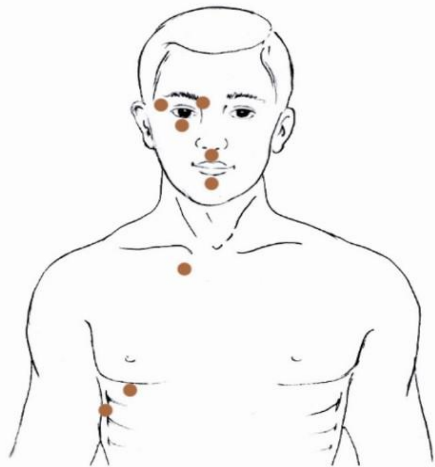
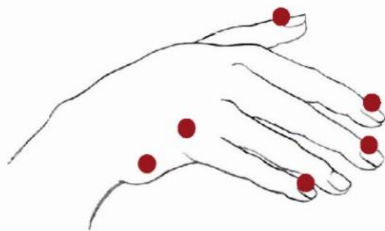


Tapping Points



This illustration is provided for your reference after you have learned the Basic EFT Recipe



Testimonials

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ... as it is for me."

Eric Robins, MD

"My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief."

Dr. Carol Look, LCSW, DCH

"I have a real phobia about driving in heavy traffic areas, especially with ramps that are elevated. I tried the tapping and drove on an expressway, with ease and comfort, that normally I would have avoided like the plague. That convinced me!"

Pat Pietri

"EFT has been for me, the single most effective technique I've used in my 45 years of practice as a psychiatrist."

Curtis Steele, MD

"The EFT is working just great for me, it is night 13 of falling asleep without the pain of the Invisible Chronic Illness (fibromyalgia) and this is a phenomenal record for me. Since 1991, the onset of this illness, I have not had two pain free nights in a row. You are very much appreciated and a great big "Thank you."

Janet Cole

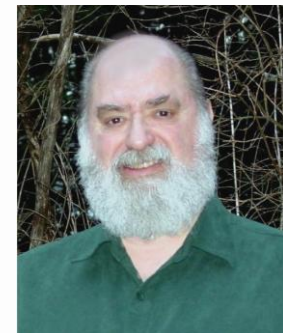


Emotional Freedom Techniques

A Universal Healing Aid

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Addressing the Cause

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

Gary Craig applies EFT to an ALS patient at a workshop on Serious Diseases.



The Sky Is The Limit

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including those listed below.

PERSONAL PERFORMANCE

- Abundance
- Weight Loss
- Business and Career Goals

EMOTIONAL CHALLENGES

- Children's Behavior
- Relationship Issues
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual Abuse
- Phobias

PHYSICAL DISEASE

- Allergies
- Asthma
- Migraines
- Pain Management
- Chronic Fatigue Syndrome
- Multiple Chemical Sensitivities
- Hypertension
- Fibromyalgia
- Cancer
- Muscular Dystrophy
- Parkinson's Disease
- Cystic Fibrosis

OTHER

- Animal Healing
- Surrogate Applications

Please consult qualified health professionals before putting these ideas into practice for yourself or others.

Foundation of EFT

EFT was introduced in 1995 by Gary Craig, a Stanford Engineering graduate in lifelong pursuit of personal well-being.

About Nathan Stein

Nathan works as an Emotional Freedom Technique Practitioner and teacher, working with both individuals and groups. With a lifelong interest in holistic and alternative healing, Nathan is also a skilled and intuitive therapist in multiple healing modalities which complement the Emotional Freedom Technique. These include Energy Repatterning Therapy Transpersonal Clinical Hypnotherapy, NLP and Past Life Regression and Crystalline Therapy. With a practice based at the WolfStone Holistic Healing Center, he also provides these therapeutic services across the country and worldwide via telephone. Workshops in EFT are put on by WolfStone throughout the year. Along with his wife Rev. Joy Violette Wolf, Nathan is a co-owner of WolfStone Holistic Healing Center and the WolfStone Transpersonal Learning Center.

DISCLAIMER

While Nathan is a multi-skilled therapist and EFT practitioner, he is not a licensed medical professional, psychologist or psychotherapist. He has additional background in science, engineering, computer programming, teaching, quality assurance, business management, group facilitation and consulting.