



# EFT for Healing Chronic Illness

*Women's Wellness Circle Online  
Immersion March-April 2016*

With EFT Trainer and Practitioner  
Frances Goodall and supported by  
Sophie Jane Mortimer



[www.womenswellnesscircle.com](http://www.womenswellnesscircle.com)  
[www.francesgoodall.com](http://www.francesgoodall.com)



## ~Welcome~

Thank you for bringing your unique gifts and presence to this circle of sisterhood ~ we're so happy you're with us.

Here is the [recording](#) of the free event 'EFT for Healing Chronic Illness' which was an introduction to this course.

### **About the course**

This five week online immersion is designed to give you a direct experience of how Emotional Freedom Technique can be a guide on your unique healing path.

Surrounded by a circle of nurturing sisterhood, the course will provide a clearly defined pathway to a life where you are fully well and able to *do what you love*.

We will use EFT in every session and will cover:

#### **Week One ~**

Exploring and Clearing Limiting Beliefs About our Capacity to Recover

#### **Week Two ~**

Exploring How our Personality Sabotages Us and What To Do About It

#### **Week Three ~**

Exploring and Clearing the Impact of Difficult Life Experiences and Trauma

#### **Week Four ~**

Exploring and Clearing Subconscious Blocks to Recovery

#### **Week Five ~**

Choosing a Path to Wellness and Wholeness

## **Facebook circle**

We have created this circle as a place to connect, share insights and reach out for support from us and your sisters throughout our immersion together, and beyond.

To join the group, please click [here](#) and we'll let you in as soon as we can.

As a way to introduce your self and start to build sisterhood, we invite you to do this practice and share your intentions from this course.

## **\*P r a c t i c e\***

### **Connecting With Your Longing**

a. Take a few minutes to write down your responses to these questions:

~What is your deepest longing, at this time in your life?

~What would be your most powerful outcome from this immersion?

b. Circle the words that feel the most powerful and potent.

c. Drawing inspiration from these words, write one sentence about your intention for this month.

d. Write your intention on a piece of paper and place it by your bed.

~ **Week One** ~

## **Exploring and Clearing Limiting Beliefs About our Capacity to Recover**

### **Preparing for the call**

For the call, you'll need a journal and pen as well as anything you'd like to help you feel comfortable and cosy; herbal tea, a blanket, cushions...

You may like to watch Frances' video about [EFT for healing chronic illness](#) to inspire you.

To listen to the recording click [here](#).

### **Facebook circle**

We have created this circle as a place to connect, share insights and reach out for support from us and your sisters throughout our immersion together, and beyond.

To join the group, please click [here](#) and we'll let you in as soon as we can.

What a beautiful beginning ~ we were profoundly moved by your sharing's and insights in today's session.

**[Here is your recording.](#)**

*(Music: [Devi Prayer](#) by Craig Pruess)*

Together we are weaving a powerful field for healing.  
Thank you for bringing your passion, courage and sense of possibility to the call today.

Here are some of the sharing's that we didn't have chance to read:

*"I tapped along, and acknowledging the deep struggle and how hard it is was a real release. (Big tears!)  
I know I need to keep embracing this so I can move past it."  
~ Carol*

*"I cannot accept where I am now because its so scary to become visible and that is so unsafe".  
~ Natalie*

*"I can fully recover because I deserve to have a full life and because others have.*

*I can keep the lesson & release the teacher / conditions".*

~ Kamala

## **Support**

This course is designed to support powerful and lasting healing.

You will be invited to explore as profoundly as you feel able to, and the circle will be holding you as you dive deep.

When we're doing far-reaching soul work like this, it can be very helpful to work more in depth with an EFT practitioner. Maybe you already are working with someone you trust and feel safe with. If not...

~ To find out more about one-to-one EFT coaching with Sophie throughout the immersion, please email her.

~ To find out more about Frances' new small group EFT work, which will include plenty of one-to-one time and in-depth personal work, please email Frances. (You can also request to go on her waiting list for one to one sessions.)

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Feeling the support of this circle of women that extends around the world, we gently invite you to start to make tapping a daily habit.

Even if only for 5 minutes a day, that is a great start.

Tips to support you in finding a daily tapping habit over the next week:

~ Listen to the recording again and practice on acceptance and beliefs around recovery

~ Practice on whatever is alive in you in the moment.

~ Tap on emotions and fears about symptoms and illness.

~ In your journal write a list of any life events that could have contributed to the illness developing and start tapping through them. (Keep yourself safe and please save any of the bigger issues to work through with the support of a practitioner.)

I also invite you to journal on these themes:

~I believe EFT will work, but...

~I believe EFT will work for me, because...

Then rate out of 10 how much you believe EFT will work for, a 10 being yes I have full faith that this tool could help me to heal, and a 0 no faith whatsoever.

Follow by tapping through a round of:

~'Even though I'm not sure EFT will work on me because.... I accept myself'

Once your belief is up to a rating of 7 or more (ideally), move onto a round of:

~'Even though I'm still not sure EFT could work for me because.... I choose to believe EFT will work for me because.... ' (Filling in the blanks from your journaling above)

Let us know how you get on in the [Facebook group](#).

### **~Sister Programme~**

The 'Sister Programme' is where you can connect one to one with another person (or a couple of people) from this course to support each other through this process.

The invitation is to write a little profile of yourself and post it as a document in the Facebook group. Perhaps include information such as your name, contact details, DOB, condition, your personality traits, what brings you joy and what your deepest inspiration to be well would be.

Then find a sister you feel a connection with and reach out to that person. If you have any trouble finding someone to work with, be in touch with us and we can do our best to support you in the process. There may need to be some in a three. Be brave and reach out to connect, even if no one has been in touch with you. If this process brings up anything for you, tap with that too :-)

We'll send more information with guidelines for your interaction early next week.

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How is your tapping going sister?

To support you in your practice, here is an Introduction to EFT slide show by Frances. We hope it is a supportive resource for you.

Sisterhood can be such powerful medicine on our paths to healing. If you haven't already, we encourage posting an introduction to yourself and to reach out to someone in the Facebook group to ask to partner in the Sister Programme. So that you can benefit from their support, inspiration and encouragement.

The sharing and support that is already happening is beautiful to watch.

## ~Week Two~

### **Exploring how our Personality sabotages our recovery and what to do about it**

This week we'll explore our personality types and how they can impact our healing. Below you'll find a practice to support you to begin this process.

In this email, we'll introduce one system that Frances found revolutionary in her own journey to health from CFS/ME and deeper wholeness: The Enneagram.

The Enneagram explores nine basic personality types and each type is connected to a core fear or wound. Discovering I (Frances) was a 9 and had a pattern of *'keeping the peace at all costs, even to my health'* was a vital piece in my journey to wellness. Essentially it meant I had to learn to assert myself more, and deal with anger and conflict in a more constructive way in order to be well.

Although we can't fundamentally change our type, exploring more about our personality helps us to notice our core patterns and evolve within our type, which can have an *amazing impact* on our physical health.

The types and core wounds/fears are:

The Reformer ~ Imbalance  
The Helper ~ Being unloved  
The Achiever ~ Worthlessness  
The Individualist ~ Having no significance  
The Investigator ~ Incapacity  
The Loyalist ~ Being without support  
The Enthusiast ~ Being trapped  
The Challenger ~ Being harmed  
The Peacemaker ~ Being separated

## ~ p r a c t i c e ~

### **What is your personality type?**

~ Today's practice is fun:

We invite you to do this Enneagram personality [quiz!](#)

~ Once you've completed the test, you could explore doing some tapping around anything that comes up for you connected with your personality. Perhaps start big and then get more specific.

e.g. 'Even though I'm a..... and my core wound is..... I still accept myself anyway'

'Even though this remind me of..... I am ok' (tap with recent memories that you think of or past ones that you feel safe to approach)

~ Please share your type and any insights it gave you in our Facebook group.

With love,  
Frances the Peacemaker and Sophie the Helper :)

ps: If you'd like to explore the Enneagram further, we recommend these books:

[The Wisdom of the Enneagram](#) and [The Enneagram made Easy](#).

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It's so inspiring to experience how we are already diving so deep together. Your sharings in the circle today were deeply courageous and your honesty is an inspiration.

Here is the [recording](#) of today's retreat: [Exploring How our Personality Sabotages Us and What To Do About It](#).

We invite you all to deepen your exploration of the various aspects of your personality structure with some daily tapping to support relief and change.

Next week we will be going deeper, to safely and gently, explore some of the drivers of these personality structures such as difficult life events and traumas.

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### **Facebook circle**

If you haven't joined our private Facebook circle

we invite you to come on over and enjoy the support, inspiration and encouragement from the circle.

To join the group, please click [here](#) and we'll let you in as soon as we can.

And how have your insights from our personality week been landing for you?

Have you had any 'ah-ha' moments or inspirations for exploring new ways of being?

Below I have shared the nine personality types based on the Enneagram system, with a simplified view of the growth path of each type.

According to this system, although we cannot fundamentally change our type, we can *evolve* within our type. It's also important to remember that ultimately we are all, of course, *so much more than our personality in essence*.

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The types, their core wounds/fears and their growth path:

**1 ~ The Reformer ~ *Imbalance***

Free Ones let go of the notion that they can objectively judge themselves and others, and become **self-actualised, noble, wise and with deep integrity**.

**2 ~ The Helper ~ *Being Unloved***

Liberated Twos learn to **care for themselves, value their needs and feelings**, and experience **unconditional love for self and others**.

**3 ~ The Achiever ~ *Worthlessness***

Evolved Threes start to value themselves independent of what others think and become **role models, successful, genuine and benevolent**.

**4 ~ The Individualist ~ *Having no Significance***

Developed Fours discover their significance by letting go of the notion that they are flawed, they become **self-renewing, revelatory and deeply creative souls**.

### **5 ~ The Investigator ~ *Incapacity***

Evolved Fives learn to **engage fully with life and feel connected to the world**, helping them to feel capable at life and offering gifts of **vision, clarity and compassion**.

### **6 ~ The Loyalist ~ *Being without Support***

Liberated Six's let go of the notion that they need someone else to be supported by life, and **discover their own inner guidance and support**, helping them feel **secure and deeply nourished**.

### **7 ~ The Enthusiast ~ *Being Trapped***

Developed Sevens let go of the idea that they need specific experiences and objects to be happy, and become **satisfied and content with their lives**, and **deeply joyful and grateful**.

### **8 ~ The Challenger ~ *Being Harmed***

Evolved Eights let go of the need for control, **heal their hearts and become courageous and heroic**.

### **9 ~ The Peacemaker ~ *Being Separated***

Liberated Nines **recognise their inner strengths and value in the world, attain inner peace and become great mediators**.

Wow, we all ultimately have such gifts. This illness might be calling you to create space to heal, and to develop and live into your unique gifts and full potential.

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## **Highly Sensitive People**

Another personality trait we discussed last week was the HSP (or highly sensitive person) which many of us identify with. The HSP qualities weave into many of the above Enneagram types, although most HSPs tend to be the helpers, individualists, investigators, loyalists and peacemakers amongst us.

For us HSPs, I feels the key learnings are:

- ~ to stand strongly in your own centre
- ~ to have healthy boundaries
- ~ to recognise your gifts of deep empathy and the ability to connect meaningfully with others.

This week we start looking at **how to use EFT to help heal trauma.**

Beneath our personality system there will be certain life experiences - and often traumas - that have facilitated our personality to adapt in particular ways to survive and feel safe. HSPs tend to be more prone to experience difficult events as traumatic, so healing trauma may be crucial for healing for anyone with HSP tendencies.

Sisterhood can be such powerful medicine on our paths to healing. If you haven't already, we encourage posting an introduction to yourself and to reach out to someone in the Facebook group to ask to partner in the Sister Programme. So that you can benefit from their support, inspiration and encouragement.

## ~Week 3~

### Exploring and Clearing the Impact of Difficult Life Experiences and Trauma

We're looking forward to another fruitful session with you tomorrow, and are amazed by the depth and courage of the women in this circle.

This week we will bring insight and relief using EFT to explore the **deeper emotional, 'inner child' and trauma-related** roots of our illness.

We will also expand our understanding to the family, tribal and collective issues that could be affecting our health.

There is so much more understanding about trauma and how to heal it nowadays. We are at a fortunate time in history in that sense. EFT is one of many modalities (such as EMDR, Somatic Experiencing and Trauma Releasing Exercises) that can be very effective and helpful.

Learning about what trauma is and understanding how it links to illness can really help the process of healing. So we will explore a little of this too and how to learn more.

#### **The place to start is our personal history.**

Some questions you may like to explore are:

*What was happening at the time you became unwell?*

*And in the years before you became unwell?*

*How was your childhood?*

*What were your parents like when you were young?*

You could write down some of the responses from these questions and start to tap with them if you feel safe to do so (please bring any deeper issues to work with a practitioner).

The technique below is especially good for working with difficult and traumatic memories. We will explore it together tomorrow, and you may like to have a read through to help prepare.

You might like to come prepared with a and specific event to work with, and to call in, as I would love to demo with one of you live on the call this practice. If you call in please choose something that is an *isolated event*, that is *at least 2 years ago*, a difficult memory or '*small-t*' trauma from childhood or adulthood, and not deep childhood trauma.

## ~ T e c h n i q u e ~

### The Movie Technique

1) Choose a memory to work with.

*(If you are practising alone, choose a challenging life event rather than a deeply traumatic one).*

2) Give it a name. It could be the name of the person you were with, or where you were, or what happened. For example:

*'Mum in the kitchen memory'*

*'By the seaside memory'*

*'The car crash memory'.*

3) When you think about watching this movie, how much does it affect you? Rate it out of 10, with 1 being very little, and 10 being a lot.

3) Tap with the name of the movie for a few rounds, or until the rating goes down to less than a 4:

*'Even though I have this ..... memory, I accept myself.'*

5) Now run through the movie of the memory, describing it in detail to yourself.

Whenever you reach a point of emotional intensity, do some rounds of tapping, until the rating goes down to below a 4.

6) Keep tapping until you can go through the whole movie and be in a state of peace.

*(If you find that it is challenging to find a state of calm, even after many rounds of tapping then imagine putting the issue into a box, tap with the box, and this is a good issue to work through with a practitioner.)*

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Tomorrow we will start to explore how you can practice with traumatic events in your family, or 'collective' trauma. Also how EFT can help move through the layers of feeling and memory held in the family soul or collective. Here is some reading to gently introduce some of the concepts.

## ~Traumas in our Families~

Once we've done a lot of personal work, and have explored the life challenges that may be affecting our health, it can be helpful to start expanding our perspective out to our wider family.

Traumatic events that happened to other members of our families, could have had an impact on our health. Events such as early or unexpected deaths, abortions, miscarriages, family 'secrets' or family members being excluded in some way can all cause deep emotional responses which you may be feeling in your own being.

This is drawn from the work of Bert Hellinger and Family Constellations. This [Youtube video](#) I suggest as a great introduction to his work for when you have the inclination to sit down for an hour to explore this topic in greater detail.

### **Ancestral and Tribal Issues**

As women, we can find ourselves tapping into a layer of collective feminine pain that could be arising from the history of female subjugation, inequality and abuse. It can be very healing to find a way to give voice to this pain and help it be released.

One of the ways Sophie and I have practised with this is to gather with a circle of women and expressing through words and sounds our feelings about this collective female pain. the support and sisterhood of the circle makes it easier to explore this difficult terrain and we have both found it to be deeply healing.



### **Trusting yourself, and the circle**

When we are navigating these challenging issues, it is important to also spend some time in meditation connecting with the part of ourselves that can witness it all.

There is a part of us that can lovingly hold our emotions as they rise up to be healed; each challenging event or memory, every inner child that pops up needing attention at a time...

It can also be an important practice to actively lean into this circle. Women have been gathering like this for thousands of years, and there is a power and source of support here that can hold us as we ride the emotional waves.

Brave warrior women, we are by your side as you begin to navigate this sometimes painful territory. Let's go as gently as possible, and remember you are safely held in this circle.

## Preparing for the call

As usual, you'll need a journal and pen as well as anything you'd like to help you feel comfortable and cosy; herbal tea, a blanket, candles, cushions...

Sending you all a big virtual hug as you navigate this territory. Laurien, thank you so much for coming on and sharing yourself. Your vulnerability and courage benefit everyone.

Here is the recording of today's retreat:

*Exploring and Clearing the Impact of Difficult Life Experiences and Trauma*

We invite you all to deepen your exploration of this work alone with what you feel safe to work with, and consider getting support from a practitioner for the deeper traumas.

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## EFT to Support Memory

A question came in during the call that we didn't have time to answer. One of the women in the circle said she is feeling vague about memories from childhood and early adulthood, and asked how she could use EFT to help her remember.

Here are a few tips...

- ~ Tap with the vagueness
- ~ Journal with questions like: *'In my childhood I felt...'*, and *'Even though I feel vague, what I do remember is...'* and exploring what arises from your subconscious.
- ~ Tap generally, with a sentence like *'my time at school'* and see if any specifics come.

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Next week we will be starting to explore and heal subconscious blocks to recovery. We hope last week's call helped inspire insights about how past trauma could be affecting your health, and what to do about it.

In this email I aim to clarify and deepen your understanding and exploration of trauma.

## ~ The Five 'F's ~

When we experience trauma, we pass through one or more of these five responses: **Friend, Fight, Flight, Freeze and Flop.**

When trauma happens a part of ourselves has become chronically stuck in the freeze or flop response, and frozen in the past event.

To heal we need to move through at least some of the other responses again: e.g. to **fight** and release the energy by actually pushing away who or what you didn't want or/and to **friend** and reach out and connect to someone.

Many EFT practitioners know about this and can include elements of moving and shaking within an EFT session. Also, practising shaking, mindful movement or Trauma Releasing Exercises (TREs) - which you can learn through a book, DVD or with a practitioner - can be very supportive in addition to EFT work.

## ~ Explicit and Implicit Memory ~

'Explicit memory' means memories that are conscious - the ones we recall with our minds.

'Implicit memory' refers to the memories we hold in our bodies.

In order to heal trauma, it is key to explore and clear the implicit memory; the body must be involved in order to heal.

That is one of the reasons we always start and finish all our Women's Wellness Circle retreats with embodied practice.

Also this is one of the reasons why in EFT there is an invitation to keep checking in with your body when working, and using the words of what you find in the body in the tapping (e.g. 'a tightness in my throat').

We also recommend Yoga, Chi Gung or gentle dance to support this process.

## ~ Small-t and big-T Trauma ~

Smaller life events, such as being told off by a parent or teacher, bullying and minor accidents may have left their mark on our body and mind. They are often referred to as 'small-t traumas'.

Big-T trauma refers to experiences such as childhood abuse, losing a loved one suddenly or a serious car accident.

Another form of trauma I didn't explicitly mention is trauma from medical procedures, which is really common amongst people with chronic illness.

Trauma can also be relational, such as being brought up by a parent with a mental health problem or their own unresolved trauma.

All of these types of trauma can affect our healing process, and EFT is a rich and powerful tool for exploring and clearing them. I recommend working with an experienced practitioner at every step of the journey if that is possible for you. .

### **~ The Experts ~**

It can be incredible empowering to education ourselves about what trauma is and and how to heal it. I highly recommend the work of:

- Peter Levine
- Robert Scaer
- Bessel Van De Kolk
- David Bercelli
- Babette Rothschild

### **~ The Opportunity ~**

Many women find that experiencing, surviving and healing trauma offers a path to resilience, compassion and wisdom.

It can be an opportunity to propel us to new state of evolution and awareness.

It can also be a challenging path, and I encourage you

to reach out for support during the process, such as with this circle, your community or a practitioner.

## ~ Week 4 ~

### Exploring and Clearing Unconscious Blocks to Recovery.

There might be parts of us that think we need to be ill in order to protect us from something in our past. For instance, did you get ill in a job or relationship that you were having problems with? Is there a particular life trauma that your unconscious mind is still trying to protect you from? We will use EFT to clear subconscious blocks and help update your younger self with your most whole adult self's wisdom and strength.

#### Preparing for the call

As usual, you'll need a journal and pen as well as anything you'd like to help you feel comfortable and cosy; herbal tea, a blanket, candles, cushions...

In awe of your courage.

Here is your [recording of today's session](#).

Do come over and share any insights from today's call, or anything at all, in the [Facebook circle](#).

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I hope last week's call brought your awareness to any subconscious blocks to healing and supported you to move through them. It is so important to get all parts of us 'on side' in our quest for wellness and a full and vibrant life.

It's time to be your authentic self and stand in your power as the gorgeous, talented, awake woman you are.

*To speak your truth.*

To get well AND continue to honour your needs for continued self care. You are worth it all.

It's time to befriend your protector parts, to listen to their needs, to give them the attachment, love and safety they so long for.

To reparent those parts that split off.

Here are some further journaling prompts, inspired by last week's topic to support your process:

- ~ 'I'm afraid that I cannot change my pattern of..... '
- ~ 'I can evolve and have this pattern in more balance because....'
- ~ 'I'm not worth all the self care I need to be well because....'
- ~ 'I am worth it and I love myself because... '

Then use the words with some tapping:

~ 'Even though I'm scared I cannot I cannot change my pattern of.....  
I accept myself'.

~ 'Even though I'm scared I cannot I cannot change my pattern of.....  
I now choose to remember I can have this pattern in more balance  
because....'

~ 'Even though I'm not worth all the self care I need to be well because.....  
I accept myself'.

~ 'Even though a part of me thinks I'm not worth all the self care  
I need to be well because..... I choose to know I am worth it  
and I love myself because... '

Use your own words around these themes :-)

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### **Going deeper with EFT**

I hope this course has provided a road map for many of  
the essential steps to recover from chronic illness.

I also hope that you see how EFT can support you every step of the way,  
and that you have started to feel the healing benefits during this course.

So far you've learnt:

- ~ The basics of EFT
- ~ Using EFT to work through limiting beliefs about recovery,  
personality type issues, traumas and subconscious blocks.
- ~ .....and a lot more!

For some of you, a particular step that we have covered  
will need more focus. It will be different for each woman.

*Wherever you are, right now, is ok.*

To deepen into this process with EFT most people find  
extra ongoing support is needed.

I have a new offer coming up in May to work with me  
in a small and intimate Women's Circle with a maximum of six women.

I am currently full for one-to-one sessions,  
yet I am opening spaces for those interested in working with me  
in a small group women's circle setting in a three month online intensive.

Once you are accepted into this programme there is the option  
to add on a limited number of one to one sessions with me.  
If you want to find out more about this programme  
to see if it could be fit for you please apply to book in  
for a Wellness Clarity Session with me [here](#).

*(Once you're accepted, I will send you a link to book your session.  
We start on Monday 9th May and we will meet fortnightly for three months  
for 1.5 hr session. Please add this time in your calendar now,  
if you know you might be interested in being in this group.)*

This is a unique opportunity to work in this way,  
making supportive connections with the other women in the group  
and space to go deeper with focused one to one time too.  
Most people find a supportive community and container  
accelerates a healing path.

## ~ Week Five ~

### Choosing a Path to Wellness and Wholeness

This week we are exploring bringing in the positive into EFT tapping as we explore the true self we are becoming and envision our future well self. We will also be exploring our unique gifts and offerings to the world as we get well, and a sense of purpose to be well.

#### Preparing for the call

As usual, you'll need a journal and pen as well as anything you'd like to help you feel comfortable and cosy; herbal tea, a blanket, candles, cushions...

Here is your [recording](#) from today's session.

And here is some feedback from the circle that we didn't get chance to share:

*"It's really too bad that we stop now, I was really looking forward to these meetings on Wednesday and to work together, thank you so much both of you ;-)"*

*"I'm so in my head. Thinking, planning, researching about my illness. I need to let go of this and just be."*

*"When you mentioned the protective layer it really touched me, after the tapping I got a really spasm kind of reaction in my legs and hands and there were tears, really deep feeling of release".*

We will be in touch over the next few days with a resources email, some more information about wholeness and purpose, a survey to get your feedback about the course and a PDF with all the emails and call links.

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#### Going deeper with EFT

To deepen into this process with EFT most people find extra ongoing support is needed.

I have a new offer coming up in May to work with me in a small and intimate Women's Circle with a maximum of six women.

I am currently full for one-to-one sessions,  
yet I am opening spaces for those interested in working with me  
in a [small women's circle three month online intensive](#).

Here is some feedback from women who have worked with Frances:

*"I found not only doing EFT with Frances,  
but also learning it for myself, extremely powerful,  
and I would credit large part of my healing to this technique."*  
~Lydia, UK

*"If you have ME/CFS, it's so important  
not to fall for the cynicism that can surround it.  
It's absolutely possible to recover and put it behind you and start afresh.  
I know this, because I did it myself.  
Thank you so much Frances for believing in me and supporting me."*  
~Zara, UK

*"I am feeling better and better, more and more confident every day.  
Only a few sessions with you, it really pushes me much further to the finish  
line. Whenever I stuck again I know you are there to support me."*  
~Veronica, Canada

Once you are accepted into this programme there is the option  
to add on a limited number of one to one sessions with me.  
If you want to find out more about this programme  
to see if it could be fit for you please apply to book in  
for a [Wellness Clarity Session with me here](#).

The session is an opportunity to find out more about your present challenges,  
and lay out some steps that will help you on your journey, and to see if  
this group programme would be a good next step for you.

This group programme is designed to go deeper into the material we covered  
in the course and to get more more to one time to address personal issues,  
within the safe container of a small group of women.

We will cover themes such as acceptance, befriending symptoms as a guide  
to healing, tools and techniques to help heal, personality types, healing  
trauma, the importance of community and discovering a purpose to be well.

The sessions will start with a short meditation practice, followed by a little  
teaching and the majority of the sessions will be one to one time. Other  
members 'borrowing benefits' (one person's healing ripples out as we are all

mirrors and a group dynamic enables insight into issues that were previously unconscious).

There is also various bonuses included in the programme, such as a private Facebook group and some meditations to download and keep.

*(Once you're accepted, I will send you a link to book your session. We start on Monday 9th May and we will meet fortnightly for three months for 1.5 hr session. Please add this time in your calendar now, if you know you might be interested in being in this group.)*

This is a unique opportunity to work in this way, making supportive connections with the other women in the group and space to go deeper with focused one to one time too. Most people find a supportive community and container accelerates a healing path.

## **Feedback**

If you have any feedback you'd like to share of your experiences on this course complete this [survey](#) or email us. We always love hearing from you :-)

Keep using all we have explored as you move onwards and upwards.

Thank you so much for gifting yourself this course, for being in this circle and for committing to your healing. It wouldn't have been that same with out your unique presence.

We would be so grateful if you could complete this [survey](#).

Also, come over and post in the Facebook group [here](#) any words of integration or completion.

## **Connecting with the Wider Circle**

We also have our large Women's Wellness Circle Facebook page, with a tribe of over 100 women who are all on their own unique healing journeys. We invite you to come and join us [here](#) if you are not already in this group.

## Resources to support your ongoing healing:

### ~ Books

Embodying the Feminine ~ Chameli Ardagh

Healing our Hormones, Healing Our Lives ~ Linda Crockett

The Healing Game ~ Transforming Chronic Illness with EFT ~ Annabel Fisher

Emotional Freedom Technique for the Highly Sensitive Person ~ Rue Hass

When Things Fall Apart ~ Pema Chodron

The Revolutionary Trauma Release Process ~ David Bercelli

Scared Sick ~ The Role of Childhood Trauma in Adult Disease ~ Robin Karr-Morse

Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence ~ Rick Hanson

Wisdom of the Enneagram ~ Don Richard Riso and Russ Hudson

Waking the Tiger and Trauma and Memory ~ Peter Levine

Awakening Shakti ~ Sally Kempton

Non-Violent Communication: A Language of Life ~ Marshall Rosenberg

Loving Kindness: The Revolutionary Art of Happiness ~ Sharon Salzberg

### ~ Practices

Guided Videos

Earth-Breathing: with Sophie

Oxytocin Boost: with Sophie

EFT for Chronic Illness: with Frances

A Pause: with Frances

Touch and Breath: with Frances

Kundalini Meditation with Frances

Other Highly Recommended Approaches to Explore

~ Family Constellations

~ The Rosen Method Bodywork

~ Five Rhythms dancing

For those sisters local to us or open to travelling to the UK we have a four day retreat in the beautiful Lake District in November, *Healing Chronic Illness~ The Feminine Way*. Find out more [here](#) and claim you 10% graduate discount [here](#).

With love, and deep encouragement for your ongoing healing.

Frances and Sophie



