

Special Interest:

New EFT
Qualification
[CLICK HERE](#)

EFT-4-Kidz® Travel
Tapping Toyz
[CLICK HERE](#)

Welcome
page:
[CLICK HERE](#)

Current
month's issue
page 2:
[CLICK HERE](#)

Back issues:
[CLICK HERE](#)

To go back to
emofree.biz
[CLICK HERE](#)

We're on the Web!

See us at:

www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

<http://hi-eft.blogs.com/>

[weblog/](#)

<http://stores.ebay.co.uk/emotional-therapistraining-tools>

[co.uk/emotional-therapistraining-tools](#)

**NEW WEBSITE
LAUNCHED
June 08:**

www.EFT-Training.biz



CAT's Eye

- the newsletter for:



create-the-reality



Newsletter July 2008, Volume 5, Issue 3, Page 1

New EFT-Training.biz website launched

Gary Craig releases new EFT educational certification

In June 2008 Gary Craig, the founder of Emotional Freedom Techniques EFT broke the news that he is to introduce a new EFT Educational certification via www.emofree.com.

His initial announcement: **'New Official EFT Certification'** and his second announcement: **'Perspectives on the EFT**

Certification Program, Practitioner Listings and Workshops' are both included in the attached article (two in one).

According to Gary Craig's **'Perspectives'** articles:
(1) "Emofree.com's Approved workshops (levels 1, 2 & 3) have proved a disaster"
(2) "Even amongst the first

class presenters there is a wide diversity of teachings"
(3) "After October 1st 2008 'Workshop listings' will be removed from the emofree.com website";
(4) "Approved levels 2, & 3 workshop guidelines will be removed as well as";
(5) "Current 'Practitioner listings' being removed too [CLICK HERE](#) to read more

Are you getting enough? - Water I was talking about!

It is quoted that the human body is made up of 70% water, which is a lot of water when you think about it. And nutritionists and therapists say that we really need to drink about 2 litres - or 8 glasses - of water per day to keep our body functional.

So come on and own up - just how many of us actually drink 8 glasses a day?

Well to show what CAN happen if you don't keep your water levels topped up, research states that:

1. 75% of Americans are chronically dehydrated;

2. Lack of water is the #1 trigger of daytime fatigue;
3. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for upto 80% of sufferers;
4. A mere 2% drop in body water can trigger *fuzzy short-term memory*, trouble with *basic math*, and difficulty *focussing* on the computer screen or on a printed page;
5. In 37% of Americans, the thirst mechanism is so weak that it's often *mistaken for hunger!*

Did you know?

Q1. What do the kings in a deck of playing cards represent?

A1. Each king represents a great 'king' in history:
Spades - King David
Hearts - Charlemagne
Clubs - Alexander the Great
Diamonds - Julius Caesar

Q2. What do bulletproof vests, fire escapes, windshield wipers and laser printers all have in common?

A2. They're all invented by women

If you wish to:

1. subscribe to this newsletter
2. make any comments
3. ask a question
4. recommend this newsletter to a friend (please give their email address)
5. suggest a topic for an article
6. submit an article
7. unsubscribe from this newsletter
8. discuss any other subject

then please email me by clicking on one of the above lines, placing your request in the 'subject line'.

THANK YOU

Christina Elvin Consultancy

12 Kimble Close
NORTHAMPTON
NN4 0RF
England

PHONE:
+44(0)1604 768343

E-MAIL:
christina@emofree.biz

Skype: emofree.biz

Welcome page:

[CLICK HERE](#)

**Current month's
issue page 1:**

[CLICK HERE](#)

Back issues:

[CLICK HERE](#)

**To go back to
emofree.biz**

[CLICK HERE](#)

About Our Organisation...

Our organisation offers a fantastic assortment of self development, self help, self learning, self discovery and self healing.

It can: help you progress in your life, relationship, career; help you set up your own business by lending moral support, challenging you, supporting you through the difficult times; and direct you to new pathways – in short it empowers YOU.

It won't: finance you; pull the wool over your eyes; put you down or ignore you

It helps you help yourself!

EFT-4-Kidz © Tapping Travel Toyz - just right!

Now, if you work with kids AND you use EFT then you may find my EFT-4-Kidz © Tapping Travel Toyz pretty useful.

I have been using EFT since the end of 1999, and have been using it with kids since 2001.

It was then that I realised children really like to have something only THEY can relate to - *rather than mum or dad doing*

the tapping on them.

And so my idea of using soft toys with the 'tapping points' shown on them was born - which lead on to my 'EFT-4-Kidz© Tapping Toys' -range.

Each 'EFT-4-Kidz © Tapping Toy' is unique - no duplicates or multiples offered here - every one is different - *just like our kids really!*

After that, kids wanted to take their tapping toy away with them - so I designed my 'EFT-4-Kidz© Tapping Travel Toyz' - which is a small soft toy, with its own tapping points, in its very own sleeping-bed-bag plus carry handle - and ALL weighing LESS than a bag of sweets! Just right for flying ...

They can be found on my website or in my ebay shop [click here](#).

Starting a helping, healing 'Gratitude Journal'

In our society at the moment, there appear to be many people who seem to relate to lifestyles that are rush-rush-rush, feeling sooo stressed out, wanting instant gratification or are looking for instant celebrity status - THEIR 15minutes of fame! I call it the LAM syndrome: "Look At ME - *I Am Important*".

Big statements to make - I admit - but just look at current tv - '*reality*' tv it's called - which is as far from true reality as we are from Chimps.

Of course this has a lot to do with tv ratings and enticing people to telephone in - they're the ones who pay yet don't seem to recognise it.

So what's all this got to do with 'Giving Thanks'?

Well - perhaps if we just slowed down a tad, and thought about giving thanks for what we ALREADY have, THEN perhaps we just might appreciate ALL that we DO have - and not look so enviously at those on these tv programmes. And let's face it, often

THOSE people have bigger problems than we do.

SO, why not think about starting a 'Gratitude Journal' - just writing up one thing that's happened to you during the day - it could be good, bad or indifferent.

And whilst you're at it - why not include some ho'oponopono? All you do is say: "I'm Sorry, I love you, Thank you" at the end of reading your writing in your journal. Both are helping you - and helping heal you.

Funnies Tommy Cooperisms

I went to buy some camouflage trousers the other day but I couldn't find any.

Man goes to doctor with a strawberry growing out of the top of his head.

Doc says "*I'll give you some cream to put on it*".

Two elephants walk off a cliff ... boom, boom!

"Doc I can't stop singing The Green, Green Grass of Home."

"*That sounds like Tom Jones syndrome!*"

"Is it common?"

"*It's not unusual.*"

A man walked into his doctors, he said "I've hurt my arm in several places" The doctor said "*Well don't go there any more.*"