



EFT FOR A CHANGE

Jan – April 2012 ISSUE NO. 3

“ Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late. You don't have to like it... it's just easier if you do. ”

BYRON KATIE



Clodagh O'Mara is an EFT Advanced Practitioner and Registered Homeopath with over 13 years experience in holistic medicine and has a thriving practice in Newcastle & Tinahely, Co. Wicklow and in Kilkenny, and gives regular EFT Workshops and Courses around Ireland.

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BYRON KATIE

Coming to RDS Dublin
June 18th 2012
Visit www.thework.com.

Discover how to be
“a lover of what is.”
Join the MONTHLY
ENQUIRY A monthly
Work gathering held in
Greystones, St Patricks
Parish Centre, every
2nd Monday of the
month, 7.30 – 9.30.
Everyone welcome
€5.00

EFT GREAT 4 KIDS

Learn EFT 4 Kids, Use EFT with Kids, Help Yourself to Help Your Kids.

Imagine how it was for YOU AS A KID? As Gary Craig, originator of EFT says; 'I was a little kid once. So were you. Were you afraid of the Boogey Man like I was? Did you bite your fingernails like I did? Do you suppose our unresolved fears, traumas, guilt from childhood have any influence on which avenues we frequent? Our childhood experiences tend to establish the avenues we take through life. Some of us spend our lives stalled on Anxiety Avenue or Woe Is Me Way while others move freely along Success Street, Heaven's Highway and Love's Lane. A child made to feel stupid will see the world through "stupid eyes" and gather continuing evidence for his/her stupidity. By contrast, a child who is made to feel like a wonder child will see the world through confident eyes and gather evidence for his/her wondrous nature.



You as a parent, relative, teacher or friend can help the children of today. Perhaps you could use EFT on a child's behalf to resolve an anger issue or dissipate a firmly held fear. Could EFT eliminate some learning disabilities, relieve headaches & nightmares or get rid of some tendencies to stutter? Sure again! Shifts like this during childhood have a way of echoing into adulthood'. You can learn it and teach it to them or help them yourself with EFT. It's FUN to do, EASY to use and very EFFECTIVE. Why not try it? And it could help you too! Please turn over to read some examples of how you can easily use it yourself.



EFT (Emotional Freedom Techniques)

is such an incredible tool for any parent to have for themselves and for your children. It is easy and always at your fingertips. There is nothing here that you couldn't do yourself.

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**EFT WORKSHOPS
AND TRAINING 2012**
Novara Centre,
Bray, Co Wicklow

EVENING WORKSHOPS
Come, Learn &
Experience for Yourself
7.30-9.30pm
Investment: €25.00

EFT GREAT 4 KIDS
Wed 8th February
Learn Yourself
& Teach your Kids

EFT GREAT 4 KIDS
Wed 14th March

INTRODUCTION TO EFT
Mon 20th February
Learn for yourself,
friends and family

ALLOWING ABUNDANCE
What stops it – EFT
Workshop
Friday 27th April

TRAININGS IN EFT
Learn this effective
tool for you, your
family, as a profession
or add it to your own
existing practice.

Per Weekend: €160
Time: 10.00am-5.00pm

LEVEL 1 TRAINING
Weekend 1
Saturday & Sunday
25th & 26th February

LEVEL 1 TRAINING
Weekend 2
Saturday & Sunday
24th & 25th March

LEVEL 2 TRAINING
Weekend 1
Saturday & Sunday
12th & 13th May

LEVEL 2 TRAINING
Weekend 2
Saturday & Sunday
9th & 10th June

**MATRIX REIMPRINTING
TRAINING**
with Ted Wilmont
21st & 22nd April
10.00am – 5.00pm

A CASE OF BULLYING – AND FINDING HIS INNER STRENGTH

Joe aged 9 had a fear of going to school.. We began tapping together simply repeating what he said. He began to cry, it all poured out for him. A boy was bullying him in the school yard. We tapped together for all his feelings. He was angry with the boy so we tapped for that too. Joe wanted to go to school and feel strong. He chose his hero Harry Potter to emulate. Joe imagined himself in the playground feeling strong

and confident and happily playing with his friends and not being bothered by the boy. He then laughed and said he actually wanted to go to school now. Joe came back a week later, feeling stronger, happier and confident and no longer feeling bullied.



MAKING FRIENDS WITH SCARY MONSTERS

Zoe aged 6 was scared to be left alone at night in her bedroom. She was afraid of monsters. We began to tap for her fear of monsters and when she felt better I asked her to tell me about her monsters. 'They live under my bed and there are two of them and they are green and yellow with red eyes and they are going to hurt me?'. We continued to tap for all of these scary images. I asked her to imagine being in her bedroom, meeting the monsters. She did and she found that they were not ever going to hurt her, and that they are scared and lonely too. This wonderful chat began, Zoe made friends with her scary monsters. Mum called after to say Zoe went to bed and was seen looking under her bed chatting to her monsters., 'I am looking after them Mummy!' She slept without fear.

TUMMY PAINS ALL OF A SUDDEN

I was at a barbeque, Carol 13 suddenly had stomach cramps and was doubled over. While others went looking for pain relief tablets, she was ready to try anything, so I began to tap. Within one round of tapping (less than a minute) the cramps had half disappeared. Another couple of minutes of tapping, the cramps went away completely. Her parents and friends arrived with pain killers astonished to see Carol laughing and chatting, pain free.

SCREAMING WITH FRIGHT & PAIN OF A BEE STING

I was with friends in the garden, when suddenly there was loud screaming from Josh aged 4 who had been stung by a bee. He was inconsolable. His arm was red and swelling very rapidly. 'I approached while talking to him. I tapped on myself for him for the fright. In EFT we call this surrogate tapping'. He began to calm and sniffle quietly. I took his hand and began to tap. After about 5 minutes the swelling stopped and receded, right there and then. Off he went playing, trauma over, sting helped.



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