

Ultimate Well-Being *Newsletter*

Issue Six

July 2009

SET YOURSELF FREEWITH GEELONG'S EMOTIONAL FREEDOM SPECIALIST

From My Heart To Yours A Message from Pam

Hi There,
Well it's been an extremely busy couple of months for me. I had an absolute ball at both the Geelong Inner Peace and Melbourne Mind, Body and Spirit Festivals. I have met some wonderful people, sung the praises of EFT to everyone and achieved incredible results and feedback from the 15 minute EFT sessions I was offering.

I have also run 3 successful "Wright Slimming Solution" workshops and have the next 2 scheduled for July in both Geelong and Morwell. The extremely positive feedback has proven that most weight loss programs are unsuccessful and unsustainable long term, because they don't offer the essential ingredient that the "Wright Slimming Solution" offers.

I'm looking forward to more workshops, more talks and more remarkable success stories in the months ahead.

Love and Light

Pam

PS. Places are filling fast for my workshops so don't miss out-give me a call.

It comes down to a simple question: What do you want out of life and What are you willing to do to get it?

Tap When you see a Tap, or even if you don't!

I think we can all agree that EFT is probably the most effective and simplest way to rid ourselves of whatever ails us. For emotional, mental or physical issues, the results that can be achieved never cease to amaze me. Use it for difficult emotions, negative thought patterns and physical pain, ranging from immediate issues such as headaches to long standing physical symptoms such as back pain, sore hip etc. So we agree that EFT is effective.

Most people would also agree that it is simple to learn. Once you know the basic word formula and tapping points you have what my associate calls a 'first aid kit at your fingertips'. However, I do find that people tend to forget to utilise this amazing tool. So I have a suggestion to make. Every-time you see a tap, which should be many times a day, use it as a mental reminder to TAP. The more you make this mental association the more it will trigger the reminder. If you feel stressed going to work-**tap**, you're feeling angry with a family member-**tap**, you have a headache brewing-**TAP**. My associate related her recent experience of hanging over the bathroom sink feeling very unwell (I won't go into graphic detail), when she suddenly remembered to tap. A few minutes later she was back at her computer and demolishing a bowl of yoghurt off, just for good measure. All signs of illness were gone. So please, as they say, "do yourselves a favour" and when you see a tap remember 'to tap' you'll be so glad you did.

(Of course I realise we can sometimes need an objective eye and I can usually get to the root cause of an issue for a client extremely quickly, however I want to remind you that you have a very powerful tool at your fingertips-please use it.)

Has Your Weight become a Battleground?

There is an Answer

The 'Wright Slimming Solution' Workshop

No dieting, No deprivation and No willpower needed.

Take Control of your Weight Issues Forever

Geelong 11th July Morwell 26th July

Workshops and Private Consultations Available Now

Hurry Limited Places! to book- Phone: 5242 8887

Testimonials:

"After each session I felt inspired and in control of my life. Much to my surprise and delight I have lost 12 kg in only 3 weeks, without changing my eating patterns. I'm amazed."
Sally

"After seeing Pam twice and attending her slimming workshop I have lost a massive 20 kgs in the last 2 months, with no dieting and also no longer need the anti-depressant medication (with doctors monitoring) that I had been on for 6 Years."

Mary (name changed for confidentiality)

Tapping Hints

"Even though I have this resistance to tapping I accept myself"

"Even though I won't make time for myself to tap I accept myself"

"Even though I can't be bothered tapping I accept myself"

"Even though it's hard to remember to tap I accept myself"

"Even though I can't keep the momentum going I accept myself"

"Even though I am used to ignoring the problem I accept myself"

"Even though I'm not sure what to say I accept myself"

"Even though I'm scared to I'll get it wrong I accept myself"

"Even though I can't do it without Pam's guidance I accept myself"



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Book Your Appointment

Suite 3, 88 Sydney Pde

Geelong 3220

Ph: 5242 8887

Mob: 0417 524 324

Free Call 1800 814 313

For your Free Report

www.pamwright.com.au

info@pamwright.com.au

Eva Lasting Touch

21 Hoyle St, Morwell

Every Even Month Phone

for next visit August 17th

5134 3822

Winter Warmers:

A loving hug, a friendly word, a kind deed and a warm heart.....