

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



Procrastination and EFT

Twitter, Facebook, emails, texting, having access to hundreds of television channels- we now have more than a million ways to get distracted. I wouldn't call myself a procrastinator but I have found that there have been certain situations that I have put off until the last moment. Science is now showing that it's due to a war of the brains when you put things off and not that Mercury was in retrograde.

[Read the full article here](#)

EFT Tip: The Movie Technique is one of the effective methods used in EFT that is taught to all Level 1 students. Here's a video I did with Gary William explaining how to do it.
http://www.youtube.com/watch?v=ng6jGxz_pXo



Then on April 20th I have the good fortune to be able to interview fellow EFT U trainer Carol Odsess who is especially talented at explaining and using The Choices Method. Most of my students come into my EFT workshops with misconceptions about Choices and it's use and Carol will set everyone straight on this helpful technique.
[Click here](#)



Jump Start Your EFT Practice

Join by May 1st and receive 2 audios from our previous course. How would you like to be able to tap with a new swap partner each month, have access to our valuable practitioners' resources, receiving laser coaching, and access to our fabulous expert calls including Midge Murphy on the risk assessment tools and legalities of your practice, Boris Mahovac on networking in the age of the internet, and Gary Williams on how to use audios and videos in your marketing. Read the details by visiting www.tapyourpower.net/Jump-Start-Your-EFT-Practice.html



May 21st Practicum Day on Whidbey for anyone who

This Month's Issue

EFT for Procrastination

Upcoming Internet Radio Show

Movie Technique

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

From Past Issues:

[Premature Cognitive Commitment](#)



"The pain is still gone!"
P. Y. Bristol, England

Rated #1 EFT practitioner over 24 months. To see reviews and testimonials [visit here](#)

had taken my level 1 or 2 either through EFTU or when I was teaching before my affiliation. Bring your difficult cases, review techniques, and practice EFT! One live session that day can be used as a case study counting towards certification. Must RSVP and be accepted by emailing me eft@whidbey.net

Only 5 spots left! June Whidbey workshops Level I and II CEUs available for chiropractors, acupuncturists, naturopaths, massage therapists, and educators. [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

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

Upcoming Live Events

April 21st at Discover Yoga Studio in Redmond, 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](#)