

## Testimonial Pages

Dear Ruthi,

It was truly a pleasure for both Marika and myself to meet with and spend time with you at the most recent Emotional Freedom Technique (EFT) training/certification sessions. You are truly a kind, giving, and compassionate person. As novices to the EFT experience we learned quite a bit, found it all very rewarding, and will continue to pursue our study and practice of the field.

Without doubt, you are a large reason for this. It is one thing to participate and practice with other attendees who were also new to the work, and quite another for me to have had the opportunity to be personally tapped by you, a long-standing and very experienced practitioner!

Despite my open mind to unexplainable happenings regarding healing, my training and studies in the natural sciences and work in laboratories with medical researchers, keeps me a bit skeptical. It is to me the best of both worlds. And while to date we may not exactly know why or how EFT works, I do know this: my single fifty (50) minute EFT session with you has gone a long way in helping to clear up an emotional issue that I am working to rid myself of.

You have a wonderful knack for doing this work. Those considering giving EFT a try should not hesitate to work with Ruthi. She made me feel safe and guided me through the paces effortlessly while quickly and deftly identifying hidden aspects related to my issue that I otherwise had not been aware of. I left my session relaxed, happy, and even more confident about resolving my problem. As an added benefit, I was able to more thoroughly and correctly learn the EFT routine.

Ruthi, my many thanks to you again. God bless.  
Sincerely, Joseph Randazzo

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Ruthi,

You were amazing and writing me at the right time! I feel great and truly hope it will last, but after such a comprehensive session, I'd be able to tap the way you did with me. All the best to you! You are a wonderful and gifted EFT practitioner. Everybody who you'll tap with can consider themselves very lucky!!

Warm Regards, Evan

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Hi, Ruthi-

Back in April, you guided me through a tapping session to help relieve me of some claustrophobic related anxiety prior to a medical procedure. At the time of the surgery, I was given some Valium so I wasn't sure whether the tapping was truly of much value.

Two weeks ago (July), I traveled with my family to Florida on Spirit Airlines, which has the tightest seating in the industry. On the return trip, I was assigned a window seat on a packed flight. In the past, such a scenario would have sent me into a panic but this time, I was feeling calmer than I can ever remember feeling on a plane. And this, after just one session!

Thanks again for your help in helping me overcome this phobia. You have really made a difference in my life!

Best Regards, Dan Breiner

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Ruthi is an exceptional, insightful, patient, gifted EFT practitioner. Her ability to assess the problem and my emotional state and work through all the pieces, had led to a powerful sense of calm and clarity. I feel confident that I can deal with my issue now in a clear and grounded way. I also know where I can go now to get help when I am feeling anxious and stuck. Robin

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[...] the movie technique to watch the child and see how I felt now. What a surprising shift into long-denied sadness! I wouldn't have thought of doing that! I'm going to use that more for people who are depressed: let them feel compassion for themselves...

Julie, Westchester

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Hi Ruth, I'm still feeling confident. Even the PT teacher who passed me in the hall said I looked good and was moving good too. One kid said how come you're going so fast today? (as I walked them from the gym). Even if it is temporary, I know that I can get it back with tapping. That's a good feeling. I thank you so much. It helped to have someone do it with me and come up with the phrases. And winter is almost over...no more snow to fall down in!

Thank you very much. I'll write after a month has passed..

Gratefully,

Mary, New York

Dear Ruth,

It's been almost a month since our tapping session. I'm pleased to report that I'm still balanced and taking longer strides. No snow and ice helps but I'm definitely improved. I've tapped by myself several times but your session started me off on the right track. Thank you. Mary

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[...] By the way - I've been meaning to let you know that I ended up having a great time skiing after we tapped. I relaxed to the fact that I only had 5 hours of sleep- but it seemed like enough and the skiing was great.

I look forward to catching up with you soon!

Dianne,  
Rockland County

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..... to answer your question---

*Could you please give me honest feedback about 3 things I have been doing that seems good, and 3 or more things your think I should improve.*

Three good things is that you:

1. You never assume anything, you allow me to dictate the feelings and facts
2. You don't depend on facts to do the work that needs to be done. In other words: you don't pry for information; you allow me to share just the amount I feel comfortable with.
3. You are sensitive and not judgmental when talking to me.

---YOU ARE SOOO PATIENT even when it seems like forever to get somewhere, you don't give up.

Three other things to improve, I have to think about it, hmmmmm maybe:

1. Maybe you can just give more feed back, like you just did.
2. Not putting "pressure" to get to zero--which you have stopped doing since I asked you about that.
3. I can't think of anything!!!

Sorry, you're very good at this!!!

Thanks a lot!!!

Monsey