



<http://www.tapyourpower.net>



Your Body Is Talking

At the root of EFT is the belief that your body is giving you information about your emotional states. When you listen and address these concerns, the body responds positively but when you ignore or suppress those emotions the body continues to send you messages.

Energy Healer Julie Motz has described osteoporosis as a disease that results from hiding anger, something women in our western culture are programmed to do from an early age. The creators of MetaMedicine (a diagnostic technique often utilized in EFT) say that heart attacks are caused by the direct loss of some type of territory (for instance being fired from work)near the time of the attack. Caroline Myss states that those that suffer from fibromyalgia or chronic fatigue show up mainly in people who have been psychologically, emotionally and physically over-active and are in serious need of stabilizing their lives. These are all common patterns I have seen with my clients.

At the cellular level your body is listening to the field.

[Full article here](#)

In this issue:

[Your Body is Talking](#)

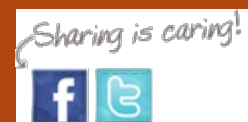
[Upcoming Love Taps](#)

[Workshops](#)

[Teleclasses](#)

Past issues:

[My apologies for the bad link last month. To read the article on Your Unique Gifts and EFT \[click here\]\(#\)](#)



Upcoming Workshops



June 4-5th Level I on South Whidbey ONLY 2 SPOTS REMAIN!
June 11-12th on South Whidbey Level II

For details and registration visit

<http://www.tapyourpower.net/SeattleEFT.html>

Save the date! October 15th I will be leading a 1/2 day Matrix Reimprinting workshop in Portland at the Garden Sanctuary in Multnomah Village. Space is limited to the first 20 registrants. You must have taken Level 1 and 2 EFT to attend.

Next Tapping Practice Day will be November 12th in our home on Whidbey.

Fall and Winter EFT training dates will be confirmed soon. Locations include Seattle, Miami, Whidbey, and Mexico

I'll be the special guest on Mom Gets a Life teleparty June 7th click on the image below to check it out. Boy do I wish I'd had this type of thing when my kids were little! Click on the logo to learn more



[6/1 Jenny Johnston on recovering from surgery w/EFT](#)

[6/15 Body Image and Intimacy. My 1st show streaming video. Join the EFT Radio Fan Page to view](#)

[6/29 EFT Universe's Dawson Church on EFT after Gary Craig](#)

If you'd like to learn the differences between MR and just plain EFT [email me for a free consult](#)

#1 independently rated EFT practitioner for 27 consecutive months. To read my testimonials [click here](#)