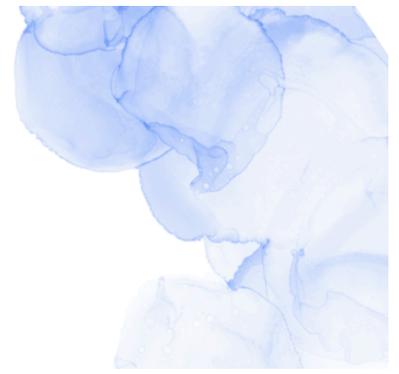


Welcome to CleanEFT™



CleanEFT™ — What a Session Feels Like

A CleanEFT™ session is calm, slow, and grounding. We use *your exact words* so you can explore what's going on — without pressure, without interpretation, and without overwhelm. You don't need to figure anything out beforehand. We start exactly where you are.

How Clean Language Works

Instead of advice or analysis, I ask gentle, precise questions like

- “What would you like to have happen?”
- “What kind of X is that X?”

These questions help your system clarify what's beneath the surface, allowing natural shifts to happen.

What People Notice

Most people describe CleanEFT™ sessions as lighter, clearer, and surprisingly effective. The change is often quiet — less dramatic, more real.

Clients notice shifts such as:

- Reduced emotional pressure
- Clarity around stuck patterns
 - Fewer emotional triggers
- A sense of internal settling

Is This Right for You?

CleanEFT™ is a good fit if something feels heavy, unclear, or repetitive.

You don't need the perfect words. You don't need to know the root cause. You just need a willingness to notice what's happening inside.

Before Your Session

If you book a session, there's nothing to prepare. If anything feels stuck or “up,” simply notice it. That's enough.