



Gary Craig

Why EFT method is so powerful and helpful for changing patterns and beliefs we live in?

Of course, we are talking here about a negative beliefs, those, making our lives less rich, painful, causing our unhappiness, bringing fear, anxiety etc. Simply because, EFT is targeting the main negative event the issue, which originally caused disturbance in our energy, meridian flow. Even though with EFT we use categories as Trauma, Fear or Phobia, we are still very specific and it always comes down to individual, personal - 'tailored made' experiences to work with.

Human experience only exists in the present moment the past exists as memories. To remember these we have to re-experience them in some way in the present. While this can be in many cases very painful and meaning less, with EFT method, we have a possibility to re-visit our bothersome memories with use of gentle techniques such as 'Tearless trauma technique', and together with tapping on meridian points placed on human body, enter and clear the energy blocks in a system gently, but completely. In other words EFT is 'an emotional version of acupuncture' except that we don't use needles; instead, we stimulate certain release points by tapping on them with our fingertips. Clearing the negative blocks in our energy system also means collapsing all the aspects connected with the main negative issue. For better understanding of this concept, you can imagine uninstalling wrong software from your computer the system will uninstall software with all sub modalities that were supporting program in work.

We can be as logical as we like, but when our intuition leads to happier choices. Not everyone feels safe to gallop through the fields of emotional freedom, where we could spend time in a 'dream home'.

Gary Craig, founder of EFT method

Since year 2007, we organize, here in Prague, trainings with native English trainers and professionals:

For more details about our trainings in English – EFT, NLP, TLT, Meta-medicine, Hypnosis MR etc., in Prague – or -- for booking a personal session with EFT practitioner, please email to **Marta Noskova** at: info@eft-ahc.cz

You can email your questions in English or Russian language; also you can attend EFT session in English, German, Deutsch, Hebrew or Russian language – we have under - ACHC s.r.o. academy - EFT practitioners and consultants speaking fluent in those languages.



What are attendants saying about our trainings:

"... please count me in for the next seminars... EFT and Meta-medicine are wonderful. I have used many techniques but after learning EFT, I now use mainly EFT... Thanks to EFT I have helped my friend to overcome migraine

which she has had for many years in just one session! Since then she has not had any more migraines. One of my clients who suffered from ice cold legs and numbness all the time, thanks to EFT we discovered the core issue which was hidden deep down and the client was not aware of that. Even though this lady has worked for a long time with Reiki and really tried very hard to work on herself, she only improved when she used EFT.

Even though I have a nice happy life and I thought things couldn't get any better, thanks to EFT it has happened. I found out that a situation I had previously successfully treated with kinesiology therefore wasn't a psychological drain for me, but it came up again for me with EFT. The difference is that after tapping on them, a lot of even the physical problems were gone and I needed only one session for that. Some of the symptoms had been there for a long time and would not go away but thanks to EFT I relieved them after one tapping. I just feel great physically and in my soul and I am grateful every day for being given the chance to learn those wonderful techniques..." Marie Denner

" .. I'd like to say one more time but in writing thank you for your individual work and the work with the group (and not an easy group!). It was really great. Many of my colleagues after years at university study in psychology and hard clinical attestation would not have been able to do that good work. For me it was, from a professional and expert point of view, a very interesting transformation." ING. MGR. Kacenova

"The joy I had six months ago when I first came across EFT has changed during the training to deep trust of EFT. After the training I was working mainly on myself but also on my mother in law. She is very skeptical of everything that is new. Her blood test improved immediately and when it was taken the day after the blood test for clotting, her doctor recommended her to stop taking her medication. She didn't believe it could be due to EFT. Maybe she was shocked but we spoke about this reaction on the training. And again, I highly value the practical advice given on the training and is also in the manuals. I was pleasantly surprised by the spontaneity and the results that some of the attendees reached." Blessings, Mgr. Kadlec

Dear Marta, I have had a session with client who had brain surgery and is temporarily paralyzed on the right side of a body, .. it's been about 3 years from surgery and unfortunately now he is in period when he stopped to heal, therefore he is still in a wheelchair... If I did not know that he is also taking antidepressants, I would not tell! He worked very nicely, we laugh during a session a lot and even emotional intensity was going down quite fast, which was very pleasant surprise for me... I felt that the cause of the problem is somewhere else a little more deep, depending on what words invaded my intuition, but so far we did not get there at the first time, which is normal.

Well, the session which was 1.5-hour ended so that the two times - app. for 7 minutes client was able to stand up without the support and talk to me while standing!! Amazing! L.Ileckova

"For me EFT was like the last piece in the jigsaw allowing me to see the whole picture or the tool in the toolbox that gave me the skills to help and support others and myself. For many years I worked in the community with families both as a midwife and health visitor. My professional experience and observations allowed me to revise my ideas of what a family was and how it functioned, as I was able to see how families could work at their very best and sadly, how events and circumstances could destroy families. Up until then my only comparisons had been The Walton's on TV and lower down the scale my own family. At that time my 'Skills' toolbox didn't include EFT. My discovery of EFT came about by accident and due more to events that happened in my own personal life. Initially I was skeptical. How could simply tapping on certain points on one's body make such a tremendous difference? At first I tried it on myself and on friends with an attitude of 'it won't hurt but I don't know what else to do so let's give it a go'. I was amazed at the results and they kept happening too often for it to be mere coincidence." Terry Morel RGN, RM, RHV

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to be educational in nature, and provided only as general information. Individuals agree to take full responsibility for their own physical, mental and emotional health with the use of EFT.

EFT success with type II diabetes

Hi Everyone, our gratitude to Marta from the Czech Republic, for this quality case wherein type II diabetes is materially improved after emotional work with EFT. She says, *"After this week of EFT sessions, my client went to see his doctor for a medical check. His blood sugar dropped from an average of 460 to 190 and his blood pressure dropped as well. His doctor had no explanation for this improvement - this was a patient with previous medical report of his pancreas working at only 30%! But the improvement was there and 5 months later still persists."*

Hugs, G.Craig

By Marta Noskova: Clients who have pain and serious diseases often find it very hard to connect emotionally because all they can think of is their pain and what is happening to their body. This article illustrates how working with a client with type II diabetes reduced his blood sugar levels, lowered his blood pressure and eased the pain in his legs with the use of EFT. **Please note, I am not a medically qualified and I am just writing about my observations and my understanding of the condition.**

This client was initially skeptical about EFT. He is a hardheaded businessman who is not used to using emotions. However he agreed to try EFT anyway, and we did one session a day for 7 days.

At the beginning it was difficult for him to do EFT for any longer than 20 minutes because he was so tired and he had great difficulty connecting emotionally. He mostly wanted to talk about the disease symptoms and his medical reports.

We started by working on his pain. I tried to help him to visualize it by getting very specific about it. I asked questions like what shape, what colour, what size, what texture, what the pain wants to do etc., but he found this very hard to do even when I asked him to guess at it. 'I just want to make my pain disappear', he said.

To overcome this I tried an adapted form of collarbone breathing where I used quiet tapping on all the points and guided breathing - inhale on a count of two and exhale on a count of 6. As we all know breathing can control the flow of emotions in a body. Please note to check inhalation and exhalation separately, as you can sometimes get a different measure for each. Possibly there could be 90 % quality breathing on inhalation but only 4 % on exhalation and so on!

We then came back to his pain issue. I ask him what else he would want to make disappear. The answer was 'fear' and we did rounds of tapping using the set up statement of Even though I'm afraid I will have to rely on insulin shots for the rest of my life and I hate to depend on anything...

I also asked him about what was happening when his ill health first started. He spoke about losing weight and being afraid of going to a hospital and his fear of hospitals in general. I asked, 'What does that remind you of'? He then told me of his memory of being in hospital as a small child. We did a round of Even though my mother left me in hospital when I was a child and I don't remember why and she never explained to me afterwards... We did another round of, Even though I feel like she didn't protect me...

After this week of EFT sessions, my client went to see his doctor for a medical check. His blood sugar dropped from an average of 460 to 190 and his blood pressure dropped as well.

His doctor had no explanation for this improvement - this was a patient with previous medical report of his pancreas working at only 30%! But the improvement was there and 5 months later still persists.

My client was truly rewarding especially when later on he told me that, 'I could not believe that EFT was going to help me. All that time I was thinking with my brain and now I have learned to think with my heart as well'. He now taps on a daily basis and he continues to improve his health condition. The great results from tapping no longer surprise him.

I learnt a lot from that experience too. I learnt that you have to go at the clients' own pace even though you may want to move forward more quickly. You just have to deal with what they're going through at that time because they are overwhelmed by the pain and their issues and they can't think of anything else. Ultimately you want to get specific but at first, some clients need a bit of EFT First Aid.

Marta Noskova, EFT-ADV, AAMET trainer

Article from site: emofree.com [eftuniverse.com]

What you will learn in EFT training:

Description for EFT level 1. and 2. Training:

This one-day workshop provides comprehensive information and instruction in the delivery of EFT. You may be familiar with EFT and want to learn more. Or you could be a physician, therapist or life coach but think your profession is missing that vital something. EFT is the missing link that could open new doors for you and your clients. Many people find this workshop life-changing and equips them to use EFT with friends and family, and gain confidence and experience to proceed to the next level of training. A manual supporting the slide presentation and a certificate of completion are included. We offer a support period free to all trainees.

EFT level 2 training course will enable you to use EFT to practitioner level. We will look deeper into EFT, helping you gain more confidence in using it for many different issues. You will learn techniques including the movie technique and tearless trauma as demonstrated on Gary Craig's DVDs and essential to dealing with specific events in order to get to the core issues. As well as theory, there will be demonstrations and interactive sessions that show you how to put all these protocols into practice. The content of the course is certificated by AAMET. On completion, you will receive an AAMET certificate and a comprehensive manual. You will also gain access to fellow trainee practitioners with whom to trade sessions and exchange information.

Description for EFT level 3. Training:

practitioner maintenance -- energy exercises to help balance the client's and your energy systems -- how to aid in the development of intuition -- 'S L O W' EFT as a way to find specific issues from complex problems -- Dr Carrington's 'choices method' for new positive behaviors as negative energy patterns are released -- useful NLP (Neuro - linguistic programming) skills such as reframing, pre-framing, fostering cognitive shifts and eye accessing cues -- surrogate EFT -- reversals in clients and ways to overcome them -- how to prevent abreactions and what to do when they do occur -- use of metaphors in EFT treatment and how to elicit them -- dealing with the problem of conflict resolution -- working with the inner child -- ways to resolve traumatic memories and feelings that go back to early childhood and pre birth.

Our professionals and trainers presenting in Prague, Czech republic



RICHARD FLOOK

Canada / UK



KARL DAWSON

UK



TED WILMONT

UK



MARTA NOSKOVA

Czech republic

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