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### Where Am I? The EFT Orienting Technique

Last year I sat with a group of practitioners that serve the veterans community on the island where I live. This group, made up mostly of therapists, was keen to share different techniques with one another. A student of Peter Levine in the group shared a technique known as Orienting. Since then I have adapted Orienting to include tapping and have found it to be superior to the Collarbone Breathing Technique or continuous tapping for ab-reactions (a client with severe intensity). If you work with clients, suffer from anxiety, or have had significant trauma in your past, then you are going to want to learn this fast and simple tool.

[Learn Orienting here](#)

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*#1 Most Effective Way to Use EFT is to be specific. What to do when you can't find specifics?*

*Sharing is caring!*



January 21-22 on Whidbey Island  
2 day Matrix Reimprinting Certification. Click here for details  
<http://www.tapyourpower.net/Matrix-Reimprinting-workshops-Seattle.html>



### Holiday Blues

Back by popular demand, is my audiotapping script on shifting out of the holiday doldrums.

[Click here to tap along](#)

### Upcoming Workshops and Events

I'm one of the top 12 Tappers featured on the EFT Hub Video Summit this week. To register for this Free event [click here](#)

December 10th at [Whidbey General Hospital](#) How to Eliminate the Holiday Weight Gain

Matrix Reimprinting EFT January 21-22 Click here for details and to sign up  
[www.tapyourpower.net/Matrix-Reimprinting-workshops-Seattle.html](http://www.tapyourpower.net/Matrix-Reimprinting-workshops-Seattle.html)

Next **Tapping Practice Day** will be February 25th in our home on Whidbey. For Level 1 and 2 grads only. Only 3 spots left [email here](#).

Save the date! March 9th is the 2nd annual **WA state**



For a complete list and access to all of my previously recorded shows click on my new logo above.

Coming January I'll be hosting a new show on a new network! Tapping Into Wealth, Health and Freedom Radio Show will be heard on station WBLQ RI, CT, and NY as well as online!

To schedule a 15 minute call to discuss private coaching [contact me for a free](#)

**Tappers Gathering.** Sarajane Thomas, Daimon Sweeney, Joanna Cummings, Rose Black, and Craig Weiner will be presenting. Registration opens soon.

Workshop Intensives in April 2012. Here's your chance to go to a sunny locale and take EFT workshops! [Sayulita Mexico](#) or [Ft. Lauderdale, Florida](#)! Come for **Level 1, 2, and/or Matrix Reimprinting** - it's your choice.

sessions [email me for a free consult](#)

#1 Rated practitioner on Tapping International.com since 2009

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