

# EFT Founding Master Sophia Cayer of Solace with Sophia to be Featured on CUTV News Radio

PARRISH, FLORIDA, USA, September 2, 2015 /EINPresswire.com/ -- The idea of facing our emotional issues can feel like a terrifying prospect. Many are reluctant to try for fear of suffering disappointment or enduring intense pain. Others believe they are “broken” beyond repair and have lost hope. If life experiences have robbed you of your self-esteem, self-confidence and zest for life, know there is hope.

“We need to embrace the idea that there’s really nothing wrong with you. You are simply reacting and responding to what you have witnessed and endured.” says Sophia Cayer. “Trust that you have the power and the courage to create and enjoy your heart’s desires.”

Sophia is an EFT Founding Master and owner of Solace with Sophia, a coaching practice dedicated to helping individuals overcome the challenges that limit their ability to lead a productive, fulfilling life. For more than 25 years, Sophia has been dedicated to helping her clients define and



generate - solutions to resolve their challenges and achieve their goals.

“It’s about resolving the emotional components that generate our limiting beliefs and restricting patterns,” says Sophia.

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Trust that you have the power and the courage to create and enjoy your heart’s desires.

*Sophia Cayer*

Sophia specializes in a unique self-empowering tool known as Emotional Freedom Techniques, or EFT. EFT is based on the ancient Chinese energy meridian system. EFT uses several acupuncture or acupressure points on the face and upper body. By gently tapping on these points, using phrases that focused on specific issues and aspects, we can neutralize disruptions in our body’s energy system. As EFT neutralizes

the disruptions in the body’s energy system, the body’s natural ability to heal itself becomes stronger - more efficient.

Learning the technique is simple – a very short period of time is required to learn the tapping points

and how to create simple, basic set-up statements – a great deal of time, dedication and practice is required to become proficient in its inherent art.

“I was not there in the very beginning but I began with EFT when it was still considered in its infancy,” says Sophia.

Years ago, Sophia found herself at a major crossroads in her life. She chose to expand her horizons, further developing her long term keen interest in natural health. A friend sent her link to a website that connected with multiple alternative techniques where she discovered EFT.

“I was so enthused. I began my studies by watching every video EFT’s creator, Gary Craig sold multiple times; practicing on myself and with willing friends.”

When Gary Craig offered workshops, Sophia traveled the country following him from workshop to workshop.

“He called me before the EFT Master’s Program was public knowledge,” recalls Sophia. “He wanted to understand my agenda. I told him it was my heart-felt desire to make a positive difference in the lives of others, and wanted become the best utilizing the techniques. The incredible benefits that could be realized were clear. He told me I was just the kind of person they were looking for.”

Globally, 29 people were granted the designation of EFT Master after rigorous training and testing. Sophia Cayer is one of only nine in the United States to be granted this designation.

From mild anxiety to the traumas of war and abuse, with patience and persistence there is little that can’t be overcome when this technique is used appropriately, says Sophia.

“I have had the chance to see people’s lives transformed. It’s incredibly humbling and fulfilling.”

CUTV News Radio will feature Sophia Cayer an interview with Doug Llewelyn on September 4th at 11am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/09/04/cutv-news-radio-spotlights-solace-with-sophia>

If you have a question for our guest, call (347) 996-3389.

For more information on Solace with Sophia, visit <http://www.sophiacayer.com>

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