

**Discover**

**ENERGY**

**EFT**

- ★ **De-Stress**
- ★ **Relax**
- ★ **Release**
- ★ **Heal**
- ★ **Energize**



**Recommended by  
The AMT**

## *Welcome to The AMT!*

The Association For Meridian & Energy Therapies (The AMT) is a learned society devoted to the study of energy work in all its forms. It was founded in the United Kingdom in 1998 and was one of the world's first organisations established for the study of modern energy work.



As well as being the organisers behind the popular **EFT & Energy Conference**, which takes place every November, The AMT also offers **certified & licensed trainings** in a variety of energy techniques including EFT. Our **membership of practitioners and trainers** are highly trained and adhere to a strict code-of-conduct governing their practice.

This information guide to **EFT Emotional Freedom Techniques** will teach you the basics of how to work with the most popular of the methods we endorse.

We hope that once you read this information guide, you'll discover how elegantly simple the Emotional Freedom Techniques are. When you're ready to know more, we invite you to contact a practitioner, read the book "Energy EFT" by Silvia Hartmann, attend a live training and find out more about the EFT & Energy Conference in November.



### Quick Links

- The AMT Online - [www.TheAMT.com/](http://www.TheAMT.com/)
- Practitioner Listing - [www.EFT.ac/practitioners](http://www.EFT.ac/practitioners)
- Trainer Listing - [www.TheAMT.com/trainers/](http://www.TheAMT.com/trainers/)
- Live Events & Trainings- [www.TheAMT.com/events/](http://www.TheAMT.com/events/)
- Conference - [www.TheAMT.com/conference/](http://www.TheAMT.com/conference/)
- Facebook - [www.Facebook.com/TheAMTOnline](http://www.Facebook.com/TheAMTOnline)



## **5th European Energy Conference** **Europa Hotel, Gatwick, United Kingdom** **10-11 November 2012**

**Register Early For Best Discounts!**  
**Online: [www.TheAMT.com/conference/](http://www.TheAMT.com/conference/)**  
**Phone: +44 (0)1323 700 800**

## ***“EFT is simply the best self help method ever invented.”***

*From Dr Silvia Hartmann, Chair, The Association For Meridian & Energy Therapies The AMT:*

In our crazy and stressful modern times, we have long needed NEW approaches and ideas how to cope with life in a different way. The ancient systems of mind/body/spirit health went so far, but could never have foreseen the kinds of challenges we are facing today. From the way we eat to the way we sleep; from the information overload we are exposed to daily to the much greater expectations we now have of life, it is all change, change, change.

In the olden days, it was alright to spend 20 years learning how to control the mind and soothe the spirit; today, we don't have that luxury.

We 21st Century people need something that works **FAST**.

- ***Something that can cope with the extreme stress we suffer.***
- ***Something that can cope with the huge variety of stressors we face.***
- ***Something that is QUICK, EFFECTIVE and RELIABLE.***

And we have found it - **Energy EFT**, the fast track modern version of getting energy flow in the body, and thus being able to firstly, relax and then, to become powerfully energized so we can flow rather than stumble through life.

EFT has proven itself with millions of people from all kinds of backgrounds, from all over the world; EFT has proven itself to work with children, with old people, with men and with women.

**EFT WORKS. Try it out for yourself and notice how your stress melts away, how your breathing becomes deeper, and how you start to FEEL BETTER.**

EFT is so easy to learn that a child can do it; it only takes three minutes and it is free. Here is your key to true emotional freedom and more energy for life ...

With my best wishes for you & your EFT journey,



Dr. Silvia Hartmann, PhD  
Chair, The Association for Meridian & Energy Therapies  
[www.TheAMT.com](http://www.TheAMT.com)

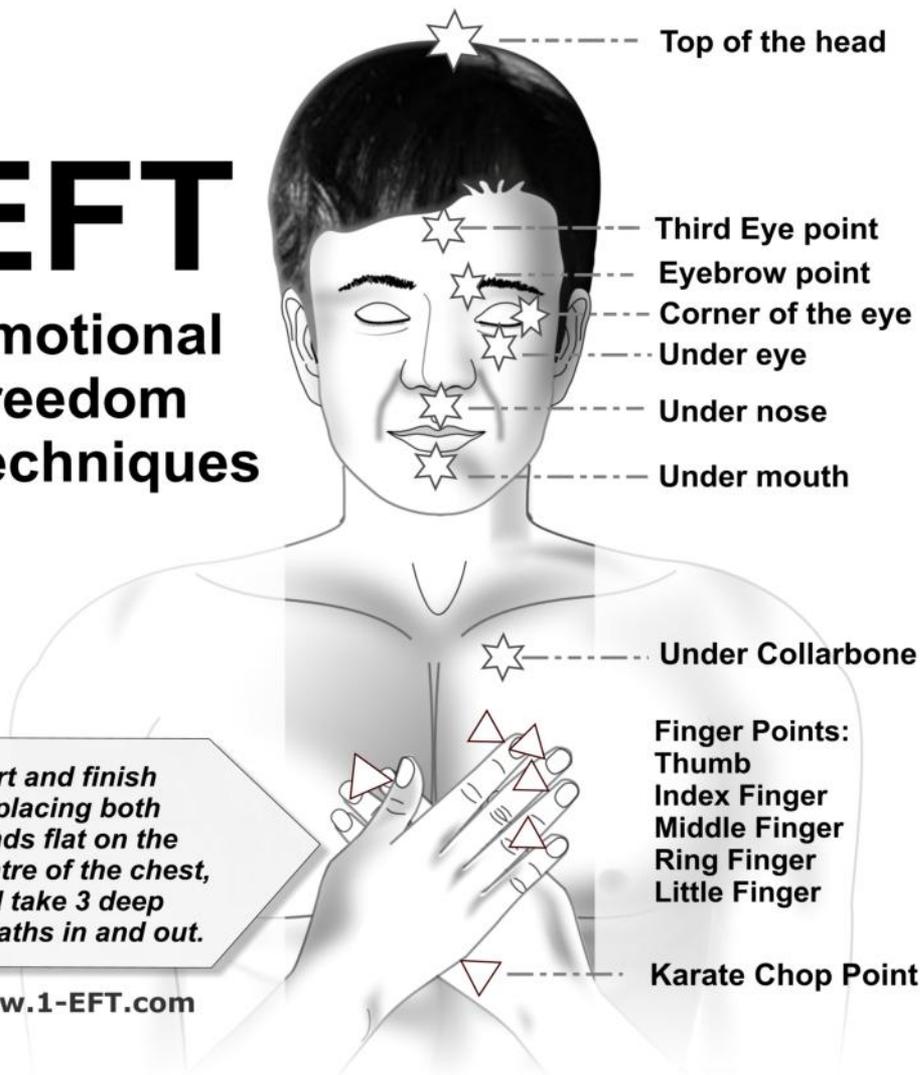


## *Doing A Round Of Energy EFT Is As Easy As 1-2-3!*

1. Start by placing both hands in the centre of your chest (where you would point if you said, "Me!") in the **Heart Healing position**, and take three deep breaths in and out.
2. Then you simply **tap lightly** (like you would tap on a touch screen) each point from the top down to the Karate Chop point.
3. Finish the round of Energy EFT by assuming the Heart Healing position again and taking three deep breaths, in and out.

# EFT

## Emotional Freedom Techniques



*Start and finish by placing both hands flat on the centre of the chest, and take 3 deep breaths in and out.*

## Tapping Energy EFT

Tapping on the special EFT Energy Points stimulates the flow of energy through the energy body and that makes us feel better, brighter, happier.

What is so great about EFT is that you can direct the treatment by thinking/saying which problem you want to work on. This is called the Set Up; we simply say what troubles us to be able to let it flow away.

A great way to start is to simply tap for “my stress” on each point.

## From Negative To Positive Energy Flow

Negative emotions mean the energy flow is blocked or low or disturbed; positive emotions let us know when our energy flow is good. The better the energy flow, the happier we feel.

We can measure our energy flow using the SUE Scale:



Track your finger over the SUE Scale and find how stressed you are right now. Remember the number. Do a round of EFT for “my stress.” Now check the number - how far has it moved towards the positive side?

Do another round to move it even further. When you get on the positive side, think of how you would like to feel and tap for that instead - happy, alive, energized, the choice is yours. To practice, you can just tap for “energy” - can you get all the way to a +10?

## Try EFT On Everything!

You can tap on anything you want - feeling tired, depressed, angry, helpless; on money problems; on health problems; on relationship problems (very useful!). Just say what troubles you as you tap and notice how the problems just melt away. Then to energize, choose something positive to tap on to bring up your “power levels” to +10.

EFT really is as quick, simple, and easy as that!

# *Your Steps To Learn More About EFT...*

## **Choosing an EFT Practitioner**

When choosing an EFT practitioner to work with, you'll want to be assured that they are highly trained, skilled and also adhere to a strict ethical code-of-conduct. This is why all licensed members of The AMT have been through our intensive training programs and we also operate a strict complaints procedure, not that we've ever had to use it in 14 years!

To find an EFT Practitioner in your area:

- Go online to: [www.EFT.ac/practitioners](http://www.EFT.ac/practitioners)  
(choose 'United Kingdom' to filter results by UK)
- Phone the AMT office on: +44 (0)1323 700 800



Note: If you would like to check that an EFT Practitioner is licensed by The AMT, please phone us on the above number.

## **Attend a Live EFT Training**

Whether you'd like to learn EFT for professional or personal reasons, AMT trainers put on licensed events throughout the year. These offer wonderful opportunities to work with other energists, and all practitioner level courses come with one year full-membership of The AMT.

To view a listing of AMT licensed EFT trainings:

- Go online to: [www.TheAMT.com/events/](http://www.TheAMT.com/events/)



To find an EFT Trainer in your area:

- Go online to: [www.TheAMT.com/trainers/](http://www.TheAMT.com/trainers/)
- Phone the AMT office on: +44 (0)1323 700 800



## **Book Your Place at the EFT & Energy Conference**

Every year in November, EFT lovers from around the world migrate to the United Kingdom to hear the latest developments, learn the latest techniques, meet their heroes, network with fellow energists and basically have a fantastic time.

All welcome!

The AMT gives the best discounts for booking early and this event sells out, so do register ASAP:

- [www.TheAMT.com/conference/register.htm](http://www.TheAMT.com/conference/register.htm)
- Phone the AMT office on: +44 (0)1323 700 800



## Read the book: Energy EFT by Dr. S Hartmann - Only £10!\*

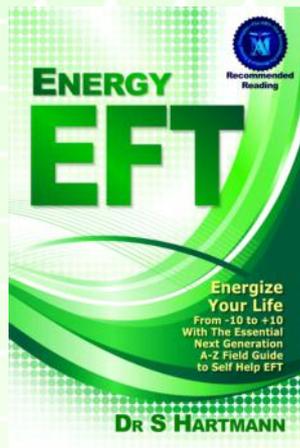
*"I have always been challenged in recommending a book on EFT to people so they could use it on their own. Energy EFT by Dr. S Hartmann is the one I will now recommend."* Patriq, Amazon.com

The AMT recommends Energy EFT as required reading for all our EFT courses. This book teaches the basics in such a readable style that anyone from any walk of life can pick it up and learn all they need to know about the technique.

Energy EFT then goes onto advanced topics and includes the awesome A-Z of EFT, so that this book is one you'll return to again and again, no matter how many years of experience you notch up.

This book normally costs £16.99 + postage, but we really want you to read it so we've put together a fantastic £10 offer including UK postage!

- Go online to: [www.EFT.ac/discovereft](http://www.EFT.ac/discovereft)
- Phone DragonRising: +44 (0)1323 700 123



## Comprehensive EFT Distance Learning Course - Save £50!

We know that live events do not suit everyone's busy lives, so we provide a fully-certified distance learning program designed to take you from your current position to becoming fully qualified EFT Master Practitioners, including 1 year's full-membership of The AMT.

The enrolment price including everything you need to become a full member (12 units, 12 x DVDs, full-tutor support by email & first years membership worth £35.00) is normally £347.00 inc VAT, but the following order link is only for £297.00 saving you £50.00\*!

- Go online to: [www.EFT.ac/discovereft](http://www.EFT.ac/discovereft)
- Phone DragonRising: +44 (0)1323 700 123



*\* Offers are valid till 31st December 2012*

# Energize Your Life

with EFT Emotional Freedom Techniques

**EFT is simple and easy to learn and to do.  
One round of Energy EFT only takes 3 minutes!**

**Treat yourself ...**

**for procrastination  
for stress  
for fear and anxiety  
for low self esteem  
for emotional pain.**

**Treat yourself to ...**

**feeling better  
feeling stronger  
feeling younger  
feeling more energized  
feeling happier!**

**Share EFT ...**

**with your friends  
with your partner  
with your kids  
with your family  
with your community.**

**Try EFT on ...**

**emotional blocks  
money problems  
love & romance  
beauty & health  
and on EVERYTHING!**

**Millions of every day people have found EFT  
to be immensely helpful and effective, a real  
life skill and many have described the practice  
of EFT as “absolutely life changing.”**

**Power up with Energy EFT -  
and live life to your full potential.**



**Energy EFT is recommended by  
The Association For Meridian & Energy Therapies  
[www.TheAMT.com](http://www.TheAMT.com)**

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