

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



Love for Self

I've told more than a few clients, "The moment you can say that you completely and profoundly love and accept yourself, we are probably done with our work" What exactly does this mean? Embracing your inner self-indulgent teen? Becoming a narcissist? Not quite although the initial phases do look like that.

[Read the full article and tapping suggestions here](#)

Life Coaches Need EFT Too!

Life coaching is fulfilling and very satisfying work. I know many therapists who are making the shift from traditional counseling to coaching. If so many are called to become coaches, and the general population seems to have embraced the profession why are so many in the field struggling to succeed? Learn how EFT can assist you in uncovering and resolving hidden barriers if you are a life coach or a solopreneur in some capacity. Registration now open for this f.r.ee call on 3/24 at 2pm Eastern

[Please click here](#)



Many of you know my friend and fellow EFTer Brad Yates. For the next 3 days Brad is raising money to be able to give the most important woman in his life (his wife) a special birthday. Until March 19th he's running a promotion on some great EFT products. The best part is that he's letting you pick your own price! And mum's the word - it's a surprise![Check it out here](#)



In April look for a fascinating discussion on what's really going on in the EFT world with all the different certification bodies. In June Dawson Church will be my guest to commemorate the 1 year anniversary of Gary Craig's retirement. He will be talking about what's been done in the last year and exciting developments happening at EFTU. If you have a question you'd like addressed during that show, please send it to me. [My email](#)

This Month's Issue

[Love For Self](#)

[EFT Certifying Workshops now open for registration](#)

From Past Issues:

[Archive Radio Show on Self Love where you can here a real EFT session \(ignore the show title\)](#)



"After our first session I feel amazingly relaxed and confident that the anxiety that's been plaguing me will soon be gone permanently. I feel incredibly light and hopeful" T.E. New Jersey

For a free 15 minute consult please email [\[email address\]](#)



March 19 and 20th Level 2 - Seattle [Click here to register](#)
Please email Lisa Bacon for details lisa@eftuniverse.com

April 2 and 3rd Level 1 and April 9 and 10th Level 2 -
Aventura, Florida [Click here to register](#)

June Whidbey workshops now open for registration. This is a
small intimate setting and will sell out so reserve early. [Click
here to register](#)

If you have reviewed the EFT Universe website and still
have questions regarding the next steps towards
certification please contact Lisa Bacon through
lisa@EFTUniverse.com

I'll also be available for live in person sessions will in South
Florida. Please email me to schedule your appointments
between April 3-10th. [Email Alina](#)

[here](#)

Upcoming Live Events

March 26th from 11-12:30 Whidbey General Hospital "How to Heal a
Broken Heart with EFT" \$25 Must register by calling 1.888.903.2345

April 21st at Discovery Yoga Studio in Kirkland, WA Demonstration and
introduction to EFT 6:30-7:30 pm. All welcome but must [pre-register here](#)

Women's Borrowing Benefits Group continues in Seattle at East West Books
from 7-8:30pm. Every 4th Thursday. For details and to RSVP through MeetUp
[site here](#)

Women in Transition on Whidbey Meetup on Whidbey every 3rd Friday 11-
12:30pm RSVP [here](#)