

TRAINING AND WORK

I have been watching and learning about EFT for around ten years. I used it consistently at that time and this springboarded me to do lots of things. I am now a trained as a Level 1 and 2 practitioner certified by AAMET. I have to date worked with people singularly and in groups.



You can literally tap on anything to clear the blocks: abundance and money, relationships, emotions around a situation or something in the past.

You can then tap in the positive to fill the space and create a more abundant life



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RATES

I charge £60 per hour or £40 for 30 minutes. You can arrange times via the contact details above.

I ALSO DO INTUITIVE COACHING:

"Sally has finally, after years of me suggesting it, opened her online doors for her special brand of psychic reading and intuitive counselling and I strongly recommend her"

Stephen Russell - The Barefoot Doctor

"It is without doubt helped me to take my power and give me tools to keep it, which is huge for me."

Ben

"Sally has been an inspiration from the beginning and bundles of encouragement"

Oliver Tang, Laissez Faire London

"Sally your positive mental attitude is infectious!"

Bridget

EFT COACHING



Sally Francis

Level 2 AAMET EFT Practitioner

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WHAT IS EFT?

It is a technique under the umbrella of Energy Psychology.

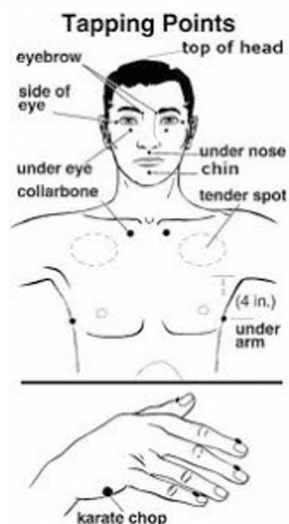
EFT is a healing tool to clear the emotional conflicts in our minds and bodies.

It combines Modern Psychology and the ancient wisdom of acupuncture but using the acupuncture meridians which you tap on with your fingers instead of using needles.

You tap while tuned into the situation or problem. It can be used to help relieve emotional stress, anxiety, guilt and physical pain which may be emotional in origin.

It can also be used to collapse the fears you have around achieving success, abundance or worthiness around money or being deserving of wealth etc..

EFT works by clearing limiting beliefs and emotions. These unresolved inner blocks or conflicting intentions contribute to self-sabotage and that feeling of "being stuck."



TAPPING POINTS AND SEQUENCE

(as shown above)

The tapping points can be on both sides of the body or just one side and start with saying the negative statement and giving a number to how distressed you feel around that problem or situation of feeling when you start, the SUD level.

You generally do 3 rounds with the set up statement and then focus on the words that feel right for you as you tap to clear the problem. Aspects may then come up which you then can clear away as well so you get to the core belief and collapse that. You can start by clearing the things you talk about the events, feelings, situations etc that are negative so you are leaving space for bringing in the good things with opportunities and relationships and money and abundance.

The basic theory of Emotional Freedom Techniques (EFT) is that all negative emotions are caused by a disturbance to your energy system. This is the same energy system that is used by acupuncture practitioners—the meridian system.

EFT offers a gentle way of dissolving limitations, freeing you to create a healthier and happier life. It is an incredible tool that has been used for about 10 years to help people overcome a wide variety of physical and emotional discomforts.

You may be hanging onto problems as it feels safer sabotaging your own success as it feels safer not to be noticed etc..be on your own etc All limiting behaviours have positive reasons for you holding onto them, even though it may not seem like that.

EFT starts by doing a Reversal statement "Even though I have this guilt, shame, anger, anxiety ... feeling etc or you may work around "Even though I have these blocks to money and abundance etc..... "Even though I have these blocks to receiving etc....