

Workshop Title: *EFT & Emotional Well being in Relationships*

Facilitators: Jayashree Janardhan Ashok, an advanced EFT teacher and practitioner, Founder of the Healing Circle; Dipika Kapadia, Eera Mittur, Rahul Lahoti, and Saurabh Madan.

Date and Time: Saturday Aug 1st 2009 – Sunday Aug 2nd 2009, 10 am – 5 pm (including lunch and tea break)

Where: To be determined. (Email will be sent to registered participants)

Who is it for? Anyone who would like to learn how balancing our emotions through healing can help us in our everyday life. You can use it in a variety of areas in your life including work, home, relationships or releasing past issues/trauma. Learn to unblock yourself and experience greater freedom. You can integrate this acupuncture based technique into your daily life. A regular practice leads to tremendous empowerment. Please see testimonials on <http://www.emohealing.org>.

Emotional Well being in our Relationships

EFT is a very powerful tool for us to explore the limitations we actually experience in our relationships and lives. It helps us gently take responsibility for our feelings and reactions. With mindfulness we will let go the negative emotions stored within us. As we dissolve the negative emotions within ourselves we are then able to reach a state of calmness where rational thinking and solutions can prevail.

We all store mental images within ourselves that can become our limitations in our relationships. We experience our relationships through the lens of our own images. Sometimes our mental images become our limitations in our relationships with each other. Awareness and releasing negative emotions stored with these images is a powerful way of experiencing peace within ourselves first. We begin to slowly take responsibility for and understand the connection between ourselves and our relationship experiences. Working on ourselves automatically reflects in our relationships at many different levels and leads to personal peace. The process often leads to a natural state of forgiveness through mindfulness and gentle acceptance. As we dissolve our internal resistance about the other person/group, we are then able to reach a state of calmness where rational thinking and solutions can prevail

About The Healing Circle

The Healing Circle is a community of people practicing ways in which we can live mindfully with ourselves, our families, schools, communities and environment. We find ways in which we can let go of negative states within ourselves empowering us towards right action. We learn to let go of negative emotions within us and connect with others through our own lighter selves. The Healing Circle founded by Jayashree now has several associates who have experienced deep benefits from this practice and are choosing to work in a community environment acknowledging the benefits of working with a community. They have chosen to volunteer their time in helping others experience the same benefits. Many have their own private practice in addition to working as a community.

Please refer to <http://www.emohealing.org> for more details about the Healing Circle. Please refer to <http://www.emofree.com> to know more about EFT and Gary Craig.

Workshop Cost: Workshop fees are on a sliding scale of \$100/- to \$250/- (excluding food). All profits (after event costs) will be donated to Sangati supported non-profit organizations based in India. Workshop fees can be discounted in special cases based on affordability. NO ONE is turned away due to affordability. **Attendance to this workshop by RSVP only**

To Register: Please register online at <http://emohealing.org/seattleworkshop09.aspx>

Optional private sessions follow-up: You are welcome to take private sessions in person or over the phone to experience the depths of EFT and receive the additional support to heal from deeper issues. In our experience, we have found private sessions to be greatly helpful during beginning sessions with EFT. You may RSVP for private 1-1 sessions after the workshop.

Prerequisites: Any Introduction to EFT workshop [and/or regular EFT practice]

Workshop Contents

Day 1: Connecting With Your Self

- Introduction to the different aspects of relationships. We will learn about mental images, our reactions, feelings, judgments, attachments and explore the concepts of self empathy. What can we take responsibility for?
- Practical mindfulness exercises that increase our awareness necessary for healing. These will be your guide in the “approaches” you take with EFT. We will use EFT to heal ourselves emotionally – in a process of self empathy by taking responsibility for ourselves.
- Exploring Judgments – Practical exercises
- Exploring Attachments – Practical exercises

Day 2: Connecting With Others

- Review of concepts from Day 1 and if required continuation of practical exercises from Day 1.
- Connecting with others. Can we accept others as they are? (Practical exercises).
- Deep listening and empathy for others. (Practical exercises).
- Interaction with Others. (Practical Exercises)
- Relevant action. (Practical Exercises)

Disclosure Notice: Please note, EFT is not a substitute for medical advice