

" A JOURNEY OF SELF DISCOVERY "

With EFT- Emotional Freedom Technique & various other Techniques!

SATURDAY 23rd MAY, 2009
1 DAY SEMINAR

Facilitated by Ruth Eedy



Emotional Freedom Technique or EFT as it's known, is a new discovery that has provided thousands of people with relief from pain, diseases & emotional issues.

Simply stated, it is a unique version of acupuncture except you do not use needles. Instead, you stimulate well-established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize & is portable so you can do it anywhere. The technique allows you to access the hidden blockages in the mind, the body & the Energy Field (Aura) & allows them to be released.

The intensity of the emotion or thoughts is lessened by the tapping on acupuncture points until it no longer exists. Various phrases are used to help bring the unresolved issues from a subconscious level to a conscious level to be realised & released.. (This process can be used also for resolving cravings such as cigarettes, biscuits, chocolate, coffee, etc and can help you *get healthy!*)

Aura Light bottles have within them the following ingredients: Essential oils, Crystal essences, Shell essences, Australian Flower remedies & natural colour.

Far Memory Recall: Aura Light Bottles will be used to facilitate this process ...

Ruth will use a variety of techniques (35 years experience), including EFT and Aura Light and more throughout the day, to bring you to a heightened sense of awareness, balance & harmony. Remember what is in your face right now is often from a past life experience. Come along and see and release what has been limiting you from your past lives! This seminar is an excellent investment. "Limited numbers only"

Date: Saturday 23rd May, 2009

Time: 10am to 5pm

Investment: \$150.

Venue: Killarney Heights, Bookings: 02 9975 4905

Testimonial:

Meeting Ruth, the sparkling-blue-eyed and fiery spirit with her patience, love, understanding and wisdom, enthralled me. She's one of the few people I can be totally myself with. Ruth's sessions have changed my life immeasurably....my anger has been released along with my regrets and worries and in the gaping hole left I have been filled with an increasing amount of happiness, of appreciation of who I am and how I got here and a sense of expectant clarity on possible paths that are my future...Carolina - England



Proudly Presented By The Southern Cross Academy of Light
For bookings phone: (02) 9975 4905 - Web site: www.aol.org.au