



...newsletter

November 5, 2008

Some Slim Trim & Sexy Stories

I know that I have said this before, **NLP** is the love of my life (and changed my life about 17 years ago) while **EFT** is my passion. Recently I spent a few days in London with the first lady of NLP herself, **Judith De Lozier**. The course that I was attending was entitled "**Passion in Action**" and was all about creating social change.



My passion is around giving people the skills and the tools to use to enable them to take a personal responsibility for themselves, and their health issues. We are entering an age where carers are going to be few and far between and so taking a responsibility for ourselves and using skills that work and empower us to release stress, disease, negative emotional and physical discomfort seems to me to be an essential attitude of mind to have as we move into the 21st century.

Over the past few weeks I have been doing free 1 ½ hour sessions to introduce people to EFT and its value particularly in the areas of weight loss and becoming "**Slim Trim & Sexy**".

Here is some feedback that I have received

*"After your session I did start tapping three times a day re weight issues, but after three days thoughts appeared about how unhappy I was with lymphoedema and the surgical oedema from my breast op. The swelling is very uncomfortable but I had been warned to expect this and that unless it was really bad there wasn't much could be done about it. **Rubbish!** After tapping for five days, three times a day, I could feel a difference. After 8-9 nine days I could see a big difference. My watch is loose on my wrist and the hardness around the surgery site has gone completely. I also see there is a slight reduction in the radiation damaged tissue. It's less red than before." I was at the cancer centre and I explained what I had been doing and the results I had achieved. My breast nurse wrote it all down, took your details. She wasn't in the slightest bit cynical about it.*

I'm so delighted with the result. Thank you so much for the gift you have given me."

Andrina Gordon

"I volunteered to be a demo at one of Sheena's public sessions because I had just started a cold and was feeling awful. After the tapping I didn't need to take any more pills and I was fit for my work on the Monday, when I had originally thought I wouldn't make it. I now set my alarm half an hour earlier in the morning and I do my tapping then. It sets me up for the day. It is the best personal development tool I know. It has helped bring deeply buried stuff to the surface and I am able to look at it and tap it out. The main issue I worked on with Sheena was resolved, and I gained a great understanding about myself and the anxiety that has been about since I was a teenager. Tapping works!"

June Stevenson

"Thanks, Sheena, I will keep at the tapping. I was very aware of the usual panic when I received that particular email, but worked through it. I feel so empowered now. I have also been given a chocolate biscuit with my coffee this morning by Lisa, and I just DON'T want it! Very interesting! I was also very interested at how mobile I was after our session. I had been suffering from stiffness and sore knees lately. Thanks for your help. I will keep in touch."

Kairen Bergius

"I really appreciated your time on Tuesday. It was great last night - I stopped eating about 2/3 of the way through my dinner because I just wasn't hungry any more -

amazing. I took some healthy options to work, but somehow managed to add a coke into lunch - small steps, no mars bar for 2 days now. Last night I started a list of things to tap through. I didn't realise I had so many things to resolve - I guess with time they just build up! Thanks again and I'll speak to you soon."

Pamela Smulski

Getting to the root cause of the problem

Often as you tap for one problem other issues, memories or feelings can come up. It is important to learn how to recognise and deal with those issues as they could well be aspects contributing to the original problem.

I highly recommend doing a one day introduction to EFT or you might like to invest in a highly focused 2 hour one on one session which is focused on you and tailored to your needs. I will be running a one day workshop at the end of January. If you are interested drop me an e-mail.

THE TWO HOUR ONE ON ONE INTENSIVE.

I have had a lot of enquiries about one on ones. Let me explain how I work.

- **The sessions last for two hours**
- **They are highly focused sessions**
- **The amount that is achieved is at least three times as much as would be achieved in one hour**
- **One session may be all you need**
- **If you feel that you need more I suggest once a month is fine because you will always leave with homework**
- **The cost of a session is being held at £125.00 for the time being**
- **£25.00 is payable at the point of booking and is non returnable (the cost of the room has to be paid whatever)**

I offer a money back guarantee if a client does not make changes

Now that's an excellent deal - is it not?

While EFT is very simple it is essential to have the support of a trained practitioner every now and then especially when nothing seems to be happening. Even I need to do that once in a while. The trained person always asks a better quality of question.

Sincerely,

Sheena Wheatley

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