

Norah Jane Brasington

HYPNOTHERAPY, LIFE COACHING,
NLP AND EFT

Research shows that behind 85% of illness there is some unresolved emotional issue or trauma.

Your therapist, Norah Brasington, is a qualified Life Coach, Hypnotherapist, Master NLP and EFT Practitioner. During our sessions we will explore your current behaviour/issue, as it may be an old, unconscious pattern in need of updating. You can then learn how to shift and change these patterns, replacing them with more positive ones, allowing you to achieve your full potential.



Creating Balance & Harmony

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EFT Tapping Points

(for your reference after you have learned the basic EFT recipe)

1 Locate problem and rate current intensity on a scale of 0-10.

2 Tap on karate chop spot or sore spot while repeating Set Up Statement.

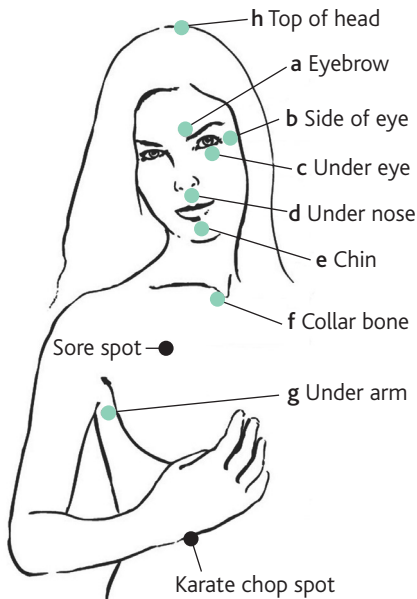
'Even though I (insert problem) I deeply and completely love and accept myself'

3 Take 2 fingers and tap on the other points illustrated from a, to h, repeating 'this problem...' at each point.

'This (insert problem as before)'

4 Take a deep breath and check what has changed when you revisit the problem.

5 Repeat process on remainder of problem or any new aspect that may have arisen.



Sequence:

- | | |
|---------------|---------------|
| a Eyebrow | e Chin |
| b Side of eye | f Collar bone |
| c Under eye | g Under arm |
| d Under nose | h Top of head |