



Learn EFT from a certified EFT Master on the introductory **Level 1** *Emotional Freedom Technique Workshop*

The **Emotional Freedom Technique** (EFT) is an *emotional clearing* technique that can be used to help a person to reduce or eliminate *negative emotions and feelings* and *limiting beliefs* and *accumulated emotional pain* (and *more*) that are contributing to *personal issues or worries*.

The **basic EFT tapping technique** is fairly easy to study and can be learnt within about two hours. Students *practice* using EFT *with each other*. EFT can also be *self-applied*, which is practiced as well.

The *tapping technique* can be used by individuals to *tap on* something such as a *present* negative emotion, feeling, worry, anxiety, fear, resistance *or whatever* (to reduce or dissolve it or them).

EFT *includes tapping on* (stimulating) specific *points* *while* being *tuned into* (*mindful of*) a current negative emotion, feeling, issue, memory *or another* *and* also *expressing it or saying it* each time.

Applications of the EFT *tapping technique* often help a person to gradually become *more present* with his/her worrisome issue, emotion, distress or similar - and often *find some or all peace*.

EFT is down-to-earth. An issue or problem may be simple *or complex or in-between*. Many can be resolved fairly easily. When complex, we can “roll up our sleeves” and work through the layers.

EFT is an *effective tool* that has the potential to help clients (and ourselves) to reduce or resolve *emotional issues* and to improve the *quality of our lives*. EFT is worth learning and practicing.

The **Level 1 workshop** teaches *the EFT tapping technique* and *why it works*. There are live *demonstrations* of EFT and also students *practicing it* with encouragement and support. Also *introduced* is how to make progress with a *current or long-term issue* that is made up of a variety of “*aspects*” (i.e. the accumulated “*pieces of the pie*” that together make up that problem).

You'll be able to *practice and experience EFT* and learn to do EFT well enough to get *measurable results*. This workshop gives you *a foundation to build on* and, like ANY tool, it then requires *practice* to develop the skills further. You will receive good practical *reference material*.

EFT is a valuable tool to have for the Journey of Life.

Introductory EFT Workshop

Next: The Level 1 EFT workshop *might be in December but it will be in January 2019*

Location: The State Library of WA (but, *to be confirmed*) [10 AM to around 4:20 PM]

Price: \$175 per person - with *discounts* for groups, pensioners or financial issues. **And, just \$45 when Re-doing it.**

Payment can be made: by *Visa or MasterCard* (by phone beforehand *or on the Sunday*)
or by Cash on the day or by a prior Bank Transfer.

Registration: To make a booking, **Phone** me on (08) 9487 8363 (to leave a clear *message and* phone number) **or Text** (or iPhone) on 0400 830 798 to *contact Peter Graham*
or Email (to Peter) → *only using* pgraham@iinet.net.au

More info: www.tap4peace.com.au

Next steps: This (one-day) *introductory Level 1 EFT workshop* is followed by the (two-day) *foundational Level 2 EFT workshop* that is suitable for anyone who wants to develop their EFT skills (*including those who only want to self-apply EFT effectively*). Attending & re-studying *Level 2* well is a pre-requisite for the (three-day) *advanced Level 3 EFT workshop*. Advanced: There are also *Practitioner certification programs* after *Level 2*, and also after *Level 3*, for those who wish to become much more skilled and internationally recognized as certified EFT Practitioners.

Peter Graham, certified EFT Master and AAMET certified EFT Trainer

Registered business name: P D Graham Enterprises Pty Ltd. **ABN:** 12 081 077 590

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Notice: While EFT has produced remarkable results, it is still considered to be in the experimental stage and thus practitioners and the public must take responsibility for their use of it. This workshop is an educational activity and is not intended as a therapy or as a substitute for the recommendations of health-care providers.