

TAPPING INTO HEALTH, WEALTH, AND FREEDOM ALINA FRANK, CERTIFIED EFT & MATRIX ENERGETICS PRACTITIONER



A man finds himself the lone survivor of a shipwreck and washes up on a deserted island. He pleads for God to help him. After some time he takes his few possessions, builds himself a shelter, and begins to make a new life for himself alone. One day as he is foraging his hut catches on fire. The entire hut along with it's contents are gone. The man is devastated. The next morning a ship comes along and rescues him. When the man asks how they found him they tell him they saw the smoke signals!

How often do we see a situation as hopeless? How often do we think that all is lost? That things appearing to be hurtful can turn into blessings? With EFT you can flip the switch from hopeless to hope, from helplessness to optimistic, and from loss of control to detachment.

[Tapping Script here >](#)



In the ancient healing models of energy flow and blocks, chi, and prana are said be centered in the belly. In the [Enneagram](#) 8,9, and 1 are types said to be grounded, gut-instinct savvy, and kinesthetic. Modern science continues to discover just how important "the second brain" is. The stomach contains more serotin than the brain and neurotransmitters there

communicate with bacteria. 70% of the body's immune response is aimed at the stomach to thwart dangerous microbes. The day is coming, some speculate, when psychiatrists will be dealing with both brain and stomach in order to assist their patients in achieving mental health. What makes perfect sense to me is that what you experience as a gut feeling or butterflies..

[Continue the article here >](#)



My new show on [EFT Talk Radio](#) begins biweekly this Wednesday. Listen from your computer, call in live, participate in the chat room, or download it to your iPod. This week's topic The Big NO!...

S*xless Relationships. [Email me](#) if you are interested in becoming a volunteer. Call in at 10am Pacific (347)215-6833 or go to this episodes page here. Warning the page is slow to load

[EFT RadioWebsite>](#)

EFT Research

Not only am I adding articles of interest to my data base in preparation for Gary's retirement but I am also including some research articles as well. Check them out here

[EFT Research here >](#)

Workshops, Mentoring, and VisionBoard

I love combining EFT with Law of Attraction. One of the ways I do this for clients in by creating **personalized video vision boards**. Together we pick the right music, the key affirmations, and pictures to make it **uniquely yours**. **A session and tapping instructions are included in the fee**. **Here's one I did a while back for a client and she is thrilled that so much of it has already come true.** (Best viewed on Internet Explorer)

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[New! Love Tap Radio with Alina](#)

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QUICK LINKS

[Schedule a 15 minute consultation with Alina](#)

[EFT Level 1 & 2 Workshops. New Workshop in DC Metro Area. Demos](#)

EFT workshops

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NEW! Dr. Craig Weiner and I are happy to announce our **EFT Level 1 and 2 Bootcamp** in the DC Metro area June 18-20th. It's already filling up so please make you hold your space by [registering here](#). 10% off if you bring a friend.

- **Level 1 April 11.** Both on South Whidbey at the Sears House in Bayview. [To register click here](#)

Level 2 March 20th-21st at East West Books in Seattle. This 2 day event will focus on EFT with an emphasis on chronic illness and pain. Register by calling (206) 523-3726.

Private mentorship program will still be available for a few students each month. To see details [click here](#)

Free Demo at Oak Harbor Library on 4/14 at 6 pm

Ongoing Women's Groups in Seattle (new day of week and time) and Whidbey Island. Bring your challenges! Newbies welcome. For the Seattle Group [click here](#). For the Whidbey Island Group [click here](#).

Oops!!! My apologies to those who received an auto-responder email from me a few days ago. That email was to go out at the time of each new subscription but I hadn't set it right to begin with. The blessing is that it gave you a chance at check out a bunch of my free products! Enjoy

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