

MeridianLines

The Latest News from Passion For Health

Healing and Transformation with the revolutionary tools of energy psychology

The use of energy psychology is fast becoming the preferred tool of many complementary therapists. Passion for Health is recognised as the leading training, marketing and support network for energy psychology practitioners and non therapists alike.

“IBS symptoms - gone !”

Susan was suffering bloating, constipation, diarrhoea with pain after eating and a tight knot in her stomach. The symptoms were exacerbated by her job. It all started 8 years earlier when her newly born nearly died in hospital, through negligence. We used EFT and EmoTrance to release the energy relating to this trauma from her body; mainly it was in the abdominal region and we also released some of the work triggers for stress. On her next visit she said her digestive symptoms were resolved, she had much less tightness in the stomach and the tight knot she had had during previously stressful times at work was completely gone.

“My Lupus has gone!”

Nadia suffered from regular headaches, joint pain, shoulder pain, knee pain that went along with her auto immune disease. She also had a lot of emotional problems, accompanied by weight gain, sleeping difficulties and a cocktail of anti-depressants, sleeping tablets and pain killers. She had taken an overdose on two occasions due to her depression. I asked her when did the headaches first start? “Just after our honeymoon 20 years ago”, she said, and the tears welled up when she talked about what happened at that time. At this point she started with another headache. We used EFT on the emotions she felt ... jealousy, lack of self worth, feeling unloved, followed by the sense of responsibility and pressure she put herself under to compensate for these feelings of low self esteem; then guilt and sadness about her attempted suicide. During the EFT session pains flared up in all the usual places but as the emotions dissolved away with tapping the meridian points, so did the pains resulting in a new freedom. At the end of our session she was pain free, felt so much lighter, felt at peace emotionally and had so much more energy. Since then she sleeps soundly, is happy, feels good about herself and has had no joint, shoulder or knee pains since and has been off all medications. She continued to use EFT for remaining emotional issues which came up (bringing with them a headache) which went when she cleared the issue. She is a transformed woman and is so much happier. Six months later a blood test revealed no signs of Lupus.

“I was devastated when he had an affair, but now I’m happy and can trust him again”

Jane was heart broken since her husband told her he had an affair. She had a knot in her stomach and couldn't eat properly for 2 weeks when we met. I asked her to think about when she learned the news and we released the knot in the stomach using EmoTrance techniques. She felt the energy move up her body, making her feel sick, it passed as it moved into her chest and throat then released through the head. The stomach was now clear. She said she still felt broken hearted, with a pain in her heart area. Again we focused on this pain and released it in the same way. I asked her to think about trusting him again. She said there was still a little pain left in the heart, which we released. After that she felt “wonderful, light and free and said that she loved him and could trust him again”. The next morning after being with her husband she said she was so happy, a cloud had lifted and she felt great.

“4 Years of stress headaches and Solpadene tablets are now a thing of the past!”

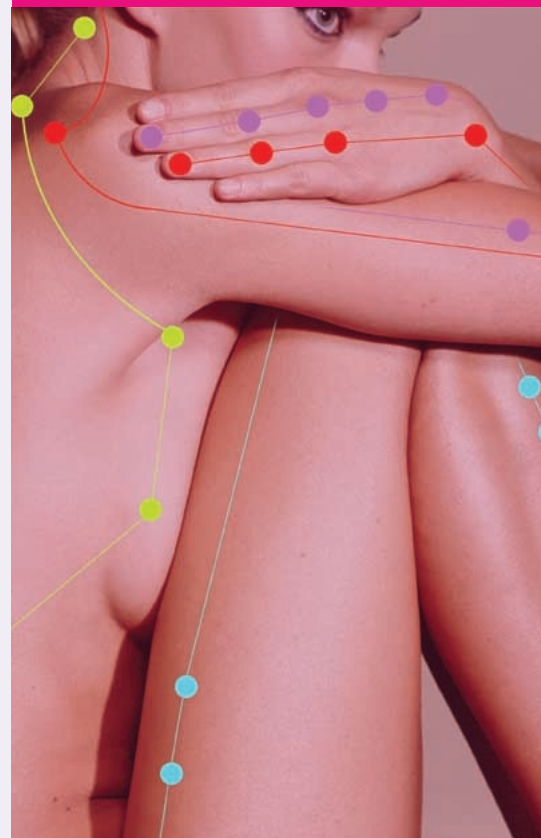
Michael had been suffering from migraines and headaches for years, taking 6-8 Solpadene tablets a day to manage them. In a 5 minute lesson and application of EFT his headache was gone. I told him to tap regularly and think of his daily work stresses while he tapped the meridian points, when he felt a headache coming on. He called me two weeks later to tell me the headaches had now stopped and he was off all tablets and was absolutely delighted with EFT.

“EFT released my Spider Phobia”

“Spiders were a problem area for me - bringing on panic attacks at times. At first I couldn't even imagine a spider without feeling sick to my stomach, by the end of the EFT session we were in the porch and I was nearly close enough to pick one up! I was

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watching as Sandra touched it and made it move, and I didn't flinch. I still haven't picked up a spider, it's just not one of those things at the top of my 'to do' list! However, when I have come across one, I haven't panicked, nothing has happened at all - it's like the fear has disappeared.”

“I manage my pain with EFT”

Peter came to get some relief from his arthritic pains and to be able to wean himself off his pain medication. Looking at his diet, which was completely devoid of fruits and vegetables, I recommended a dietary programme for long-term improvement. In the 15 minutes before we finished I taught him EFT focussing systematically on the pain in his chest, then his back, then knees then feet. All his pains disappeared. He asked if they would come back. I said, they may come back as he has an underlying condition caused by his lifestyle but that he now had a quick drug free cost-free technique to manage the pain.

The History and Science of EFT

Twenty years ago an American hypnotherapist and psychotherapist, Roger Callaghan, was working with a client, Mary, who suffered from a water phobia. Mary had suffered for years and had been everywhere for help but with no success. She had been visiting Callaghan for some time. Callaghan was pursuing a personal interest in the oriental energy meridian system. These are invisible pathways along which energy or chi flows in the body, linking the organ systems together, and which come to the surface of the body at certain points.

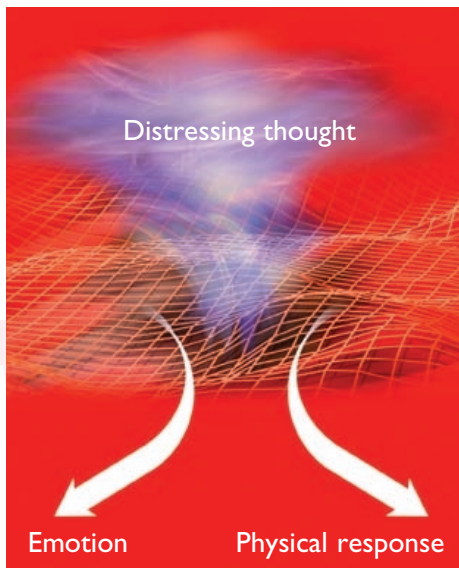


During a particular session, under regression, Mary was experiencing her fear of water complaining about feeling sick in her stomach. Callaghan thought ... "stomach..., stomach meridian, what if?" And asked Mary to tap the point under the eye, which is on the stomach meridian. After a few moments of tapping Mary cried out "Its gone!!" jumped up and dashed out of the room to the pool outside to test it!! Her fear had indeed gone and has never returned since. But it left Callaghan with a puzzle... just what had happened? He was as amazed as she was!!

The Main Meridian Channels



- Small Intestine
- Triple Heater
- Large Intestine
- Stomach
- Liver
- Spleen
- Kidney
- Heart
- Governing Vessel
- Lungs
- Bladder
- Gall Bladder



Initial Research and the development of TFT

Callaghan knowing he'd hit on something quite extraordinary, started to research with all kinds of phobias and then all kinds of other emotional problems. His research revealed that different emotions were linked to different meridians. He developed Thought Field Therapy, how to release specific emotions by stimulating combinations of meridian points.

Callaghan worked with Physicist, David Bohm to understand what was actually going on, so we are now able to teach these principles to new practitioners in our training courses.

Callaghan now began to experience 80-90% success in his work using TFT in his clinic resolving problems in anything from 1 to 3 sessions, compared to 10 or more sessions before.

All this research led to the important discovery or conclusion that

"all negative emotions arise from a disturbance or blockage in our body's energy system"

TFT or Thought Field Therapy was the first technique of this new field of Energy Psychology and continues to be successful today. However, one of Callaghan's students, Gary Craig, an engineer and lay preacher noticed during his training courses that only 14 meridian points in total were ever used in all the combinations of points in TFT.

Gary Craig and EFT

Being a lateral thinker, he said "Instead of learning all the combinations for the different types of emotions why don't we just tap the lot for everything?" and EFT or Emotional Freedom Technique, was born.

EFT, a much simpler technique involving tapping or holding the 14 meridian points for any kind of negative emotion then turned the more complex therapy into a simple self-help tool.

In this form and through the generous sharing of this information, we have a technique which has become much more widespread in its use. Now thousands of therapists in the clinic and non therapists at home with family and friends are "tapping away their negative emotions" and becoming free from stress with ease and with lasting results.

"Balancing the energy system while being tuned to an emotional issue or physical problem is an extraordinary healing technique deserving of the Nobel Prize"

Fred Gallo PhD, American Psychologist

"Wow. A tremendous tool for healing and development. Working through my emotions on the day was amazing and empowering. A very high standard of teaching, Sandra was great"

A. Brossier, Herts

"Wonderful speaker. After today I'll be able to clear up some stuck emotions and my sinuses are already clearing"

H. Feil, London

"A fantastic technique and powerful tool for everyday life. Simple, non threatening, empowerment for all"

J. Drummond, London

"I feel this will really help my clients after the Practitioner course. After the workshop I feel I can leave negativity behind"

L. Hadingham, Surrey

"A very useful technique. I'm presently going through relationship difficulties and this tool will help immensely"

V. Emery, London

"Results were very fast, impressive and I am planning to do the training course. After the day I feel more relaxed about my personal issues."

A. Moon, St Albans

"It was an amazing experience. I released a deep issue I had for 3 years in the exercises and am very excited about trying the technique on my friends and family."

A. McDermalt, Hants

"Enthusiastic, speaker. I gained assistance in dealing with my own emotions now I am on my own following bereavement"

E. Parkin, London

"A valuable tool to add to my practice. The day confirmed my understanding of the link between emotions and physical health problems"

P. Gilbert, Yorks

"Very easy to learn. This will change the way I handle my emotions."

I. Collins, Sutton

"As I read, EFT is a missing link in the healing/therapeutic world. I practice clinical and spiritual hypnotherapy and was excited to know I could take on board new tools to use with my practice to enable successful therapy treatments on a more fluent basis. The simplicity of EFT is amazing, my new found confidence after completing this 3 day course is mind blowing. This is just so exciting and a new beginning. This really is miracle work on a daily basis"

R. Elliott, Leicestershire

"I was sceptical before the course, but now am very impressed. The applications of EFT are so varied and its effectiveness means it can help so many people. I now have tools to enrich my life and the lives of others and will be incorporating it into my yoga teaching."

W. Elliott Leics

"Thank you so much for a wonderful course, I thoroughly enjoyed myself and felt that I took an amazing technique home with me. I have used it loads !"

K. Mayne, Hypnotherapist, Surrey

"Sandra Hillawi is a very inspiring, enthusiastic and knowledgeable teacher"

E. Clarke, Surrey

A simpler model of understanding what's happening with emotions comes from Silvia Hartmann PhD, researcher in the field of human potential and originator of the

EmoTrance concept in 2002 following a number of years of working with EFT. "We take energy in from our environment, we have energy systems that processes it, take some nourishment from it at some level and channel the rest as it flows through our subtle energy system leaving the body at various points. The problem is that we don't always handle this incoming energy well."

It's only energy !!
Where do you feel it in your body?

EmoTrance is about influencing the energy directly in its physical location, i.e. the head, throat, chest, solar plexus etc, using thought. The energy which has built up there, softens and the client feels it flowing through and out of the body.

It is a simple and very natural process which also lends itself well to being used within other therapeutic modalities, such as during reflexology session or other body work as well as with the counselling therapies.



Sandra guides Sue to use her intention to soften the energy in her stomach. The energy spreads and starts to flow downwards to her legs and out her feet.

Sandra: Ok now, what do you want?

Sue: I want to be free.

Sandra: And where do you feel it in your body when you say I want to be free?

Sue: It's fear, in my chest.

We soften and release the energy in the same way, it flows up and out of her mouth. The dialogue continues in this way releasing the energy related to various thoughts about her husband, until we touch on the intimacy issues.

Sandra: So, how attracted are you to your husband?

Sue: Well I don't really fancy him any more, say a 6 out of 10.

Sandra: So when you think about the bit you don't fancy, where do you feel it in your body?

Sue: In my heart.

We soften and release it.

Sue: Well, actually, I do love him. I can see me looking forward to him coming home from work but then when he gets home and is actually there I feel blocked about it. Its out there (points in front of her) a block between us.

Sandra guides Sue to soften this energy.

Sue: It's melted and is on the floor. Oh, it's coming in through my feet and up my body, and out through my mouth.

Sandra: Ok let it flow up and out and tell me when its all cleared through.

Sue: Its clear.

Sandra: Ok now, your husband comes home from work, you're looking forward to seeing him. You know he'll want to make love to you, how do you feel?

Sue: Smiles.... God, this is amazing!!

Sandra: When was the last time you felt this way towards your husband?

Sue: A couple of years ago!!

The couple have restored their intimate relationship and are now making plans to move back together again.

Energy Psychology brings us techniques for true and rapid healing and personal transformation. As we become free of our limiting emotions and beliefs, we become closer to who we truly are and to expressing ourselves more fully in life, in whatever way that is supposed to be.

EmoTrance in Action

John and Sue had grown apart over the last 18 months since a few small things that happened had built up into resentment, barriers and they were now actually living apart. Sue had no desire for intimacy anymore, the reason for the separation, but they had a 6 year old son and they didn't know where their relationship was going.

The following is an extract from the EmoTrance session with Sue. The names have been changed for confidentiality.

Sandra: What do you want in relation to your husband?

Sue: I don't know

Sandra: And where do you feel that in your body when you think 'I don't know'?

Sue: In my stomach



Research in Energy Psychology

In addition to the large sample of clinical trials, a number of randomised, double-blind studies have been conducted. One of these compared approximately 2,500 anxiety disorder patients who were receiving energy therapy treatments with 2,500 receiving the established treatment for anxiety disorders - medication combined with Cognitive Behavioural Therapy (CBT). The energy psychology treatments were superior to the medication/CBT protocol in the proportion of patients showing some improvement (90% vs. 63%) and the proportion of patients showing complete remission of symptoms (76% vs. 51%). In a related pilot study by the same team, the length of treatment was significantly shorter with energy therapy than with CBT (mean = 3 sessions vs. mean = 15 sessions).

The authors emphasise that these were pilot studies and any conclusions must be considered preliminary and tentative. Nonetheless, the findings are impressive, and they constitute the most persuasive empirical support for the efficacy of energy-based psychotherapy to date.

The entire paper may be accessed via www.innersource.net.

The Next Step

Attend one of Passion for Health's Training courses in your region.

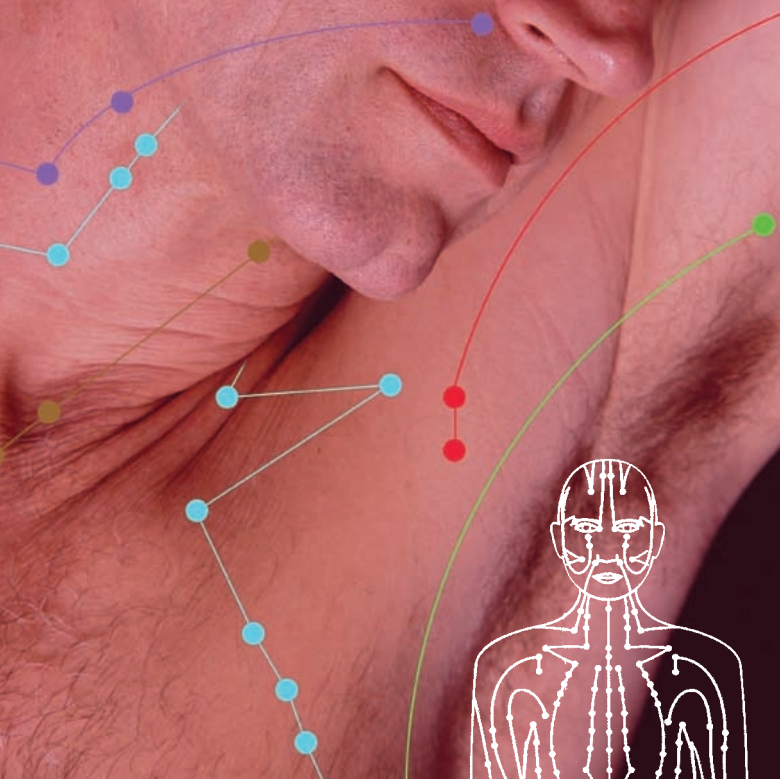
One Day Introductory Workshops

The day covers an introduction to the techniques, eg. EFT or EmoTrance, and lots of exercises to personally experience the techniques working on yourself and on another person with demonstrations included. Delegates receive a manual and will be fully able to use the technique for themselves and with friends and family by the end of the day.

Two Day Practitioner Training

Pre-requisite: Introductory Workshop.

Two courses : Meridian Energy Therapist and EmoTrance Practitioner. The courses prepare you for clinical practice and delegates have the opportunity to apply the techniques on each other addressing the bigger applications of the tools. Delegates receive training manuals and certification and membership of the appropriate Associations on graduation. The Association of Meridian Energy Therapists for EFT and Sidereus Foundation for EmoTrance.



What Practitioners and Therapists say about the techniques and our courses

The course really exceeded my expectations. I was a bit sceptical at first until a tapping exercise released a lot of emotional energy which had been blocked. During the course I released a dis-empowering belief that I was a fraud and now feel I have the tools to become the ultimate therapist. The facilitation was excellent. Sandra gave everyone the space and time to explore each issue they had. A genuine person who gave her best for us to be our best.

S. Bishop NLP, Hypnotherapy, Berks

The course content was a very high standard, even more than I had expected. I have been a professional teacher/trainer for 25 years and found Sandra and her professional delivery to be wonderful.

F. Troughton Wragg, Reflexology, Kent

I found the course fascinating! This will help me to work through personal issues effectively and help me to help my patients make major breakthroughs in their life challenges. I feel like I've just learned this fantastic, profound, yet simple tool to help people make major shifts in their lives. I'd recommend it to any practitioner.

K. Holden, Medical Herbalist, Iridologist, Reflexologist, Colonic Therapist, E.Sussex

An excellent course lead by an excellent trainer. I came to the course to look for a tool to deal with my own issues and found a very full and complete therapeutic system in its own right. During the course I identified underlying personal issues and used EFT to deal with them effectively. The feeling of energy flowing more freely is remarkable.

R. Cole Hypnotherapist, Coach, Dartford.

I was sceptical but found that Sandra's teaching was very clear and explanations logical. My initial scepticism has evaporated and I now feel confident in suggesting this approach to my clients. It will give me more flexibility with my NLP and consequently I can give more choice to my clients.

K. Towns, NLP, Trainer

The course was excellent. An enormous amount of material was covered and I have gained the confidence to develop my practice. The facilitator was excellent. Sandra has the ability to make some difficult concepts very easy to understand, she is very approachable. For anyone wanting to increase their tools as a practitioner, EFT is a must.

K. Oscroft, Kent

I will be using these skills daily as they are so simple and effective. I now have the confidence to charge more for my time, knowing I have great skills for helping clients make real changes in their lives. The techniques allow you to release emotions from years back as well as the present. When the energy system is blocked in areas that we hold stress, we often have physical ailments or pain. Great course, great manual.

A. Simms, Reflexology, Reiki, Kent

The whole three days were great. After 10 minutes of EFT my frozen shoulder felt easier and more mobile. The course was energetic, interesting and clear, I thoroughly enjoyed it.
S. Trotman, Brighton

I came as a sceptic and ended up a convert. I had a physical problem that I knew was related to a trauma in my life but had no idea until now how to deal with it. This course has given me a tool to heal myself safely and to help my clients. The teaching was thorough, sensitive and totally professional, a most enjoyable and instructive three days.
F. Manning Reiki, Reflexology, London

"I've been using EFT in my practice for 2 years now and it's been amazing! I use it with clients for physical problems that aren't responding well to Reflexology, and have been able to expand my work by using it on client's emotional problems, an area I was unable to treat before. For example, I've worked with phobias, and PTSD... an insurance man who'd been mugged had PTSD for years, we cleared his anxiety symptoms in one session... I've used it with grief following bereavement on several occasions and EFT released it in one session. I use EFT a lot for pain. Although Reflexology works well, the effects last a few days only. I can teach EFT to clients with chronic pain and they can apply it themselves for pain relief at home."

A. Stanton

"Even though the course offered so much more than I expected, it didn't seem hurried. This will improve my efficiency as a hypnotherapist and psychotherapist. The teaching was excellent and relaxed, overall excellent value for money."

A. Pimmental

"I found it inspiring and uplifting and exceeded all my expectations in how quickly it works. I released many issues over the weekend including a shield I had for 2 years and now am able to feel emotions like love again. I feel much more confident about how good a therapist I am now, the course was invaluable."

L. Horan, Kent

"During the course I released a pain in my knee that I had had for four months. It started with news of my son being ill, on top of existing stress about my husband's redundancy. On releasing the stress, the pain just disappeared, unbelievable !! It was a wonderful course. Thank you Sandra very much".

A. Santer Kent

Phil Mollon PhD, Clinical Psychologist, Psychotherapist and Author

"EFT and other methods within the family of energy psychology are the new therapies of the 21st century - rapid, highly effective and utterly gentle. I have found that the results are often astonishing. My conclusion is that the older forms of psychological therapy are relatively inefficient and ineffective because they do not alter the information patterned into the energy system. By targeting the energy system, the disturbing emotions and anxieties can be easily released with minimal distress. These approaches are not superficial, but appear to tap deeper levels of the mind-body interaction than most other psychological methods and sometimes results can be achieved in a few minutes that would otherwise have taken months. Whilst research in energy psychology is still relatively limited, the evidence so far is that these are very effective and safe therapies. My only note of caution would be that where a person's psychological problems are complex and multiple, then the work will necessarily be more prolonged than in the relatively simpler cases"

Practitioner Support and Opportunities

Passion for Health has a dynamic and pro-active marketing and support network generating opportunities for qualified practitioners, free refresher courses and professional quality marketing materials to promote these additional services in your practice. Graduates joining the network have a presence on our website, benefiting from our national PR activities, which generate client enquiries. Furthermore, our Stress in the Workplace and Transformational Coaching programmes in large employee populations using these tools are creating national demand and work opportunities for qualified therapists.

Sandra Hillawi
Managing Director of
Passion for Health Limited
Naturopath and
International Trainer in
Energy Psychology



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