

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



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Premature Cognitive Commitment :
The Type of Commitment You Really Shouldn't Make

In India, trainers tie baby elephants to trees in order to keep them from running off. Over the course of their growth they make the tree smaller until at adulthood the elephants will stay put even if they are tied to the smallest sapling. Workers in aquariums will attest to the fact that fish who are contained by a glass partition will only test to see if the partition is still there for a brief period of time. The partition can be removed and the fish can then physically move freely throughout the tank, but they won't even try. You can do the same experiment at home. Try to place a bunch of flies or fleas in a jar with a lid for a short period of time. Open the lid and only a few daring souls will attempt an exit from the top of the jar. The elephants, flies, and the fish are three perfect examples of a premature cognitive commitment.

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I am amassing a library which includes interviews I have given and those that I have done in the Love Tap series. There is also an audio that I just got permission to publish from a world renowned trauma specialist in Boston who recommends EFT. You'll need Windows Media Player

[Access audios here >](#)



Ever have one of those crazy dreams that shock you? What does it mean and how does it reveal things about yourself and your relationships? Find out on Wednesday when I interview expert dream analyst Dr. Gillian Holloway

[For Details Click here>](#)

EFT workshops

East/West Ancient/New: EFT and the Manifestation Wheel June 6th 1-5pm \$50 Combining the path of the Lakota Medicine Wheel with quantum physics, we take Alan Seale's work a giant step forward by adding EFT. Create a blueprint to successfully achieve your dreams! Also available in Eastern Washington this summer. Stay tuned for details. To register for June 6th [click here](#)

EFT Level 1 and 2 Boot camp in the DC Metro area June 18-20th. Please make sure you hold your space by [registering here](#). 10% off if you bring a friend. CEs pending for acupuncturists.

Private mentorship program will still be available for the serious EFT student. 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](#).

