



Sharing the Journey

Emotional Freedom Technique –

How Can I Learn EFT?

Learning EFT has never been easier.

The pathway of learning starts with the newest of courses ENERGY EFT Foundation course. Learning to use EFT on yourself is vital prior to learning to use this technique on others and this course enables you to do just that.

The next level is training to use these techniques with others in treatments as an EFT Master Practitioner.

Further training to continue your professional expertise includes Positive EFT, Emotrance and Emotrance Master Practitioner training and Modern Stress Management.

I am a licensed trainer with the AMT/GOE and offer these trainings both in group sessions and 1:1. (In person and live online)



ENERGY EFT FOUNDATION

This course is new for 2016 and has been created by Silvia Hartmann of The AMT / GOE.

It is designed to be used as a self help tool and an easy way to access specific training on how to use Energy EFT for yourself.

This course really does take you on a journey stage by stage from problem to solution and is both simple yet provides you with knowledgeable information that you can put into practice straight away.

Initially it takes you through each and every tapping point, discovering the associated meridian and experiencing how it feels with both a fascination and curiosity.

You will discover how to create specific set up statements for yourself as well as being able to identify solution focused energy sources to help you feel both energised and really good in yourself.

You will discover how stress impacts on you and how you can manage your everyday stress levels as well as releasing old negative messages and beliefs.

You will also learn how to share this technique with your family and friends from adults through to children and have fun along the way.

It's Fun, interactive and leaves you feeling bright, shining and energised !



EFT MASTER PRACTITIONER

This EFT training was reviewed in 2012 and whilst its simplicity and purity was kept perfectly intact - the enormity of what has been learnt over the previous 14 years has been identified, acknowledged and presented for everyone to use in this amazing ENERGY EFT training programme.

It is a 3 day course, which can be split into three individual days over a one month period, or completed in one 3 day period.

This course will give you the tools, confidence and expertise to work with your clients.

During this course you will learn 45 core skills to enable you to work towards mastering this amazing tapping technique and the creativity that it has to offer.

The EFT Master Practitioner Training is divided into the following 12 units: (4 Units per day)

EMO – Master Practitioner Training (Energy in Motion)

An amazing leap forward in Modern Energy - this is fast, easy and FUN!

Emotrance is about our flow of energy in our energy body.

Energy is normal and is all around us..... -You can feel that energy!!!

The flow of energy is how things work in nature and how things were designed to work in our energy body too. This is how it was designed by the creative order, which is a very perfect way in which everything flows and works together.....

"Emotrance is a truly fantastic system for brightening all our spirits and experiences in life in a whole new way"

Emotions are direct responses of the energy system.

Feelings and emotions come in and out of all the time and this is fine. It is only when they get stuck somewhere and are unable to be released that they can cause us a problem.

This in turn can create a build up and everything piles on top of each other.

A feeling of anger, despair, fear, sadness or joy that you may be able to feel as a churning sensation in your stomach, could be a build up of excess energy or an energy blockage

An emotional response to the energy system.

Your energy system is damaged and is asking for help.....

..Emotrance is a way to release this blocked energy, like opening and releasing pressure valves to allow these emotions to flow, as they should.

This training gives you the most up to date, cutting edge techniques in EMOTional Transformation.....

This is a 3 day training which will give you all the material, tools and confidence to use this amazing technique.

Positive EFT

It is Energy EFT and beyond!

Positive EFT is all about positive feelings and how to stay positive.

Introducing Positive EFT - as written by the AMT

Digging around endlessly in the traumas of your past is not the answer to a happy life NOW.

- By bringing POSITIVE energies into your energy body,
- you ...
- Completely transform the way you feel inside
- Grow and strengthen positive feelings
- Stay feeling positive for longer
- Change your self-concept from the ground up
- Dissolve & wash away old energy blockages for good
- Empower yourself ENORMOUSLY
- Boost your immune system, health, vitality
- Unlock your NATURAL intelligence, intuition & magic
- Start to smile, come to life, feel good about yourself
- Draw positive attention from others
- Have so much more to give to those you love
- Improve your X-Factor and start to SHINE.

Positive EFT is THE ANTIDOTE to depression, anxiety, stress, temper tantrums, low energy, misery, impatience, indecision, confusion and feeling helpless, hopeless, powerless and alone.

USE AS A SELF HELP TOOL

Learn to use this amazing technique for yourself - it is quick, easy and a must have tool for your healing practise.

Positive EFT can go straight to the source of good and empowering feelings - simply by tapping on POSITIVE energy forms. This is not positive thinking. It is tapping into the resources that you need today.

Working with powerful, nourishing, positive energy forms we become stronger, smarter, faster, and most importantly, HAPPIER.

FACT: "truly healthy people are happy, filled with life, laughter and excitement; personal power and all the energy they need to really make something happen in the world".

"When there is no energy, we get miserable, stressed, and collapse into ourselves.

Silvia Hartmann writes:

"Working with positives is a joy in and of itself; and it deserves to be given proper attention".

"Trauma had a good run for the last hundred years, but it's only 50% of the human story".

"It's time to add the missing 50% and take modern energy work to the next level."

MODERN STRESS MANAGEMENT

This training is fresh, new and inspiring.

This NEW course and material written by Silvia Hartmann is logical, easy and fun to use, yet uses completely different ways to reverse stress.

This course is available to established EFT Master Practitioners only - It will give you the tools to facilitate your own MSM workshops which are available to everyone.

You will discover:

- Fun exercises to raise your energy instantly
- Your influential bubbles and relationships
- Personal stress warnings
- Individualised stress management plans - design specifically for you, individuals or groups
- Personal energy boosts
- What your future aspect can do for your energy system right now.

My first experience of delivering some of these exercises to a small group - enabled one of the participants to re-write her 5 year goal plan to include creative writing - something that she said that she did not have the confidence to consider prior to this session. Everyone took something from the workshop and had lots of FUN along the way!

FURTHER DETAILS ON EACH ENERGY COURSE

Energy EFT Foundation Workshop

Ideal for self help use and also if required, the first stage of training to become a Professional Practitioner.

Cost: £150.00 (includes training, course manual, certification and one years standard membership with The AMT/GOE)

1) Unit One: Introduction To Energy EFT

- The History of Energy EFT
- The SUE Scale
- The Heart Position
- The Energy EFT Tapping Points
- How To Tap Energy EFT
- The Energy EFT Round
- The Energy EFT Set Up
- How To Raise Energy
- Positive EFT

2) Unit Two: The Energy Billionaire

- The Different States of The Energy Body
- The Stress To Success Pyramid Model
- How To Give The Energy Body What It Needs To Be Stronger, Happier & Healthier
- How To Become An Energy Billionaire
- How To Draw On Powerful Nature Energies
- How To Draw On Pure Animal Energy
- How To Energize With Colour Energy
- Using Energy EFT To Unlock The “Oceans Of Energy” For You

3) Unit Three: From Problems To Solutions

- How To Manage Real Life Stress
- How To Use The Aspects Model
- How To Release Negative Emotions
- Set Ups For Different Stress Levels
- How To Stay Energized In Real Life
- How To Convert Problems Into Solutions
- How To Find Powerful Positive Set Ups
- How Many Rounds To Tap
- How To Tap For Past Aspects
- How To Tap For Future Aspects
- How to Tap By Proxy For Other People

4) Unit Four: Energy EFT For Two - And More!

- Tapping Energy EFT With A Friend
- Energy EFT With A Partner
- Energy EFT With A Group
- Tapping With Children
- Tapping With Older Children & Teenagers
- How To Teach and Share Energy EFT

- The Heart of Gold Pattern

EFT MASTER PRACTITIONER TRAINING

A 3 days training that will give you the protocols, techniques and confidence to use EFT on a professional basis. (44 core skills over 12 units)

Cost £499.00 (includes training, course manuals, certification & License, one years professional membership with The AMT/GOE)

DAY ONE

1. Discovering EFT

- How EFT works and being able to explain it clearly
- Discover the concept of "life beyond Zero" and ENERGY EFT
- Using the EFT protocol skilfully and the ethical promise to prospective EFT clients.

2. Energy Body Stress

- Treating energy blockages with EFT
- Recognising stress symptoms and building a stress-free path to the problem
- Partnership working and the importance of feedback

3. The EFT Story

- The EFT story protocol
- Using the right words for setting up
- Discover how to mark out set-up phrases from the client's story

4. The Professional EFT Practitioner

- Working as a professional EFT Practitioner - record keeping, responsibilities...
- Understanding the responsibilities for the Clients well-being

- Leading an EFT session.

DAY TWO

5. Extremely Focused Treatments

- Focusing EFT on the specifics - memories and events
- Understanding the concept of energy body memories
- Using the EFT body protocol

6. Working with Aspects

- How to Explain the aspect model to the client
- Using EFT for proxy tapping
- Conducting future success work using the aspects model

7. Emotions and Energy

- Understanding the connection between emotions and the energy system
- Guiding the client to discover the emotion behind the problem
- Understanding pain progression.

8. Events

- Understanding body events and events' echoes - repeat events
- Working with guiding stars and apparent positive events
- Guiding a client to an event using forensic EFT
- Understanding the concept of the Healing event as an event

DAY THREE

9. Mind Changes

- Understanding how beliefs are formed
- Using EFT to clear limiting beliefs

- Understanding how to work with word formation
- Installing positive beliefs with EFT

10. Energetic Relationships

- Understanding the concept of energetic entities
- EFT for Improving relationships
- Working with groups with EFT

11. Autogenic Reality

- Understanding the concept of the autogenic mind - the meeting of the conscious mind and the energy mind.
- Creating a stable autogenic habitat using the classic game
- Using EFT with metaphors

12. The EFT Master Practitioner

- Understanding the best client relationship
- The EFT Master Practitioner core skills review
- Developing intuition

EMO - Master Practitioner Training

Energy in MOTION

3 Day course of pure and creative Energy work

Cost £499.00 (includes: training, course manual, certification & License and 1 years membership with The AMT/GOE)

Day 1

1.Meet The Energist

- The Sixth Sense
- The Emotion Spectrum
- The Amazing Energy System
- Touching The Energy Body
- The Couple Bubble
- The Attention To Love Principle

2 Modern Energy Healing

- ENERGY Healing
- The Laws Of Energy
- The Even Flow
- The Energized End State
- The EMO Base Pattern
- Engaging With Your Partner - The EMO Dance
- Oceans of Energy

3. Powerful Energy Healing

- The Energist As A Healer
- Working With Ereas
- You Are The Gift

4 Healing Energies

- The Harmony Program
- Trusting The Sixth Sense
- Colour and crystal ENERGY
- Unconditional Energy Healing
- The Shield Protocol
- The Pursuit Of Happiness

Day 2

5 The Events Matrix

- Events & The Energy Body
- More Than Trauma
- Complete Events, Energy work with events & Sixth Sense
- A New Journey
- Events & Echoes
- The Magic Of The Moment
- Moving Energy FAST

6 How To Love Yourself & Others

- Events & Aspects
- The Aspects Model
- Energetic Relationships
- Re-Connecting and working with an Aspect
- Connecting To Someone Else's Aspect
- Empowering A Future Aspect
- Love, Freedom and Unconditional Love

7 Energy Objects & Artefacts

- Living In The Energy World
- Artefacts & Energy Objects
- Home Harmony
- Make A Little Love Generator

8. Energy Relationships

- Meet The Entities
- Energetic Relationships
- Conceptual Relationships
- The Rainbow Connection
- Power, Love and increasing Your Personal Power - Permanently

Day 3

9. Energy And The Body

- Re-Unification
- Energy & The Body
- Energy Dancing
- The X Factor and Body "Image"
- Body "Image"
- BeauTy T
- Flowing Words

10. Art Solutions

- Art & Energy
- Art & Intention
- Symbols & Movement
- The Click
- Practising Your Sixth Sense
- Reading & Writing Energy

11. The HEROS

- Meet The HEROS!
- Heart Healing
- Thought Flow
- The Gift
- Positive Energy Evocations
- Words For Prayer, Healing & Transformation
- The Blessing

12. Love And Light

- Elegant, Easy ... and FUN!
- Love is LIGHT
- Everything Works Better With EMO ...
- Super Goals
- Group Energy Power
- The Sikoria Method

POSITIVE EFT FACILITATORS

CPD for Master Practitioners – deepens your Energy Practise

Cost £150

(includes certification & License, one year's membership with The AMT/GOE)

Part one: Welcome to Positive EFT

- The stress Factor and table
- High energy flow
- Tapping energy EFT
- Positive Energy Forms
- Discovering Positive EFT

Part two: From Stress to Success

- Understanding Energy Body Stress
- Establishing quick stress stoppers
- Free Energy
- Positive Energy
- Finding positives

Part Three: From Problems to Solutions

- You don't have to solve it - only evolve it!
- An evolution of positives
- Personalising the positives
- Finding inspiration
- Solving future and past challenges

Part Four: Positive EFT for two and More!

- Tapping with others
- Hero energy
- 6th sense
- Evoking energy
- Positive EFT in conclusion

MSM – MODERN STRESS MANAGEMENT

This course as a facilitator is a CPD course for established Master Practitioners. It will enable you to facilitate workshops to a wide audience who need help in managing personal stress levels.

Cost £495.00 (includes training, course manual, promotional goods and certification & License)

This certificated course comprises of 8 units and is highly interactive throughout.

Modern stress Management:

- Stress to Success
- Wonderful Structures
- Spheres of Influence
- Modern Leadership
- Heart Centred Stress Management
- Custom Stress Management Programs
- The Trillion Dollar Market
- Unimaginable Success.

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