

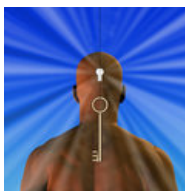
TAPPING INTO
HEALTH, WEALTH, AND FREEDOM
ALINA FRANK, CERTIFIED EFT & MATRIX ENERGETICS PRACTITIONER



There is so much being said these days about the value of engaging your unconscious mind in permanent change and transformation. There are some very important tenets of the subconscious/unconscious mind that you need to understand in order to effectively tame it and allow it to work for you instead of against you through self sabotage.

- 1. Its the domain of the emotions and your hidden beliefs will create a pleasurable feeling or a painful one on things occurring in your life.*
- 2. It organizes memories in a sequential manner. The first time you experience a disturbing negative emotion is the most important because of the gestalt that was formed each time that same negative emotion was experienced.*
- 3. It is the Akashic record keeper of the mind. When we an event that was too painful to process then the subconscious holds it for us often affecting our daily lives without our knowledge.*

[To continue this article please click here](#)



Happy Tax Day! Let's do some tapping on money issues shall we. It's an issue that's front and center for many these days and using the principles from the article above on the unconscious mind I will guide you through a combination time line therapy and EFT. First pick a limiting belief you hold about money. Here are some common ones: Do you think you can't control what happens to you financially (*its the economy stupid*)? Money never stays around in your life for very long. You have to work hard to get it. You can't earn what you are worth. Other people do well and I can't seem to. Pick one then continue to the audio.

[To tap along click here >](#)



Join me once again on April 21st at 10 am Pacific when my cohort Juli Vinik and I will discuss the controversial hot button issue: Why not settle for Mr. Good Enough? Call us with your questions

[EFT RadioWebsite>](#)

Last Newsletter Faux Pas

Some of you couldn't access the fabulous Jungian archetype quiz I set up for you so here is the link again. Sorry about that!

[Jungian archetypes >](#)

Up in Smoke

I must admit that I never really was a serious smoker. It was just something I did on occasion usually involving drinking with friends in my twenties. Here is an article from a student of mine who has a fabulous new book on the topic. (Interestingly enough all smoking cessation EFT sessions are completely tax-deductible)

[Kick Butts, Take Names >](#)

Workshops, Classes

EFT workshops

Level 1 May 16. South Whidbey at the Sears House in Bayview, WA. [To register click here](#) 10-4pm

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[Unconscious Mind Primary Directives](#)

[1 Minute Tune-Up](#)

[Love Tap Radio](#)

[Kick Butts, Take Names](#)

Next Month:

Are you a narcissist? Know someone that is?

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QUICK LINKS

[Schedule a 15 minute consultation with Alina](#)
Matrix session prices go up in 2 weeks

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

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

Ongoing Women's Groups in Seattle now at East West Books and Whidbey Island. Bring your challenges! Newbies welcome. For the Seattle Group [click here](#). For the Whidbey Island Group [click here](#).

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