

## **EMOTIONAL FREEDOM TECHNIQUE**

**Grace da Silva Hill**

10:00 am to 4:30 pm, Friday 28 April 2017

The Kairos Centre, Mount Angelus Road, London SW15 4JS

<http://www.thekairoscentre.co.uk>

[info@swelhoms.co.uk](mailto:info@swelhoms.co.uk)

Tel. 020 8946 2650

Emotional Freedom Technique - EFT or Tapping as it's often known, is a tool that can be used by anybody to clear or reduce stress, emotional traumas, phobias, grief & sadness, and many other emotional states which prevent us from living fulfilling lives.

The method was developed by Gary Craig in the USA and came to Europe in the early 80's, quickly becoming popular as it is so easy to learn and found to be remarkably effective. All you need is your finger tips to tap selected acupuncture points on your body whilst focusing on a problem.

Over the past 10 years, Energy EFT has been developed by the Guild of Energists. This approach uses the classical way of EFT-tapping, but is less psychology based and more energy based; one can also tap on positive words to bring about more joy, abundance, creativity and whatever else you wish to have in your life.

Grace has practised Homeopathic Medicine since 1997, first in SW London where she worked in a GP Practice for 15 years, and now established in Charing - East Kent. She discovered EFT in 2003 and quickly became a trainer due to demand from her homeopathic students and patients who wanted to learn it for themselves. Grace had the privilege and honour of attending a 3 days' seminar with Gary Craig when he came to the UK in 2004. She integrates EFT-Tapping in her homeopathic practice with great success.

Grace became a Master Practitioner in Energy EFT and trainer in 2014 and is accredited by The Guild of Energists. Regular Courses at Foundation and Master Practitioner level run both in Kent and to groups near where you live, within 25 miles of the M25, by prior arrangement.

### **The Day will cover:**

- The History of Classical EFT and Modern Energy EFT
- The Tapping Protocol; emotional relationships to the points
- It's all about stress - Let's tap to reduce stress.
- The day will be mainly experiential, working in a large group, then breaking up to work in smaller groups.
- Positive EFT
- Combining EFT with Homeopathy