

*We all have the
power within
ourselves to overcome
any adversity!*



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What are the Writings on Your Walls?

This is the time of year when what's written on my walls typically comes up in a big way. Heck it's more like graffiti on the side of a building....two blocks long.

My usual way to deal with this time of year was to jump in my truck in October, drive south of the border for five days to this nice little jungle beach town, great surf, lots of sun, great people and very few Americans to remind me of home. Around May I'd have just enough money to get back to the states, so I'd unwillingly pack up the truck and head home, work four or five jobs and save the money to do it again. My walls got bigger and my running felt less like running, I was numbing out. Thanksgiving, Christmas, New Year's and my birthday were not times for celebrating for me and never really were.

But this year its different, no long car rides, no plane rides, no ditching the family, no ditching the holidays. No running away!

I might even enjoy my birthday next year.

I'm tapping all my writings away now. Stumbling upon EFT and using Gary Craig's Personal Peace Procedure has made a big difference in my life over the last year and a half. I actually would like to spend some time with my parents. I actually can say I miss them. I have never had these feelings, never. I put up walls so high and wrote on every square inch.

I also have a girlfriend now and I could never leave her for 7 or 8 months. That's just not an option and talk about writings on the wall. This relationship wall and its writings have been unearthed and tapping is required! (*I'm really happy about this!* -Cindy)

EFT has changed my life, emotionally and physically in a big-time way and it's so fulfilling to be able to teach it to others and see them get value from it plus bringing their friends to our meetings to experience EFT also.

I still love to travel outside the U.S. but my travelings are of a completely different mindset.

Be happy, have fun!

Dave Duran

CINDY'S MUSINGS OR WHAT I LEARNED ABOUT MYSELF IN THE PAST WEEK.....

All I can say is that there is always work to do on ourselves as I'm continually discovering. The voice of my mother came through to me this past week and, boy, did she write her beliefs on my subconscious mind. As I pondered the possible reasons of the delay of my dreams and goals, her words came to me—words that she speaks in pretty much every conversation she has, like how expensive things are, how ridiculous it is to spend “that” amount for whatever I was wanting, negative words about the rich man in my hometown, etc. My mother was independent, stubborn and full of pride. A kind of no-nonsense type that hid her emotions behind her tough exterior. I also got the message that life was a struggle and that you couldn't or shouldn't ask for help, that was a sign of weakness. You live sparingly and scrape by so that hopefully you'll have enough to get you through retirement, if you don't get sick. That's another matter.

Another thought that came to me as I was driving one morning was Shakespeare's line, “All the world's a stage, And all the men and women merely players” which got me thinking, what role am I playing? If someone were to ask me to describe the role I am cast to play in this life, what would I say? Well I liked parts of my answer but others I definitely wasn't happy with. I found out that I'm more comfortable with just having enough to get by and when I said the statement, “I shop only at Nordstroms,” wow what negative tidbits and my mother's words gurgled up. “For crying out loud, do you realize how expensive that is? You could easily make that for half the price!” The guilt of even thinking of shopping at Nordstroms - how could I... Now my new role, I've decided, includes being a wealthy do-gooder, helping establish a healing empowerment center to help others in achieving their dreams and goals.

Well thank goodness for EFT, and after a little tapping, my mother's words are a barely heard whisper. Now I test strong for the world being a giving, sharing, helping place full of people who would love to help me achieve my dreams and goals. No more having to do things by myself - I've got billions of opportunities awaiting to help me and I'm ready to help others with their dreams too. This is one big cooperative, sharing Universe and that thought makes me very, very happy!

Here's some of the statements I tapped to so if this sounds like a familiar story to you too, start tapping.

“Even though I think I have to scrape by, having just enough to make it from pay check to pay check, I deeply and completely love and accept myself.”

“Even though I think I have to go it alone, with no help from others, I deeply and completely love and accept myself.”

Let us share these powerful techniques which can change your life!

Cindy Wright, LMP

EFT-Adv

**Energy Medicine Practitioner
Empowerment Trainer**

“I have been a licensed massage practitioner since 1998 and over that time, I have taken many classes in a variety of energy healing modalities including four years experience and teaching assistant with Donna Eden and Energy Medicine, EFT-Adv., Advanced level Psych-K, and Source Connection Therapy™.”

Call 370-4555 for appointment.
www.waysforchange.com

Dave Duran

EFT-Adv

Empowerment Trainer

“I've always been drawn to help others and in doing so have become the student, learning so much along the way. I have studied many methods of “self-help,” from NLP, hypnosis, Energy Medicine, Psych-K and Emotional Freedom Technique™ (EFT).”

For a private session,
call 227-6581.
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- We also offer Empowerment Training to small groups •

“Even though I am playing this role that I didn’t choose and I don’t like, I deeply and completely love and accept myself.”

“Even though I think the people around me aren’t interested in me and my dreams and don’t want to help me achieve my dreams, I deeply and completely love and accept myself.”

“Even though I let myself forget that the world is full of opportunities and money and generously giving people, I deeply and completely love and accept myself.”

“Even though I live by barely having enough instead of having more than enough, I deeply and completely love and accept myself.”

“Even though I am much more comfortable giving instead of receiving from those around me, I deeply and completely love and accept myself.”

“Even though I don’t think I deserve help from others, I mean who do I think I am, I deeply and completely love and accept myself.”

“Even though I wouldn’t dream of doing all my shopping at Nordstroms, that’s for rich people, I deeply and completely love and accept myself.”

HAVE A GLORIOUS TIME SHOPPING AND NOT FEELING ONE OUNCE OF GUILT!

If you want another opportunity to practice EFT in a group setting, then plan to attend Dena’s EFT Borrowing Benefits Group, every other Saturday at 10:30 a.m. at the Metaphysical Library. The Library is at 2220 NW Market St. in the basement of the Kress Building in Ballard, enter on Market St. near Great Harvest Bread Co. The group will be free at this time but donations or becoming a member of the Seattle Metaphysical Library are encouraged.

Pre-Thanksgiving Tap Along



I love to eat.
Food is my friend.
I always choose well.
I know what to do.
There is a lot of variety in my life.
My body knows what to do with it.
I’m coming more and more into alignment.
It feels good to eat.
It feels good to feel my body.
Food is for family.
Food is for entertainment.
Food is for refreshment.
Entertainment is a big part of food.
Food is for frolicking.
Food is for celebration.
Food is for love.
Food is about love.
Food is about maintaining this magnificent vessel.
Food is my friend.
I adore my body.
My body is so good to me.
My body knows what to do.
I’m so in alignment.

I am so connected to Source.
My Source adores what I am eating.
My Source has inspired this eating.
My Inner Being is eating through me.
My Inner Being is adoring what I am eating.
My Inner Being is maintaining the energy of my body.
My metabolism is carefully attended to.
My machine is functioning perfectly.
I’m fueling it just right.
It’s performing just right.
My moments are powerful moments.
Life is so good to me.
Food is my friend.
Food is fuel.
Food is fun.
Food is so good.
My body is so stable.
My body is so sure.
It is made of up so much intelligence.
It knows what to do.
I am in alignment with all of this.
Life is so good.
When do we eat!?!?
Abraham – Houston 1.4.03

Donna Eden's Energy Medicine Corner

The Nine Hearts Exercise

Donna Eden • © 2006

Especially good for Heart, Large Intestine and Penetrating Flow, but connects all Radiant Circuits and gets them flowing

1. With your hands on the front of your thighs, take a deep breathe in and out.
2. Inhaling, move your hands slowly up the front of your body to the top of your forehead.
3. Exhaling, trace a heart from your forehead to your chin.
4. Inhaling move your fingers back up to your forehead, middle finger leading the way up the inside of the face and the bridge of the nose, then while exhaling, trace the heart a second time.
5. Repeat step 4 one more time.
6. On one deep breath in and out, move your hands slowly down to the middle of your chest over your heart chakra.
7. Inhaling, begin tracing a heart with flattened hands moving up over the chest, and while exhaling, finish heart by moving hands around the trunk of your body, down the inside of the hip bones, ending at the top of the pubic bone. What's written on your walls?
8. Repeat step 7 two more times, but begin tracing heart from top of pubic bone and travel up to over chest area on inhale, then finish heart on exhale.
9. Starting at the top of the pubic bone, draw your flat hands up your body to the center of your chest as you inhale
10. Exhaling, turn your hands so that the tips of the fingers touch one another and the palms lie on the top part of your chest.
11. Inhaling, bring your hands together into a prayerful position and raise them above your head.
12. Separate your hands, lift them a bit further up, and then exhaling very slowly out your mouth with enough pressure to puff out your cheeks, slowly press your outstretched arms down to your sides with strength; as if pushing down a weight. Bring your hands down all the way to the sides of your legs.
13. Repeat steps 9 through 12 two more times.

WHY AND HOW EFT WORKS AS EXPLAINED BY A CLINICAL PSYCHOLOGIST

Here is a description of EFT from Donna Eden's husband, David Feinstein, Ph.D, a clinical psychologist who was at first very skeptical of energy psychology or EFT, and now teaches it along side Donna at their workshops. He explains the process as: "EFT works by bringing the psychological problem to mind and stimulating the energy points that counteract the brain's threat response. This rapidly retrains your nervous system to meet the psychological problem without slipping into painful, outdated, or limiting emotions, habits, or thought patterns. This can instantly shift your brain's electrochemistry to: 1) help overcome unwanted emotions such as fear, guilt, shame, jealousy, or anger, 2) help change unwanted habits and behaviors, and 3) enhance your abilities to love, succeed, and enjoy life.

If something you see or hear is unconsciously associated to a painful or traumatic situation from your past—even though there is no current danger—the same arousal signals that you experienced in the past situation can be triggered in your brain. The emotional response can be overwhelming, or it might be more subtle. You simply might not be able to think as clearly or you might experience distracting feelings that you do not understand. Though people often are not aware of it, this basic sequence is at the root of many dysfunctional patterns of emotion and behavior."