



Learn How to “Tap” Your Worries Away— through an Emotional Freedom Technique (EFT) Workshop

Feb 7. 12:30-1:30 -- \$15 <http://www.ourspiritualcenter.com> -- Lunch will be offered for love offering -- hosted by Raven Ashleigh

Having problems sticking to your New Year's Resolutions? Can't seem to lose those few extra pounds? Stressed out by work or family life? Have irrational phobias? Nervous about an upcoming event, or court date?

Tap your worries away with EFT! Strong negative emotions can cause physical symptoms that are harmful to our bodies. When we get angry our heart beats faster, our blood pressure increases, we might yell and scream because we get so wrapped up in our emotions. So what if we were able to calm our emotions down by simply using our fingertips? This is what EFT offers—a new way to help align our negative emotions, by eliminating this anxiety.

What is EFT? EFT is a simple procedure in which you use your fingertips to “tap” on certain energy points around the body. These locations are specific places that Eastern medicine has been exploring for thousands of years. There are certain ways that energy flows within a body and when those pathways are disrupted (through anxiety), then other pathways are created, which inhibits the energies from flowing correctly. What EFT does is help to have the energies change to the correct pathway. It is a 2-step process in which the person picks one bothersome issue, states this issue and then taps through the specified energy locations.

What can EFT do for me? EFT can help you reduce your cravings for cigarettes, help you to lose weight, help you to improve at sports, help you (and your children) to sleep at night, help with anything that causes you worry, stress, or fear.

Testimonials: I was with a friend of mine at dinner and he pulled out his cigarettes to go smoke and I asked him if he really wanted to quit smoking and he said yes. I did one round of E.F.T. with him and he put his cigarettes away and said "This is amazing because I no longer have the urge to smoke!" Northfield, MN (*This procedure doesn't take the future urges away, so if they come back then the E.F.T. will need to be used again.*)

"I was afraid that I wasn't going to be able to sleep that night and after you did the E.F.T. with me, I slept very well." Centerville, MN

Visit Raven's website: ravensrealm777.com or call 612-607-3416