

"A JOURNEY OF SELF DISCOVERY"

With EFT- EMOTIONAL FREEDOM TECHNIQUE & VARIOUS OTHER TECHNIQUES!

1 DAY SEMINAR

Facilitated by Ruth Eedy-International Facilitator

SUNDAY 21ST FEBRUARY, 2010

Emotional Freedom Technique or EFT as its 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.

Creative visualization (as seen on Ruth's DVD) will be part of the seminar as well as channeled information when necessary.

In previous seminars, EFT Therapist have found Ruth's work invaluable.

For further testimonials view her website www.rutheedy.com

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

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 21ST FEBRUARY, 2010

TIME: 10am to 5pm

FEE:: \$175 (Early bird price is \$150. To be paid by 13TH FEBRUARY, 2010) (Includes lunch, pen/paper, refreshments)

VENUE: MELBOURNE

CONTACT: PHONE:: ROSALIND OR EMAIL ki_teng@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 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, color 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...

BIO DATA FOR RUTH EEDY

RUTH EEDY COMMENCED HER TRAINING IN SYDNEY IN THE EARLY 1970'S.

Paddington personal development centre- Neo Reichian Psychotherapies with Peter Eedy (brother)

Psycho-Peristalsis Massages- Robin Lee from The Centre of Bio-Energy in London.
& Gerda Boysen (the lady who discovered Psycho peristalsis massages.)

Psychotherapies with Lara Andrews from the Radix Institute, California.

Natural Therapies with Dorothy Hall at the College of Natural Therapies.

Communication & Awareness – Ken Dyers at Kenja Communication.

Ruth moved to Queensland & continued her research & studies

Aromatherapy- College of Acupuncture. Brisbane.

Aura Soma & Aura Light /color Harmonics Level 1, Level 2 & Level 3 with Aura Light ,
Australia.

EFT-Emotional Freedom Technique –Master Karl Dawson Level 1 & Level 2.