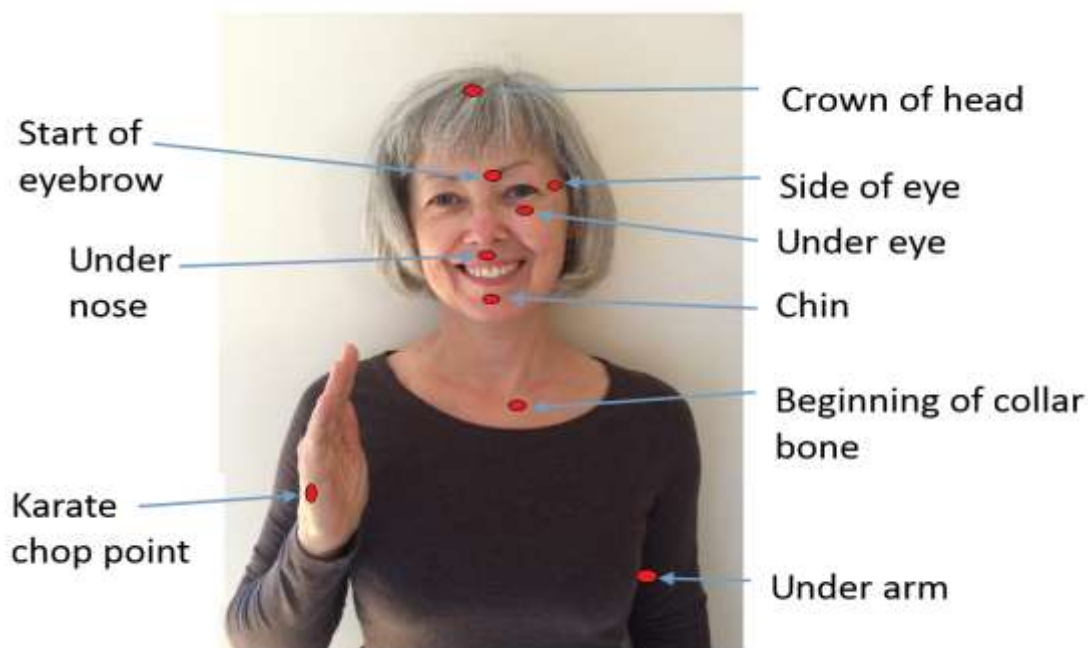


The Liverpool EFT Tapping group

Come and learn how to use the complementary therapy **Emotional Freedom Techniques** (EFT) or Tapping as it is also known. This is a technique that is easy to learn and is very effective and empowering. You can reduce your emotional or physical issues and symptoms by tapping on acupuncture meridian points, shown below, while focusing on your issue. EFT rapidly reduces stress cortisol levels (by 24%) and gets results fast. It is possible to identify and surface unwanted negative energy and unconscious limiting beliefs that are preventing you from having the life that you want. You will be amazed how easy it is and how much potential it has.

There is a voluntary suggested donation of £5 per session to cover rental and Meetup fees but this is not obligatory. Please bring a bottle of water as staying hydrated helps to clear your energy. Bring a notebook and pen too because EFT often helps you have new realisations about yourself!



When? On the 2nd Thursday of every month starting from Thursday July 14th 7.30-9.00pm upstairs in the Unitarian Church Sunday School room. The room is booked from 7.00pm if you would like to come and chat and relax beforehand.

For further information or to ask questions you can reach me at hello@jennyluscombeft.co.uk, www.jennyluscombeft.co.uk, 07538419549