

TAP INTO  
YOUR TRUE  
POTENTIAL -

with EFT

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## What Is EFT?

EFT is an acronym for Emotional Freedom Techniques, developed by Stanford trained engineer Gary Craig. Its purpose is simply to help people improve their mental, emotional and physical health. Gary describes it as a “universal healing aid”. EFT is an easy to learn technique of tapping on acupressure points on the human body. A beginner can quickly use it on themselves with immediate benefit.

Someone once said “Pain is inevitable – suffering is optional” and this is a deeply profound statement. Often, when we experience either physical or emotional pain, we assume (usually from past experience) that a vast time period of suffering is inevitable also. EFT will show you that this simply need not true!

Some people are naturally sunny-tempered and others, by strength of will, are able to “look on the bright side” so that life’s exigencies don’t affect them the same way they affect others. At least it appears that way. But while the mind may forget (or “white out” the memories), the body does not. And often, after a period of time, sometimes years, the lid will burst off this ‘pressure cooker’ of crushed memories and then even the most optimistic among us can manifest either mental or physical illness. Now, though, we have a tool that may genuinely heal us if this has happened, or even prevent us from ever reaching that point. What an incredible gift!

Albert Einstein concluded that all matter is sourced in energy, and, as humans are matter, so we are also energy rich. Just as the human body is equipped with a circulatory system, a nervous system, a digestive system, et al, we are also equipped with an energy system. Without the complication of complex mental images of nervous, glandular and circulatory systems, try this. Imagine it as clear conduit carrying “electricity” through our body, similar to our veins carrying our blood. As we experience different events in our life our energy system is affected. Have you ever had a fright and felt the effects of the racing heart and the dry mouth? If someone is about to tell you bad news don’t they first say “Are you sitting down?” Why? Because the fear is that your legs will give way and you will collapse. That’s your energy system being affected by bad news. Then when you get good news don’t you just want to jump up and down and laugh and shout and punch your fist in the air? That’s your energy system highly stimulated!

So, with this understanding, we can recognise that traumatic events at any time in our lives (even in uteri) may affect us and cause a blockage in our energy system, like a kink in that conduit. The energy flow is impeded as if in a log jam. Gradually, as life goes on and more and more of these trauma kinks occur, our body struggles with fatigue, exhaustion, depression and a host of triggered physical, mental and emotional ailments. Logical, isn’t it?

And it’s exciting to learn that there’s help at hand, literally! You can read hundreds of examples of people whose lives have been turned around by using EFT on Gary Craig’s website at [www.emofree.com](http://www.emofree.com) and I would recommend you log on and download his free manual.

## **So How Does EFT Help?**

Well, when a traumatic event happens, or triggers from a previous event are set off in our life today causing us to behave in a way other than we would like, it can quickly transform our thoughts moods and reactions.

For example, you are sitting watching television and suddenly a movie comes on that takes you back to a time in your life when things were very unpleasant for you. Or a song on the radio reminds you of an old relationship that ended badly. You may have been feeling quite relaxed and content but now you feel uneasy, uncomfortable, unhappy or, worse, frightened or angry or despairing. There could also be a host of physical reactions from tears threatening, chest tightening, pulse speeding up, muscles clenching, to a general feeling of weakness. By quickly tapping on the acupressure points you will find those reactions fading, often very quickly. This seems amazing and the reaction (to the uninitiated) can be surprise and disbelief. Previously, it could take some time, even days, for your mood to recover, so to do this "silly" tapping thing and suddenly feel better can leave you confused and confounded.

The best cure for this is to do it over and over again! You will soon realise that it IS the tapping and that it really does work. At last, you have a tool to help you regain and maintain mental and emotional equilibrium in the face of all your personal challenges.

Think of the areas this could help you in. Job interviews, exams, meeting the soon-to-be parents-in-law, going to the dentist or doctor or hospital, relationship breakdowns, tax time! going to court, visiting people you'd really rather not, difficult work situations, cravings, procrastination, looking for and finding the right person for you without repeating old, familiar failure patterns. It opens up a whole new world, a "palace of possibilities", doesn't it?

### ***But that's not all!***

Its potential is virtually limitless, and at the risk of sounding like a snake oil salesman, it's worth trying in absolutely all situations because the problems and situations it has been documented to help with are both surprising and often remarkably 'unbelievable'.

## **Frequently Asked Questions ...**

### **What can I Use EFT For?**

Australian psychologist Steve Wells recommends EFT be used in four ways:

#### REMEDIAL

- with a presenting problem, either physical or emotional.

#### PREVENTATIVE

- facing a future difficulty which sprouts self-fulfilling negative and limiting beliefs about yourself and others.

#### CREATIVE

- imagining a future for yourself and working to create it in the face of negative and limiting beliefs that sabotage your efforts.

#### ENERGY TONING

- a daily tapping routine like daily exercise to tone your energy “muscles”.

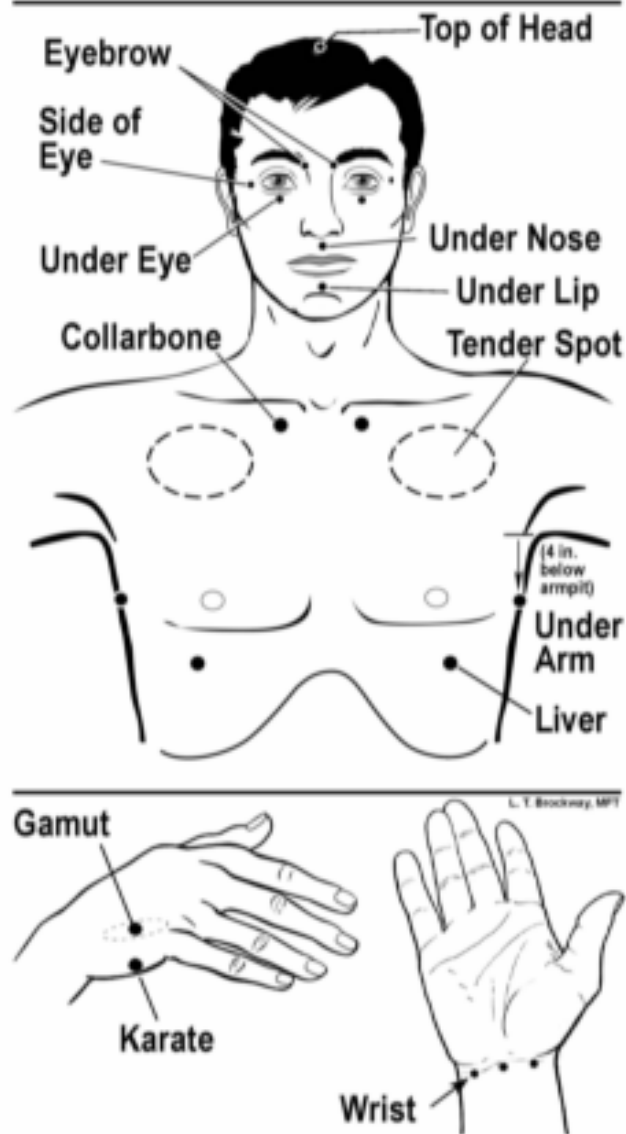
To learn more about these uses, please go to his website at [www.eftdownunder.com.au](http://www.eftdownunder.com.au).

### **But, How Do I Actually *Do* EFT tapping?**

It's easy. As we mentioned on page one we tap on certain acupressure points. There are hundreds of these points on the body but we only use nine in the shortcut version of EFT and fifteen in the full length version. Several other points are added at different times by different practitioners but we will focus on the short version for the present as it is quick to learn and use and you can be benefitting right away.

See the following illustration for the points we will be using. The instructions are below.

## ENERGY POINTS



While rubbing on the tender spot or tapping on the karate point, state the problem as: “Even though I have ....., I deeply and completely accept myself” three times. Then do one round of tapping while stating the problem, starting at the eyebrow point and ending at the top of the head. Do another round, stating just the positive part of the statement. Then do a final round, alternating negative and positive expressions, but finishing on a positive at the top of the head. A more detailed explanation follows on the next page.

## Why All This Focus on Negativity?

Unlike the hard mental effort of positive thinking and affirmations, when you use EFT your focus is on the presenting problem or difficulty. For example, you may have a headache; perhaps just had a fight with your spouse or, from the preceding example, a nasty memory has popped into your head and sent you into a depression. You may feel like you should be saying, “I’m fine, everything’s fine, this is nothing, I can get over this” and so on. But not so with EFT. You simply can’t permanently rid yourself of the negative by just focusing on a balancing ‘positive’. It is essential that you go with the negative emotion as that is what is impeding your energy flow. That is what needs to be tapped away.

## What are the Steps in the EFT Process?

**STEP 1:** Holding each negative thought, you need to devise a ‘set-up statement’ that encapsulates how you feel. Each set up statement begins with the words “Even though” and is completed with the words “I deeply and completely accept myself” or if you have difficulty saying that you can try “I would *like* to deeply and completely accept myself” or words to that effect. This self-acceptance, or self-love as it is frequently termed by therapists of all persuasions, is a pivotal fundamental of a healthy mind and body and the core objective of EFT therapy. Basically, you are saying that even though you have this problem you are still a good person (or you’d like to think you’re a good person). Your problems don’t define you. The “deeply and completely accept myself” part is like a tether holding you somewhere solid so that you can move forward on your issues, rather than just be stuck in negativity, much as an astronaut is tethered to the ship so that he can move about safely instead of floating off uselessly into space.

**STEP 2:** Starting with the emotion this problem has generated, you would say “Even though I’m sad that I’ve had an argument with so-and-so, I deeply and completely accept myself” or “Even though I’m angry that I’ve had this argument with so-and-so, I deeply and completely accept myself” or “Even though I’m disappointed in myself (or so-and-so) for arguing again, I deeply and completely accept myself”. Or if it was the headache example you would say “Even though I have this headache, I deeply and completely accept myself”.

**STEP 3:** Before you start tapping, give the negative feeling you are focusing on a number between 0 and 10 to indicate how intense the emotion is. This is called a SUDS number or a “Subjective Unit of Distress” number. Its purpose is simply to give you a base to measure from to see if the emotion is lessening or not. Don’t think too hard about this or feel you must quantify precisely – a guess is sufficient for subjective measuring purposes. (Sometimes, if we hit an emotional nerve the intensity can actually increase but this is nothing to worry about as the tapping will bring it down eventually). Now that you’ve estimated your SUDS number, write it down for reference.

[An important word of caution here, though. It is highly advisable to not start working on your own on really serious issues such as rape, child abuse, or suchlike. It is both strongly recommended and a definite need that an experienced practitioner help you with these kinds of traumatic issues as really strong emotions could emerge that might prove difficult to handle if you are alone. In other words, you need to be sensible and take due care for your own well-being by not jumping in alone when you’re not sure how deep the waters are or how good a swimmer you are!!]

**STEP 4:** Start tapping. Firstly, tap on the Karate Chop point on your hand – so named because it’s the part of your hand (the bottom edge of your palm) used to karate chop something! Tapping about seven times on that point with your opposite hand (or even bumping the two karate chop points on each hand together which is my favourite), say out loud your set-up statement three times.

**STEP 5:** Continue tapping. Move on to the first facial point, the inner starting point of your eyebrow, and say out loud a reminder phrase. You don’t want to be saying the whole set-up phrase at each point as that would take too long. So using the above example of the argument you could simply say “this sadness” or “this anger” or “this disappointment” at each point.

[Note: you would not be saying “this sadness” AND “this anger” AND “this disappointment, because you can only realistically work on one emotion a time. Be sure you note carefully which emotion it is that you are working on (even write it down) as often it disappears so completely you can think to yourself that you never felt it!

Also note: Tapping seven times at each point is not an exact number – you can tap twice or twenty times on each point, it doesn’t matter. It’s a very forgiving process. You can tap both sides at once or only one side. You can tap up or down the body or in any order you like. So don’t worry if you are doing it “right”, or saying the “right” thing. As long as you are tuned into the emotion and tapping, then the job is getting done.]

## Can You Give Me a Simple Example?

Here’s a simple and easy to follow example of someone hurt by a recent argument:

Tap Karate Chop Point and say the following set-up statement three times:  
Even though I’m angry we argued, I deeply and completely accept myself  
Even though I’m angry we argued, I deeply and completely accept myself  
Even though I’m angry we argued, I deeply and completely accept myself

Inner Eye Brow Point: I’m angry

Outer Eye (in the little groove you can feel near your temple: I’m angry

Under Eye (directly below the pupil of your eye): I’m angry

Under Nose: I’m angry

Under Mouth (in the groove of your chin): I’m angry

Collar Bone (where a man’s tie would be at the beginning of the bone): I’m angry

Under Arm (about five centimetres (two inches) below the armpit): I’m angry

Top of the head (put the palms of your hands on the top of your ears and touch your fingers together and where they meet is the point): I’m angry

Stop tapping now, take a deep breath and blow it out, have a sip of water (it’s very important to be hydrated) and then take another SUDS reading. Generally, it will have gone down somewhat. How simple is that!

It may take several rounds to get it to zero but when it does, what a wonderful feeling!

This is called the Basic Recipe because it really is very, very basic. The more you practice it, the more you learn about the “art of delivery”, the better you will become - and the more difficult the problems you will be able handle. It’s a voyage of discovery and excitement as you help not only yourself but your loved ones.

## But What If It Doesn't Work?

From time to time you may hear someone say (or you may feel yourself after trying it) that EFT doesn't work.

Lindsay Kenny, EFT Master based in San Francisco, USA ([www.lkcoaching.com](http://www.lkcoaching.com)) has an article in Gary Craig's newsletter listing 9 reasons why it can seem like it isn't working. I'll go with just one of them here. It is the first and most common one and is called "Psychological Reversal". Here is her article on this, reprinted with her permission.

Reversals, often called Psychological Reversals or Polarity Reversals (PR), are what I believe to be the most overlooked obstruction to successful EFT treatments. There is so much more to this phenomenon than we originally thought. When it appears that EFT is not working, a primary key to rapid and effective treatment often lies in identifying the different types of Reversals and in knowing how to neutralize them.

Dealing with Reversals up front is perhaps more important than any of the other impediments to EFT. In fact, *if Reversals are unrecognized and untreated they can stop EFT in its tracks*, or at best make it dramatically more difficult and time consuming to resolve an issue. The good news is, once discovered, the solutions for correcting Reversals are amazingly simple and highly effective. My experience is that with most people dealing with *simple* issues, Reversals are not a problem. But for chronic or long-lasting problems, complex issues, and even serious illnesses, Reversals are all too common.

For those who have a Reversal, its discovery and elimination are paramount to a successful resolution of their problem. A good clue as to whether or not someone has a Reversal is if their SUDs level remains the same after a couple of rounds of tapping. A SUDs (or subjective unit of distress) level is a way to gauge the intensity of an issue on a scale of 0-10. There are other reasons why your SUDs level may stay the same--other stumbling blocks--which we'll address later on in this article. I break Reversals down into two basic types, each with several sub-categories.

### A) General Polarity Reversals

The first type of Reversal is what I consider a **General Polarity Reversal**, or **GPR**. **GPR** can be caused from several factors:

- ◆ **Negativity** - chronic negative thoughts, negative behaviour, or negative events
- ◆ **Being around electrical devices** for long periods of time
- ◆ **Addictions** - addictive personalities or addictive substances in the body
- ◆ **Depression** - chronic depression causing the body's energy system to become slow or sluggish.

Performing the standard set-up procedure (rubbing the sore spot or karate chop point while saying the set-up statement) will often fix negativity or electrical GPRs. Addictions- or depression- caused GPRs, however, are not usually eliminated just by doing the set-up statement and require additional work as detailed in the next section on SBS.

General Polarity Reversal simply means that the electricity or energy in the body is "agitated", or "going in the wrong direction". Therefore the polarity is *reversed*. Think of the experiment in grade school where you used a magnet to attract tiny particles of metal on a piece of paper. The positive end of the magnet pulled the particles toward it, aligning them up neatly, all going in the same direction. Then, when the negative end of the magnet was directed toward the metal shavings, it caused the particles to repel from the magnet, scattering and separating them in all different directions. In a sense, that's what happens to our body's energy when a negative force, like those listed above, is introduced into the system.

Another way to look at our body's energy field or polarity is to compare it to batteries in a tape recorder, flashlight, or other battery-operated devices. The batteries that run the gadget must

be installed with the positive and negative polarity seated in the correct direction. If not, the device simply won't work. Since your body has its own "electrical system" your "batteries" need to be positioned correctly for you to function properly. If your polarity is all scrambled up, you have a GPR Reversal and it's likely EFT will not work for you until the Reversal is corrected (which we'll cover in a moment).

**B) Secondary Benefit Syndrome or SBS:** This is the second and more common type of Reversal. The SBS reversal occurs when the *subconscious mind* perceives that it is better or safer to keep an issue (like negative emotions, chronic pain, extra weight, or a bad habit), than to eliminate it. Or, as the movie "What the \*#@!# Do We Know?" demonstrates, our bodies can actually become *addicted* to a negative emotion or issue.

After a period of time we may become so accustomed to being angry, hurt, anxious, victimized, etc. that our body is reluctant to let the emotion go. The negative condition may be uncomfortable, but if we have been in that state for a while, it begins to feel "natural" to the body and the subconscious mind.

Since **SBS is seldom a conscious choice**, most people will initially disagree with you if you tell them that subconsciously they don't actually *want* to get rid of their problem or issue. Of course most people don't *consciously* want to stay emotionally upset or physically in pain. But the *subconscious* is a powerful entity, usually exhibiting dominance over our conscious desires.

For someone who has carried around a trauma, chronic pain, phobia or other issue for many years the emotion becomes a part of his or her personality or even his or her identity. How often have you heard phrases like "He's an angry young man" or "She's just such an anxious person"? Overcoming or losing that "identity" can be very threatening **to the non-rational subconscious mind**.

For instance, the subconscious might be *thinking...* "If I get over this issue..."

- "...I won't have an excuse anymore for my life not working."
- "...It might be scary."
- "...I may not know who I am anymore."
- "...It may not be safe to let it go."
- "...I won't know how to act as a functional, non-victim person."
- "...I won't get the attention or sympathy I get now."

If someone has been trying to lose weight for a long time, for instance, and hasn't been successful, they are almost certainly reversed on it. Consciously they want to lose weight, but their big, stubborn subconscious may be saying "Wait a minute here. If I lose weight my clothes won't fit and I'll be deprived of the foods I love. And what if I lose that 40 pounds and I still don't get that promotion I need, the guy I'm lusty after or the friends I want? Maybe if I lose that weight I'll be so attractive to men that I'll be abused or harassed again. Or what if my chubby friends abandon me and what if I get skinny but am still not pretty? Geez, losing weight is just not worth it, so I'll just stay fat." Once again, remember, this is the subconscious mind wielding control over what we consciously want.

As long as the subconscious is unwilling to let the problem go (that's a Reversal) it's very hard to resolve an issue, with or without EFT. When I hear someone say "I've had this \_\_\_\_\_ for years and have tried everything" the word Reversal comes to mind immediately. Personally, I like to use muscle testing to demonstrate this phenomenon. I have the client make a positive statement such as "I really want to let go of this anger at dad." When I muscle test them while they say that their arm will test weak. They protest, of course, saying, "But I really DO want to get over it!" And they do at the conscious level.

We then do the Reversal correction or neutralization, then test them again, and they're strong (see Resolving SBS below). This amazes people almost as much as EFT. It physically demonstrates an otherwise hard-to-grasp notion. People are often sceptical of this concept until we neutralize the Reversal, perform EFT and they see the once stubborn issue miraculously disappear.

## RESOLVING SBS

The good news is it's *very* easy to fix an **SBS** reversal--so easy that people find it hard to believe. Here's how it's done: Simply tap on the karate chop point (KC= base of little finger against base of the other little finger) using a reversal phrase such as "**Even though....**"

- "...I don't really want to get over this depression (trauma, chronic pain, etc.) I deeply and completely accept myself."
- "...It may not be safe to get over my issues.... (use your actual problem, not the word 'issue')..."
- "...I may not deserve to get over this issue..."
- "...I won't know how to act if I get well..."
- "...I won't have an excuse for my life being messed up..."
- "...I don't want to forgive the people that ruined my life..."
- "...I don't want to be 'normal'..."
- "...I'm afraid I this won't work and I'll never be well..."
- "...For *whatever* reason, I don't want to overcome this problem..."

I almost always use at least the first and last of these choices which usually catches everything in between. "Not deserving" to get over something is also a biggie, so try it if it fits, along with any of the others. They're free and they can't hurt. You'll know the Reversal neutralization worked when you start doing EFT again and begin getting results. Reversals can be a huge stumbling block, but they are so easily remedied that we needn't let them stand in the way.

Remember, fixing a Reversal does not fix the issue. It only gets rid of the impediment to fixing the issue. You still need to do EFT as normal after fixing a Reversal--i.e., set-up and tapping sequences.

As I stated in the beginning, Reversals are only one stumbling block to a successful EFT treatment, but it is often the one that causes people to say, "I tried EFT, but it just didn't work for me". How unnecessarily disappointing!

Lindsay's article is called "9 Stumbling Blocks that keep EFT from Working" and is definitely worth a read. If you go to her website, [www.lifecoachingwithlindsay.com](http://www.lifecoachingwithlindsay.com) and go to her "Free Stuff" page, you can download the whole article and read it. The fact is, whatever the reason it appears not to be working there is almost always a remedy and although it requires practice and persistence, if the payoff is good mental and physical health then surely it is worth it.

## **What If I Can't Get a "Suds" Level?**

It is true that sometimes an issue may be intangible and therefore hard to measure, things like procrastination, clutter, weight loss etc. We think to ourselves, "I've always lived like this and I don't know how to change it" and we feel defeated before we've even started. There is help at hand even for this and once again we turn to Lindsay Kenny for a procedure that she has developed to work with these problems. It is called The Ultimate Truth Statement and I will also reprint here the article she wrote explaining this.

## The Ultimate Truth Statement

Lindsay Kenny

(After reading this detailed version, see the quick prompt sheet summary for use while tapping.)

### One often-asked question I get about becoming proficient at EFT is... *How do I deal with an intangible issue and how do I get an intensity rating on it?*

- How do I deal with procrastination, clutter, or lack confidence?
- How about writer's block, sport performance or if I'm just stuck at something?
- How do I measure an intensity level for losing weight or getting off the couch to find a job?
- How can I use EFT to attract the things I want, rather than just getting rid of negative emotions?

I originally developed the **Ultimate Truth Statement (UTS)** to work with intangible, or hard-to-measure issues. The **UTS** is not efficient to use for trauma, depression, or other complex negative issues. The **UTS** is especially effective for attracting abundance, goal-oriented issues, performance problems, creative blocks and other hard-to-measure challenges.

### Here's how you can use this interesting and effective tool:

#### First:

Develop a simple sentence that represents the **most positive outcome** (or goal) for what you would like to achieve. For instance, if you have a problem with procrastination, use a basic **Ultimate Truth Statement** of, "*I always complete tasks in a timely manner*", or "*I keep time commitments to myself and others.*"

#### The UTS should be written with these elements in mind:

- **In the present tense**, reflecting where you want to be, not where you are now.
- **In a positive frame**. Rather than "I want to quit smoking" you would say, "I am committed to my health as a non-smoker."
- **Be specific about what you want**. "...more money" or "...lose weight" are not specific

#### Examples of basic Ultimate Truth Statements would be something like these:

- *I feel great about working out 5 days a week for an hour.*
- *I weigh 150 pounds.*
- *I'm a confident public speaker in front of groups of all sizes.*
- *I am passionate about my wonderful new job as an Art Broker.*
- *I earn (or attract) \$200,000 a year.*

(Notice how these are very much like affirmations)

#### Second:

**Identify WHY you want to achieve your goal** – that is, how your life will be different with the new job, ideal weight or perfect partner? Will you have more energy, better health, be more accomplished, have more confidence, feel fulfilled, look better in your clothes...?

**Add these enhancement phrases about your life to your simple UTS:** For the weight goal your improved statement might read – "*I have more energy, am healthier, and look great in my clothes, weighing 150 pounds.*"

#### Third:

**Add in more emotions** expressing how you will feel when you have achieved the goal. Such as – I'll feel more secure, will have a sense of accomplishment, will have respect from others and will be ecstatic.

**Then add those *emotional* words or phrases to your UTS, using the present tense.** If your goal is about attracting money it might read "I feel secure and safe knowing I have an income of \$200,000 a year. I have more self-confidence, respect from my family and am ecstatic with this new-found financial security. I am happy knowing I can take a trip to Hawaii with my family, buy my parents a new car, and afford a new home. Life is grand!"

Another example would be changing your basic statement of "I always do things on a timely basis." To something like *"I'm proud of myself, have a sense of accomplishment and peace of mind knowing that I always do things on time. I have great self esteem, get more done and feel good about having integrity with myself and others."*

Your new, complete statement should contain pulling adjectives and verbs helping to move you into a positive place, allowing your desire to come to fruition. Make sure your final statement is stated in the positive and present tense expressing exactly what you want and how you want to feel. It should be the ULTIMATE phrase for what you want to achieve.

Change the opening phrase to "Thank you for allowing me to..." When you indicate gratitude for something that has *not yet occurred*, you are asking yourself to bypass the ordinary laws of time. You are therefore jarring yourself out of your usual ways of thinking.

**Fourth:**

**Assign your statement a "believability quotient from 1 to 10 with 10 representing the ultimate goal.** The ideal **Ultimate Truth Statement** will always be at a 10. A 10 means you have 100% confidence in the truth or *believability* of the statement. Think of it as standing in the future, knowing you have already received your "gift".

Most likely, you will start this process far less than a 10. For most people the statement just won't seem reachable or realistic. That means when you begin this process you'll most likely assign a number of 5 or less to your Ultimate Truth Statement. After all it is your goal, or how you *ultimately* want to feel, not how you feel now. Your new goal is to get the statement to a 10 and really own it.

**Fifth:**

**Now, do a REVERSAL on your goal**, to neutralize the subconscious part of you that's resistant. That is, on the KC point say "Even though I DON'T WANT to break 100 in golf, weight 150 pounds, exercise every day, etc), I love and accept myself completely. Do this 3 times before continuing (adding "...for **whatever** reason..." to the third time). NB from Elizabeth: Lindsay covered this in her previous article under the subheading "Resolving SBS".

**Sixth:**

**After assigning a number for where you are now, ask yourself**, "What is the cause of this disparity?" That is, what is causing you to be at a 5 or 2 or whatever, instead of a 10? Most likely it is a fear: fear of failure, fear of success, fear of looking foolish, or other fears, are the most common causes of us not getting what we want in life. It could also be self-doubt, like "I'm not good enough" or "I don't deserve that kind of money (or success, or relationship)".

**Seventh:**

**Once you identify the obstacle then, stop and tap away that resistance.** That is:

1. Assign the fear, or other obstacle, an intensity number of 1 to 10 (with 10 now being very intense and 1 being very little resistance)
2. Do another reversal neutralization on it: on the KC point say "Even though I don't want to get over this fear that's keeping me from getting what I want..."
3. Go back to the source of that belief, fear, or feeling
4. Tap away those doubts, fears, beliefs, or whatever, just like any other issues

An example would be "Even though dad said I'd never amount to anything" or "My brother told me I was stupid" (or whatever) I love and accept myself now." Often it's this core issue that gets in the way of most, if not all of your successes in life. Feeling that you're not good enough, caused by an old childhood message from your parents, siblings or peers, can affect your entire life. It's extremely important to deal with these beliefs and fears before continuing. Do several rounds on these issues, until the intensity is completely diffused.

**Eighth:**

Now, go back to the original issue, procrastination, being stuck in your career, lack of confidence, or whatever, and see if the UTS statement went up just as a result of dealing with the underlying problem. It almost always does. However, you won't likely be at a 10 just yet. So now you can address the issue straight on.

Rubbing the set-up point (sore spots on the chest or the Karate Chop point), do a set-up statement three times of”:

*"Even though I procrastinate, waiting until the last possible minute to do things, I love and accept myself anyway".*

Then do a couple of rounds stating a reminder phrase of:  
*"This tendency to procrastinate" or "My habit of putting things off."*

On the *third* round, switch to different reminder phrases on consecutive points that start gradually to change your position to something like:

- ✓ *I'd really like to eliminate this habit of procrastination....*
- ✓ *I'd like to do things on time....*
- ✓ *I want to let go of always being late....*
- ✓ *I want to keep agreements with myself and others....*
- ✓ *I want to be timely with my projects and commitments....etc.*

It's this *gentle* transition from where you've been to where you want to be that begins to transform your psyche on the issue. This is just another way of saying "Part of me still has this 'bad' habit, and another part of me is starting to replace it with more positive behaviour" (which is a dandy way to do this section as well.)

#### **Ninth:**

Check yourself with the **Ultimate Truth Statement**. If you have moved up a few notches on the scale, then you're on the right track (remember you're going toward a 10). Keep repeating the above process until you're within 3 of your goal (that would be a 7 or greater). If, however, you haven't moved up the scale then:

- There may be still another issue in the way, other fears, doubts or beliefs
- A feeling that you don't deserve to reach your goal
- You might need more work on the Reversal aspect (subconsciously not wanting to change)
- There may be a core belief or issue in the way, such as worthiness (I'm not good enough), or I wouldn't really know how to function if this issue is put to rest. Read my article on the "9 stumbling Blocks to EFT" on the Free Stuff page of my website.

After dealing with any remaining resistance, as mentioned above, keep tapping on the issue until the goal is 'almost' believable -- that is when the **UTS** is up to a 7 or greater in believability. Since this is a subjective measurement, you can just guess where you are. However, most people get a clear sense of their movement and where they stand as the change starts to occur within them.

#### **Tenth:**

When your **UTS** number is at a 7 or higher, then return to the set-up point and switch to a Choice Statement. Use something like this, tailored to your goal:

*"Even though a part of me still wants to put things off, a bigger part of me wants to do things on a timely basis. So I choose to let the bigger part of me prevail. I choose to find the resources within me to overcome this habit of procrastination. I choose to do things on time, or even before they are due."*

#### **Other choices statements for different issues would be something like:**

*"Even though a part of me is still resistant to committing to losing 40 pounds, a more powerful part of me wants to be healthy and trim....and I choose to let that more powerful part of me take over. I choose to be committed to weighing 150 pounds by Christmas, and I love and accept both parts of me."*

*"Even though I'm a little reluctant to start my job search, I choose to be brave and resilient in taking steps that will secure my future...."*

*"Even though I still have a little writer's block in my way, I big part of me is feeling the creativity come back. So I choose to release this block, and be confident, creative and certain with my writing skills."*

Repeat a variation of the choice three times on the set-up point.

Then, **on the first round**, state the remaining negative, such as;  
"Any remaining habit of being late" (or whatever the issue), at each point.

**On the second round**, at each consecutive point say...

"I choose to tap into my own resources to break this procrastination habit" (or I choose to eliminate being late, etc.... "I choose to be on time", "I choose to let go of my being-late habits"..."I choose to complete commitments before they are due".... "I choose to completely eliminate this procrastination"..."I choose to be on time"....etc. Use all positive statements on this round.

**On the third round**, alternate the remaining negative with the positive choices, i.e.

EB - Remaining procrastination...

SE - I choose to overcome it...

UE - Remaining procrastination

UN - I choose to be on time with projects

CH - Remaining procrastination

CB - I choose to change this habit to commitment

#### **UA - Remaining procrastination**

WR - (Wrists) I choose to let it go

CH (crown of head) I choose to be proud of myself for doing things on time

**Eleventh:** Now test yourself with the **Ultimate Truth Statement**. You may be at a 10 by now. When you say it out loud does it ring 100% true? If you are not quite there, maybe at an 8, do the choice rounds again. If you're at a 9 or 9.5, do the 9-point Gamut to polish off the issue and complete the process. Use the phrase, "remaining procrastination" (or remaining whatever) while tapping on the Gamut point and doing the eye rolls, humming and counting.

**Last: Using Empowering EFT:** When you're at a 10, complete the **UTS** process by doing one or more rounds of **just positive affirmations**; desired-results phrases while tapping. Saying positive statements about yourself or your goals while tapping feels **so good**. It's also a great way to finish up the process. Here's how.

At each consecutive point, put in a different positive affirmation such as:

"I'm always on time ... I'm confident in my abilities... I'm clear about what needs to be done and aware of the deadline... I always do things in a timely manner ... I'm proud of myself for completing projects on time ... I see what needs to be done, and I DO IT now... People respect me for keeping my word... I keep my commitments to myself and others... I'm a responsible, on-time person, etc.

At this point, you should be able to say the **Ultimate Truth Statement** with confidence and completely mean it.

Again, I want to reiterate, that this semi-advanced technique is meant for goal-oriented processes, or issues, and not intended for trauma victims, serious illnesses, extreme grief, anger, or other complex issues. It can, however, be used in conjunction with, or even instead of, the Choice Statement, once any issue is almost resolved.

As mentioned earlier, **Ultimate Truth Statements** are much like affirmations. Teaming them up with EFT, however, eliminates barriers often associated with affirmations alone. Furthermore, tapping incorporates positive beliefs into your energy system instantly. Done correctly, the **UTS** can be a playful yet powerful tool in the EFT arsenal.

Good Luck and Good Tapping!  
Lindsay Kenny

## UTS Summary Prompt Sheet

**After reading the more detailed version above, you might appreciate this simpler prompt sheet as a reminder:**

**First:**

Write out a simple sentence that represents the most positive outcome (or goal) for one goal you have.

**Second:**

Identify WHY you want to achieve your goal –how will your life will be when you achieve it.

**Third:**

Describe the emotions of how you will feel when you have achieved your goal.

**Fourth:**

Assign your statement a “believability quotient from 1 to 10 with 10 representing the ultimate goal. The ideal Ultimate Truth Statement will always be at a 10.

**Fifth:**

Do a REVERSAL on your goal, to neutralize the subconscious part of you that’s resistant to achieving it.

**Sixth:**

Determine the case of this disparity (the difference between where you are and where you want to be, which is at a 10)

**Seventh:**

Once you identify the obstacle, assign it an intensity number (now with 10 being bad and zero when it’s gone.) Then tap away that resistance.

**Eighth:**

Now, go back to your UTS and see if the number went up on the scale to more believability. If you are not at a 10 yet, just tap on any remaining resistance to owning your UTS.

**Lastly:** When you’re at a 10, use “*Empowering EF*” to complete the process. Do two rounds of **just** positive affirmations using phrases from your UTS.

I use the “Ultimate Truth Statement” all the time in my practice now for all sorts of issues. When I’m working with a client and I want to check their progress I simply get them to say a statement out loud as to the original issue we began with, and get them to measure its truthfulness, and then we know where we are and how much work there is left to do. It is extremely effective and I love it!

## What If I Can’t Bear To Think About My Issue?

This is definitely another big obstacle. Sometimes people have experienced things in life that are just so awful and traumatising that they take the memory of it and stuff it deep down inside and make a conscious effort never, ever to go there. It is like a deep black pit inside them full of awfulness and they cover it over with a layer of concrete determination to never visit there again. Sometimes they’ll even say things like “I’ve dealt with that issue. It’s in the past and I’ve put it behind me and gotten on with my life. I’m fine now.” And in a lot of ways they may have gotten on with their lives but to experience true happiness and peace in their life (as well as good physical and mental health) it is absolutely **vital** that this poison is eliminated from their mind and body.

It is similar to the waste material from a nuclear power station being put in containers and buried deep in the earth or submerged deep in the ocean. Sooner or later the containers start to leak and all the surrounding areas are contaminated. I saw a documentary on television once that was about all the dreadful chemical weapons that had been made for the second world war and after it was over they didn't know what to do with the stuff so some of it they stored in containers on an island somewhere (I've forgotten all the details of course!) and now there is seepage and an ecological disaster just waiting to happen. That's what traumatic memories are like. You can keep them encased in determination for so long but there will always be seepage. It's like acid drip, drip, dripping into your system wreaking havoc through your body. More and more there is a school of thought that cancers, fibromyalgia and other such diseases are the result of unresolved emotional issues. And think about the amount of energy needed to keep these memories hidden that could be used for other necessary functions in our bodies. It means people are existing rather than living and if all that garbage could be scoured out and the place cleaned, imagine the positive change it could bring to people's lives. But how do you go there when it's just too terrible to even think about? Of course, EFT has its own gentle solution to this as well. It is called the Tearless Trauma Technique.

The following is a copy of an article on Gary Craig's website describing his own work using the Tearless Trauma Technique and showing its effectiveness.

### **The Tearless Trauma Technique**

**Note:** Since first introducing this technique to the public, it has been used with great success by many. However, the term "Tearless" does not mean that no one ever has tears or discomfort. Indeed, some people respond with tears or other forms of distress at the mere mention of their issue. Thus, please interpret The Tearless Trauma Technique as a method where distress can usually be minimized or eliminated.

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Hi Everyone,

In a previous workshop I used the same group trauma method that I previously used (and outlined in a previous post) at the Portland, Oregon Power Therapies Conference. It worked superbly (again) and thus merits more elaboration. This time there were 25 attendees that identified a traumatic incident from which they wanted relief. About 80% of them estimated their initial intensity to be 8-10 and, in less than 20 minutes...

Twenty of them went to zero. Three went to a 1. One went to a 2. One went to a 3.

And remember, I'm doing this in a public setting with 25 people at a time (it could be done for over 100 just as easily) and I don't know any of the details about the incidents being worked on (except for the lady who went to a 3). During the break I worked with the lady who went to a 3 (from an original 10, incidentally) for about 5 minutes and brought her down still further.

There was little or no emotional pain evident in the session. That's why I refer to it as The Tearless Trauma Technique. I know that minimizing emotional pain is criticized by some members of the healing community. In my experience, however, I don't see why pain is at all necessary (but would welcome a debate on this). I say this because I have taken care of a mountain of traumatic incidents (some of them VERY severe) and, after the healing, the clients just have no interest in spending time on insights or the "why" of their past incidents.

To the contrary, there is a visible and obvious cognition change that shows up in the way they talk about the once troublesome incident. The client seems done with the issue because the resolution that is so highly valued by the more intense techniques seems to take place within the EFT session with minimal pain. To me, this is profound and tempts me to rename the process as "Peace without Pain." As long as I get the resolution without the pain, then I don't see the need for the pain. Again, I value anyone's input to the contrary. We are into truth here, not territory.

I know I outlined this method after my Portland, Oregon workshop but I thought I would do it again from a somewhat different angle. I am a great believer in repetition and, in that spirit, I present the steps below. Please note, though, that this method is NOT limited to addressing trauma in a group. The exact same technique could be (perhaps should be) used quite effectively in one-to-one individual sessions. Here are the steps:

- 1.** Ask the participants to identify a specific traumatic incident from their past. Ask that it be at least 3 years ago to minimize any complications from the dynamics of a current event. An example might be, "the time my father punched me when I was 12." By contrast, the phrase "my father abused me" would be too broad because, chances are the abuse took place over many, many incidents. Please note that you may need to instruct the clients to stay on their original issue because many of them will shift to other issues as they resolve the original one.
- 2.** Ask the participants to GUESS at what their emotional intensity would be (on a 0-10 scale) IF they were to vividly imagine the incident. Instruct them NOT to actually imagine it (although some will close their eyes and do this anyway). This GUESS is a surprisingly useful estimate...and...it serves to minimize emotional pain. Have them write their GUESSES down and then go around the room having them state their number. This gives you a good feel for various participants' intensity.
- 3.** Have the participants develop a phrase to use for the EFT process such as "this father-punch emotion" and then proceed with a round of tapping.
- 4.** After this round of tapping, ask them to GUESS again and go around the room asking them to state their new number. Typically, they report noticeably smaller numbers.
- 5.** Perform more rounds of EFT (or your favorite tapping procedure) and go around the room each time asking for their new numbers. In my experience, a total of 3 or 4 rounds will bring just about everyone down to GUESSES of 0 to 3.
- 6.** Once everyone is down to acceptably low GUESSES, then perform another round of tapping and, after this round, ask them to vividly imagine the incident. Notice that this is the first time you are asking them to do this. All previous times have been relatively painless GUESSES. In my experience, just about everyone goes to zero and the rest are at very low numbers. If there is an exception or two, then work with them individually to complete the process.

I urge everyone who works with trauma to try this. Try it on groups (including dovetailing it in with the CISD process). Try it on individuals. Try it on war veterans, rape victims and torture victims. Try it wherever trauma is involved, especially with those who are afraid of the intensity they usually feel when discussing or "getting into" their incident.

The energy based therapies have been very impressive in their ability to handle negative emotions. That is indelibly clear to practitioners using these procedures. I think the above technique, properly mastered, adds a useful component to the "art of delivery."

Peace, Gary

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## Steve Wells reports on the Tearless Trauma Technique

Hi Gary,

I just spent the weekend presenting a personal development seminar incorporating EFT and other Energy Therapy techniques. I tried out the Tearless Trauma Technique and it worked just as you have described.

Sixteen people, all of whom were 8, 9, or 10 when guessing the intensity of the trauma initially: 11 went to zero or near zero after 4 rounds of tapping when asked to vividly re-imagine the traumatic incident. The others were all at 4-5, and 2 more rounds took care of most of this. I offered to help one woman whose SUDS level remained at a 4 during the break but she came up and told me she really saw how she could get beyond this herself and wanted to do so as she felt empowered by the technique.

Most of the participants were absolutely astounded when they tried to re-access the feelings and weren't able to. The most outstanding result however was by one gentleman who reported that an incredible feeling of sadness he'd been experiencing almost his whole life regarding his father was absolutely gone and he was now experiencing a feeling of complete peace. You should have seen the way his face shone. This guy had previously had a taste of EFT in another seminar I was running. He came to this one because after he used EFT to deal with his constant anger and anxiety, his wife said it was like getting a new husband. Needless to say, she was VERY happy for him to come and do more. I think now his own mother wouldn't recognise him.

Love and best wishes,

Steve Wells

And once again, I have used this with clients in my own work and seen incredible results. To watch someone put down an emotional burden they've been carrying, unaware themselves how heavy it was until it was gone, and see them walk away with lightness in their step and face, remains such a thrill to me that I look forward to seeing it repeated over and over.

Finally, to whet your appetite for the discovery of it for yourself, I would like to add here some examples from Gary's newsletters of the way people's lives have been changed for the better.

## **An EFT Newcomer relieves Post Traumatic Stress Disorder (PTSD)**

Hi Everyone,

Tam and Mair Llewellyn from the UK share with us a letter from Geoff Graham, a therapist and recent graduate of their EFT training courses. Several things are worth noting....

1. Geoff's sense of trepidation at applying these strange appearing methods, especially to such an intense issue as PTSD. This is particularly useful to newcomers who, typically, are understandably timid about trying out this new healing tool.
2. The physical trauma (from a car accident) was healing fine but the emotional trauma emerged as the major problem.
3. Geoff uses the "tap while telling the story" method of delivering EFT. This is a very convenient and effective technique that often brings up important aspects without having to dig them up. Highly recommended.

Hugs, Gary

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Very soon after completing the Practitioner Training with Tam & Mair I met with a young man, "Tom" and his mother. Tom had toured the USA the previous summer, with other young people, playing soccer against other American teams. The whole team had worked hard to make this happen and had put much energy into fund raising.

While on tour Tom had been involved in a serious road traffic accident and suffered considerable injuries to his legs and pelvis.

Although he was making good progress physically, the trauma of the event was proving more difficult and symptoms of Post Traumatic Stress Disorder were very evident (with very high anxiety when travelling in any motor vehicle).

I taught both Tom and his mother the EFT protocol. I have to confess I did it with some trepidation as it was still new to me. I even suggested before we started that if, at the end of the session, Tom decided he'd just spent some time in the company of a nut case then I'd accept it!

As we tapped, however, he became visibly more relaxed. I asked him to tell me the story of the accident, stopping at each point where he began to feel some anxiety, and then to tap on this aspect. Soon he was able to recount the events without any distress. I have to admit I had a mixture of emotions - I was pleased we seem to have a success, and yet there were nagging doubts - "It won't last, he's just saying it's OK to please this strange nut case" etc.

The car journey home after our session, some 30 or 40 miles in the dark, was quite uneventful. Tom had been calm, relaxed and without any of the previously displayed alarms that had marked the journey to me.

The mother asked me to write a letter to the boy's doctor describing how I found him. I understand the doctor had to communicate to the USA and let the authorities know of Tom's progress. This gave me good reason to contact Tom and his mother about a fortnight later. To my delight, I discovered that Tom was fine and progressing well. He continued to be relaxed during subsequent car journeys. He had also been seen by his doctor who was struck by the change in him and who no longer required a supporting letter from me. (I still wrote to him, though. Business is business!)..

Geoff Graham

## Using EFT for teething pain

Hi Everyone,

Here's a fabulous use for EFT from Dianne Keast that mothers, infant caregivers and physicians should love. Note how Dianne customizes EFT for this purpose and how her baby eventually calms another child using just one tapping point.

Hugs, Gary

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By Dianne Keast

Dear Gary,

Thank You so much for giving us EFT. I wanted to share with you my experience with EFT and my daughter's teething pain. We had been using EFT for months but had not tried it on the baby. She was about 18 months old at that time and she started cutting teeth again. She was always cranky. I had almost weaned her of the bottle but she was so miserable with her new teeth that she didn't have much interest in food and she reverted to depending on the bottle again. She had to have a pain reliever to sleep at night and still woke up several times during the night rubbing at her face because her teeth hurt.

At last it dawned on me to try EFT on her. At first, she didn't like to be tapped so I used a gentle circular rubbing at each point. This worked very well. If she was crying or having a fit, it would calm down immediately. Later as she got used to the EFT points being touched, we converted to tapping.

We were having good success with this procedure but I wanted to see if we could customize it. We started experimenting with different points and it slowly evolved into our own shortcut protocol. For example we used the collarbone and under arm points because our daughter seemed to like them and would smile when we tapped them. But we left out the under nose point and chin because she was always suckling while we tapped.

One day I remembered reading in a reflexology book a rescue remedy for tooth pain; it said that if your tooth hurts you can find the reflex spot in one of your toes. You do this by feeling each toe until you come across a spot that is unusually tender, and then you gently massage that spot until the tenderness leaves. I decided to adapt this as part of the EFT. Since I had no way of knowing which of her toes was tender, I massaged all of them at the end of each round of tapping.

GC COMMENT: Note that the toes points are also EFT points. They are at the other end of the meridians that the standard EFT addresses.

DIANNE CONTINUES: After a while, whenever she got cranky or had tooth pain, she would come to me and hold her toes up when she wanted EFT. This worked so well that we totally replaced the pain reliever with EFT and since EFT is drug free we were able to administer it much more often than medication.

Here is the tapping shortcut that was successful for us:

Tap or gently rub the point at the top of the head  
The eye brow  
The corner of the eye  
The collar bone  
The under arm  
The wrist  
The ankle  
Now rub each of the little toes being sure to include the sides of the joints  
End with the top of the head again

Our daughter is now 23 months old and she is an EFT baby. We tap her whenever she is having a hard time and she calms down quickly. She also taps on us and herself.

Recently she was playing with a little boy her age who didn't want to share with her; every time she would try to take a toy he would squeal at the top of his lungs, and start to cry. When this happened, my daughter would reach over and gently tap the top of his head and he would stop. She was very gentle and he seemed to enjoy it.

This went on all night, whenever he started to cry about her sharing in the toys she would tap him gently on the top of his head. She tapped him again and again until she had tapped him into a calm state and he felt ok about sharing with her. We are so thrilled to be able to offer our daughter such a positive tool.

I have been waiting all my life to find EFT! I intend to open a practice as an EFT Coach.

Thank You for making all this possible for me.

Dianne Keast - EFT Self Care Coach

### **Newcomer uses EFT to collapse his own panic-attacks and writes letter to "Quackwatch"**

Hi Everyone,

You should find this interesting.

It is common for completely new innovations to have skeptics ... and EFT is no exception. Interestingly, those opposed to EFT and its many cousins have one thing in common, namely, they have not taken the time to get adequate training in the process. Accordingly, they have not properly applied it to 50 or so people to get a good sense of what is happening.

Instead, with little or no training, they attack the theory and try to attribute all the impressive results to such things as distraction, power of suggestion, placebo and other equally uninformed labels. This is done despite the thousands of reports from around the world regarding unheard of successes (from highly credentialed psychologists, MD's, etc.). I know that sounds silly, but that is what is being done.

One such group of skeptics is QuackWatch.com. If you visit their web site you will see that they make concerted efforts to "debunk" just about everything.

Paul Gray, as you will see in his letter below, wrote to QuackWatch as a newcomer to EFT. He discusses how he tried many procedures for his panic-attacks and, for the first time ever, achieved impressive success. Apparently this result, together with thousands of other reports coming in from around the world, was lost on QuackWatch.

I thought you might like to read his letter.

Hugs, Gary

P.S. Paul received many letters after this article appeared on our email list. Most of them asked for more details about what he did and Paul graciously answered them. Those questions and answers appear just after Paul's letter to Quackwatch below.

By Paul Gray

Dear Sir [QuackWatch],

I found your site through searching on Google for opinions on Energy therapy. I agree with your comment that there are way too many sites pushing the benefits of alternative medicine/therapy and not many that expose the down sides/ charlatans. I am glad your site exists. I am in no way informed enough or qualified enough to debate any comments made on your site.

However, in case you might be interested. I believe self administered EFT has cured me of a 15 year panic disorder.

Since first experiencing 'out of the blue' anxiety attacks with subsequent high levels of general anxiety and agoraphobia, I have tried standard talk therapy with a trained psychotherapist, talk therapy with a clinical psychologist, hypnotherapy, counseling, Transcendental Meditation, muscle relaxation techniques and breathing exercises. I have also used two herbs: valerian and kava kava. The only thing that ever helped me with the panic attacks was kava. Oh and my GP sent me to a local clinic when they first started where I was given a brief rundown of the fight or flight response and wished the best of luck.

Over the years, I have purchased books that are often written by Doctors, psychologist etc. that claim to stop panic attacks. I have visited therapists that clearly know a lot less about the disorder and various advances/treatments than I myself do. I have learned to be wary.

So when I heard about EFT, the only reason I tried it was that it was free. I figured that if the inventor will let you download the full manual for free then a) it's worth a go and b) he may not be another get rich quick charlatan.

I studied the manual and started applying EFT for my current anxiety and my past anxiety. Also, any old memories that do or may hold negative emotions. Within a day it was as if all the power of the attacks had gone and my general anxiety was at a zero. I have been testing myself by doing things that I have avoided for years like going to the gym, using trains, driving on motorways. My mind is sometimes still on these problems. I have not been distracted. It's just that the anxiety doesn't come. I can even consciously worry a bit that it might, and it still doesn't come. It's as if it has been cut off at source.

If this is the power of suggestion I wonder why other more conventional and expensive therapies didn't "suggest" it to me.

If it is placebo effect then I'll take it! It's about time a placebo worked for me.

Paul Gray

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These were just three interesting examples and you can read thousands more on Gary's website at [www.emofree.com](http://www.emofree.com).

## Where to from here?

In this *very small* brochure I have opened the door in only a *very small* way for you to peep inside the EFT Palace of Possibilities to see what it can do for you. There is just so much more for you to learn and experience. I encourage you to throw that door wide open and find out all you can so that you can use this incredible tool in your own life and really tap into your own true potential. The sky really is the limit. Go for it!!! And if I can help you in your journey, or you wish to share an experience, I would love to hear from you.

### Elizabeth Mandzuk

EFT CC; EFT ADV



Please contact me either by email at [Elizabeth@infoscape.com.au](mailto:Elizabeth@infoscape.com.au) or by phone if you would like to make an appointment. We can do sessions over the phone from anywhere in the world.

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