

**TRANSFORM YOUR EMOTIONS WITH ENERGY TAPPING
(EFT)**

Elaine P. Rickerson

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Yes and Yes. By removing these impediments, the blockages dissolve and the water once again flows freely and easily. WhatIsTapping? Through the simple process of tapping, we shift our thoughts, emotions, and behaviors to become more positive. It's as though there is a part of us that sabotages the very thing that we say we want!

Forexample, a person may have anxiety when it comes to public speaking. This workshop will be an intensive four-week experiential program featuring group tapping exercises and individual tapping demonstrations for a variety of topics.