



TRIBUTE TO GARY CRAIG

I discovered EFT in the midst of what was starting to feel like a hopeless quest. Countless hours had been invested in reading, researching and testing techniques, in search of the ultimate “answer”. Finally, a friend, who had also been a willing guinea pig through all this, emailed a web page that listed yet another multitude of sites to check out. And there it was! As strange as the process felt in the beginning, the results quickly had me enthusiastically dedicated. It has been more than 10 years now, and my enthusiasm has yet to fade.

This invaluable tool has not only improved my life in a multitude of ways, I continue to look forward to work everyday. Now how many people can say that! How could you do anything but love sharing this technique and having the chance to witness the positive difference it generates in countless lives?

While I continue to enjoy the privilege of assisting many with innumerable challenges, my specialty of trauma and abuse led me to the creation of the Personal Peace Foundation. Inspired by the work I have done and especially the chance to work with Gary and veterans, this organization is focused on working with veterans, first responders and their family members. Thanks Gary, for all your inspiration and encouragement.

I treasure all the times I was fortunate enough to study and work with Gary. And while I have made an effort to express my gratitude through the years, it will somehow always feel as if a debt of gratitude remains unpaid. What can I say, Gary, except that my heartfelt gratitude and best wishes will always be with you.

Thanks Gary, for the memories, opportunities, lessons and all you have shared.

May your retirement be filled with true joy and peace within... You deserve it!

Love & gratitude,

Sophia Cayer, EFT Master
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