



The Healing Essence Newsletter Summer Edition 2007



by
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New Website Email

If you would like to receive
this newsletter by email,
please email us at
contact@heavenearthhealing.com
Thank you!

Welcome to Summer 2007 !!

Healing The World through the Love of the Sacred

Shauna and I have decided that 2007 is going to be our year of helping the planet we live on. Nature and our Environment are under constant threat of destruction. Since we don't feel like we are able to get out there on the front line and demonstrate, we have come to the conclusion that the most powerful thing we can do is to send love and light out into the environment for positive change to occur.

We then thought that there must be other people like us who feel pretty frustrated about how humanity is treating the earth spaceship we are all living on, and that these people would love to do something but don't have the time to become a demonstrator.

There have been times when we have felt a sense of hopeless as 2 individuals. Powerless to stop the suffering, the greed, the destruction and the excessive grabbing of the earth's resources. Our true quality of life is rapidly deteriorating in our own life time. Fish stocks are running out, growing pollution and waste dumps, global warming increasing, forests vanishing, water diminishing. All of this occurring because of the lack of vision for the future, the future of our kids, or their kids.

Our leaders seem to lack the vision. Where are our creative dreams of a glorious future?

As a meditator of over 30 years experience I realise the one true power that we all have is to turn inwards to our true loving Self. As I wrote in the last newsletter, change must occur on the inside first. If I wish to change the world, I must learn how to change myself.

What motivated Shauna and I into action was 2 events that happened on two consecutive days. The first one was that Shauna went to a talk by Paul Watson of the Sea Shepherd Conservation Society. Paul is the man who goes down to the Southern Ocean and rams illegal Japanese whaling vessels. He started doing this out of a sense of frustration because little was being done about illegal fishing and whaling, by the governments who were suppose to be protecting the marine life. There are a lot of talks between nations but very little actually gets done. It all changed for him when he was next to a whale as it was harpooned. In the dying eyes of the whale he saw his own reflection and he knew from that moment on he was going to dedicate his life to saving the whales. You can visit his website at www.seashepherd.org.

Shauna came home with the message that everyone needs to be doing something if we don't want to see the whales wiped out. Paul said "take the skill that you have and use it well".

Now Shauna and I aren't brave enough to go down to the Antarctic and place ourselves in 'Harms way'. What we can do is meditate, pray and hold space for positive change. We both strongly believe that if enough people hold a vision, fill it with their love and light miracles begin to happen. We also realised that we can write and we have a website.

The 2nd thing that happened on the very next day was a friend gave us a dvd (*Blowin' in the Wind*) made by an Australian Journalist, David Bradbury, about the Depleted Uranium (DU) shells (tank busters) being used in Iraq. It showed some horrible photos of deformed babies that are now being born in Iraq, because the sand in the streets around these burnt out tanks is radioactive., and then of course, the sand blows in the wind to the next town and on and on it blows.

What was really scary was that the Australian government has now signed an agreement with the US Navy to allow weapon testing in Australia. It has already occurred north of Perth about 150 miles up the coast and next year there will be a huge combined military exercise at Shoalwater Bay in Queensland, which is only about 40 miles north of Yeppoon. This really hit home, as Shauna's parents, brothers, sister-in-laws and children, take their holidays in Yeppoon as do thousands of people from all over Australia.

Also the *Australian Government has decided, after signing the agreement with the USA that no environmental studies needed to be done in these areas.* Even though it has been shown that this radioactivity can travel thousands of miles on the wind (for thousands of years - Its going to take more than a 15 day detox box to get rid of that). American ex-soldiers are dying by the thousands from the 1990 war in Iraq with the USA government refusing to recognise the connection with the DU shells.

After watching the dvd I was angry, scared and just plain disgusted. It all felt too big for me as one human being to be able to stop the ignorance and arrogance. And yet I believe that behind everything is an innate wisdom and love protecting us all and guiding us always to healing and truth.



It is the greatest of all mistakes
to do nothing because you can
only do a little.
Do what you can.
Sydney Smith

To stay sane in this insane world I have to find something I can do to help this planet. As I write these words I realise how hard it is for me to discuss my beliefs in the Divine/Beloved/Spirit/Universal Light, what every you might call the Universal Consciousness. My fear is that I will be classed as another crackpot or religious nut.

My belief is that we have free choice and that allows us to create what ever we so decide. So I feel this is a school yard where we can come and practice being creators. We are an extension of the Divine and only Love is real. This is the treasure and the struggle of life.

So what are we creating? Heaven or Hell?

How can I be so certain that prayer and meditation work, that focusing my love and light can change the world? There is a law of physics that states "that energy must exist before matter is formed". Acupuncture is a perfect example. When I treat with acupuncture I am working directly on the energy of the body/mind complex with lasting physical results.

We know from science that each cell in the body sends out a micro wave pattern of itself before it subdivides and that the body is made up of 60%/70% water (in a adult).

If you have read the works of Masaru Emoto, you will have seen how prayer can turn damaged polluted water crystals into beautiful crystals.

This picture is from Dr Emoto's book *The Secret Life of Water. pub: Beyond Words*. It demonstrates how 500 people saying a prayer of love over normal tap water could change the water's structure. Dr. Emoto said that chlorine in tap water usually prevents any crystals being formed, but with this prayer of love there was "an instantaneous effect no matter the distance or the source of the water"

It is all a matter of choice. What we choose to focus on is what we tend to create. Two new dvds that I heartily recommend to watch are "What the Bleep do we know" and "The Secret". Both help us understand the power that we have to attract and create the world we would choose to live in.

What can we all do to help the planet ?

Ask yourself the question, What can I do as a single individual? What skills do I have to help heal this planet?

Well one thing Shauna and I can do, is offer our love, light, money, time and our website to help people come together at a level of consciousness that can contribute to holding an inner space for positive change.

This sense of coming together as a collective has been part of our lives since our time as members in the Findhorn Community. Many times while living there we experienced that as a group we would hold the space and meditate for a cause or resolution, and always without fail, the outcome was always greater than any individual could have independently hoped for. No one ever had the whole picture, but as a collective we could hold the creative space for the highest possible outcome and great things would always happen.

We learned that with any group process it is wise to hold the inner space (meditate, pray, share stories) first before embarking on any project. There is always greater cohesiveness amongst a group that works on the inner process first. The collective then becomes a conduit for wisdom, vision and love rather than just one person. Its a very powerful process and it takes time, but of course ultimately, it saves time in the end.

Holding space in our hearts and minds with positive intention, allows us to offer a place for the creation of new ideas and alternative ways of being to take form. By holding the planet this way we can focus our Love and our light into helping heal the world.

Instead of focusing on our fear we can begin to create a world of our own choosing on the inner first, then manifesting as miracles and coincidences on the outer. We all have the ability to offer our spiritual energy to help manifest healing. Yes we need to be willing to surrender the results of our love and light. The way it helps or heals belongs to the Divine. *We must trust that only the best will be done for all concerned and all levels of Nature will benefit.*

Shauna and I have begun to include in our daily meditations the vision of a wave of love and light travelling around the planet at sunrise and sunset.

And to make it easy for everyone to join in, we thought we

could pray or meditate between 7-8am and/or 7-8pm for 5 to 20 minutes holding the planet in our consciousness. Seeing the planet and nature filled with our love. This can be easily done by thinking of things in Nature you appreciate and bring you joy.

And if there is something local that you feel needs healing then focus on that specifically with all the love and awareness you can create at these times.

Our aim is to have a website that will eventually draw enough people in each time zone who are willing to give a little time each day to creating a peaceful, loving global healing wave.

Over the next year our new website will be set up to help people connect to a network of like minded individuals and groups.

We are creating meditations to help guide you through the meditative process that will be a free download from the website.

We will have a map of the world which we see filled with points of light.

We will have stories, projects, charities and eventually we hope to have success stories of what has positively changed for people.

Our new website will be called **the Sacred Web Project.**

(www.sacredwebproject.com)-not up yet

If you are interested in being a part of this project or would like to know more, contact us here at the clinic or drop us an email. (We are looking for some great web designers who are fired up by the project.)

- Here are ways you can help the planet or any organisation you feel strongly about.
- You can donate your time, your ideas and your money (we give 10% of our earnings)
- You can communicate how you feel and what you would like to see change through writing , phoning, talking to friends and your local politician.
- You can vote, demonstrate, march, join action groups, volunteer to work etc. What ever you do, it will help.

***A mighty wave is made up of millions of rain drops,
add your drop to help heal our planet.***

Workshops Coming Up



February

11th Sun.: **Emotional Freedom Techniques**

In 1 day learn how to release stress, fears and phobias

Fee:\$185 includes manual

Early Bird : \$165 by Wed. 31st Jan.

24th-25th Sat/Sun: **Discover the Genius Within**

A Super-Accelerated learning workshop. In 2 days learn techniques to enhance learning/study sports, business and increase your brain capacity

March

1st - 4th Thu-Sun: **Bodytalk™** Modules 1& 2 conducted by Carol Shantal. This workshop is Accredited by BodyTalk International. Learn how to heal yourself and others. Have a career in the field of Energetic Medicine as a Natural Therapist.

Please read insert sheet or phone for brochure

***I learned that nothing is impossible when we
follow our inner guidance,
even when it's direction may threaten us
by reversing our usual logic.***

Dr. Gerald Jampolsky

Speaking of Water...

Water is such a vital part of our being here on this planet. Its worth remembering water's amazing and marvellous functions...lets look at a few of them here.

Brain Function: The brain is 2% of the body's total weight and receives an amazing 15-20% of the blood supply which is mostly water. Dehydration will affect cognitive ability and can through histamine's action create depression (many anti-depressant medication are anti-histamines)

Bone Tissue Function: Bones require plentiful supplies of water. 75% of the upper body weight is supported by the (watery core of the) 5th lumber disc and the rest by the muscle fibres around the spine.

Nerve Function: Very fine microtubules that run along the length of nerves transport nutrients and conduct energy to the synapses. Dehydration will hinder proper nerve function resulting in the sensation of pain.

Hydrolysis: The body has many water dependent chemical reactions. Dehydration means some of these processes will become faulty metabolic processes, eg proteins and enzymes do not function as well in acidic solutions of higher viscosity where the body is dehydrated.

Leads us to - Digestion needs plenty of water. The stomach relies on mucus lining the walls to shield it from the effects of the stomach's hydrochloric acid. Any acid that attempts to break through the mucus is neutralised by a bicarbonate solution that is produced by the cells. This natural defence system requires water to be effective! So before you resort to drugs to stop digestive pain, first try having a few weeks of adequate water intake and see how you feel.

When to have water?? Its best to have water between meals. 1.5-2lt, more if working hard outdoors, Room Temp! *no ice!*

What constitutes water? 2 hydrogen atoms & one oxygen atom - THAT'S ALL. Coffee, tea, diet soft drinks, beer and other liquids do not constitute water intake.

"Many of today's designer drinks are diuretic in their effect (water-expelling) (and don't think that this is a good thing if you are attempting to loose weight because it isn't.) because their mostly acidic compositions require the body to give up water in order to eliminate their harmful residues. Diet sodas especially are harmful in that they require large amounts of body-water to neutralise the phosphoric acid component (2.8pH). Cells that started off healthy and 'plum-like' shrivel to prunes as water...is progressively denied them. The sick in our hospitals are fed the sodas, tea and coffee they ask for in woeful ignorance of the damage wrought to the micro cell-world within them." Phillip Day, Water, the Stuff of Life, www.Credence.org 2004.

My religion is to have nothing to be ashamed of when I die. Milarepa



Heartfelt Thank You

A FREE treatment for your Referrals

Word of Mouth is a powerful form of advertising and we are grateful for your 'spreading the word'.

Over Summer we would like to offer a **free treatment** to every client who refers a new patient.

Yes it's true - this is not a misprint!

For every person you refer over the summer season to the clinic who makes an initial consultation, we would like to offer You a **free treatment**.

Protein alternatives

Research has shown that protein satisfies our appetites more than foods high in fats or carbohydrates. Amazing Amino Acids....If you don't want to have meat or don't have any fish or eggs handy - here are a few examples of how to get a complete protein profile from vegetable and grain sources.

Remember that its best to alternate your grain sources, so have things like spelt, barley, rice, oat, rye breads, and rice cakes & crackers, lavashes, pittas around so you can have some variety in your diet.

- ❖ Red (eg Aduki) Beans and Brown Rice
- ❖ Lentil Burger on a Roll
- ❖ Hummus and Lavash Bread
- ❖ Nutpaste on toast (Almond, Brazil Nut & Cashew is good)
- ❖ Chickpeas and Couscous
- ❖ Felafel on pitta bread
- ❖ Split Pea Soup and Turkish Bread
- ❖ Baked beans on toast
- ❖ Dhal and Pitta Bread
- ❖ Kidney beans (Mexican beans or barlotti) and Corn Chips(*baked better than fried*) or Corn Tortilla
- ❖ 3 Bean Salad with Tabouli

- Dear Dad Letter -

A father passing by his son's bedroom, was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope propped up prominently on the pillow. It was addressed,"Dad.". With the worst premonition, he opened the envelope and read the letter, with trembling hands.

"Dear, Dad. It is with great regret and sorrow that I'm writing you.

I had to elope with my new girlfriend, because I wanted to avoid a scene with Mom and you. I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercings, tattoos, her tight Motorcycle clothes, and because she is so much older than I am. But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter.

We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't, really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!!

Don't worry Dad, I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, John.

P.S. Dad, none of the above is true. I'm over at Tommy's house. I just wanted to remind you that there are worse things in life than the school report card that's on my desk. I love you!

Call when it is safe for me to come home. "

Pesto is great as a dip or on roasted vegetables or on an open toasted sandwich with slices of chicken and endives....Here is an easy recipe:-
250g fresh basil; 1/3 cup/50g toasted pine nuts(careful not to burn!);
2 cloves garlic, crushed; 1/3 cup finelygrated parmesan; 1/3 cup/80ml olive oil. Dry washed basil leaves and place them in food processor with the pine nuts, garlic & parmesan. Process until finely chopped. Then Slowly, in a thin stream add olive oil to mix until all is well combined. The great thing about pesto is that you can change the flavours by using coriander instead of basil and add the juice of a lime, or use fetta cheese, sliced black olives and cashews as a base mixture...go on explore a little!

If Nuclear power is the answer, it must have been a pretty stupid question...

What kind of Quality of Life are we Creating?

This is an excerpt taken from an article written by Professor Ian Lowe. Ian Lowe is Emeritus Professor of Science, Technology and Society at Griffith University, Brisbane. One of Australia's best-known environmental scientists, he is president of the Australian Conservation Foundation. He recently joined Senator Bob Brown in public discussions regarding sustaining true quality of life on our planet, at the recent Woodford Folk Festival, both men received standing ovations at the end of each session. Support for their continued efforts in the political and educational arenas was unanimously applauded.

"The debate about nuclear energy is a welcome recognition of the urgent need to respond to climate change. I welcome that awareness and the resulting debate, but the nuclear option is not a wise response. It is too costly, too dangerous, too slow and makes too little impact on greenhouse pollution. That is why most of the developed world is rejecting the nuclear option in favour of renewable energy and improved efficiency.

There is no serious doubt that the climate change is real; it is happening now and its effects are accelerating. It is already causing serious economic impact such as reduced agricultural production, increased costs of severe events such as fires and storms, and the need to consider radical water-supply measures such as desalination plants. So we should set a serious target for reducing our rate of releasing carbon dioxide, like Britain's goal of 60 per cent by 2050. The Australian policy vacuum is a failure of moral leadership and also an uncertain investment framework.

The economics of nuclear power just don't stack up. The real cost of nuclear electricity is certainly more than for wind power, energy from bio-wastes and some forms of solar energy. Geothermal energy from hot dry rocks also promises to be less costly than nuclear. That is without including the huge costs of decommissioning power reactors and storing the radioactive waste. So there is no economic case for nuclear power. As energy markets have liberalized around the world, investors have turned their backs on nuclear energy. The number of reactors in western Europe and the United States peaked 15 years ago and has been declining since. By contrast, the amount of wind power and solar energy is rising at rates of 20 to 30 per cent a year.

Reducing energy waste is the cheapest and most immediate way to reduce greenhouse pollution. For instance, more than 10 percent of household electricity is used by keeping appliances such as TV's, stereos and videoplayers on stand-by.

Nuclear power is too dangerous - not just the risk of accident such as Chernobyl, but the increased risk of nuclear weapons or nuclear terrorism. It remains the case, as the Ranger Inquiry found nearly 30 years ago, that increased export of Australian uranium would contribute to the proliferation of nuclear weapons.

Nuclear power also inevitably produces radioactive waste that will have to be stored safely for hundreds of thousands of years. After nearly 50 years of the nuclear power experiment, nobody has yet demonstrated a solution, expanding the rate of waste production is just irresponsible.

Nuclear power will not stop climate change. The argument that it would reduce greenhouse pollution presumes high-grade uranium ores are available. Even with such high-grade ores, there is a massive increase in greenhouse pollution from mining, processing and reactor construction before any electricity is generated. The known resources of high-grade uranium ores only amount to a few decades' use at present rate, so an expansion of nuclear power would see this high grade ore depleted and therefore larger quantities of lower grade ore would have to be mined.

To avoid dangerous self-created changes to our climate, we need to act now. We should make a commitment to the sensible alternative that produce sustainable cost-effective reductions in greenhouse pollution: wind power, solar water-heating, energy efficiency, gas and energy from organic matter such as sewage and waste." (for more information go to www.acfonline.org.au)

Clinic Hours:

Monday, Wednesday & Friday
10am - 1pm & 2.30pm - 7pm

Tuesdays, Thursdays & Saturdays-by appointment only

How to Change Your Life Seminar

In Chinese philosophy the only thing that doesn't change is that everything changes. We are always in constant change. When people say "Well, then why doesn't my life get any better?"

I would ask, "Have you been willing to take the time to learn and grow? Have you taken the time to create lasting change in your life?"

I am running a One Day workshop on "How to change your life" using the best techniques of

1. Traditional Chinese Medicine
2. Educational Kinesiology
3. Accelerated Learning
4. Brain Research
5. Emotional Freedom Techniques
6. Vibrational Energy Medicine

Learn how to improve your health, your prosperity, your relationships and your work. Discover simple techniques that have powerful affects on how to create the life you have always dreamed about.

The seminar techniques can be used for creating happy, powerful changes that enrich and fulfil your highest desires for yourself.

Learn how to work with the Law of Opposites and the Law of Attraction. The Positive affects of these techniques will flow out into all aspects of your life.

For a once only fee of \$75, March 25th, 9.30am to 5pm

Ring the Clinic for details.

:: Rice is Nice :: Onion & Parmesan Pilaf ::

This is a nice easy dish. It goes well with grilled fish and green salad or with some roasted veggies...

- 60 g Butter
- 2 cups basmati rice
- 1 1/2 cups shelled peas
- 1/2 cup Freshly grated Parmesan cheese
- 2 cloves garlic, crushed
- 5 cups/1.25 litres vegetable stock
- 1/2 cup chopped fresh parsley

*Melt butter in a large pan, add onion & garlic and stir over low heat for 5 minutes or until soft and golden. Add rice and stock, bring to the boil, stir once. Reduce heat to low; simmer, uncovered for 5 mins. or until almost all the liquid has been absorbed.

*Add peas, stir until combined. Cover pan, cook over very low heat for 10 minutes or until rice is tender. Stir in Parmesan cheese and parsley, serve. Serves 6. You can of course add all sorts of combinations to this - cracked pepper, chillies, sliced olives, grated carrot, thinly sliced Spanish onion, finely chopped shallots...yummm

Life is like a motor car. A motor car can be used to travel great heights. But most people lie in front of it, allow it to drive over them, then blame it for the accident.

Anthony deMello

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Earth

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Learn to Heal, become a Healer in 4 days

Hi,

I am writing this letter to let everyone know of a great opportunity that won't happen on the Gold Coast again this year. I have asked one of Australia's BodyTalk trainers to come and teach Modules 1 & 2. Each module is 2 days so the workshop will be for 4 days in total. This is an Accredited Course.

By the end of the 4 days you will have all you need to treat yourself, your friends and family, and even your pets and plants.

If you are looking for a career in the healing professions then the BodyTalk System is all you need to become a successful Natural Therapies practitioner.

So what is the BodyTalk system?

BodyTalk is a revolutionary form of alternative healthcare which encompasses:

- ♦ Western Medical Expertise
- ♦ The Energy Dynamics of Acupuncture
- ♦ Osteopathic and Chiropractic Philosophy
- ♦ The Clinical Findings of Applied Kinesiology
- ♦ The Insights of Modern Physics

BodyTalk is an astonishingly simple and effective form of therapy that allows the body's energy systems to be resynchronized so they can operate as nature intended. When a body is operating at its optimal level, each system, cell, and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, these lines of communication can become compromised, which can lead to a decline in physical, emotional and/or mental health.

During a BodyTalk session the practitioner facilitates communication with the innate wisdom of the body by using neuromuscular biofeedback. After asking innate a series of yes or no questions, the client's own body wisdom leads the practitioner to locate the imbalances within the body that are a priority, or are not communicating correctly and are out of balance with the rest of the body. A simple technique is then applied to awaken the Brain to repair the problem areas.

The process guarantees the mechanisms of the body can function and operate at optimal levels, which in turn accelerates the healing process, thus preventing future imbalances within those highlighted areas. The body's own innate wisdom has worked out what is needed to regain balance.

BodyTalk's major assets are its simplicity, safety, and the speed of its results. Because the BodyTalk System allows the body's own healing abilities to effect change, clients see long-lasting, ongoing improvements in health rather than short-term symptomatic relief. It is non-invasive, objective in application, and works effectively on humans, plants and animals.

As a practitioner of 27 years experience I am always looking for the best forms of treatments. It has to work and be easy to use with lasting results. I have been using the BodyTalk System for 2 years with amazing results, it is a joy to work with. It is a great help when I am presented with a client who has chronic health problems and has had every form of treatment with little results.

With BodyTalk I simply ask the client's body what to do and where to start the healing process. It is just a matter of rejoining the broken connections and following the biofeedback - Brilliant! Because the BodyTalk system is a non-invasive healing system that is gentle, safe and effective clients often can't believe how well it works.

I recommend it to everyone who would like to learn how to heal or who would like to help others. Come in for a BodyTalk Session and experience it for yourself.

The BodyTalk System: March 1st to 4th
Module 1, 2 days \$750. Module 2, 2 days \$750 total \$1500
Early bird 2 weeks prior \$1400

For more information about the BodyTalk System you can phone us at the clinic or talk direct to the instructor Carol Shantal Tel: 073842 3146 / info@bodytalkevolution.com
You can also go to the BodyTalk website at www.bodytalksystem.com

Emotional Freedom Techniques 1 day Seminar

Are you suffering emotionally? Does it all seem too hard? Then this workshop is for you. After 3 years of practising EFT I have found that it is still the quickest and most effective way to change stress and negative emotional states. Shauna and I continue to use it daily for ourselves. You can easily learn all you need to know in our 1 day seminar. From one day of training you will have the skill to create a more stressed free, peaceful and happy lifestyle.

Here are the basics of EFT

How would you like to overcome your fears, phobias and all types of negative emotions in minutes? How would you like to relieve and release anger, trauma, sadness and anxiety, safely, rapidly and permanently leaving your mind, body and spirit refreshed, recharged, balanced and joyful?

There are new forms of psychotherapy sweeping the western world and they are grouped under the heading of *Energy Psychology*. These new energy therapies are based on the wisdom of Traditional Chinese Medicine (TCM) and modern day Applied Kinesiology (AK). For thousands of years in TCM the emotions have always been accepted as part of the overall picture of a client's health problems.

It took the wisdom of an American Psychologist, Dr Roger Callahan to develop a psychological version of acupuncture. In the last 20 years from Dr Callahan's work there has developed a number of truly amazing therapies all incorporating the same premise that

“the cause of all negative emotions is a disruption in the body's energy system”

It seems it isn't our past memories that cause us stress and pain but the negative emotional energy charge that these memories stored in the acupuncture meridian/pathways. Until the pathways are cleared the memory will always cause stress to the mind and body.

So instead of trying to undo the thoughts or memories which has been attempted by millions in therapy for many years usually with highly unpredictable results, the energy based therapies directly intervene in the middle step, the disrupted energy flow. Once the energy pathway has been cleared the person experiences no further pain or negative emotions from the original memory or thought.

50% of people will experience rapid results in 15 to 20 minutes, a further 30 to 40% with a little extra help will respond in 40 to 60 minutes. Only a very small percentage do not receive any change at all and this is usually the result of the person not following through with the techniques.

Each session involves gently tapping a sequence of energy points on the upper body with the fingertips, which releases the negative emotional charge. Nothing else is used and the client doesn't have to discuss the problem, as long as they are inwardly focused on the problem, the tapping works.

It seems to be too good to be true and yet it only takes one session to experience the results. Once learnt it is easy to practise on yourself. It truly is the best self help technique for healing negative emotions.

Steven Wells, a Perth based psychologist, who teaches EFT to all his clients says,

“The energy work is not a psychology technique but it can give huge psychological results”

One of Dr Callahan's students, *Gary Craig* developed a technique that everyone can learn to use easily and quickly. It doesn't require special diagnostic training or even any knowledge of the body's energy system. Gary Craig called his system ***Emotional Freedom Techniques (EFT)***

EFT Essentials Workshop - find peace in one day

Sunday 11th Feb. 2007 9.30am to 5pm

Fee: \$185 (Manual and GST included)

early bird paid by the 31st Jan. is \$165

For more information or to book phone the clinic

Tel: 07 5522 0411 or email: contact@heavenearthhealing.com