under Nose
- Ch = Chin
- CB = CollarBone
- UA = Under Arm
- BN = Beneath Nipple
- Th = Thumb
- IF = Index Finger
- MF = Middle Finger
- BF = Baby Finger
- KC = Karate Chop



#3. **The 9 Gamut Procedure** ... continuously tap on the **Gamut Spot** while performing each of these 9 actions ...

1. Eyes closed
2. Eyes open
3. Eyes hard down right (head steady)
4. Eyes hard down left (head steady)
5. Roll eyes in a circle (e.g. clockwise)
6. Roll eyes in opposite direction (e.g. anti-clockwise)
7. Hum 5 seconds of song (e.g. Happy Birthday)
8. Count from 1 to 5
9. Hum 5 seconds of a song again (e.g. Happy Birthday)

#4. **Repeat The Sequence** ... tap, about 7 times, on each of the energy points (as in #2. above) while repeating the Reminder Phrase at each point.

NOTE: In subsequent rounds of tapping, change the Setup Affirmation to, "Even though I STILL have SOME OF this (*problem*) ..." and use "REMAINING (*problem*)" in the Reminder Phrase. This reflects the fact that you are addressing the remaining issues of the (*problem*).