



Learn the *Level 2* techniques and skills
from a certified EFT Master



The Level 2 EFT Workshop

Having been introduced to the Emotional Freedom Techniques on Level 1, the next major step forward is the *latest Level 2 EFT Workshop*. The Level 2 workshop is *the most important of all the EFT workshops* as it completes the *foundational EFT techniques, strategies and skills* that are most needed. This workshop includes *self-applying EFT* as well as *applying EFT with others*.

Most of the EFT techniques and strategies of this workshop are relatively easy to learn with practice, plus there are some tools needed to address more complex and long term issues. And, *the contents of Level 2 have been enhanced and expanded for use with clients and for self-applications* of EFT.

EFT has many uses including *reducing stress* in day-to-day living, dissolving accumulated *emotional pain*, improving *personal performances* in areas of life, expanding *comfort zones*, and facilitating profound *personal growth, and more*. *EFT offers a useful set of tools for the journey of life. And, practice helps a lot!*

In the *latest and best* Level 2 EFT workshop, you will explore, learn and/or practice:

- Examine *why EFT works* (and its contributors). There is *a LOT more to EFT* than just the tapping!
- A personal problem is made up of one or more (or many) "*aspects*" (such as *negative emotions* and *feelings, limiting and negative beliefs, painful memories, and old solutions*, etc.).
- Strategies for *complex problems*. Some long-term issues have gradually built up *layers* (like "an onion").
- What to do when EFT is *slow* or doesn't seem to be working on a particular issue (or at all). Examine/explore.
- There are brilliant EFT techniques for dissolving the *emotional pain* connected with *traumatic memories*.
- Learn some effective approaches for locating the *underlying roots* of a current or recurring issue.
- Learn how to use EFT to eliminate *negative beliefs* and, when needed, replace them with *useful beliefs*.
- Ways to *test* our work effectively. *Testing* is very important and it helps to determine *what to tap on*.
- Locating *underlying* negative emotions, etc. that may be *contributing* to a *physical issue(s) or condition(s)*.
- Learn more about *reframing* (helping to change a *perspective* or *context*); and, *also know when not to reframe*.
- A *persistent issue* usually has a *negative self-esteem issue underneath* it (and connected with "a *wounded self*").
- Using *intuition* can be very valuable while applying EFT (and also *knowing* when to *change, do, or say nothing*).
- Know that "*What you resist, persists*" and how to *locate* and *tap on* resistance(s). Some resistances can be *layered*.
- Knowing and using "*The Truth Sets Us Free*" concept can be *very useful*. Help clients to connect with this state.
- EFT is a *waking up* technique (i.e. gradually or quickly becoming *more present*, while negative emotions fade away).
- The benefits of *working with the subconscious mind* can be *very useful*. *Plus, there are more EFT methods!*
- There are also *a few non-EFT methods* that can be used to *support EFT* or *contribute to it* (when needed).
- When completed, you get a *Certificate of Attendance*. (After a suitable amount of study and practice, the *AAMET certification program* can then train some EFT'ers to go further to become *certified EFT Practitioners*).

Dates: This next exciting *Level 2 EFT workshop* will be in *January* (and *more times* next year).

Venue: The exact workshop location to be chosen later – but, it's *likely* to be in the *State Library* of WA.

Pre-requisite: Level 1 EFT Workshop. Discounts for groups, pensioners, financial hardship.

Cost: **\$295 or just \$80** if *re-doing it* to *refresh* or *enhance* your skills **or** *to prepare* for an advanced workshop.

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: **Phone** on (08) 9487 8363 to leave a message **or Text** (or **call**) Peter on 0400 830 798
or Email → **only to** pgraham@iinet.net.au

Web site: www.tap4peace.com.au and have lots of fun!

Peter Graham, certified **EFT Master** (by Gary Craig) and certified **EFT Trainer**

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Notice: This workshop is primarily an educational activity and, even though we will work with real feelings and actual experiences, it is not intended as a therapy or as a substitute for the recommendations of health-care providers.