

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



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December, The Sticky Month

I don't know why but December always feels sticky to me. Like I've got gum stuck to the bottom of my shoe. Both shoes! It keeps slowing me down and now I've got to be careful of what I walk on. Don't want to ruin any ones carpet, don't want to ruin any ones December. Feel like the fool that just stepped in dog crap! Everyone's looking at me and staying away. Why don't I watch where the hell I'm going? I'm walk'in on wet concrete here and getting rained on at the same time. But I've got my rain hood over my head, keeping me dry. Oh boy! It comes down over my eyes, I can only see about four feet in front of me and if I want to look to either side I've got to pull my head out of this cave, crawl out from under this rock, turn the lights back on and look out towards January. Oh my God, I don't know if I can deal with it so I put my head back into my shell, turn the lights down, hypnotically crawl back into December and keep truck'in in this stickiness four feet at a time.

But do you get it, its just different aspects of the same issue. I won't go into detail about it, but think about it, don't we all have stories we tell, motion pictures playing in our heads. Being stuck, feeling trapped, can't see the future, not so happy with the past. We get by, we get through it, but the gums still there, stuck to the bottom of our shoes. Slowing us down. I don't want to sound like a Preacher but EFT has been my magic potion. I don't think twice about tapping anymore. When an issue comes up, I'm tapping. I don't care where I'm at or who's around. I want that gum off my shoes, I want to feel light, happy, I'm going places!

This last year has been great. I want to thank everyone that has come to our meetings. It's been a real learning experience and everyone that I have been able to work with and teach EFT to has helped me with my own process. "Borrowing Benefits" is another powerful benefit that EFT has to offer.

I am really looking forward to the next year. We will continue with these workshops and we are starting to develop others as well. Our first workshop will be an 8-week Weight-loss workshop, starting in mid-January. It will be based on Energy Psychology, lots of tapping and Donna Eden techniques. If you would like more information, please contact us.

Thanks for the great year!
Peace and happiness
Dave

TEST TO FIND OUT IF YOU ARE A OVER-HELPER

As we get into this holiday season, this article out the December's Oprah magazine had a great test to find out if you are spending too much time worrying about everyone else and avoiding taking care of yourself. This is just a part of the article by Martha Beck titled "Overhelpers Anonymous". Also this is a great indicator of a Earth element in Chinese Medicine for those who are interested. Once you take this test, you'll have some great issues to work on with EFT as the set-up statements are the questions.

If you're always lending a hand, a shoulder, an ear, even a buck or two to people who can perfectly well solve their own problems, you need to get over your rescuing addiction and start taking care of yourself.

RECOGNIZING WHEN IT'S TIME TO STOP

I love the cartoon house cat named Eek! whose motto is "It never hurts to help!" In every episode of his television show, Eek! rushes to assist someone, invariably creating disasters that make World War II look like a Tupperware party. Resisting our inner Eek!, knowing when it does hurt to help, is key to loving well. Let's start with a quiz:

1. T F *I'm often exhausted by caring for others.*
2. T F *I do things for people without waiting to be asked, then feel hurt if they aren't grateful.*
3. T F *The thought of not caring for anyone makes me nervous.*
4. T F *I frequently complain about the stress of caring for others.*
5. T F *I feel yearning or envy when the people I help realize their dreams.*
6. T F *I'm feeling smaller and more invisible as I help others grow and achieve.*
7. T F *It would be scary to pursue my deepest hopes without anyone helping me.*
8. T F *I've given up on my own dreams; I just want my loved ones to be happy.*
9. T F *I feel I'm the only person who can do things right.*
10. T F *I'm trying to solve a thousand problems, none of them my own.*
11. T F *I'm exhausted by having to fix countless needy or incompetent people.*
12. T F *The people I help couldn't function without me.*

If you answered *true* to even one question, your intentions are good but the result is likely bad. You're pouring energy into doing

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™."

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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)."

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things for others that you subconsciously know they should do for themselves. While healthy help is based on a desire to improve others' lives, over-helping is actually about the helper's emotional needs. Recognizing what's really going on—and dealing with your own wants in new ways—is essential to breaking down dysfunctional patterns.

If you answered true to questions 1-4, part of your helpfulness is meant to allay your own anxiety. Instead you need to turn your helper hormones on yourself and find ways for self-nurturing involving physical touch which triggers the same endogenous-opioid surge we get from doing things for others.

If you answered true to questions 5-8, means you may be shadowing when you might want to stand in the limelight. Avoidance assisters rarely admit to being angry—just worn-out and disappointed. But anger is a healthy response to overhelping at the cost of your own dreams so give your frustration a voice (*and some EFT!*) Spend some time working on things you supposedly never have time for.

If you answered true to questions 9-12, it's time to climb down off your cross and offer less aid to those you think are helpless. There's a big difference between help and support. Help tells the recipient, "You're needy and weak—I'm needed and strong." It forces others into a supplicant's position, while the helper gets to play savior. If you really want to serve others, stop doing things you resent (resentment is a sign of overhelping) and be supportive while they fix their own problems.

If the bad news is that you're an over-helper, the good news is that you can stop right now. Nurture yourself, support others without assuming responsibility you resent, and feel your energy switch from "Eek!" to "Aah!" You'll become a contented, self-contained source of personal well-being, a model who shows others how they can achieve the same state. And that's the kind of help that really never hurts.

If you want another opportunity to practice EFT in a group setting, then plan to attend Dena's EFT Borrowing Benefits Group, every other Saturday at 10:30 a.m. at the Metaphysical Library. The Library is at 2220 NW Market St. in the basement of the Kress Building in Ballard, enter on Market St. near Great Harvest Bread Co. The group will be free at this time but donations or becoming a member of the Seattle Metaphysical Library are encouraged.

The Law of Giving by Deepak Chopra

The universe operates through dynamic exchange...giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives. I will put the Law of Giving into effect by making a commitment to take the following steps:

- 1. Wherever I go, and whoever I encounter, I will bring them a gift. The gift may be a compliment, a flower, or a prayer. Today, I will give something to everyone I come into contact with, and so I will begin the process of circulating joy, wealth and affluence in my life and in the life of others.*
- 2. Today I will gracefully receive all the gifts that life has to offer to me. I will receive the gifts of Nature: sunlight and the sounds of birds singing, or spring showers or the first snow of winter. I will also be open to receiving from others, whether it be in the form of a material gift, money, a compliment, or a prayer.*
- 3. I will make a commitment to keep wealth circulating in my life by giving and receiving life's most precious gifts: the gifts of caring, affection, appreciation, and love. Each time I meet someone, I will silently wish them happiness, joy, and laughter.*

Our Wood Element member David offered this worksheet for us to use, so a big THANKS to him!

Allowing Statements

Allowing statements are created to help you understand the possibility (which is the opposite of doubt). Whenever you hear yourself doubting that something will happen, create some Allowing Statements to move your thoughts to a more abundant place. Here are four guidelines for creating your Allowing Statements.

1. *Is there anyone on the planet having or doing this now?*
2. *If so, how many today, yesterday, tomorrow, next week, etc.*
3. *Make it believable*
4. *Exclude references to yourself*

*Example: 1000s of people are meeting their ideal mates today...
1,000,000's of people met their ideal mates in the last 12 months...
Right now, 1000s of ideal mates are having their first dates....*

Taken from the book "Law of Attraction"
The Science of Attracting More of What You Want and Less of What You Don't
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Dona Eden's Energy Medicine Corner

The Cross Crawl

The Cross Crawl facilitates the crossover of energy between the brain's right and left hemispheres. It will help you feel more balanced, think more clearly, improve your coordination and harmonize your energies.

Do this routine twice a day for at least 30 days to stabilize your energies.

This can be done sitting or lying down or someone can move your limbs for you. You can just touch your hands to your knees if that's all you can do but try and lift your leg as much as possible.

Lift your right arm and right leg, then your left arm and left leg, breathing deeply, for 12 times.

Then switch to the right arm and left leg, opposites, and breathing deeply for another 12 times.

Repeat both steps another 2 times.



CROSS CRAWL