

WHY I CHOSE TO GET CERTIFIED IN EFT!!

I am all about self-help, especially for those who are motivated to seek solutions to their issues on their own. That has been me for literally 30 years. A friend of mine had given me a book all those years ago when I was dealing with the addictions/addictive thinking of my then husband in my marriage. In trying to understand him, I also started to understand myself (the whole beam in your own eye analogy ;))

It started a journey that hasn't ended. I got to a point where I was starting to be interested in Cognitive Therapy, as the self-help materials I was reading just weren't cutting it for me any more. One sentence in my "Feeling Good" book by David Burns caught my attention and it was about 'hypoglycemia' which started a whole different direction from Ph.D people to M.D. people. Anyone who's anyone knows that both those fields are a minefield of *dysinformation*.

Three years ago (around 2015 for internet legend), I found the Magnesium Advocacy Group. I was too cheap to pay for someone else to do an HTMA (Morley at that time), so when he offered his Copernican Institute Training, I jumped at the chance to get certified..... Ya know..... Why pay \$400 and have someone else do it, when you can pay over 4x that much so you can do it yourself ;) ;) Control issues, I kid you not!!!

Morley started talking about EFT and how it helps to deal with stress. So, I scoured the internet, being the DIY-er that I am, and ran across Gary Craig's Emotional Freedom techniques website where you can go through his free online Gold Standard of EFT class (but not get certified). I was working my way through his online training when Dede Moore decided to offer her certification class. Oh happy day!!! I jumped on that!!!

So that is why I am here!

Have I benefited from EFT?? Yes. Part of the certification course from Dede is working on your own memories that still have an emotional charge even though they are in the past. Let's just say, I've had a few issues to work on - divorce, car accident @ 7 yrs old, sexual abuse from a family member, and some stupid stuff that you wouldn't think would matter, but because those "experiences" were never fully processed, they were stuck inside me like a broken record and kept replaying over and over and over and over and over and over..... I think you get the picture!!

Between the two modalities - HTMA and EFT - I feel that a lot of people can get healthy. While HTMA is but isn't a self-help tool (is because you have to be self-motivated to apply what you learn during the consult - I'm all about education, not prescription)(isn't because it's not

something you can do on your own without a lot a lot of study)(which I was doing that also before Morley offered his training- I opted for the shortcut!!) EFT is very much can be a self-help tool, but with precaution.

ABREACTION!!!! What is an abreaction?? An abreaction is, for example, you decide you want to “tap” on your golf game and you find a video online to tap along with, because that doesn’t seem too complicated or intrusive, and all of a sudden, while you are tapping, you start crying and you don’t know why and you can’t seem to pull yourself out of that feeling. If you don’t have any training in EFT, you may not be prepared for dealing with the feelings that are coming to the surface. <https://www.youtube.com/watch?v=XlwH20x6D4k> While most of my EFT sessions are done via internet and not in person, I have the person keep tapping on themselves (and I tap along on my end - so I get to borrow benefits). Even if I were doing a session in person, I would still have the person tap on themselves, rather than me doing it for them. Kind of a liability thing, I would think.

If you are open to giving it a shot and want to explore releasing some stress via EFT, go to my link at the bottom of my home page and sign up for a session or two.

We’ll see you then!!!