

Train to Give Yourself Love in South Africa

Love Yourself

According to the Law of Attraction, our thoughts become our reality. We attract what we think.

And whether you are happily single, in a relationship or looking to be in one, you are lovable. Yes, you are. Everyone is lovable And you are lovable. And if you tell yourself that you are lovable, even if you don't 100% buy into the concept right now, then others will perceive you as lovable.

Hand-in-hand with being lovable is giving and receiving love. And if you think love and radiate love, you attract love. And of course, love is great, but love on its own is not everything.

One way that I experienced total self-love is by training in two powerful energy healing modalities – Reiki and EFT. Now living in South Africa, I highly recommend these modalities – they are a great way to start learning how to love yourself. And what better way to learn than to train in them?!

Suzanne Zacharia, www.NewAgeInternationalTraining.com

Using This Book

The legal bits:

- You must assume responsibility for your own physical and mental wellbeing and not do anything that is not right for you. For example, if you are now diagnosed with schizophrenia or psychosis, EFT can be unsuitable for you.
- Regardless of the above proviso, you are advised to consult with your physician or medical practitioner before embarking on any alternative or complementary treatment.
- This book is not a substitute for medical advice and care, nor was it intended to be.
- This book is not a substitute for any practitioner training or supervision nor was it intended to be.
- The use of systems that are trademarked or have a registered trademark represents our views and not necessarily those of the trademark owners.

EFT is the one tool that I feel every man, woman and child needs. It can be used for self-help, and in my opinion, it should be used by all healthcare professionals, allied healthcare professionals,

complementary, beauty, and alternative health practitioners. Short for Emotional Freedom Techniques, it has been found to help everything from chronic pain to allergies, and so the “Emotional” part in my opinion is a bit of a misnomer.

Reiki is literally translated from Japanese as “Spirit Energy”. I feel that the Reiki Master Teacher should be committed to keeping intact and promoting the spiritual element of Reiki. This is to be as near as possible to the teachings of Dr Mikao Usui, and respect to the lineage tracing back to Dr Usui.

Because of the need for simple, effective, energy healing tools, they should be available to all in the simplest and easiest ways possible. They should also be used by practitioners in a responsible manner. To meet both needs, the ideal training structure is one that is totally geared towards practice at different levels of ability. However, training in energy healing or therapy is like learning Karate or swimming. It is not like learning literature, history, or even massage. Energy healing cannot be a classroom course any more than for example Karate or Judo can be a classroom course. And take swimming as another example. Children go to swimming classes in the water. They do not sit down on desks with pencil and paper and books or use blackboards. They learn to swim by going in the water and following the instructions for their physical activity. Another example is a gym class, where ordinary men and women attend at a gym, where they are instructed to carry out a series of physical moves to improve their physical and emotional well-being. In that situation too, there are no desks, books, pencils, pens, or paper. As a matter of fact, a gym class may even have fast music, with the attendees sweating in their shorts and lycra clothing – hardly what is usually associated with a class. All these classes are currently running very successfully across South Africa.

Energy healing is a physical procedure where the person learns as they do the healing. Moreover, the most important element of energy healing or energy therapy is self-development or self-growth. Even with health professionals wishing to add EFT or Reiki to their toolkit, if they have not undertaken the self-growth element, they will only be able to help their clients in a very limited way, if at all. This is like a swimming instructor that does not swim very well themselves and is afraid of the water! Can you imagine how this can be?!

EFT is going from strength to strength and undergoing exciting developments. It is suitable for all, unless you have been diagnosed with schizophrenia or psychosis. As for Reiki, there are no contra-indications. Anyone can do Reiki. It is important to keep the integrity of Reiki, in every way, including its spiritual element, and the need to live the Reiki way of life. And when you apply these ideas to the practice of EFT, it works really beautifully to raise you to a level of spiritual and total contentment that I can only try to describe.

Suitably skilled people in EFT and/or Reiki are not available in sufficient numbers to fill their occupation, due to the concentration of training available in big towns and cities, in areas mainly accessible to the privileged few, and not available in rural areas. Reiki and/or EFT Practitioners, as self-employed standalone practitioners, have a new or emerging occupation, where there is insufficient training availability. For example, training methods range from a 3-day intensive training for a practitioner to deal with the most complex physical and emotional issues. There simply is no scope in that training for how to work as part of a team, such as working with an oncologist in the case of cancer or working with a psychiatrist and rehab centre in the case of alcoholism, or working with the family in the case of abuse. Also, most practitioners, not being formally recognized, have a day-job other than in healing, and so often give up their healing work in order to concentrate on their main source of income. Some practitioners work in rehab centres,

schools, oncology, and other places where they are not open about their use of these skills, because they are not officially recognized. Many institutions do not realize that there is an EFT Practitioner or Reiki Practitioner on board. These Practitioners often do only some of what they can do with the client, because they can only add a small amount of it to an existing program surreptitiously.

EFT and Reiki can also be top-up skills for many occupations. The list is very long and includes:

- Customer service training
- Physical rehabilitation
- Physiotherapy
- Counselling
- Oncology
- Nursing
- Community carers in a role of advising and helping their community – ranging from Imams, Priests, Rabbis, Traditional African Healers, to social workers, nurses, and medical General Practitioners.

To give an example, the following practitioners have agreed for it to be published that they use EFT and/or Reiki in their Practice. Others have been understandably reticent, as their jobs could be jeopardized if it is found that they do an unofficially recognized technique.

- Rayhanna Sheik, Jonga-Imtilo Wellness Centre, 076 498 0589, Wynberg and Plumstead centres in the Western Cape. Rayhanna uses EFT and Reiki to motivate colleagues and clients.
- Dr Jon Morley, who uses EFT for a range of physical and emotional conditions with his patients in Knysna and George in the Western Cape. Contact details are 044 382 2289 (Knysna), 044 889 0119 (George), website www.vitali.co.za

Number and Distribution of People in South Africa Trained in Reiki

People trained in Reiki to the first level can help themselves, friends and family. Those trained to the second level or higher can work with clients as a practitioner. The listings below are of the numbers trained to Reiki 1 and those trained to Practitioner level in the 9 provinces of South Africa. The numbers were given by teachers and teaching institutions that were found to be the most reliable (For example, they taught in-person and their figures made sense according to the number of years they had been teaching the technique) who participated in this book. Thank you to everyone who has participated.

Eastern Cape

Reiki Practitioners: 30

This was supplied by Gaynor du Perez, www.sunshineuni.com, whose company is the Sunshine Academy of Metaphysics. No others were found.

Total number of Reiki Practitioners: 30

Free State

No Reiki-trained people were found in the Free State.

Total number of Reiki Practitioners: 0

Gauteng

Reiki Practitioners: 1000

This was supplied by Karen Lange, Principal of the Soul Healing Academy, www.reikicourses.co.za

People trained to Reiki 1 only: 2

Reiki Practitioners: 10

This was supplied by Gideon Craucamp, Reiki Master/Teacher at www.ansui.org

It appears that in Gauteng, people are encouraged to study all the way to Reiki Practitioner level, rather than be allowed to use it just for friends and family, or perhaps the styles of Reiki taught are structured in this way. There are over 142 different styles of Reiki worldwide.

Total people trained to Reiki 1 only: 2

[Total Reiki Practitioners: 1010](#)

KwaZulu-Natal

Reiki Practitioners: 20

This was supplied by Gaynor du Perez, www.sunshineuni.com, whose company is the Sunshine Academy of Metaphysics.

Total number of Reiki Practitioners: 20

Limpopo

Reiki Practitioners: 20

This was supplied by Gaynor du Perez, www.sunshineuni.com, whose company is the Sunshine Academy of Metaphysics.

Total number of Reiki Practitioners: 20

Mpumalanga

People trained to Reiki 1 only: 10

Reiki Practitioners: 40

This was supplied by Gillian Higginson, of www.holisticpathways.co.za.

Northern Cape

Reiki Practitioners: 30

This was supplied by Gaynor du Perez, www.sunshineuni.com, whose company is the Sunshine Academy of Metaphysics.

Total number of Reiki Practitioners: 30

North West

No people trained in Reiki were found in the North West.
Total number of Reiki Practitioners: 0

Western Cape

People trained to Reiki 1 only: 18
Reiki Practitioners: 47

This was supplied by Marie S. David, Evensong Retreat & Spirituality Center, who trains in the Western Cape by visiting from Massachusetts in the USA

People trained to Reiki 1 only: 46
Reiki Practitioners: 54

This was supplied by Markus van der Westhuizen, at www.healthychoice.co.za

People trained to Reiki 1 only: 46
Reiki Practitioners: 41

This was supplied by Suzanne Zacharia, at <http://www.NewAgeInternationalTraining.com>

Total people trained to Reiki 1 only: 110
Total Reiki Practitioners: 142

Number and Distribution of People in South Africa Trained in EFT

People trained in EFT to the first level can help themselves, friends and family. Those trained to the second level or higher can work with clients as a practitioner. The listings below are of the numbers trained to EFT1 and those trained to Practitioner level in the 9 provinces of South Africa. The numbers were given by teachers and teaching institutions that were found to be the most reliable (For example, they taught in-person and their figures made sense according to the number of years they had been teaching the technique) who participated in this book. Thank you to everyone who has participated.

Eastern Cape

No EFT-trained people were found in the Eastern Cape.
Total number of EFT Practitioners: 0

Free State

No EFT-trained people were found in the Free State.
Total number of EFT Practitioners: 0

Gauteng

People trained to EFT1 only: 90

EFT Practitioners: 60

This was supplied by Lana Ackermann, at www.EmotionalFreedom.co.za

This has been repeated for similar trainers in Gauteng, whom have not been forthcoming with feedback, so extrapolating from the above experience, this can be about the same, in Gauteng:

People trained to EFT1 only: 90

EFT Practitioners: 60

EFT Practitioners: 10

This was supplied by Suzanne Zacharia, at <http://www.NewAgeInternationalTraining.com>

Total number of people trained to EFT1 only: 180

Total number of EFT Practitioners: 130

KwaZulu-Natal

Total number of EFT Practitioners: 4

This was supplied by Suzanne Zacharia, at <http://www.NewAgeInternationalTraining.com>

Limpopo

No EFT-trained people were found in Limpopo

Total number of EFT Practitioners: 0

Mpumalanga

No EFT-trained people were found in Mpumalanga.

Total number of EFT Practitioners: 0

Northern Cape

No EFT-trained people were found in the Northern Cape.

Total number of EFT Practitioners: 0

North West

No EFT-trained people were found in the North West.

Total number of EFT Practitioners: 0

Western Cape

EFT Practitioners: 10

This was supplied by Lana Ackermann, at www.EmotionalFreedom.co.za

People trained to EFT1 only: 70

EFT Practitioners: 40

This was supplied by Suzanne Zacharia, at <http://www.NewAgeInternationalTraining.com>

EFT Practitioners: 100

This was supplied by Caryl Westmore, of eftmatrixsa@gmail.com and www.breakfreefast.com/goalsuccess (This trainer gave an approximate figure of 400 in-between 4 countries, so dividing the number by 4 was the most logical approximation).

EFT Practitioners: 28

This was supplied by Bennie Naude, of www.deepliving.com

People trained to EFT1 only: 65

EFT Practitioners: 35

This was supplied by Anne Combrinck, of www.eft.org.za

Total number of people trained to EFT1 only: 135

Total number of EFT Practitioners: 213

Some of What These Lovely Teachers Have Said

“I have seen so many people shift, grow and transform their lives with Reiki energy. My personal favourite is taking people through a year's process and seeing how much happier and lighter people become. Our courses are based on living by the Reiki principles and moving from self forgiveness to full acceptance of the self, to self love.

“Reiki is an art and a science and not something that is practised only when ill; Reiki is love and we all need the love and compassion Reiki brings.

“We live in a world of constant change and challenge. If you truly live the Reiki principles you learn to see the challenges as stepping stones and also as a compass pointing you in the areas you need to grow. Our relationships and emotions are our biggest teachers. Ultimately we draw people in to our lives who are best able to facilitate our growth. When the relationship sours in order to preserve our ego we blame the other person. I love to use reiki energy in Self Healing to access my higher self and ask my higher self/soul 'What is the lesson... Where is the growth?' Reiki is a true blessing that helps keep me centred, humble and focused on universal love.”

Karen Higginson, Principal Soul Healing Academy, www.reikicourses.co.za

"Reiki has come into my life rather unexpectedly, but yet in Divine timing... The Universe tends to do that! So since the year 2000 when my personal Reiki Journey began, I have witnessed the miraculous energy of Reiki every time I have placed my hands down to give the gift of Universal Life Force Energy without fail. It has made me a better person, healed my addictions and empowered me to become the master that I continually work to be. When we allow the Source of All Life into our lives, and we choose to live a life in Service to the Divine... We open our-selves to the miracles and abundant Blessings that is bestowed on us. For the Gift of Reiki I AM eternally grateful! If you would like to experience the healing power of Reiki, or if you would like to transform your life by learning the Healing Art of Reiki, please contact me. My services are offered

on a HEART DONATION PRINCIPLE, meaning if you cannot afford my service fees, you are welcome to offer me what you can, or simply pledge to pay it forward.” Gideon Craucamp Reiki Master/Teacher, <http://www.ansui.org/>

“Here are two anecdotes from women at a Reiki clinic held for survivors of abuse:

'I could feel energizing warmth soothe and heal my body. The energy felt great, calming, relaxing and peaceful. When it came to my headache I could feel her pulling the ache and tensions out of my head. I could also feel emotions being released. It felt as if the emotions were flowing out of me like water through my tears. The warmth of her hands was a great way to relax into the treatment. My headache has gone away.'

'The Reiki treatment has helped me to realize the energy in my body. The treatment helped to relieve my anxieties. I felt more secure and loved. I actually felt like I was loving myself and the Reiki was healing the scars and pains in my body. The negative energy left though my feet making room for the positive energy to come in. Reiki made me more aware of the divine energy within me. I can love myself no matter what life throws at me.' “

Marie S. David, marie@evensongretreat.com

“Ki [Chi/Qi or Lifeforce Energy] is the basic unit of the universe. It is the infinite gathering of infinitely small particles. Everything is ultimately composed of Ki. If you pursue this concept to the depth of human consciousness, you will understand the universal mind, which governs all creation, loving and protecting all life... Everything originates from the Ki of the universe. ~ KOICHI TOHEI

“The act of laying hands on the human or animal body to comfort and relieve pain is as old as instinct. When experiencing pain, the first thing most people do is to put their hands on it. When a child falls and scrapes her knee, she wants her mother to hold it — or kiss it — and make it better. A mother's instinct when a child is feverish or ill directs her to place her hands on the baby's forehead. Human touch conveys caring and love. When an animal is in pain, its first instinct is to lick the area — for the same reasons that a person applies touch with his hands. This simple act is the basis for all touch healing techniques.

“Another way to explain is perhaps by envisaging a free-flowing river. This beautiful river is like energy flowing easily down through the body. Occasionally a pebble, or even a rock, will fall into that river making the flow of the water a little difficult. These pebbles are human worries, fear, anger, and each pebble builds on top of the other. Soon there is only a trickle of water running in that once beautiful free flowing river. And so it is with energy in the human body. At this point physical pain may be experienced.

“During a Reiki treatment the pure flow of energy is re-aligned within the body. It washes down, clearing obstructions and strengthening the flow of energy. This signifies a connection to the understanding of one's purpose on earth and the easiest, most successful way of achieving it.

“Reiki is not a religion. It beholds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. Reiki is energy from God and is an extremely powerful healing energy. It does not interfere with traditional medical treatment, but facilitates benefits. Reiki speeds the healing process and provides a source of restoring energy while one is ill, under medical treatment, or in recovery.”

Markus van der Westhuizen, www.healthychoice.co.za

“Hi Lana,

“You will no doubt remember our session of EFT at your studio back in May of this year. Following a course I undertook in Kinesiology i noted that the Kinesiologist, having diagnosed the root cause of a problem, used EFT to unblock the issues of one of his patients. Wanting to know more about this i asked you for a brief insight and your suggestion to get a feel for it was to have a session with you. Last week i was telling a friend about the Kinesiology and our session when i had one of those moments of dawning.

“I had explained to them that during your EFT we had focused on a knotted mass in my back. An aching pain which had been with me for over a year, closer to two maybe, and which I had put down to my poor posture at work and long hours over a computer keyboard. It was only when i came to mention this to my friend that i realised the pain and the knots in my right shoulder had gone completely. I must have seen you fifty times since then and because i had not noticed the change have not expressed my gratitude, hence this email Lana.

“I feel a little embarrassed that something so obviously effective went by without my being aware but I guess that can sometimes be the case. The amusing thing is that when I came to you about EFT all those months ago I came to learn how it works. There were many light bulb moments during our session and afterwards a mind shift in the way i address my life-work balance (I used to call this my work-life balance so obviously an improvement there); I remain intrigued by the science and still need to know HOW it works so we must arrange an education, in the meantime I shall remain satisfied just in the knowledge THAT it works.

“For my painfree shoulder, for the warmth you give out every time i am with you, for your ever optimistic attitude to the universe and for all that you give to those around you without seemingly trying, I just wanted to say thank you.

“Thank you Lana,

“With Love,

“Mark”

Lana Ackermann, www.EmotionalFreedom.co.za

In one of her books, Caryl writes the amazing anecdote about the man who died under anaesthetic and had had brain damage and by the time he came to me still suffered with OCD and could not move on with his life. After one session he had a complete turnaround and went back into business etc. Until that session I had been focused on my work as a Journey therapist - but this convinced me of the power of EFT and I never looked back.

Caryl Westmore
eftmatrixsa@gmail.com

"Like most people, I have a soft spot for kids so I loved this story from one of my Level 3 students: Just had a phone call from a 12 year old client who I have worked with on a few issues. The last one being her fear of dogs - stemmed from her having a friends large dog jump up on her when she was only 5 and pinned her against the wall. She has just come face to face with the same dog, which jumped up on her and she just took control and told him to get down. There was no fear and no panic. Now that's cool!!!

Bennie, <http://www.deepliving.com>

“A personal experience with EFT:

“A while ago....a Peregrine Falcon flew into our plate glass window. By the time we reached him he was lying on his back, wings sprawled, feet curled up, eyes closed and not breathing. I detected a very faint heart-beat that was dwindling fast. I turned him over - his little head lolling to the side, wrapped my hands around him and 'sent' healing energy into his body, with my son assisting and unbeknown to me doing the same. The heart beat became stronger and eventually was pounding in his chest as he briefly opened his eyes and was horrified by these 2 humans glaring and holding him. A little water laced with Rescue Remedy dropped into his beak, and more healing as I used surrogate EFT tapping with his fear, injuries, and 'concussion'.

“He again opened his eyes this time. read more at:

<http://anne-yoga-eft.blogspot.com/2011/01/falcon.html>

“As a Yoga Therapist with a fairly large practice, I come across people, who manifest physical/mental difficulties due to emotional problems, every day. EFT has been a life-saving add-on for them as we quickly neutralise negative emotions that are contributing to the physical/mental imbalance.

“It was with this in mind that I completed training as an EFT instructor in the USA in 2007, however due to a busy private practice and as a Yoga Teacher/Therapist trainer, do not teach EFT enough!”

Anne Combrinck, www.eft.org.za

One of my own EFT Articles - Tik Addiction Treatment – Optimistic Cape Town First Session

“Yasmin” first contacted me several months ago asking for help to come off crystal meth, or tik, as it is known in South Africa. She had seen my advertisement for stopping smoking hypnosis with EFT, and she wanted hypnosis for her addiction. I advertise my services as hypnosis with EFT, or I call it Advanced Hypnosis, as EFT, which stands for Emotional Freedom Techniques, is not really known in Cape Town, where I work. Anyway, last week and after many emails and promises to see me, Yasmin finally made that first brave step.

Well, actually, she had made that first brave step about three weeks ago, when she started using only on alternate days, totally of her own volition. However, she just could not stop and was plagued with cravings. Drugs can sap anyone of money, and Yasmin is a single parent, so I am seeing her at a fraction of what I normally charge in return for writing her story. I am truly grateful for this opportunity to help, and even the first session left us both feeling very optimistic.

In taking Yasmin's details, she said that she had first started with tik when she had her baby a few years back. The baby kept crying and stayed up all hours. Her boyfriend at the time suggested tik so that Yasmin could cope, and the rest was history. I then asked her what number out of 10 of craving for tik she had at that moment, and she answered a 5.

Yasmin asked me if hypnosis was indeed the best route for her, and I explained that hypnosis only achieves relaxation, and it is the treatment we do in or out of trance that actually does the work. I briefly explained EFT and that I would do the EFT tapping on her as she was lying down, in a hypnotic but fully awake sort of way, and that at the end of the treatments, her reward will be a deeper hypnosis relaxation.

Yasmin lay on the couch. I made sure she was comfortable, and also covered her for warmth, as people can get chilly when they relax. I sat behind her head, and explained that I will be tapping on the Top of her Head, her Eye Brow, Side of Eye, Under Eye, and Collarbone. I tap in feathery strokes gradually moving between the points tapping all the way in a continuous movement. I do this for two reasons. One is that it is reasonably comfortable for me in that position to concentrate just on those points, and another is that it feels nice for the client.

I started with a progressive relaxation in the waking state as I tapped continuously on Yasmin, in order for her body to relax gradually but surely, from her head to her feet. Somewhere along this process, I asked if the craving was still as five, and as she thought of it, what image did she get in her mind. Yasmin said that it was, and the image was of smoking it in the toilet at work. Once we had reached the feet, I started the treatment.

I tapped continuously as I started the EFT statements. I started with an Ericksonian story. Erickson, the great hypnotist, helped his patients by telling them a therapeutic story using metaphor. The story was about two girls in a club who had just taken a cocktail of drugs and were rushing (high). They were doing the usual drug-talk and started by saying how good they felt. One girl then said that she felt sorry for normal people (people who do not take drugs), because they will never get the opportunity to feel this good. In a flash of clarity, the other girl said: "But what if normal people always feel this way, what if they don't need drugs to feel this good?", and that was a turning point in the first girl's life. She realized that what her friend had just said somehow rang true, and there must be a way to feel that good naturally. She just had to find it. And she did.

I then carried on tapping to the following statements.

"Even though you can imagine yourself smoking in the toilet, you can accept, love, and forgive yourself anyway"

"Even though when the baby was crying, tik was a solution, maybe the baby was just trying to communicate something, or maybe she was just very active. You found a way that helped you stay up, and have more energy, and concentrate, you found a way that worked. Even though it has become the problem, you can accept, love, and forgive yourself, and allow yourself to move forward."

"Even though you can imagine yourself smoking in the toilet, you can love, accept, and forgive yourself anyway, even if you don't totally buy into loving, accepting and forgiving yourself."

"Even though you have this tik craving, you can accept yourself anyway."

I asked again for a craving number out of 10 (SUDS), and it was 0. I then suggested to Yasmin that the next time she gets a craving, she can go to the toilet and tap, and reassured her that I would show her how. Having earned her reward, Yasmin then happily went into a hypnotic trance to a

peaceful paradise Island, where she relaxed even further. I then awakened her and gave her EFT homework. She took two; one for emergency cravings, and the other was to tap as she read the Serenity Prayer.

Yasmin must have been happy with the EFT. She asked about Reiki, and I said I can use it instead of hypnosis next time, combining it with EFT, and she was happy with that suggestion. Our work continues next week.

It is great that Yasmin found EFT. She has no option of going into rehab, because despite the chaos that the tik had caused in her life, she manages to hold down a job and has a relatively good relationship with her family, who would probably abandon her if they found out. Going into rehab would mean that she would lose her job and family, and EFT is giving her control over her life now. She is not dependent on a rehab program. She will soon not be dependent on me either. And she has a technique to help her with cravings in-between sessions. EFT is empowerment. That was then - Yasmin is now free from Tik and has trained in both Reiki and EFT for her continued well-being.

Suzanne Zacharia, www.NewAgeInternationalTraining.com

And Finally...

I hope this has been helpful to you. You may forward it on to as many people as you like, free of charge, as long as you do so in its entirety and credit me with it.

For one-to-one and couples EFT, in person or by phone, distant Reiki, or Reiki or EFTTraining, just ask me. Or is there any subject you would like more complementary health information on? If so, just email me your request at suzanne@newagetherapies.com and I will do my best to help.

Wishing you love and joy,

Suzanne Zacharia, www.NewAgeInternationalTraining.com