

# Society for Integrated Development of Himalayas (SIDH)

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Hazelwood Cottage, Landour Cantt, Mussoorie, Uttarakhand - 248179, India

## Healing With Emotional Freedom Technique (EFT) & Reiki Emotion Management

**Duration:** 4 days

**When:** 30th April – 3rd May 2009

**Where:** SIDH Lower Campus, Kempty

**Facilitators 1:** for EFT on first 3 days - Jayashree Ashok with Rashmi Goyal

**Facilitators 2:** for Reiki Emotion Management on the 4th day - Mr Bijan Chattopadhyaya

**Participation Fee:** Rs.2400/-

**Day 1** – Introduction to EFT.

**Day 2** – Exploring Our Mental Images. Healing our relationships.

**Day 3** – EFT For Parents And Teachers, Working with Children.

**Day 4** – Reiki Emotion Management

**Part 1** (First 3 days)

### What is EFT?

Emotional Freedom Technique is an Acupressure based technique for healing from negative emotions. It is an emotional, needle free version of acupuncture - using acupressure tapping to stimulate your energy meridian system. A thought or memory triggers disruption in the body's energy system experienced as physical, psychological or emotional pain. EFT simply re-balances the energy system while the specific problem is in focus.

This workshop will help you experience the connections between the mind, body & emotions. You can heal yourself from past negativity, trauma and stresses using your own body's energy system. EFT comes under the general field of Energy Psychology. The basis of this is that we use the mind and body to tune into, and connect to a specific problem. The problem is then eased using acupressure on the energy system to clear your internal emotions and resistances to the problem. Your emotions and body sensations are indicators of the progress being made. The problem is systematically cleared until it is resolved.

EFT has been used in a wide variety of physical areas as well. It has been used effectively for pain, a wide range of physical illnesses, addictions etc. Please see <http://www.emofree.com> for more details.

### Healing Our Relationships

We all have certain mental images within ourselves through our life experiences. We experience our relationships through the lens of our own images. Sometimes our mental images become our limitations in our relationships with each other. At a larger level, the same creates limitations as a community, as a country, as one world. Awareness and relaxing these images is a powerful way of experiencing peace as we begin with 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. The process often leads to a natural state of forgiveness through mindfulness and gentle

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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. EFT is a very powerful tool for us to explore the connection between our mental constructs/images and the limitations we actually experience in our relationships and lives

## **EFT For Parents And Teachers. Working With Children.**

Our own experiences naturally guides us as parents and teachers. We see the world through the lens of our experiences. However, our negative experiences when stored within us can make us over-protective as parents. We tend to project our negative experiences to our children. Learn to let go of fears, failures and disappointments in your own life so you can parent from your heart – with wisdom and courage.

As parents and teachers – self empathy for ourselves is critical so we can practice positive interaction and discipline with children. You can bring in specific areas where you are experiencing conflicts in your parenting or teaching and use EFT to understand and free yourself. This will help you effortlessly work with children.

EFT is very effective with children. You can tap with them, on them or for them for a variety of areas – from emotional blocks or fears within them to physical issues.

## **Part 2 (Day 4)- Reiki Emotion Management**

### **(First Half )**

Sl.	Topic	Time
1	What is Emotion – Type , Aspects, Theories	20 Minutes
2	Emotional Experience ( Physiological ) and Behavior	30 Minutes
3	Effect of Positive and Negative Emotion	20 Minutes
4	Effect of Cosmic Energy on Emotion ..... Spiritual Reality Film	30 Minutes
5	Meditation	40 Minutes

### **(Second Half)**

Sl.	Topic	Time
1	Astral Body, Chakras , Emotion and Disease	40 Minutes
2	Reiki and Emotion Management	40 Minutes
3	Conclusion	10 Minutes
4	Question and Answer	20 Minutes
5	Meditation	40 Minutes

The workshop ends on day 4.

For those interested in continuing with Reiki, Mr Bijan Chattopadhaya is available on the 4th May and the 5th May for Practical sessions, the details for which are as follows:

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## REIKI PRACTICAL SESSIONS

For Beginners (LEVEL I)

Group of 10 / 12 People

Sl.	Topic	Time
1	Registration	15 Minutes
2	Course material for Reiki First Level	15 Minutes
3	Briefing for Attunement	30 Minutes
4	Attunement	100 Minutes
5	Feeling of Energy Field on Hands	10 Minutes
6	Scanning other Aura	20 Minutes
7	Self Treatment with Hand Position	20 Minutes
8	Treating other	20 Minutes
9	Healing in Group	10 Minutes
10	Light Circle	10 Minutes
11	Intention Box	10 Minutes
12	Award of Certificate	10 Minutes
13	Attitude of Gratitude	10 Minutes

Participation Fee - Rs.1000/- per person.

For Advance Learners (LEVEL II )

Group of 10 / 12 People

Sl.	Topic	Time
1	Registration	15 Minutes
2	Course material for Reiki Second Level	15 Minutes
3	Healing from Distance	30 Minutes
4	Attunement	100 Minutes
5	Feeling of Energy Field on Hands on distance healing	10 Minutes
6	Scanning other Aura on distance	20 Minutes
7	Self Treatment with Hand Position	20 Minutes
8	Treating other from distance	20 Minutes
9	Healing Past and Future	10 Minutes
10	Light Circle	10 Minutes
11	Programming	10 Minutes
12	Award of Certificate	10 Minutes
13	Attitude of Gratitude	10 Minutes

Participation Fee - Rs.1750/- per person.

Please Fill in the registration form given below.

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## Workshop Registration Form *Healing through EFT & Reiki Emotion Management* *30th April to 3rd May 2009 October, 2009 (4 days)*

**Full Name of Participant:**

**Registration Fee: Rs. 500/-**

**Mode of Payment: Cheque / Demand Draft/Electronic Remittance\*:**

(The Cheque/Draft must be payable at Dehradun/Mussoorie to "Society for Integrated Development of Himalayas")

**Details of Cheque / Demand Draft/ Electronic Remittance:**

(Name and Branch of the Bank, & Cheque or Demand Draft Number)

**Phone:**

**Full Postal Address:**

**Email ID:**

**College/Institution/Organisation/Company:**

**Please mention any food/dietary restrictions:**

**How did you find out about this workshop (please be specific):**

**Signature:**

**Date:**

**NOTE:** Please fill in this registration form and send to the following postal address, along with the cheque/draft of Rs. 500 payable to "Society for Integrated Development of Himalayas" by registered/speed post. This registration amount is a non-refundable advance. It will be deducted from the total fee of the workshop.

**SIDH**  
**Hazelwood Cottage**  
**Landour Cantt.**  
**Mussoorie 248179**  
**Uttarakhand, India**

\* The fee may be remitted electronically to:

1. The SBI bank account of "Society for Integrated Development of Himalayas", Account Number: 10404458913, SBI Bank, Landour Cantt. Branch, Mussoorie. The branch code is 5476.
1. The ICICI bank account of "Society for Integrated Development of Himalayas", Account Number: 016401015817, ICICI Bank, Dehradun Branch, NCR Plaza, 24, New Cantt. Road, Dehradun-248001.
2. Please email us details of the remittance immediately at [sidh.bodhigram@gmail.com](mailto:sidh.bodhigram@gmail.com)