

*We all have the  
power within  
ourselves to overcome  
any adversity!*



*Let us share these  
powerful techniques  
which can change  
your life!*

- We also offer Empowerment Training to small groups •

# EnergyMindConnection.com

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## Welcome!

This is our first stab at a newsletter. I don't know if it will be a blessing or a curse. Now we are officially accountable to produce more. We are sure it will morph into something that we will both be happy with over time and we hope to put out a new newsletter to coincide with every Meetup Manifesting meeting.

Our goal is to simply teach the various Energy healing techniques we have learned over the years to as many people that will come and listen to us. We are passionate about these techniques and know how these simple techniques can your change life. They can empower you emotionally, physically, spiritually and mentally. Clearing blocked energy allowing you to finally let go of your emotional baggage, taking the sting out of them and added benefits are aches, pains and negative thoughts tend to disappear also.

A more joyful life allowing you to attract more joy!

Thanks for being a part of our journey!

Dave and Cindy

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**Dave Duran**  
EFT-Adv  
Empowerment Trainer

“I've always been drawn to help others and in doing so have become the student, learning so much along the way. I have studied many methods of “self-help,” from NLP, hypnosis, Energy Medicine, Psych-K and Emotional Freedom Technique™ (EFT).”

For a private session,  
call 227-6581.  
[www.dailymindspa.com](http://www.dailymindspa.com)

**Cindy Wright, LMP**  
EFT-Adv  
Energy Medicine Practitioner  
Empowerment Trainer

“I have been a licensed massage practitioner since 1998 and over that time, I have taken many classes in a variety of energy healing modalities including four years experience and teaching assistant with Donna Eden and Energy Medicine, EFT-Adv., Advanced level Psych-K, and Source Connection Therapy™.”

Call 370-4555 for appointment.  
[www.waysforchange.com](http://www.waysforchange.com)

# EFT/Borrowing Benefits

Borrowing Benefits is a simple and powerful technique typically used with a group of people. It is meant for everyone to benefit while tapping on another person's issue while borrowing from everyone's energy and intention.

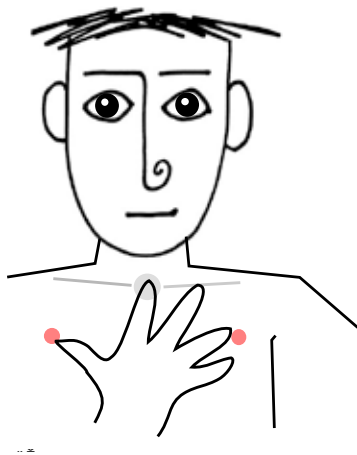
You first focus on one of your specific issues, then as a group you tap for a specific person and their issue as if you were that person.

Simple! First be sure to take an intensity level of your own issue and that of the person you are tapping for. After a few rounds of tapping take intensity readings again, note any changes and continue tapping if necessary.

Gary Craig asserts that when we tap for other people's issues, our system draws the necessary parallels with our own issues while saving us the pain of directly confronting them. This could happen even if the issues do not resemble each other superficially. Thus, while tapping on the other person's issues, you may find your own issues clearing up.

The technique of Borrowing Benefits has the added advantage of making you more sympathetic and sensitive to the issues of others, leading to greater oneness and spirituality.

## FINDING THE SORE SPOT



1. Put first finger in the dip at bottom of throat.
2. Stretch out the thumb and all fingers as far as possible.
3. The sore spot can be found approximately at the end of the thumb and the third finger.

If it is not sore right at the spot, feel around till you do find a place nearby that may be a bit sore. It's a lymph drainage location that is usually tender to the touch. It won't damage it to rub it!

## THE SET-UP PHRASE

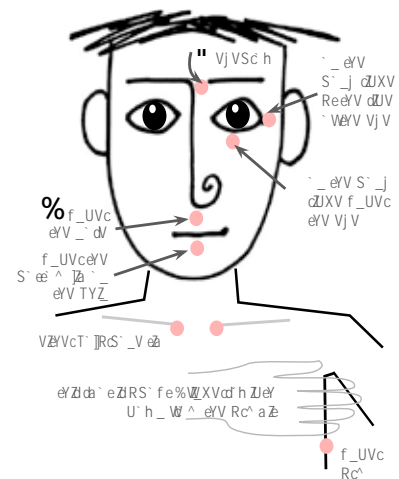


### THE SEQUENCE PART I: THE SET-UP

- A. Say statements 1-3 in a complete set three times as you rub the sore spots or gently strike the Karate Chop Point:
  1. Even though I (insert your own phrase).
  2. I deeply love and accept myself (or, if for a child: I'm a great kid, or another appropriate phrase).

Now go to Part II, the Tapping Sequence.

## THE TAPPING POINTS



### THE SEQUENCE PART II: THE SET-UP

- B. Repeat a reminder phrase (the gist of the set-up phrase) as you tap down all points.
  - Repeat Step B 2 or 3 times.
  - Repeat as many times as it takes to get relief or to get yourself comfortable.
  - When you have had a satisfying shift in thinking or feeling about the issue you are tapping on, create a short, positive phrase that would encapsulate how you'd rather feel or be. Then do Step C.
- C. Repeat the gist of your "I choose" phrase as you tap down all points.