

Special Interest:

'WHEE' link

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EFT 's latest regs & restrictions of use

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'WHEE' - This is really fast and I'm glad I learnt it!

I have recently been on a 'WHEE' (Whole Health - Easily and Effectively AKA *Wholistic Hybrid derived from EMDR and EFT*) workshop held by the founder Daniel Benor.

A group of 13 people, from varying backgrounds - 'experienced therapists' to 'just interested for own self development' - met in Oxford and learnt how to use this very simple yet effectively fast technique.

Having first come across EMDR in late '94 I wasn't interested in it at that time, so shelved it for 'later'.

So, when 'later' came round (about '99) the qualification criteria for EMDR had increased exponentially such that it was 'only available for health service-trained staff, so I left it at that.

So you can imagine my delight when I was contacted to say Dan was

coming over to the UK and using a 'form of EMDR'.

Having used 'WHEE' several times since then, I can highly recommend learning it.

And of course for it to be really effective other skills such as body language, rapport-building, communication, counselling and TA are needed as well. So just [CLICK HERE](#) for his site

Here's 2 ways to make your EFT sessions more effective

Here's 2 ways to make your EFT sessions more effective, courtesy of Rebecca Marina.

1. Tap with the non-dominant hand and tap on the opposite side of the body. *This crosses the meridians AND links both sides of your brain together.*

2. When you're not sure where the

emotions are coming from, while tapping - roll your eyes in every direction you can while saying: "I don't know where these issues are hiding."

Good tips to use if you aren't doing so already, and thank you Rebecca.

Famous one-liners ...

Nothing is good or bad, but thinking makes it so - *William Shakespeare, Playwrite*

Know yourself and you will win all battles - *Sun Tzu, Philosopher*

People who enjoy what they are doing invariably do it well - *Joe Gibbs, Author*

The ladder of success is best climbed by stepping on the rungs of opportunity - *Sir Walter Scott, Novelist & Poet*

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Christina Elvin Consultancy

12 Kimble Close
NORTHAMPTON
NN4 0RF
England

PHONE:
+44(0)1604 768343

E-MAIL:
christina@emofree.biz

Skype: emofree.biz

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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's newest update on restrictions of use

Gary Craig - founder of EFT - has brought out more restrictions-cum-regulations regarding the use of EFT. These include:

1. A clear up-front statement on your workshops, adverts, certificates and handouts, about your version of EFT;

2. Clarification of the EFT-CC and EFT-ADV

credentials - "which are certs of Completion NOT Certification. After all, **how could people now call themselves advanced when all they did was pass a relatively easy test on only the 1st two out of nine DVD sets?**";

3. Website wording re: EFT clarification;

4. Logos - there are now two versions of

logos which are available for use;

5. EFT and Emotional Freedom Techniques are now Registered;

6. You may not use the 'World Centre for EFT' logo seen on the emofree website for any purpose.

For the latest updates, to see how they may affect you, [CLICK HERE](#)

Article & Magazine 'quoted references' needed

I was recently asked (due to my Stress-free Christmas Workshops) to contribute to a prestigious health magazine article, whose Christmas issue will be giving 'stress tips'.

The freelance journalist interviewed me and I thought that would be that. However, she came back a few days later and asked for references for the 'quotes' I had given her.

So I delved deeply into my preparation work and research files - thank goodness I still had my collated original

information - I *have been giving these workshops for over 10-years now.*

This 'research' took me several hours to find as I have my library of 900+books, research papers, cuttings and quotes filed in a variety of places: 7 four-drawer filing cabinets, 6 crates and almost 30-foot of shelving - even with a database this takes some finding.

And I also had to find not only my Stress-free Christmas information but my 'Stress' information too.

So 2days later I spoke with her and gave her my listed 'references'.

Then a week later the magazine Deputy Editor contacted me for more! They have a "Science Centre in the States where they check all science / health facts".

So, if you are asked for articles or quotes please be ready to offer the associated references to them aswell.

Now, where are those index cards ...

A laugh a minute! - Credit Crunchers

Latest news, the Isle of Dogs Building Society has collapsed. They've called in the Retrievers.

Q. What is the banker's favourite chocolate bar?
A. A credit crunchie!

Q. What have Icelandic banks and an Icelandic streaker got in common?
A. They both have frozen assets.

Q. How do you define optimism?

A. A banker who irons 5 shirts on a Sunday.

Q. Why are all MBAs going back to school?

A. To ask for their money back

For Geography students only:

Q. What's the capital of Iceland?

A. About three pounds fifty.