



<http://www.tapyourpower.net>

EFT: The Ultimate Stress Reduction Technique

The infamous pirates of the Caribbean made a fascinating discovery. When they bombarded a city with cannonball sounds all through the night for days on end, they could easily overtake a town or city without resistance. It wasn't the actual destruction of those cannons mind you that made the citizens cower, but the chronic stress of being up all night with fear. Those villagers are like many of the clients I see except that today we have millions of things that raise our level of stress and anxiety.

There are basically two types of stress- acute and chronic. Acute stress is that level of stress and adrenaline rush that pulls you out of a jam in a hurry. Suddenly seeing a fight happening in an alley a few yards in front of you, your feet are instantly ready to turn around and run the other way.

[Full article here](#)

In this issue:

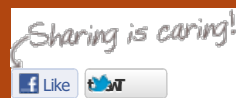
[Chronic Stress](#)


[Love Tap Radio](#)

[Workshops](#)

Past issues:

Oops! I sent out last month's newsletter with the wrong link to the main article. Food Fight, Food Fears is here now.





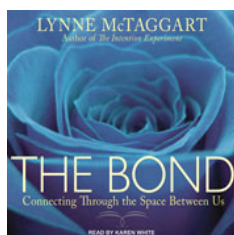
[Check out this short video I did on Matrix Reimprinting](#)

1/2 Day MR Workshop in Portland in October now open for registration.

[Click here for details.](#)



[July 27th at 10 am](#)
[Removing Blocks to Intimacy](#)



Don't miss this opportunity to listen to global change-agents speaking on the topic of fairness and the bond that connects us all. Featuring Jack Canfield, Lynne McTaggart, Michael Beckwith, Stephen Covey, and many more.

[Registration is now open for this free event.](#) Starts Monday

To schedule a 15 minute call [email me for a free consult](#)

Two of my pieces were recently selected by Dr. Patricia Carrington to be part of a website featuring the best EFT articles. Here are links to each one

[Compulsive Hoarding with EFT](#)

[Intimacy Challenges with EFT](#)

Upcoming Workshops



September/October Seattle **Level 1 and 2** now open
For details and registration visit

<http://www.tapyourpower.net/SeattleEFT.html>

October 15th - 1/2 day **Matrix Reimprinting** workshop in Portland at the Garden Sanctuary in Multnomah Village. Workshops is already filling up! You must have taken Level 1 and 2 EFT or have at least 2 years experience with EFT to attend. [Click here](#)

Next **Tapping Practice Day** will be November 12th in our home on Whidbey. Only 2 spaces left [email me](#) to hold your spot

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