



Optimum Evolution™

Cultivating Wellness, Development & Success

Newsletter Fall 2010

So what's new this season?

Firstly I'm excited to say that **I'm starting a new EFT group here on Oahu starting on Tuesday September 21st**. We'll have the group every 3rd Tuesday of the month from 6.30pm – 8.30pm. What's more the group will be held at the comfortable, cozy Path Clinic in Kaimuki. I'm keeping numbers small so that everybody will have a chance to air and address their own issues, should they wish. Cost is \$15 per person.

What will we cover? I'm starting the first group off by teaching EFT. There has been such interest in EFT lately (note 2 new DVDs just out; "The Tapping Solution" & "Operation: Emotional Freedom") that I have been kept busy with teaching new clients the practical uses of EFT. So in our first meeting the group will also learn the uses of EFT plus the art of delivery. We'll also have plenty of practice.

One of the wonderful aspects of EFT is that of 'Borrowing Benefits'; that's the wonderful outcome that occurs for each person when they tap along with someone else. So even though we may be concentrating on one person and supporting them by tapping along with them, we'll be gaining benefits with regard to our own issue/s. What's more, the effects appear to be magnified when applied to a group setting!

The second piece of exciting news is the release of '**101 Ways To Enhance Your Career**' on November 1st! This is such an informative and helpful boom that you're sure to find useful information inside, whether you are considering a new career, finding yourself in between careers or thinking about ways to get ahead in your current employment. You'll also find really useful information inside that's transferable to every day challenges, dreams and goals. The book will be available from Amazon.com, Barnes & Noble or via a link I will put up on my website when it's ready and available. Oh and yes, I'm contributing a chapter on Career Transition!

Phew!! So much going on – **how exciting!** The 3rd and final piece of fabulous news is that I'm going ahead with my **Women Getting Results 101** on Saturday November 6th, 10am – 4 pm. This one day event combines EFT & Life Coaching and focuses on how to find what you really want and how to bring it to fruition.

We'll look at issues directly affecting women and how these can slow/halt the momentum to being successful and having it all. You'll discover what you yearn for, learn EFT skills to remove self limiting beliefs, and find out how to start making plans and taking steps to get to where you really want to be.

Please note that this event is kept small to keep it informal and supportive; hence places are limited to only 8. Call or email me for more details and/or to reserve your place. Book early for only \$65. Book after September 30th pay the full price of \$85!

So now the news is out of the way what have I been up to?

Well apart from writing the chapter, seeing lots of wonderful clients and giving support to local women who want to quit smoking, I've also been enjoying life here in Hawaii with my husband and beautiful Aussie Shepherd. However, I've also been looking at **just how stress can interfere with our health**.

In fact there has been a lot of interest since the 1960s regarding the physiological changes to our bodies when we are under stress. Most of you know I am a RN and that my interest in nursing centered on heart health and health promotion. In fact my passion was [and continues to be] concerned with preventative measures to reduce the risk of developing disease; or to limit the risk of furthering an already existing condition.

Stress is a nasty animal. It can lead to a lack of energy and loss of ambition. It affects our bodies and causes such discomforts as: bowel changes (constipation or diarrhea), ulcers, hair loss, lowered immunity, tense muscles, restlessness, changes in blood sugar levels and fat metabolism, increased heart rate, raised blood pressure and even increased coagulability of the blood!

Stress can also contribute to the development of behaviors such as smoking, overeating, drug and alcohol use. Such (non healthy) 'coping' behaviors create more stress and further increase the risk of disease!

Using EFT for stress is monumental. In brief, the two ways we can use EFT to combat stress effectively is to tap on a specific stressor and/or to tap daily on the things that stress us out on an ongoing basis. Many of you know I often ask people to brainstorm around their larger issues. This method works really well for stress.

Sit down and take a few deep breaths to center yourself; in through the nose, hold it, out through the mouth. Do this 3 times and then continue to breathe normally. Close your eyes and ask your subconscious mind to reveal any stressors in your life. When you start to think of even just one or two, open your eyes and write them down. You'll likely find the thoughts start to just pour out. Fill the paper, just jot it all down.

Then walk away for 24 hours. You'll return to the paper refreshed by doing this. Now your task is to create a list out of your brainstorm. Put the strongest stressor (the one that causes the most disruption to your peace) first, then the next and the next and so on. Use EFT to address the one that's at the top of the list, the next one gets addressed the next day and so on until you've reached the bottom of your list. Then it's time to start the list over again, from the top. You'll likely find the stressors just aren't as stressful or have been completely resolved. Go through the list, crossing off the resolved stressors. Repeat.

You may wish to view my webpage on stress which includes an interesting article by Dr Joseph Mercola MD. In his article Dr Mercola discusses natural ways of reducing cholesterol. He promotes the use of EFT to reduce/address stress: <http://www.optimumevolution.com/wellness/stresshealth.html>

And don't forget, sometimes there's a hidden core issue at the heart of ongoing stress. That's where an experienced EFT practitioner can be really useful.

If you want to set up a session with me to help you 'address the stress' then please email or call. And don't forget, for those who live locally the monthly EFT group could be just the thing to help you on your way to living a calmer, happier life full of new possibilities.

Blessings,
Helen.

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