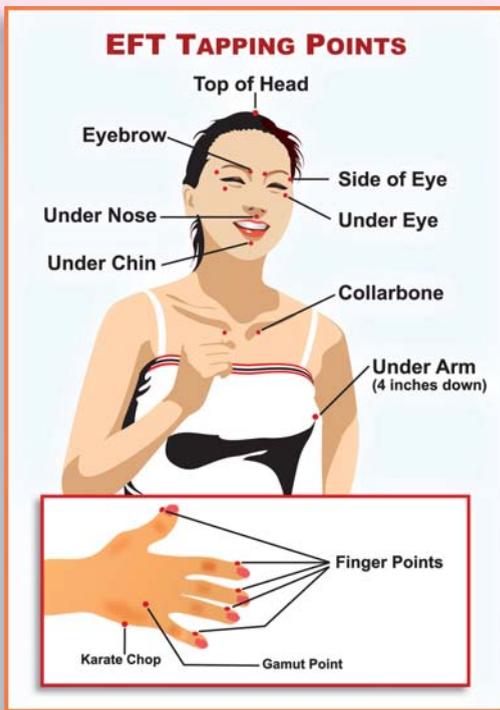


EFT—*Relief Is Just a Few Taps Away!*

CJ Puotinen



newsletter. Some of them sound like science fiction, but EFT's success stories include tapping to improve the health of house plants and goldfish, the performance of cars and computers, and the improvement of every human condition.

Los Angeles physician Eric Robins, MD, prescribes EFT for his patients at every opportunity. In most cases, he reports, chronic conditions that did not respond to conventional treatment improved quickly—and in some cases,

EFT was so successful that he canceled scheduled surgeries.

Dr. Robins is convinced that almost all functional and chronic disorders—including infections, asthma, irritable bowel syndrome, migraine headaches, hypertension, urinary tract infections, and chronic fatigue syndrome—are caused by stress. "EFT is particularly effective in clearing the physical manifestations of stress and past traumas," he says. "It's the perfect complement to conventional medicine."

EFT's premise is that the underlying cause of every negative emotion and most physical symptoms is a disruption in the body's energy paths, the same meridians mapped by Chinese acupuncturists thousands of years ago. "It doesn't matter whether the problem stems from a plane crash or an argument with your mother," says Craig. "The solution is the same. Tapping on the meridians removes energy disruptions, and whatever you're thinking about when the disruptions disappear is transformed at the same time."

The basic EFT procedure is so simple that even young children can

do it. In fact, some of EFT's most impressive case studies involve children who tapped to overcome their fear of monsters under the bed or bullies at school, or who became top students despite dyslexia, hyperactivity, or attention-deficit disorder, or who won sports championships with EFT's help.

Therapists and counselors who use EFT for post-traumatic stress disorder (PTSD) report permanent improvement in record time, even in soldiers returning from Iraq and Afghanistan. "PTSD affects an estimated 20 million Americans and is especially common in combat veterans," says California EFT practitioner Susan Hannibal. "Even when they don't sustain physical injuries, their lives can go into a tailspin. Traumatic memories are an underlying cause of health problems, social isolation, domestic violence, divorce, alcohol or drug abuse, and shattered families."

Just before Navy Corpsman Wilbur Hurley left Iraq, he had to deal with a young Marine's suicide. That event triggered memories of a murder/suicide Hurley witnessed as a child, and he began having vivid nightmares. Returning home, he isolated himself from friends and family and suffered debilitating anxiety attacks, flashbacks, auditory hallucinations, anger, and irritability.

After his first EFT session with Hannibal, which she videotaped, Hurley left her office singing. "It was pretty much the greatest day of my life," he says. Even when he concentrated on the worst events he witnessed in Ramadi, he couldn't find a single memory that bothered him.

"Traumatic memories and phobias usually respond quickly to

Can tapping on acupuncture points really change a person's life? Twenty years ago, when few Americans had heard of energy psychology and its methods for redirecting the body's energy, those claims raised skeptical eyebrows.

Then EFT (Emotional Freedom Techniques) burst on the scene and in record time, people around the world reported amazing results in their efforts to lose weight, stop smoking, improve in any sport, get along better with others, alleviate stress, improve vision, eliminate pain, reduce allergic reactions, overcome anxiety, recover from illness, have more energy, make more money, and even relax and enjoy public speaking, America's number-one phobia.

In fact, when EFT founder Gary Craig introduced the procedure, the most common question he received was whether it would work on a specific condition. Whatever the question, he replied, "Try it and let me know what happens." Craig's "try it on everything" encouragement produced over 3,000 reports which he published in an online

EFT,” says Craig, “and the results are usually permanent. EFT not only prevents post-traumatic memories from causing problems, it successfully treats memories that are decades old.”

In 2008, Gary Craig hosted an EFT seminar for combat veterans with severe PTSD, whose sessions with experienced EFT practitioners were filmed for a documentary movie. After five days of twice-daily sessions, all of the participants reported significant—even spectacular—improvement.

Several years ago California resident Irene Mitchell was visiting her daughter in New York when a truck crashed into their car, shattering her left hip and femur. She was not expected to survive, but after three days of intensive care, surgeons repaired her bones with steel rods, pins, and screws. During her stay at a rehabilitation nursing center in New York, she learned EFT.

“It changed my life,” she says. “Even though my left leg is now much shorter than my right, I went in record time from a walker to a quad cane to a regular cane and then to walking without support. I tapped to eliminate pain, balance my blood sugar, and get rid of headaches. I taught EFT to the friends I made, and they got better, too. Then as soon as I got home, I used it on my cat, and his health has improved as much as mine.”

What makes Mitchell’s story inspiring is that doctors warned her she would probably never walk again. Instead, she left the nursing facility months ahead of schedule, took ballroom dance lessons, enjoyed a cruise, and even went parasailing. “Those doctors didn’t say anything about dancing or parasailing,” she laughs.

The next time your knee aches, or you panic at the thought of making a presentation, or you feel too stressed to think, consider that the

real cause of your discomfort may be an energy disruption. And relief may be just a few taps away.

For information about EFT, visit www.EmoFree.com and click on Gary Craig’s “Gold Standard” EFT tutorial.

The documentary movie “Operation Emotional Freedom: The Answer” is available from www.Operation-EmotionalFreedom.com. ■

CJ Puotinen, an Accredited, Certified EFT Master Trainer of Trainers with advanced credentials from the Association for the Advancement of Meridian Energy Techniques (AAMET.org) and the Association for Comprehensive Energy Psychology (EnergyPsych.org), teaches EFT workshops in Helena and Great Falls, Montana. For information visit www.TapTheWorldEFT.com.

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with **CJ Puotinen**,
Certified EFT Trainer
and Professional
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Wellness Coach

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As interest in energy healing techniques expands, people around the world are discovering TAPPING—the simple, do-it-yourself energy-balancing procedure called **Emotional Freedom Techniques (EFT)**.

You can too by attending workshops in either HELENA or GREAT FALLS this summer! Classes include demonstrations, one-on-one practice, free course manuals, handouts, optional homework, follow-up memos, ongoing

support, door prizes, online resources, and attendance certificates.



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EFT Level 2 (Intermediate) Workshops
will be held **OCTOBER 13 - 14** in Great Falls
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