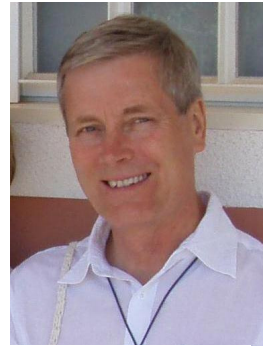


Energy Psychology and EFT

There has been a major oversight in the field of emotional healing. Over 70 years ago Einstein brought us his famous equation $E=mc^2$. Simply stated this means that everything (including our bodies) is composed of energy. This is so widely accepted that not one scientist on the planet disagrees with it. Until recently, however, it has gone unnoticed by the psychotherapy profession. This is true even though *energy related procedures* have now been clinically demonstrated thousands of times to dramatically reduce the sting of traumatic memories, grief, anger, phobias and almost any emotional ailment you can name. Further, it is usually rapid, long lasting and relatively gentle. It often works where nothing else will.



Keith Hulstaert

Success rates

Let me hasten to add that these new procedures don't do everything for everyone. Unless you truly master them, you will fail at least 20% of the time. However, newcomers that use only the "mechanics" of the process achieve either noticeable improvement or complete cessation of the problem about 50% of the time. Those who master the "art of delivery" enjoy this type of success over 80% of the time—even on such intense issues as Post Traumatic Stress Disorder, phobias, rape and grief.

The underlying idea here is that one is not "mentally blocked". Rather that one is "energy blocked". This refreshing way of viewing the human system suggests that an important cause of emotional problems can be found in the disruption of the subtle energies that are known to circulate throughout our bodies. We find repeatedly that properly stimulating these subtle energies (by tapping on them with our fingertips) results in new levels of emotional freedom. That's why the procedure is called Emotional Freedom Techniques (EFT for short).

Interestingly, our results aren't limited to emotional issues. As you can appreciate, bringing relief to someone's anger, fear or trauma also brings relief to physical ailments

Along these lines, I have personally used these techniques to relieve people's headaches, backaches, migraine, and other physical ailments. I have also had great success with such issues as resolving the pain of broken relationships, emotional and sexual abuse issues, depression, fear of spiders, fear of death, craving for chocolate to name but a few.

In addition, the true masters of EFT report impressive results with addictions, overweight and even psychotic problems.

How can you learn more about EFT

You can learn how to use the full power of EFT at an affordable one day workshop. Whether it is for your own personal use, to assist family and friends or to use with clients in a health care practice, there will be something for you in this 'Introduction to Emotional Freedom Techniques' workshop.

These workshops are intended to teach you the 'basic recipe' as taught by Gary Craig, the originator of EFT. You will see how EFT and the related 'Energy Psychology' methods were discovered and how they have evolved over the last twenty years. The underlying principle behind EFT is that **'All negative emotion is caused by a disruption of the body's energy field'**. You shall discover how true this statement is by the practical application of the techniques on the day.

Anyone interested in helping themselves or others in achieving emotional freedom will gain benefit from learning the techniques presented in this workshop. If you have family or friends that might be interested in this workshop please bring them along too.

About your instructor

After a successful career at senior management level in the retail and direct marketing industries, Keith Hulstaert started working in the self help and personal development field about fourteen years ago. He is an experienced EFT practitioner with a counselling and consulting practice in Melbourne. Keith's experience with groups will enable him to pass on the skills of using EFT in a practical hands on manner. When you leave the workshop you will feel confident in using the technique right away.

When is the next workshop?

Location: 142 Middleborough Road, Blackburn South.

Date: Saturday 28 August 2010 and Sunday 29 August 2010

Times: 9:00 am for registration with a start time of 9:30 am sharp. Finish time 5:00 pm.

For more information about EFT check out Keith's website at www.secretpath.com.au

Email Keith at keith@secretpath.com.au for more details or call on 0409 546 549

Keith Hulstaert
E.F.T. Practitioner and Counsellor
8 Benson Street, Belgrave, Victoria, Australia, 3160. Phone 0409 546 549
ABN 13 156 317 820

Energy Psychology and Emotional Freedom Techniques Workshop Registration

(Print this form and post with payment details to the above address or pay online at
www.secretpath.com.au/page10.htm)

Participants Name

Address..... Postcode.....

Phone: Business..... Mobile..... Home.....

Can you be called on any of these numbers? Email

Enquiries: Keith Hulstaert 0409 546 549 **Email:** keith@secretpath.com.au

Location: 142 Middleborough Road, Blackburn South. **Melway Reference:** Map 61 F 4

Dates: Saturday 28th August 2010- Introduction to EFT **Time:** 9:00 am – 5:00 pm
Sunday 29th August 2010 – Advanced EFT **Time:** 9:00 am – 5:00 pm

Registration: 9:00 am with a start time of 9:30 am sharp.

Morning tea provided. Bring a plate to share for lunch, preferably vegetarian, kitchen facilities are available for heating food.

Please register me for: (tick one)

EFT Introduction Workshop on Saturday 28th August **\$175.00 or \$125.00 Early Bird**

EFT Advanced Workshop on Sunday 29th August **\$175.00 or \$125.00 Early Bird**

Both the Introduction and Advanced Workshop **\$350.00 or \$225.00 Early Bird**

Mail your registration to:

Keith Hulstaert 8 Benson Street, Belgrave, Victoria, Australia, 3160

SAVE on the Workshop fee: The normal price for these workshops is \$175.00 each day however if you book and pay by Friday 13 August 2010 you can take advantage of the early bird price of \$125.00 or \$225.00 for both days. To attend this workshop the fee for the workshop must be pre-paid. **YOU CAN ALSO PAY ONLINE** at www.secretpath.com.au/page10.htm

I enclose my cash/cheque/money order in payment. **Total \$**

or

Please charge this purchase to my **MasterCard / Visa** (Please Circle Card Type)
Total \$

My Full Card Number is:

Valid From Expiry Date.....

Cardholder's name

Billing Address.....

..... Postcode.....

Daytime Telephone Number ().....

Signature of Cardholder