

EMOTIONAL FREEDOM TECHNIQUE (TAPPING)

BREAK FREE OF TRAUMA & STRESS

~ CREATE THE LIFE OF YOUR DREAMS ~



A GUIDE TO EFT

A STRESS RELIEF
TECHNIQUE



Rowena Jayne
HEALTH & WELLNESS

"Your mind, emotions & body are instruments which can be aligned
& tuned to improve your life "

Emotional Freedom Technique (EFT /Tapping)

A stress reduction technique
for the modern world

ROWENA JAYNE ND.

Naturopath
Neuro Emotional Technique Practitioner
Medicine Woman
Retreat Facilitator
Yoga Instructor
Plant Based Chef



THE RUN DOWN



Emotional Freedom Technique (NET)

"EFT is a system of tapping pressure points and using affirmations to adjust and to clear the energy within our bodies and our emotions. You can perform EFT anytime, anywhere – though people might wonder what in the world your doing! Emotional Freedom Technique was founded by Gary Craig"

How can it help me?

- Address physical pain & disease with an unresolved emotional component
- Resolve trauma
- Resolve emotional pain

How is it accomplished?

- Uses gentle tapping OR TCM meridian pulse holds to clear the blockage from your neurology
- Uses Acknowledgemnt phrases & set up statemnts to change neurology and rewire the brain

"Many times moving on from a painful situation has more to do with our own emotional blocks than anything else. This is when the Emotional Freedom Technique and moving on can work together to bring you the life you deserve"



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THE PROCEDURE

"What to Expect?"



Rowena uses EFT as an inbetween treatment technique. IN her experience & professional opinion EFT is great for assisting trauma, stress and related emotions, but Neuro Emotional Techniqie is a much ore powerful technique, therefore she uses EFT only as a secondary modality.

YOu will be given a statemnt sheet, along with the tapping locations and a guide o how to perform EFT at home.

Rowena's EFT Qualifications

Rowena compelted the six month Professional Certificate in Energetic Tools for Transformation at Nature Care College. The course includes a coaching technique to help access and create the best treatment proticol using EFT.



TAPPING STATEMENT



SET UP STATEMENT

EFT uses a set up statement to **begin tapping on the karate chop point** (see below)

Use this statement, adding in the "ISSUE" and **repeat three times** before moving on to the other points.

You may choose to use the statement for all points or add other information and tap on your pain points, fears, worries, how you feel in your body etc.

SET UP STATEMENT

"Even though _____ (Add in issue)

I profoundly & deeply love and accept myself

TAPPING POINT ORDER

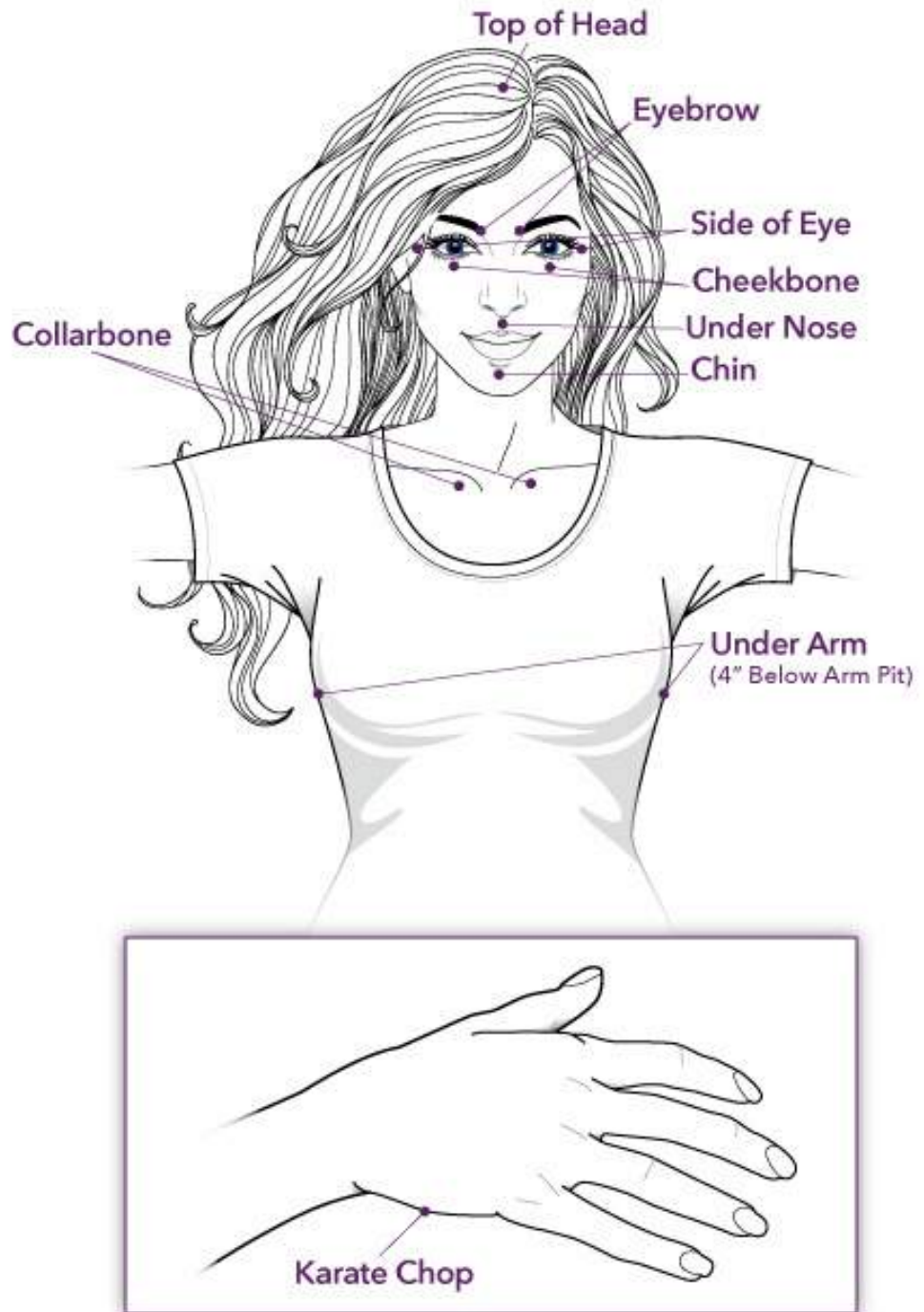
- 1) KARATE CHOP
- 2) EYEBROW
- 3) SIDE OF EYE
- 4) UNDER EYE
- 5) UNDER NOSE
- 6) CHIN
- 7) CHEST
- 8) UNDER ARMPITS
- 9) TOP OF HEAD



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TAPPING VISUAL

TAPPING POINTS VISUAL



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About Rowena Jayne

Rowena is an adventurous, passionate woman with a love of nature, mind body medicine, yoga, plant-based cooking, permaculture and inspirational moments.

Rowena healed herself naturally without medication from a ten year eating disorder, associated anxiety & Rheumatoid arthritis. All the modalities Rowena offers literally saved her life & helped her recover from trauma and abuse.

She is a believer of heartfelt connection and following the beat of your own drum.

She is the author of the Joy of Real Food; and is a Bachelor degree naturopath also qualified in neuro emotional technique, yoga therapy, qantum energetics and many other incredible modalities.

Rowena lives in Sydney, Australia and spends much her free time travelling into the bush & beach for soul building.

For more recipes, books, programs, retreats
& private consultations visit rowenajayne.com