



Solutions for business prosperity and successful life balance

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VALENTINE'S DAY BLUES?

STRONGSVILLE COACH OFFERS FREE CLASS TO HEAL YOUR HEART

Learn a simple technique to heal the love pain in your life

Strongsville, OH – Not everybody feels the love on February 14. For some, Valentine's Day pulls up painful emotions of rejection, loss and loneliness. For those whose "love pain" has left them feeling stuck, there is a way to find release. Betsy Muller can take you there.

A Life and Energy Coach based in Strongsville, Muller is offering a **FREE** seminar and will teach the technique **Wednesday, Feb. 24 at 7:00 p.m.** at the Middleburg Heights Community Center. Participants must register by Feb. 18 by calling 440-238-4731 or sending an email to betsy@theindigoconnection.com. Unregistered attendees will pay \$35 at the door, the seminar's regular fee. Muller will also discuss "**Healing Heartbreak, Grief and Love Pain**" in her free coaching call Feb.16 at 8:00 p.m. See the calendar section of her website for details on how to connect to the call.

Muller, a certified energy health practitioner, will teach participants how to overcome love pain through the use of the Emotional Freedom Techniques (EFT). An emerging self-help method, EFT is based on the ancient principles of acupuncture and is used successfully by executives, athletes, professional speakers and holistic health professionals worldwide.

It can be used to relieve symptoms of anxiety, fear, depression and a host of other common issues that hold us back. Muller conducts the EFT seminar on a monthly basis, changing themes to address the variety of conditions EFT can improve. One of the biggest benefits of EFT therapy is that it is natural, drug-free and you can learn to practice it on your own.

Muller has found particular success working with individuals who feel lost in love stemming from a traumatic experience from their past. "Whether they realize it or not, the old trauma has kept them stuck in unhealthy thought patterns," Muller said. "By practicing EFT, you learn to let go and move on without the pain." Muller has used EFT techniques in her coaching practice since 2005.

Digging up the daggers of the past

Muller recently helped a young couple with marital issues just months after their wedding. The couple had just moved and opened up a new business together, but they were drifting apart. The woman felt overwhelmed, depressed and unhappy with herself, and had gained 50 pounds in the midst of the stress. Through a session of EFT with Muller, the couple discovered that the negative feelings the young woman was having were linked to a traumatic event in her past.

At the age of eight, her own parents' relationship crumbled. She was forced to leave her father and her native country without getting to say goodbye. The couple's recent move, away from friends and her familiar support system, triggered the emotions she felt around a trauma she'd never been able to get past. EFT helped her to release the pain in her heart surrounding a situation she could not control as a young child. The process helped

her realize the control she now has in her life and pointed the way to move forward with a focus on the happy marriage she now has as well.

How it works

While the conventional Western medicine practiced in the U.S. tends to focus on the chemical nature of the body, other civilizations have based health practices around the body's energy system – something you see evidence of in EKG and EEG tests in traditional medical offices. The Chinese discovered a complex system of energy circuits running through the body more than 5,000 years ago. This system is the basis for modern day acupuncture and a variety of other healing techniques.

Also referred to as acupressure, EFT involves tapping on specific acupuncture points to realign the body's energy system without the use of needles. EFT reduces stress and improves emotional and physical health by harnessing the energy of the body and mind. The technique addresses unresolved emotional issues that cause psychological dysfunction, physical symptoms and limitations on personal performance.

"Physical and emotional problems result when the energy meridians that run through one's body are disrupted by negative emotional experiences," Muller said. EFT, which focuses on a variety of "tapping points," mainly on the torso, face and hands, works to realign the energy meridians, removing the causes of physical or emotional discomfort. EFT has been used to treat a variety of physical problems, like migraines and fatigue. Muller also uses EFT as a tool to achieve desired goals, like building confidence, reducing food cravings and losing weight.

Results

Muller's clients report feeling lifted and more peaceful following an EFT session.

"I feel freer and more peaceful," said Beverly Remy, RN. "I have experienced a major decrease in anxiety. Many blocks and issues have been resolved – mainly involving management of stress, anxiety and spiritual insight. Betsy is an incredibly gifted, caring person."

Muller, a member of the Association for Comprehensive Energy Psychology (ACEP) became the first certified energy coach in the Greater Cleveland area in 2005. She is one of only five Certified EFT Practitioners in Ohio and one of 32 ACEP-Certified Energy Health Practitioners in the world.

"I teach people ways to integrate EFT into daily life to address challenges such as public speaking, work productivity, relationships, test taking, food cravings, stress, health habits and mental clarity," said Muller. "It truly becomes a new 'survival tool.'"

For more information, visit www.theindigoconnection.com or call 440-238-4731.

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NOTE: Members of the press are welcome to attend one of Betsy Muller's seminars at no cost. Call Betsy at 440.238.4731 to make arrangements.

About The Indigo Connection

The Indigo Connection is committed to making personal growth education and resources widely available through private coaching, affordable group learning opportunities, inspirational programs and collaborations with other educators. Founder Betsy Barter Muller is a certified EFT practitioner, certified energy health practitioner (CEHP), a certified energy coach (CEC). She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include Healthy Energy, Tapping into Creativity, Energized Selling, The Energy Makeover, Spiritual Business Leadership, Emotional Freedom Techniques (EFT) for Powerful Self-Care, Healthy Relationship Boundaries and Living Your Purpose. For more information, visit www.theindigoconnection.com or call 440-238-4731.