

"A JOURNEY OF SELF DISCOVERY"

With EFT- EMOTIONAL FREEDOM TECHNIQUE & VARIOUS OTHER TECHNIQUES!



1 DAY SEMINAR

Facilitated by Ruth Eedy

SUNDAY 8th AUGUST, 2010.

Emotional Freedom Technique or EFT as it's known, is a new discovery that has provided thousands of people with relief from pain, diseases & emotional issues.

Simply stated, it is a unique version of acupuncture except you do not use needles. Instead, you stimulate well-established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize & is portable so you can do it anywhere.

The technique allows you to access the hidden blockages in the mind, the body & the Energy Field (Aura) & allows them to be released.. The

intensity of the emotion or thoughts is lessened by the tapping on acupuncture points until it no longer exists.. Various phrases are used to help bring the unresolved issues from a subconscious level to a conscious level to be realised & released.

Learn to use this technique for resolving cravings such as Cigarettes, biscuits, chocolate, coffee etc

Aura Light bottles have within them the following ingredients: Essential oils, Crystal essences, Shell essences, Australian Flower remedies & natural color.

Far Memory Recall: Aura Light Bottles will be used to facilitate this process...

Ruth will use a variety of techniques (35 years experience) throughout the day to implement this course to bring you to a heightened sense of awareness, balance & harmony.

DATE: SUNDAY 8TH AUGUST, 2010

TIME: 10am to 5pm

FEE:: \$110 (includes 1 DAY SEMINAR, lunch, pen/paper, refreshments)

Venue: 1/73 WELSBY PDE. BONGAREE. BRIBIE ISLAND.

BOOKINGS: PHONE: 0406561177 OR EMAIL rutheedy@hotmail.com

Ruth Eedy - Therapist & International Facilitator

www.rutheedy.com

Ruth Eedy is a Money n You graduate from the early nineties in Brisbane, Australia. Ruth has been researching and training in her own personal growth for almost 35 years. This has included psychotherapy, regression, meditation, communication and awareness, stress management and relaxation, yoga, Gestalt, encounter, psychosynthesis, 14 different types of massage, Bach Flower Remedies, reflexology, pendulum diagnosing, colour therapy, aromatherapy, Tai Chi, Aura Soma, crystal healing, Aura-Light, Reiki, Australian Bush Flower Remedies. Ruth lives on a tropical island, and is currently writing a book on her work and her life's experiences...

FOR BOOKINGS PHONE KATRINA