

# Emotional Freedom Techniques Introduction Workshop

Learn and apply basic EFT in less than one hour and  
realize your amazing outcomes

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By

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7/9/2005

# Objectives

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- Introduce EFT
  - Founder's Video
  - How it was discovered
  - Personal experiences
  - Testimonials
  - Free Manual
- EFT process demonstration
- Application
- DVD's

# EFT Introduction

- Gary Craig, the inventor of the process, Engineer from Stanford University
- 13 Minutes Video by Gary Craig the founder of EFT
  - Introduction and Fear of Rats
  - Cigarette craving
  - Childhood trauma
  - Tightness in the jaw
- Discovery
  - 1980 Dr. Roger Callahan and his water phobic patient accidentally discovered the concept
  - Discovery Statement: “The cause of all negative emotions is a disruption in the body’s energy system.”
  - 1997 Gary Craig simplified Dr. Callahan’s process and created EFT
- My successes
  - No TV, swimming in the ocean without getting cold, no nail biting (s), milk, cigarette (student’s student), pain, headache, insomnia, crying, etc.

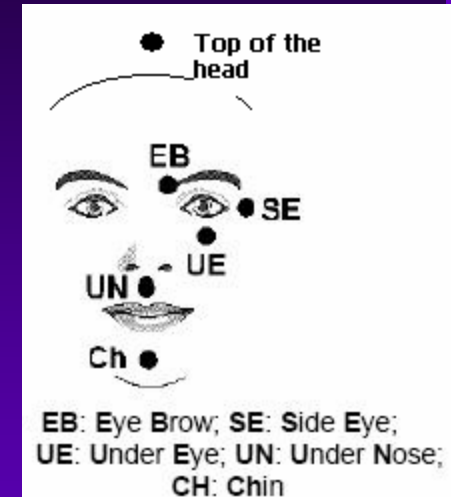
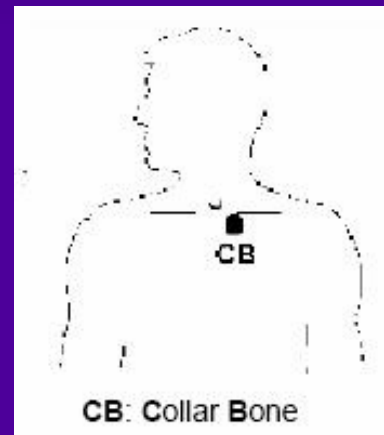
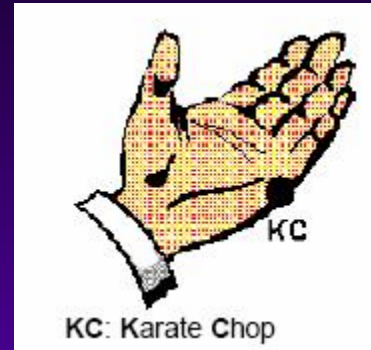
# Testimonials at [www.emofree.com](http://www.emofree.com)

- [Pain](#)
- [Fears/phobias](#)
- [Headaches](#)
- [Claustrophobia](#)
- [Panic/Anxiety](#)
- [Agoraphobia](#)
- [Asthma](#)
- [Fear of Flying](#)
- [Trauma](#)
- [Eating disorders](#)
- [PTSD](#)
- [Anorexia/Bulimia](#)
- [Abuse](#)
- [Addictions](#)
- [Depression](#)
- [Weight loss](#)
- [Dyslexia](#)
- [Carpal Tunnel](#)
- [Blood Pressure](#)
- [Anger](#)
- [ADD-ADHD](#)
- [Diabetes](#)
- [Allergies](#)
- [Neuropathy](#)
- Using EFT with [Children](#)

Free 87 page PDF format manual download when you give Gary your e-mail address.

# EFT Short Cut Process Demonstration / Application

- Select a very specific area to work on, such as nail biting, pain reduction, stop smoking, or eating or drinking a certain item
- Estimate the intensity of ... 0 to 10
- While taping with five fingers at the karate chop point say the following vigorously, three times:
  - “Even though I have this ....., I totally and deeply accept myself”
- Continue to focus on the problem you are working on and state the problem, for example ...fear of public speaking... , as you tap about 8 times at each of these energy meridian points:
  - Top of the head
  - Eye brow
  - Side eye
  - Under eye
  - Under nose
  - Chin
  - Collar bone
  - Under arm
- Estimate the intensity again
- Repeat the process at least four times a day, morning, noon, eve, before going to sleep



# DVD's Available

- Learn EFT in a quality, affordable way.
- For \$60 (40% discount if you order more than one) you can receive the entire EFT Course
  - 13 hours of quality, easy to follow video instruction on DVD
  - 1 audio on CD
  - A 79 page manual in PDF format on CD
- **60 day money back guarantee**
- **The original owner has the right to make up to 100 copies and **GIVE IT AWAY** for free to spread the EFT globally**

# Content of the DVD's

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- The Basic Recipe
- Dave's Fear of Water
- Workshop Highlights
- Case Histories
- "6 Days at the VA" PTSD
- Overview, Audience Examples
- Emotional Issues
- Physical Issues
- Addictive Cravings
- Energy toxins, phobias and persistence
- Common Problems and Q&A

# Follow-up Support and Communication

- Free 87 page EFT Manual and periodic update emails from Gary Craig when you sign up at [www.emofree.com](http://www.emofree.com)
- Copy of this briefing and conference call details will be e-mailed to those who provide their home e-mail addresses
  - Periodic conference calls to ask questions, share success stories and introduce new people to EFT
- Follow-up group sessions if requested
- Private Results - EFT coaching sessions by Berge at KCT (562) 598-2972