



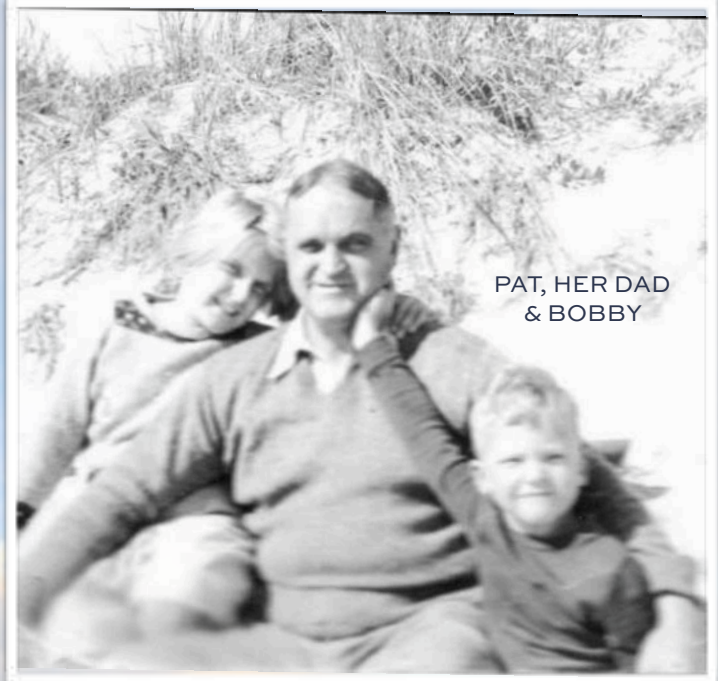
*Patricia Carrington Ph.D.*

1 JULY 1924 - 19 OCTOBER 19









PAT, HER DAD  
& BOBBY

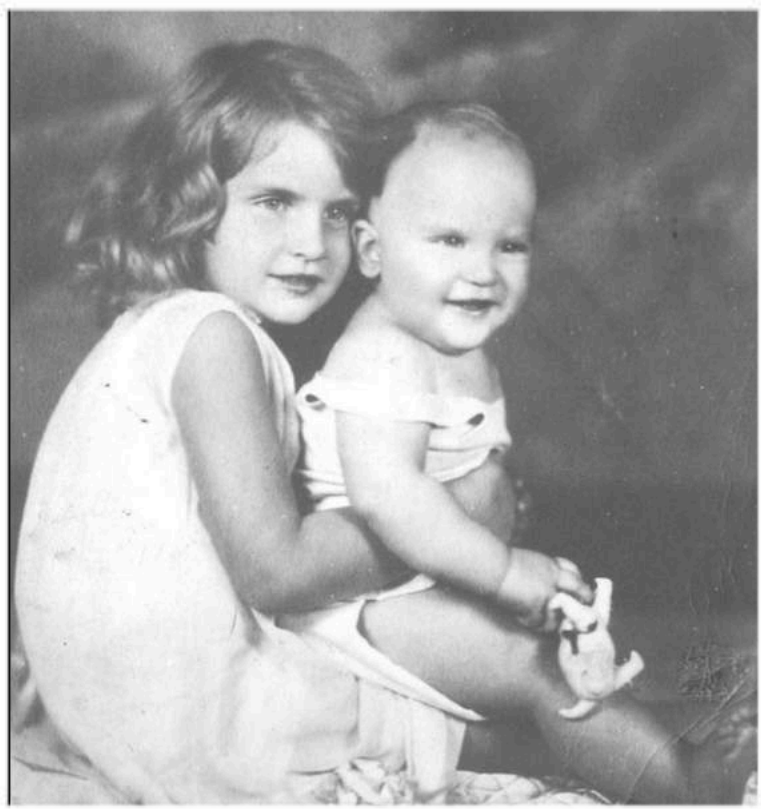


PAT & HUSBAND









THE TRUSTEES OF COLUMBIA UNIVERSITY  
IN THE CITY OF NEW YORK

TO ALL PERSONS TO WHOM THESE PRESENTS MAY COME GREETING  
BE IT KNOWN THAT

PATRICIA CARRINGTON

HAVING COMPLETED THE STUDIES AND SATISFIED THE REQUIREMENTS  
FOR THE DEGREE OF  
DOCTOR OF PHILOSOPHY

HAS ACCORDINGLY BEEN ADMITTED TO THAT DEGREE WITH ALL THE  
RIGHTS PRIVILEGES AND IMMUNITIES THEREUNTO APPERTAINING  
IN WITNESS WHEREOF WE HAVE CAUSED THIS DIPLOMA TO BE SIGNED  
BY THE PRESIDENT OF THE UNIVERSITY AND BY THE DEAN OF THE  
FACULTIES OF POLITICAL SCIENCE PHILOSOPHY AND PURE SCIENCE AND  
OUR CORPORATE SEAL TO BE HERETO AFFIXED IN THE CITY OF NEW YORK  
ON THE THIRD DAY OF JUNE IN THE YEAR OF OUR LORD  
ONE THOUSAND NINE HUNDRED AND SIXTY-NINE



*George K. Furraker*  
DEAN

*Andrew W. Dordick*  
ACTING PRESIDENT





# The Junior Club

Patricia Carrington  
President

Bobby Carrington  
Secretary



■ Radio Mirror appoints the lovely children of Elaine Sterne Carrington, famous radio writer, to conduct this new club.

Energy Healing Updates



with Dr. Patricia Carrington

My #1 Favorite Choice:

*"I choose to be calm and confident."*



**Patricia Carrington** @DrPatCarrington · Nov 5, 2012

When we have to justify a feeling, it is no longer a pure feeling. It has become self-conscious - its innocence and simplicity are gone.



**Patricia Carrington** @DrPatCarrington · May 20, 2012

Using EFT for grieving over the death of a loved one, can often transform pain and any resentment into a new feeling.



**Patricia Carrington** @DrPatCarrington · Dec 17, 2011

At dawn I hear the mourning dove in the fields greet the day. At night I hear the mourning dove greet the night. What does it know?



**Patricia Carrington** @DrPatCarrington · Jan 24, 2012

The locations on the lawn where the water was sprinkling today weren't really important. The patches where the earth drank it in were.



**Patricia Carrington** @DrPatCarrington · Aug 2, 2012

Beneath the surface of reality, where everything appears to be separate, lies a fundamental level of existence where everything is unified.



**Patricia Carrington** @DrPatCarrington · Nov 5, 2012

Having an intention makes it possible to organize our behavior effectively so that we can move toward our goals.

While it can be difficult to feel gratitude under demanding situations, try to remember that when someone who is serving you receives sincere, unexpected appreciation, and they know your gratitude is genuine – positive change in attitudes and behavior can emerge.

"Ask and receive is the most important innovation in my practice since Gary Craig taught me EFT and I began the Choices Method. I have used it with every single client since I learned it a year ago." — *Dr. Patricia Carrington\**

I wish you an exciting experience of supporting your inner self in the weeks to come.

Warmly, Pat



**Patricia Carrington** @DrPatCarrington · Feb 21, 2012

Over time a mantra comes to have special meaning to the person using it and becomes a signal to turn inward to a peaceful state.



**Patricia Carrington** @DrPatCarrington · Dec 26, 2011

To do EFT inconspicuously, tap only on the Karate Chop Spot as you say or think all of your EFT phrases - can be done even under a table.

With heartfelt best wishes to you in your healing endeavor,  
Pat Carrington



**Patricia Carrington** @DrPatCarrington · Jun 18

"The degree of peace that you are able to generate within yourself will be what radiates outwards to affect others. ..." (Dr. Patricia Carrington, 2001) [patcarrington.com/tap-in-peace/](http://patcarrington.com/tap-in-peace/)



**Patricia Carrington** @DrPatCarrington · Dec 25, 2011

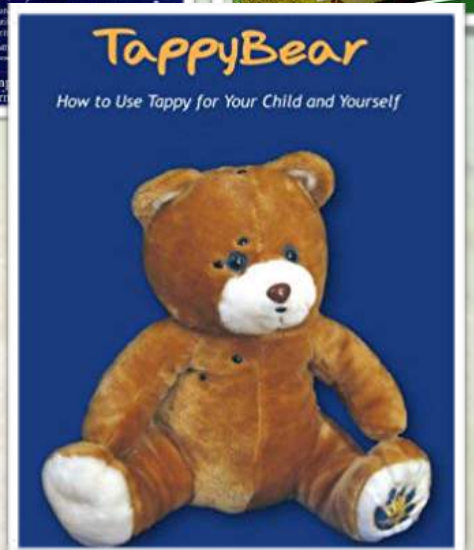
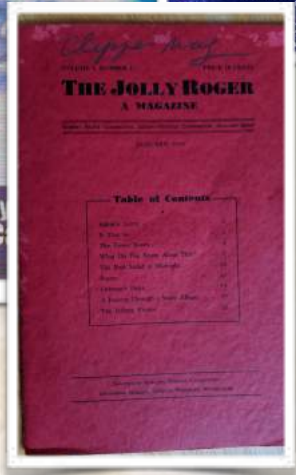
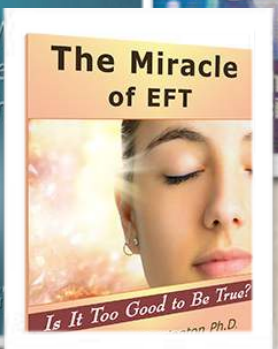
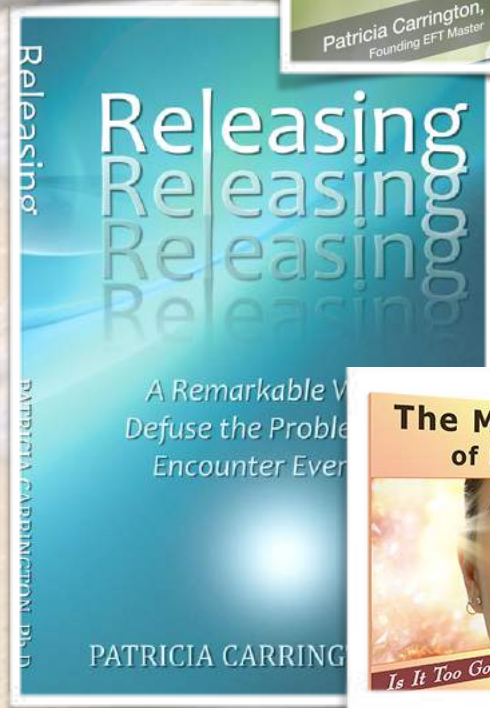
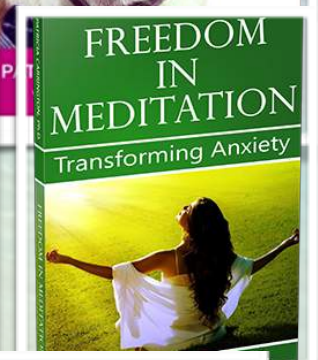
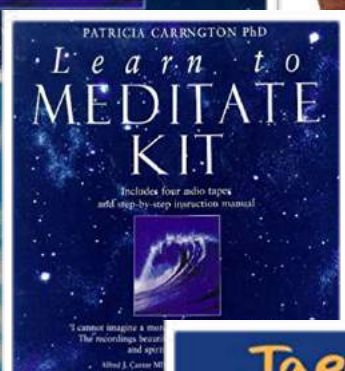
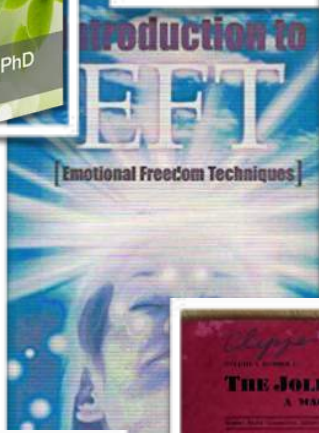
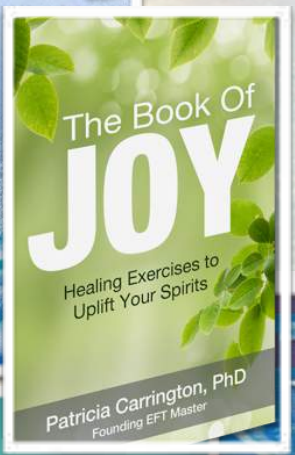
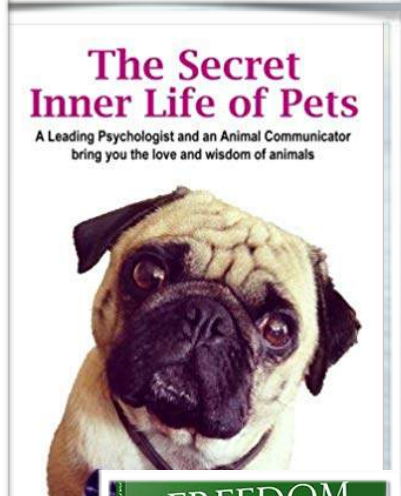
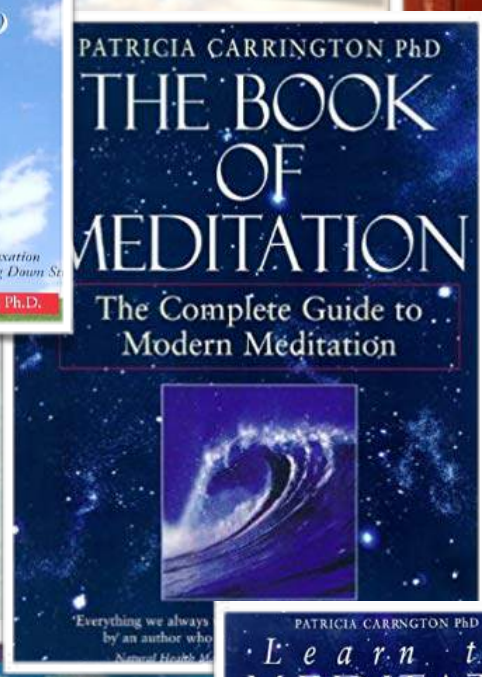
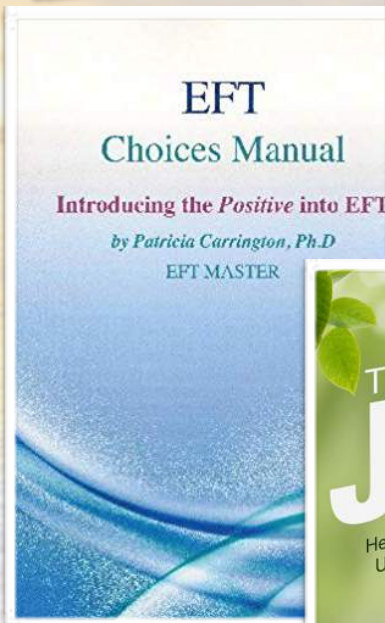
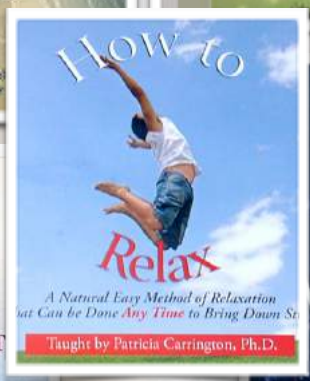
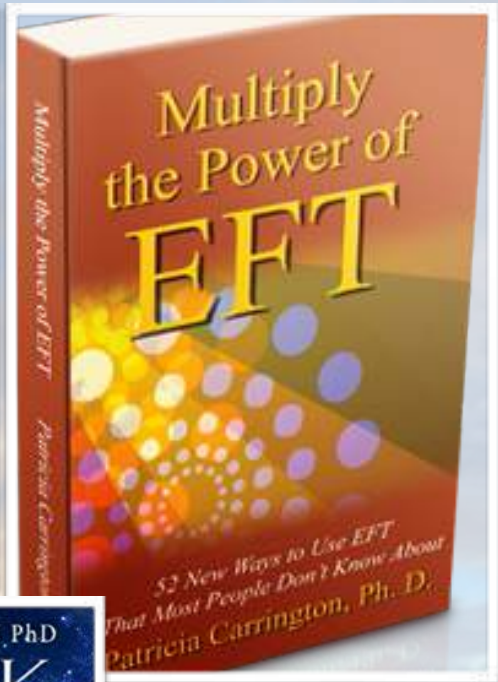
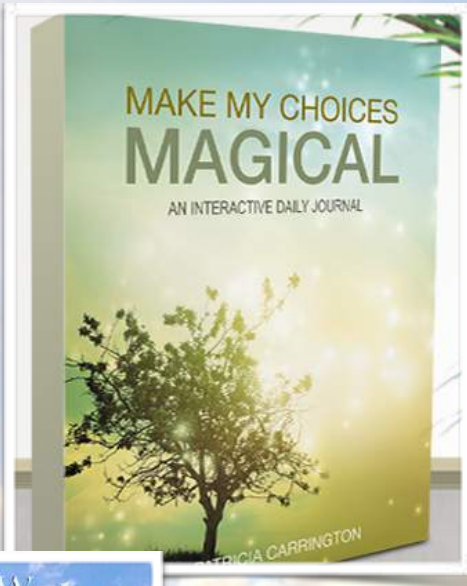
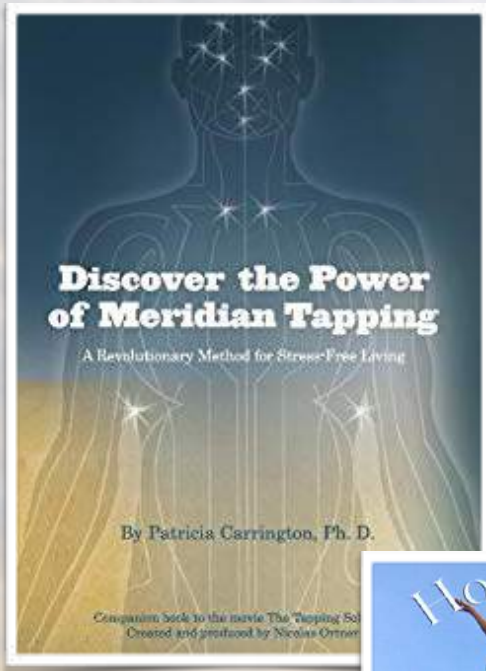
In each raindrop we see the whole sky reflected. The little contains the big. Try making little changes and see what happens...

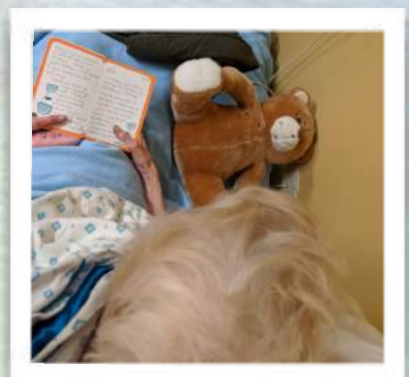
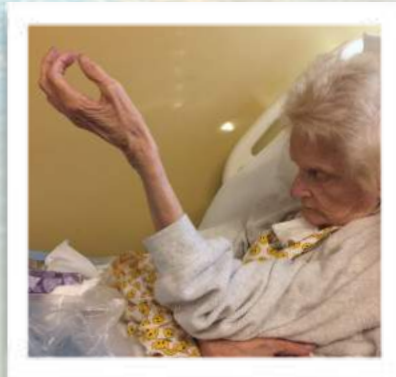
Warmly,



**Patricia Carrington** @DrPatCarrington · Dec 27, 2011

Meditation is, in a sense, a rebirth. It is a new beginning.





*"The absence of fear  
& the presence of strength,  
confidence, & self-love  
is a tremendous force."  
-Dr. Patricia Carrington*