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ISSUE #2

September/2008

Dear Kathy,



So, who doesn't have relationship issues? In this issue of the Energy of Change newsletter I'll be sharing an EFT Tip to help you gain control over a craving and create a healthier relationship with yourself.

And then... have you had it with relationships that just don't work? Are you longing for something you can't seem to find? Then come join me at the

October tapping circle and we'll tackle these questions and anything else you want to tap about.

Finally...What relationship issue isn't rooted in your family system somewhere? To explore where the flow of love has become blocked within your family and within yourself click on the Family Constellation workshop link at the left.

Enjoy the newsletter, breath deeply, and be well.

Warm regards,
Kathy Whitham

In This Issue

October EFT Tapping Circle

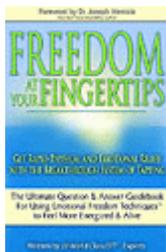
You Can't Tell Me What to Do!

Quick Links

[Family Constellation Approach Workshops](#)

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Quick Links



I'm excited to tell you about a new EFT book. The book's title is "Freedom at Your Fingertips: Get Rapid Physical &

OCTOBER EFT TAPPING CIRCLE

**Come Experience the Power of EFT!
(Emotional Freedom Techniques)**

- Become free from the baggage that keeps you stuck in the same old patterns!
- **Become free to create the relationships you dream of!**

Emotional Relief with the Breakthrough System of Tapping."

In short, here's a snapshot of the book.

-- Provides a wealth of information on ways to use EFT for health and well-being

-- Foreword by Dr. Joseph Mercola

-- Chapters co-authored by World-Class EFT experts, including EFT Master Practitioners

-- Easy reading, question and answer format

-- 50 real life case stories

-- Includes a chapter with an overview of the basics of EFT

CLICK ON THE BOOK to learn more



What is a Tapping Circle?

A Tapping Circle is a place to experience the benefits of EFT in two powerful ways:

1. Working one on one in a group setting with an experienced EFT practitioner to bring relief to your specific issue
 2. Tapping along with other participants as they use EFT to clear their issues. This is called [Borrowing Benefits](#) and it effectively clears your issue along with theirs.
- **No previous EFT experience is necessary. Everyone gets a chance to work and it is not necessary to share your issue out loud for EFT to be effective.**

All levels are welcome.

WHEN: Thursday, October 23, 2008

TIME: 6:00-8:00 pm

WHERE: CRS (Center for Remembering and Sharing)

123 4th Ave. (between 11th/12th)

New York City

COST: \$35

Reservations are recommended as space is limited. Payment can be made by check or PayPal by [contacting me](#).

You Can't Tell Me What To Do!

Managing Cravings

June, a client of mine, was recently told that she needed to give up coffee (at least limit it to once a week) in order to improve some difficult symptoms she had been experiencing related to a hormone imbalance. She wants to feel better and is concerned about her health.

She didn't think it would be much of a problem as she isn't a big coffee drinker, maybe 4-5 cups a week. However, as soon as she couldn't have it, she began to really feel a need for it and became anxious trying to resist it. Her craving for coffee was

stronger than she realized.

I encouraged her to ask herself, "**what do I really need?**" in the moment she was experiencing the craving. June said she felt a sense of support and comfort from the coffee, even though it often didn't feel good in her body. She also identified that it helped her feel like she wasn't on her own. I incorporated this information into her tapping sequences, along with a very proactive technique that empowered her to have a feeling of choice about her craving anytime it came up. Here is a condensed version for you.

Identify something you crave that you know isn't good for you and that you have a desire to be free of.

Remember, whatever it is, it is there because it helps you feel better- a behavior that calms an underlying stress- so have a little understanding and don't be too hard on yourself. (and you can always tap on that!)

When you find yourself craving the substance, try using the following sequence. (Fill in your own craving where it says "coffee") If you need instructions about the basic tapping sequence [get them here.](#)

Rate the beginning intensity of your craving on a scale of 1-10.

Then begin by tapping the Karate Chop point (KC) and saying:
**Even though I am craving coffee right now,
I deeply and completely love and accept myself.**

**Even though I am really craving coffee right now,
I accept who I am, and how I feel.**

**Even though I can't stop thinking about coffee,
I completely love and accept myself anyway.**

Please note: if you find it too hard to say, "I deeply and completely love and accept myself," try, "I am open to the possibility of loving and accepting myself."

Then tap the following sequence:

EB (Eyebrow): I'm craving coffee
SE (Side of Eye): I really need some coffee!
UE (Under Eye): I can't stop thinking about coffee
UN (Under nose): I have this craving for coffee
CH (Chin): I really want some coffee!
CB (Collar Bone): This craving
UA (Under Arm): This strong craving
TH (Top of Head): I have this craving and that's OK

Take a deep breath and rate the intensity of your craving now. If the intensity has decreased even a little, continue on to the

next sequence. If it hasn't decreased, try repeating the first sequence with more emphasis on the set up.

On this second sequence we're going to get a bit more provocative and you're going to assert yourself more strongly.

Tap the KC (Karate Chop) and say the following:

**Even though I still have some craving for coffee,
I deeply and completely love and accept myself.**

**Even though I have some remaining coffee craving,
I accept who I am, and how I feel.**

**Even though I still can't completely stop thinking about
coffee,
I completely love and accept myself anyway**

EB (Eyebrow): I still have some coffee craving

SE (Side of Eye): I can have it if I want to!

UE (Under Eye): Even if it's bad for me

UN (Under nose): I can have it if I want to!

CH (Chin): And you can't tell me not to!

CB (Collar Bone): You're not the boss of me!

UA (Under Arm): This remaining craving

**TH (Top of Head): I can have it if I want to and you can't
tell me what to do!**

Take a deep breath and rate the intensity of your craving now.

One more round now starting on the KC:

**Even though I still have some craving for coffee,
I deeply and completely love and accept myself.**

**Even though I have some remaining coffee craving,
I choose to feel supported and comforted in new ways**

**Even though I still have some remaining coffee craving, I
choose to feel surprisingly calm and confident anyway
and I deeply and completely love and accept myself**

EB (Eyebrow): This remaining coffee craving

SE (Side of Eye): I don't need to have coffee

UE (Under Eye): Yes, I do!

UN (Under nose): No, I don't!

CH (Chin): I have a choice

CB (Collar Bone): I like making healthy choices

UA (Under Arm): I release this need for coffee

***TH (Top of Head): I'm open to new ways to feel
supported and comforted, I love feeling healthy, and I
deeply and completely love and accept myself no matter
what***

Rate your ending intensity.

*This tapping sequence will empower you to **have a choice in the moment about whether to act on your craving or not.** It won't necessarily eliminate your cravings but it will help you begin to feel better about yourself. In addition, working with an experienced EFT practitioner will help **identify and relieve the underlying causes for the stress that leads to the craving.** This will eliminate the craving over time because you will no longer need the substance to calm the stress and feel better.*

As for June...she has become much more aware of how uncomfortable coffee feels in her body. She has been able to cut down and is continuing to use EFT on the underlying issues that come up when she still craves it (and sometimes chooses to have it.)

I hope you enjoyed this month's newsletter. Please send me any questions you have about EFT and I'll address them in future newsletters. I would also love to hear about anything you wish to focus on in the Tapping Circle.

Sincerely,

Kathy Whitham
Energy of Change

Save
\$25

HAVE YOU CONSIDERED A PRIVATE SESSION?

In appreciation for you, I am offering \$25 toward your first private session. Contact me by email and we will set up a 20 minute free consultation.



Offer Expires: October 31, 2008