

Handout for Community EFT –

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One of the Keys to Building a firm foundation for Sharing EFT in the Community is *Integrity**

Integrity* is -

1. Possession of firm principles: the quality of possessing and steadfastly adhering to high moral principles or professional standards
2. Completeness: the state of being complete or undivided
3. Wholeness: the state of being sound

A Few Integrity Synonyms: Honesty, Truth, Honour, Veracity, Reliability, Upright, Congruence,

Step 1: Get as clear as you can (It's clearly a process) Finding your Truth and **Integrity***

Get comfortable answering the question **“What do you do?”** share this as many times as you can until you feel clear about your place in the Community

How do you describe EFT to your friends, to your family, to people you don't know? What is your personal/professional experience of EFT? How much do you believe in your ability as an EFT Practitioner? Do you work on the premise, the certainty that EFT works....

How do you communicate with your neighbour, the local shopkeeper, The health food store owner/s? What activities do you see advertised that you would enjoy? Getting clear on what matters to you. Why do you do what you do? What do you really really want? What do you want from your EFT practice? Are you interested in Working with your community? Do you enjoy being with people? Working with people? How do you cope with criticism, *“that look”*, resistance to what you do? How open are you to other people's way of living? Do you judge them? What is your community like? Know the needs of your community, the economics, the interests, what do you see around you in your locality? What other similar organisations are there? Is there a demand for emotional freedom? Get to know the other community projects in the area.

Having overcome your limiting ways of thinking about what is possible for you with EFT, work out what is most important to you and spend time, money, and energy on those things

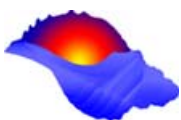
Once you **decide, clarify your values**, for e.g. to make Emotional Freedom, joy and harmony in daily living accessible to all then the next step is easy

Step 2: Practicalities, Opening doors, Generating interest, Making yourself available and accessible with **Integrity***

Harmony in thought, word and action...Make promises that you can keep and if you cannot keep them don't make excuses, accept and honour yourself, avoid putting yourself down at all times

Making Connections, Being very conscious of your own **Integrity** at all times, Be Natural and offer your services but don't bend over backwards, send out the invitation but stay centred, allow those who are interested to come to you. Being rooted in your own belief and having faith in your own capabilities will generate respect and interest. A community starts with the person in front of you...

Are you hoping to please, to help or to serve? The importance of Self Confidence, Self awareness and Intention will make the difference to how you feel. Whether you take things personally or not...



You may want to....

- Start a Support group
- Offer to provide free demos
- Have informative literature available
- Have free screenings of an EFT movie
- Gladly participate in local events
- Find Common Ground, Listening intently, (especially to the messages on the wind and the ones that echo those in the heart)

Step 3: Maintaining and sustaining a network, Patience and Enthusiasm born out of **Integrity***

Consistent Action with Gentleness and Patience

One of the most amazing things about EFT is that one can easily understate, over deliver, there is no need for any hype...

Group Sessions and Specialist Workshops finding innovative ways of sharing EFT in the community

The importance of Time, It really does happen at the right time. There is a time to sow and a time to reap. The greatest gift you can give to yourself is Time, the greatest gift you can share with others is time...

Working with other Practitioners, Doing Voluntary Work, Paying it forward,

Step 4: Training others and sharing the Enthusiasm and Passion Effortlessly, Creating a Community within the community, allowing others to share your vision and take it further. Being Inspired, sharing Inspiration and Inspiring others with your **Integrity***

We live in an addicted and anxious world where worry and fear are considered normal. Many feel fragmented and discontent. Separate from our reality of unimaginable potential we drift aimlessly seeking; impatient we hurt ourselves and others with criticism and judgement and yet there is a moment in all of this when the shared desire of love and peace takes us to a place of joy. When 2 or more gather with the intention of creating harmony it ripples out sending the waves of harmony through our collective consciousness.

Having No agenda get-togethers, sharing laughter and tears, inspire others by your integrity and actions

***Personal Note:** I have been working with local groups, students, teachers, counsellors, nurses, parents and children for a while now. Most of the time it has been an intuitive process that has been rewarding for all concerned, there have been times when I have as Gary would say, "stubbed my toe" and had to carefully extract my foot from my mouth. There have been times when I have thought of running for that secluded cave in the mountains to hide away in, times when I have thought why am I doing this, why do I bother? Much of the above is learnt from making mistakes, from my constant willingness to learn, be open, vulnerable and flexible. Giving myself permission to make mistakes was a big turning point in my EFT journey. Fortunately with EFT it is easy to move on and create a fearless reality based on Love and Truth. It was not easy at first especially as I had so much to learn about self confidence, creative communication and integrity. EFT is a tool that enables me to meet all life with a peaceful and open heart, how can I not share it? It is amazing and deeply satisfying to witness others detach from negative beliefs, debilitating stuck stories and so step into acceptance and self awareness with ease.*

