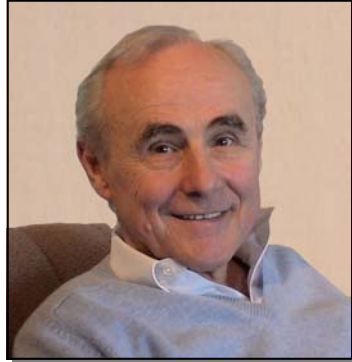




# EFT *Emotional Freedom Techniques*



## *Meet Gary Craig, Founder of EFT*

EFT was introduced in 1995 by Gary Craig, a Stanford Engineer in lifelong pursuit of personal well-being.

*"I have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results.*

*EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner."*

Gary Craig is neither a psychologist nor a licensed therapist. He is an ordained minister through the Universal Church of God in Southern California, which is non-denominational and embraces all religions. He is a dedicated student of A Course in Miracles, and approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT or its Practitioners.

*"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will."*

*Emotional Freedom Techniques...Often works where nothing else will!*