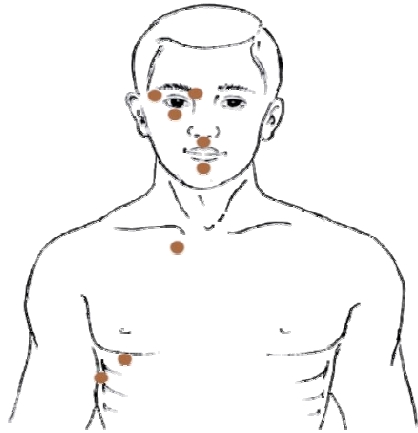
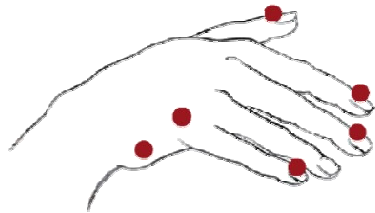


Tapping Points



This illustration is provided for your reference after you have learned the Basic EFT Recipe



"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ... as it is for me."

Eric Robins, MD

"A series of practical exercises helped me to understand my own feelings and fears, and gave me the tools to take control and move forward in a positive way. Her 'tapping' technique got me through many a bad moment and I still use it regularly."

To take one very practical example: I had a big fear of travelling by tube which in the past has resulted in some very unpleasant panic attacks. On a daily basis I now pack myself onto a crowded Central Line tube train with no more than a sigh of resignation - something Wendy helped me to achieve."

Angela Mitchell, Colchester

EFT Package:

This includes a free assessment and 3 Sessions - £225.00

(Appointments can be either face to face or Over the telephone)

Call TODAY for an appointment:

T: (44) 01376 334692

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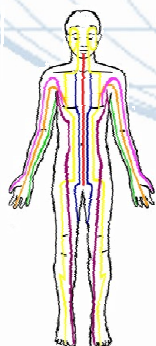
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Addressing the Cause

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.



The Sky Is The Limit

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including those listed below.

PERSONAL PERFORMANCE

Abundance
Weight Loss
Business and Career Goals

EMOTIONAL CHALLENGES

Children's Behavior
Relationship Issues
Depression
Insomnia
Severe Trauma (PTSD)
Addictions
Phobias

PHYSICAL DISEASE

Allergies
Migraines
Pain Management
Chronic Fatigue Syndrome

Please consult qualified health professionals before putting these ideas into practice for yourself or others.

Foundation of EFT

EFT was introduced in 1995 by Gary Craig, a Stanford Engineering graduate in lifelong pursuit of personal well-being.

Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will."

Gary Craig, Founder of EFT



Wendy's background spans 30 years as a PA in the public and private sectors before she transitioned into coaching and has successfully incorporated EFT into her coaching programmes.

Wendy is highly intuitive and perceptive and applies her extensive experience to work with professionals at all levels through the art and science of Executive Coaching.

She has a huge grasp of the problems, pains and challenges of professionals searching for deeper personal fulfillment