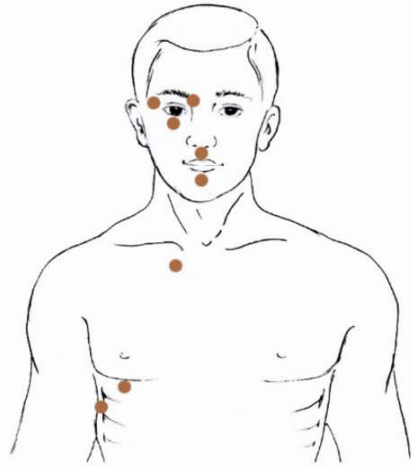
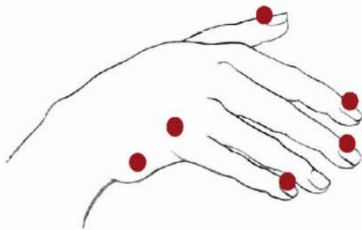


## Tapping Points



This illustration is provided for your reference after you have learned the Basic EFT Recipe



## Workshops & Training

John in partnership with David Nowland facilitates a range of training and education courses on EFT.

- **Level 1 EFT** – Introduction to EFT & how it works, basic procedure, points & set-up phrases, Reminder phrases & measuring progress. There is plenty of hands-on experiential learning.
- **Level 2 EFT** – Principles from the Palace of Possibilities, additional tapping points, ways to find core issues, addressing physical issues, testing results, ways to inject more gentleness into the procedure.
- **Level 3 EFT** – Reflection, review & discussion & supervision forums to assist participants in dealing with core issues.
- **Peak Performance** – Identifying and removing negative beliefs that cause barriers to achieving personal and professional peak performance.

### John also facilitates:

- Healing Anger with EFT
- Conquering Phobias
- Relationships to Elationships for couples

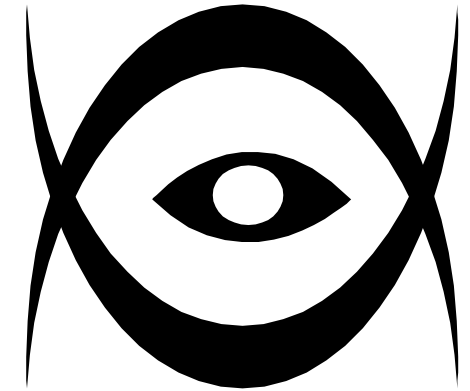
### Some comments from participants:

- "Clear, concise, precise & fun"
- "Loved the humour and stories – so powerful"
- "Exceeded expectations"
- "EFT is something I can apply to my everyday life, what an essential tool to be given – thank you"
- "I have been bursting at the seams to find this kind of resource to drive my life forward in a positive way!"

Workshops and small group sessions can be developed to your specific need. Feel free to phone me to discuss your needs.

# Effective Fast Therapies

## EFT



*John Asby - EFT Adv CC*

**Specializing in the relief of:**  
Anger & negative emotions  
Past physical & emotional abuse  
Phobias & anxiety  
Relationships  
Pain Management  
Life Coaching  
Communication &  
Personal Development

**John Asby**

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[jasby@optusnet.com.au](mailto:jasby@optusnet.com.au)

## What is EFT

Based on the ancient principles of acupuncture, Emotional Freedom Technique (EFT) is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms. Once the subtle energy in the body is balanced the thought or memories that were previously painful are pain free.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

## Benefits of EFT

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including those listed below.

### PERSONAL PERFORMANCE

- Abundance
- Weight Loss
- Business and Career Goals

### EMOTIONAL CHALLENGES

- Children's Behavior
- Relationship Issues
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual Abuse
- Phobias

### PHYSICAL DISEASE

- Allergies
- Migraines
- Pain Management
- Chronic Fatigue Syndrome
- Hypertension
- Cancer
- Muscular Dystrophy
- Cystic Fibrosis

*Please consult qualified health professionals before putting these ideas into practice for yourself or others.*

## About John

John is a counsellor with over 16 years experience in the community and private sectors. He has extensive experience in program development and group facilitation. John has worked extensively with individuals, children, couples and whole families with issues including: anger, depression, anxiety, phobia/s, relationships, sexuality, past emotional / physical & sexual abuse, post traumatic stress and personal development.

"I have found EFT to be an invaluable tool working with a multitude of issues related to past and present abuse, trauma, anger, phobias and depression. The results I am getting are going beyond anything I could have imagined before I started using EFT. Nevertheless, EFT is not for everyone and I don't use EFT with all my clients, but it is one of the most valuable techniques I use."

Overall, I use a range of counselling models and tools to assist in facilitating change in a gentle and supportive way. I am experienced in working with: anger & negative emotions, past physical & emotional abuse, phobia/s & anxiety, pain management, relationships, communication & personal development

Often works where nothing else will!