

# Emotional Freedom Techniques Training

BY KATHLEEN MORISON

Earlier this year EFT Master Ann Ross came to Dunblane to teach Levels 1 and 2 of Emotional Freedom Techniques. The event was a triumph. Participants were taught one of the most powerful self-help tools currently available, and many found it life-changing.

As the process of learning and using EFT can involve emotional release, it was important that the environment should be conducive to comfort and peace. Our venue was the Golf Club, with beautiful views across the fairway, and I am sure this atmosphere contributed to an excellent and inspiring event. Ann is returning in June to repeat these workshops and will then teach Level 3 in September.

Here are some of the comments from participants on the course:

“Ann is a lovely, warm, peaceful person. A clear, patient and encouraging teacher, who strongly held each of us individually and as a group - and whose calm assurance gave me a sense of complete trust and safety - enabling me to be free to learn and share. THANK YOU, ANN. It was a profound joy and privilege to spend these three days with you!”

“Fantastic, insightful, real, beautiful, inspiring.”

“Very thorough in a relaxed, calm way. Very healing in a spiritual way. Very realistic and down-to-earth. Very gentle, soft and nurturing.”

“Ann, you were so wonderful, calm and accepting - your explanations and the pace of the course were just right! I didn't feel

overloaded or under-prepared. This has been truly life-changing for me. I haven't felt so excited since I was a child!”

“Ann made our workshop enjoyable and fun! She introduced us to a wide range of approaches and techniques, yet was never rushed, and she paused to meet each of us in the moment when we had a question to ask. Her gentle and caring approach, combined with her experience and wisdom, made the workshop a deep learning experience.”

“Everyone's support has been fabulous and Ann & Kathleen's personal help with my emotional stuff was greatly appreciated. Ann is a great trainer and inspirational person.”

“Ann, you are an inspiration. I feel so excited about using EFT in my work and personal life. I came to the course engaged in a huge drama and am leaving not even remembering what it was.”

And finally, from Dr Neil Milliken from the Kippen Health Practice: “I have attended many courses on complementary healing techniques. Ann's teaching was the best I have experienced - clear and enjoyable. She has a deep understanding of people and their problems and has a gift for accessing healing on an emotional level using compassion, understanding and humour.”

The June workshops are the last EFT Levels 1 and 2 that Ann Ross will offer in Scotland in 2009. So don't hang back. Phone Kathleen Morison for booking details (01786 833717).

## ALL CHANGE

After over 20 years as Brownie Guider, Margaret Price has stepped down from running the 2nd Bridge of Allan Brownie Pack.



Margaret and Brownies on a trip to London

During this period Margaret organised many pack holidays, outings, craft sessions, fundraising activities and Brownie adventures. Then of course there was the end-of-term hike down the Darn Walk, with barbecue and sleepover in the Church Hall, which many girls will remember.

Over the years many 7 to 10 year-old girls will have benefited from Margaret's enthusiasm and organisation skills. We would like to thank her for the huge amount of time and effort she has given to shaping the lives of young women of the future. Margaret will still be involved with local Guiding, assisting in Airthrey District, and from September will be Forth Valley Pack Holiday Adviser.

Welcome to new Guider Gayle Blyth (below) who has taken over the running of 2nd Bridge of Allan Brownies.



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### Emotional Freedom Techniques

Level 1 Training Course  
Saturday 20th June  
£95

Level 2 Training  
Sunday 21st/Monday 22nd  
June  
£250

Both courses - £340

All days from 9.30am - 5pm  
At Dunblane Golf Club

## EFT Master ANN ROSS

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