

## Learn to Stop Your Heart from Hurting

Source: *The Tree of Health Center, LLC*

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NEWTON, N.J. -- Breakups, job loss and death are oftentimes part of life's journey - and these painful parts can cause grief and despair. Grief is the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense the grief can be.

There are five stages in which people deal with grief: denial, anger, bargaining, depression, and acceptance. "[The stages of grief] were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss, as there is no typical loss. Our grieving is as individual as our lives," Elisabeth Kübler-Ross stated of the five stages of grief that she introduced in 1969. Every step of the process is natural and healthy. It is only when a person gets stuck in one step for a long period of time that the grieving can become unhealthy, destructive and even dangerous. Going through the grieving process is not the same for everyone, but everyone does have a common goal; acceptance of the loss and to keep moving forward. Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. To permanently heal, it is necessary to face your grief and let it go.

To help our community members move forward with gratitude instead of grief, The Tree of Health Center is offering a class called ***Releasing Grief with EFT***. This class will help release any grief that has affected your happiness and give you very simple tools to use on your own for permanent well-being. This class involves three two-hour sessions over the course of three weeks. The first session of ***Releasing Grief with EFT*** is on Wednesday, Feb. 19th from 7-9 p.m., with the following two sessions taking place on Feb. 26th & March 5th from 7-9 p.m. The cost for this series is \$65 on the day of the first session or \$60 if registering one week in advance.

EFT (Emotional Freedom Techniques) is derived from the ancient principles of acupuncture, instead using a tapping procedure that gently realigns the body's energy system without the discomfort of needles. EFT offers mild desensitizing techniques to help release your grief and despair so you can move forward in life. Clinically proven for positive results, EFT quickly and permanently releases fear, stress, anger and more, and the techniques are so simple that even children can learn them.

***Releasing Grief with EFT*** is taught by The Tree of Health Center's Debra M. Hollinrake. Debra is a certified Level 2 EFT Practitioner, trained and certified through the Association for the Advancement of Meridian Energy Techniques (AAMET). Under Debra's skillful guidance, you'll finally experience freedom from grief, stress, or trauma that has been holding you hostage for far too long.

In addition to private sessions, Debra is offering EFT classes to release stress, to release grief and to help children release pent up anger that leads to behavioral issues. She also offers Jikiden Reiki, Life (DNA) Activation, and Meditation & Spiritual Development classes at the Center. Be sure to check our calendar so you can learn to easily help yourself and your loved ones live a balanced and peaceful life.

To register or to get more information for ***Releasing Grief with EFT***, please visit The Tree of Health Center website at [www.thetreeofhealthcenter.com](http://www.thetreeofhealthcenter.com), email [info@thetreeofhealthcenter.com](mailto:info@thetreeofhealthcenter.com) or call (973) 500-8813.

**About The Tree of Health Center**

"The Tree of Health Center" is a community rooted center that takes into consideration that there are many ways to grow, heal and stimulate self-awareness for a healthy spirit, mind, and body. The goal is to bring together the best of Natural & Modern Medicine and bridge the gap between all healthcare traditions. Everyone at the Center helps you to facilitate a healthier lifestyle, stronger relationships, and a sustainable future for the health and welfare of our worldwide community. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

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