

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



### Holiday Stressors

There are so many wonderful things about this time of year but there are some things that can also be very stress-producing. This is a time when you feel pressured to spend more money, when you feel obligated to spend time with family that you might not like, or feel burdened with other's expectations of what a real Christmas should look and feel like. Here's a one minute tap along audio I did a few years ago to help you regain some peace. (That's my daughter sneaking into my studio at the end)

[Holiday One Minute Tune Up click here](#)



### Walking with Grief

The holidays can also be a painful time of year for those who have lost a significant person in their lives. The photo to your left is of my friend Alicia Lomne's wired media piece entitled Walking with Grief. She made it after having suffered her own losses this year. You can't really see it in the photo, but the figure in the cage has pieces of wire coming out of various parts of her body and when I first saw it I was most struck by how accurately it depicted the grief I help others work through with EFT.

There are many layers to grief and time and again you'll hear practitioners comment that grief is the most difficult of all the emotions to resolve. Here are some tips for tapping through the pain.

[Full article here](#)



### Washington EFT Tappers

**Gathering** Registration now open! Check out the awesome line-up for this year. [Washington EFT Tappers Gathering.](#)

**Manifestation Wheel and EFT in Portland** This workshop has consistently sold out! Don't start your new year without it! 1/22/11  
Registration now open

[www.tapyourpower.net/mw.html](http://www.tapyourpower.net/mw.html)



Kick Start Your EFT  
Practice begins  
November 2<sup>nd</sup>

### **Kick Start Your EFT Practice!**

Annabel and I will continue our series this month with marketing your practice to health care professionals. Join now to gain maximum benefits of this program.

Click here for more details

<http://www.tapyourpower.net/kick-start-your-eft-practice.html>

Looking for a really useful and helpful gift? I sell beautiful gift certificates for Matrix and EFT sessions. The only caveat is that the gift recipient must email me directly expressing their desire to work on their

### This Month's Issue

#### **Holiday Stressors Audio Tune Up**

#### **Walking with Grief**

December 3rd at 10 am Pac on Love Tap Radio - Child and Parent Relationships with Bonnie Thompson Click [here to listen](#)

December 16th at 10 am join me with fellow WA State EFTer Daimon Sweeney who'll be sharing his new EFT Settings Model. Click [here to listen](#)

**Manifestation Wheel in Portland.**  
**Registration now open! January 22nd at Garden Sanctuary.**  
**Click here**

**Next Month:**  
**Stay tuned for workshop announcements for 2011**

*#1 Independently rated  
EFT practitioner 23  
consecutive months*

issue(s). Gift certificates will be mailed out the week of December 13th and can be mailed anywhere in the world. Email for details [alina@tapyourpower.net](mailto:alina@tapyourpower.net)

For free 15 min consultation or to request EFT Certified Training Workshops [click here](#)



### Upcoming Live Events

**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](#)

2011 EFT Training Levels I and II Specific dates and locations to be announced soon