

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



# EnergyMindConnection.com

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## Cravings and Addictions...

Do you have any? How did we get them? Why can't we let go? What are the core issues, the underlying causes?

### How do we get rid of them?

Is it that we are bombarded over the airwaves with straight-forward in-your-face and subliminal covert advertising? Lied to on a daily basis about what is healthy for us. Giant corporations more concerned about their profits than our safety. Our government? They wouldn't do that, but do we hear about the 61 average yearly deaths due to E coli in beef? No, the government runs the beef industry. But its OK to shut down the spinach industry, which I totally agree with till the problem is solved and no other loved one has to give up their life when companies start to stop following procedures. But why isn't it a level playing field? Not going to go there now.

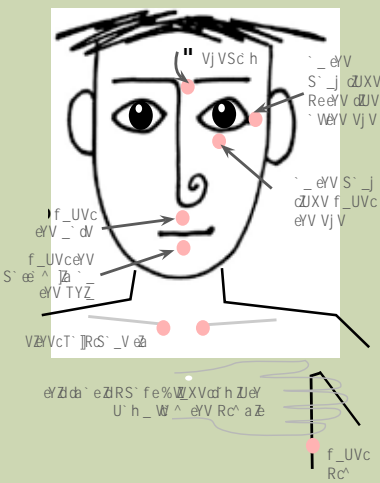
Most of us know when we're addicted, the craving starts and boom, we're back in line at Starbuck's, we'll cut back to 4 cups a day as soon as the week is over, down to 3 packs a day after the winter, one more burger from the corporate clown or the other clown with the big head. Are his commercials annoying or what? Why would anyone go there after watching one of them? Diet starts in January along with the gym membership, soon to end in February. Stress, stress, stress, the fixes are quick, cheap and easy. But are they? I think we all have a gut feel about what is good for us and what is not but its so easy to research the internet and find some guru or no-name that will justify our actions, approve our food, drink or drug of choice and then everything is OK.

Why don't more people ask themselves, what are the underlying issues? How do we relieve the underlying fears, anxiety, guilt, shame, loneliness and emotional pain? (and you thought you were just buying a cup of coffee,) It goes a little deeper than that.

### EFT is here to save the day!

EFT is the perfect tool to address every angle of an "addiction" or unwanted habit since it can target and treat immediate cravings, withdrawal symptoms, the underlying driving feelings, and potential relapse situations.

**Dave Duran**



## In Gary Craig's Words...

EFT's results for Addiction and Substance Abuse problems are often extraordinary. The benefits are two fold: First, EFT brings down the immediate craving within minutes so that one can easily walk away from food, cigarettes, alcohol, drugs, etc. In a few cases this simple procedure also collapses the overall addiction.

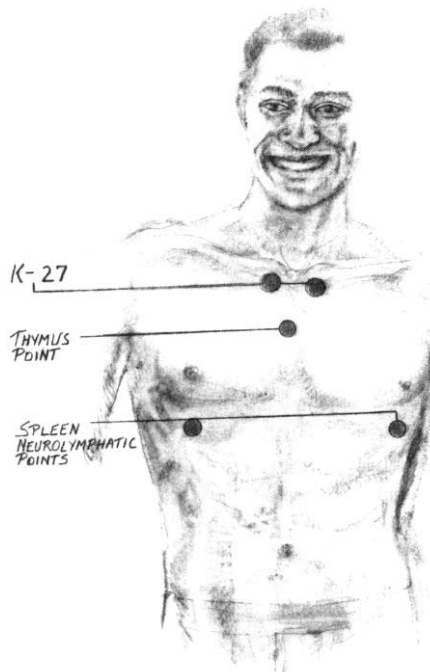
Second, EFT's long term successes are due to its ability to address the true cause of most addictions ... namely ... the need to "tranquelize" the anxiety caused by one's underlying anger, fear, guilt, trauma, etc. Until these issues are dissipated, the addictive behavior will remain. That is why people who successfully give up one form of addiction simply switch to another (from alcohol to coffee/cigarettes, for example). EFT is ideally designed to collapse these underlying emotional issues (that is what it does best) and, properly applied, the need to tranquilize disappears. It should be evident that addictions, compulsions, eating disorders and weight issues have similar emotional causes. Addictions come in many forms. Some involve substances while others involve behaviors. Some are simply physical addictions while others are driven by numerous unresolved emotional issues that create anxiety and the resultant need for one's tranquilizer of choice.

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## Donna Eden's Energy Medicine Corner

Thumping these points will send a signal to your brain to adjust your energies so you can feel more alert and can perform more effectively.

1. **K27:** To locate these points, place your forefingers on your collarbone and move them inward toward the U-shaped notch at the top of your breastbone. Move your fingers to the bottom of the U. Then go to the left and right about an inch and tap briskly while breathing deeply.
2. **Thymus:** Place the fingers of both hands at the center of your chest above the breasts and tap firmly while breathing deeply. Good for strengthening the immune system.
3. **Spleen:** Tap the neurolymphatic spleen points firmly which are beneath the breasts and down one rib, while breathing deeply.



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

### 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)

### 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)

- We also offer Empowerment Training to small groups •