

Health,  
Vitality &  
Wellness

*Creating health  
and happiness with*

# Emotional Freedom Techniques



**Rangana Rupavi Choudhuri (PhD)**



**Vitality**LIVING  
— College —



*“To fly toward a secret sky and cause a hundred veils to fall each moment. First to let go and finally to take a step forward.”* Modified from Rumi

**Clear the past to be in the present  
and create the future**

© 2013 Rangana Rupavi Choudhuri (Phd)

First edition: July 2011

Email: [help@vitalitylivingcollege.info](mailto:help@vitalitylivingcollege.info)

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

No part of this publication may be reproduced, stored in electronic retrieval system or transmitted in any form by any means without prior permission in writing from the author. That includes and is not exclusive to photocopying, electronic means, mechanical, recording or any information storage of retrieval system. The copyright and the rights of translation are reserved by the author.

## ■ Contents

Poor health is related to emotional stress and trauma . . . . .	2
Emotional stress and upsets can be cleared . . . . .	3
Clear stress and upsets with EFT . . . . .	5
EFT for a range of challenges . . . . .	9
EFT for stress relief . . . . .	10
Next steps . . . . .	11
About Vitality Living College . . . . .	13
Testimonials for our workshops . . . . .	14
About the author . . . . .	15



## ■ Introduction

Learn how to bring yourself and others health, happiness and emotional wellbeing.

The pace of life is becoming increasingly hectic and, with demands made on us from numerous places, it can be difficult to allow yourself the time to focus on yourself and your wellbeing.

This can lead to a life that is unhappy and stressful with very little excitement or sense of self-worth.

Given the choice, most people would rather live lives that are...

- Free of stress
- Full of self-belief
- Free from past emotional upsets
- Free from cravings and unhealthy emotions
- Filled with positive energy with a positive outlook and the achievement of goals

That's why I've written this free booklet on Emotional Freedom Techniques or EFT.

EFT teaches people how to find inner peace and be...

- Happier
- Healthier
- Full of confidence
- Emotionally balanced
- And have a strong sense of wellbeing, achieving stress relief in seconds

My name is Dr Rangana Rupavi Choudhuri, and for the last 10 years I have been teaching people how to find this balance using EFT.

During this time I have seen EFT transform thousands of lives, and I want to share this gift with you.

This booklet will teach you...

- What is EFT?
- How does it work?
- How to use it
- When to use it
- And where to learn more

We have now trained over 1000 people in EFT in UK, Europe, USA & India. We have people who come because they want to learn the technique for themselves to feel more vibrant, healthy and fulfilled, or to become a Practitioner and share it with others. I myself initially learnt EFT to eliminate daily migraines, chronic pain and mood swings and eventually went onto become an EFT Practitioner and now I teach EFT worldwide as well as certify practitioners and trainers.

EFT has been clinically proven to reduce stress, depression, cravings, negativity and trauma's creating health, happiness and vitality. I wonder how your life will be different when you feel healthier, happier and even more confident.

Hope you enjoy reading this booklet and start using EFT today.

## ■ Poor health is related to emotional stress and trauma

Did you know 85% of illness is stress induced?<sup>1</sup> Chronic as well as unconscious stress upsets the natural balance of the nervous system, disturbing the body's natural ability to maintain and repair itself, making the body vulnerable to the effects of poor diet, environmental toxins and microbes. This breakdown of the body's natural ability may result in disease and illness.

A study by Kaiser Permanente involving over 70,000 individuals showed that childhood emotional trauma was a significant factor in the development of chronic disease later in life, specifically:<sup>2</sup>

- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Risk for intimate partner violence
- Smoking
- Suicide attempts
- Multiple sexual partners
- Health-related quality of life issues
  - Liver disease
  - Chronic obstructive pulmonary disease
  - Ischemic heart disease
  - Sexually transmitted diseases

*“Pro-actively clearing daily stresses and past emotional upsets and traumas is the best health insurance. Once we have health we have everything.”*

In addition 70 published studies from the community on nearly 70,000 trauma survivors showed a tenfold increase in depression as well as two studies following 11,000 people for up to 20 years

revealed an increase in depression of up to tenfold.<sup>2</sup> Childhood maltreatment has been shown to result in increased cardiovascular disease in women and depression in both men and women.<sup>3</sup>

Emotional hurts and trauma can vary from person to person. For someone it may be a parent or teacher saying 'shut up' and for others it could be verbal or even physical abuse. Trauma is upsetting no matter what the severity.

Negative upsets can be experienced at school, home and workplace in the form of bullying, shouting, angry outbursts, overwhelm and feeling or being controlled by others. I wonder what hurts you are holding on to? What events have occurred that have cause emotional pain? What is it that you get stressed about? Clearing past emotional upsets, hurts and traumas and stress using clinically proven techniques like EFT can help.

## ■ Emotional stress and upsets can be cleared



Emotional Freedom Techniques, EFT, is now used worldwide by millions and clears emotional stress and upsets.

The technique has been clinically shown to reduce depression, anxiety, traumatic stress, phobias, pain, cravings, negative emotions (for example anger, sadness, grief, fear, hurt, guilt) as well as negative memories. Once negativity is cleared it creates a feeling of well-being and calm.

*“After 6 sessions of EFT 90% of study participants were free from symptoms of post-traumatic stress disorder.”*

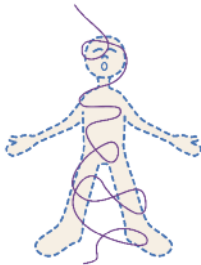
PTSD Study, Dawson Church, 2010<sup>4</sup>

EFT combines tapping on acupuncture points while repeating specific phrases releasing stress and emotional traumas. The technique integrates ancient wisdom and the science of acupuncture with modern day psychology without the need for needles.

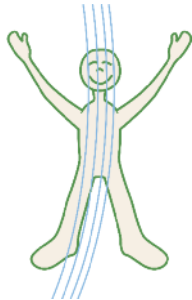
## Clearing energy disruptions with EFT



Energy disruption



Using EFT



Relief!

Negative emotions cause a disruption of the body's energy system. By tapping on the acupuncture points and saying phrases out loud EFT re-wires the energy system creating a feeling of peace, calm and letting go. In many cases after EFT people experience a shift in thinking that is more empowering.

*“EFT clears the energy disruption caused by negative emotions and provides immediate relief.”*



## ■ Clear stress and upsets with EFT

The pace of life is becoming increasingly hectic, and with demands made on us from numerous places, it can be difficult to allow yourself the time to focus on yourself and your well being.

This can lead to a life that is unhappy and stressful with very little excitement or sense of self worth.

Given the choice most people would live lives that have reduced stress, increase self-belief, free from past upsets and with a positive outlook.

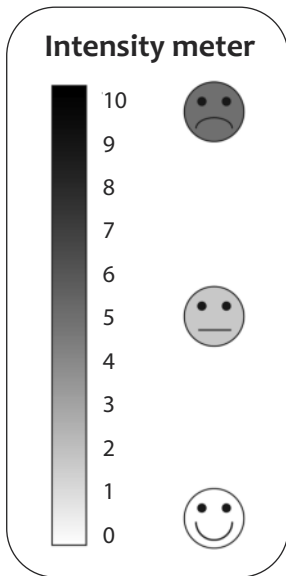
Below are step-by-step instructions to use EFT as part of a daily health and happiness routine:

### 1. Identify the problem by asking yourself

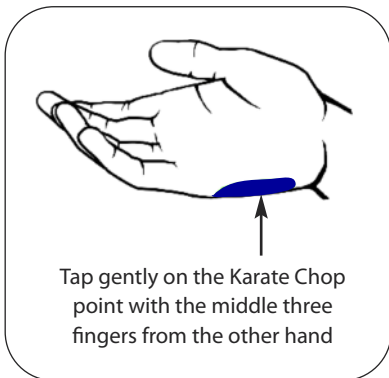
- What am I stressed about?  
What is upsetting me? Who is upsetting me?
- How does that make me feel?  
How does that really make me feel?
- Where in the body do I feel this stress or upset? What kind of a sensation is it? How does that make me feel?

### 2. Measure the problem from 1 to 10 by asking

- On scale of 1 to 10 how high is this stress where 10 is a very high stress and 1 is no stress at all?



- On a scale of 1 to 10 how high is this emotional upset where 10 is really upset and 1 is not upset at all?
- On a scale of 1 to 10 how high is this negative feeling where 10 is really high and 1 is not high at all?



### 3. Start with tapping on the side of the hand

Tap with the fingers of one hand on the karate chop of the other hand (side of the hand below the little finger) and say the following three times with feeling:

*“Even though I... (name problem with specific information of what happened, who did what as well as the negative feeling and number), I deeply and completely accept myself.”*

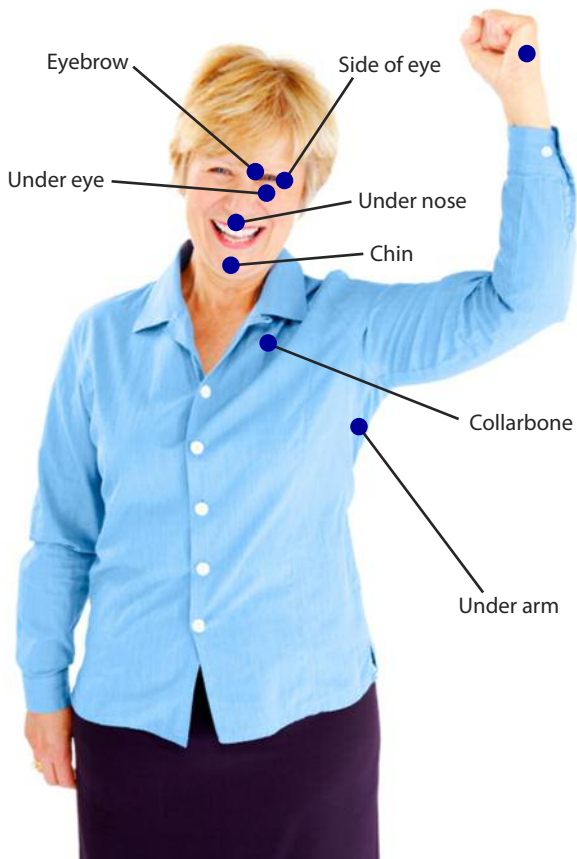
For example: *“Even though I am really stressed because I have too much work and it makes me feel anxious and it’s a 10/10, I deeply and completely accept myself.”*

### 4. Tap each point 7 times as you say a phrase from the problem

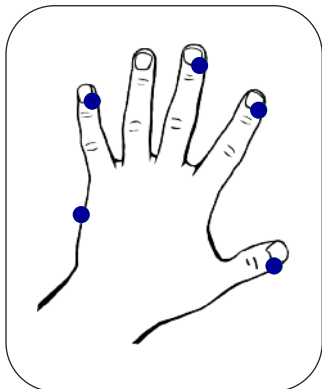
Repeat key phrases out loud from the problem, for example the emotion of specifics about the problem, while tapping on the points shown below.

- **Eyebrow** – at the beginning of the eyebrow just above the nose
- **Side of eye** – on the bone bordering the outside corner of the eye

## EFT tapping points



- **Under eye** – on the bone just under the eye
- **Under nose** – between the bottom of the nose and the upper lip
- **Chin** – midway between the point of the chin and the middle of the lower lip
- **Collarbone** – at the junction where the breastbone, collarbone and first rib meet



- **Under arm** – under the arm about 10cm from the armpit
- **Thumb** – on the outside of the thumb, level with the base of the nail
- **Index finger** – on the side of the index finger closest to the thumb, level with the base of the nail (miss this point out if pregnant)
- **Middle finger** – in the same place on the middle finger
- **Little finger** – in the same place on the little or baby finger
- **Karate chop** (side of the hand) – on the edge of the hand

5. **Final clearing.** On the Karate Chop say the starting set-up phrase again (name the original problem again).

*“Even though I... (name problem), I deeply and completely accept myself.”*

6. **Relax.** Take a gentle breath in and out and take a sip of water. It is very important to drink water to flush out any toxins that get released. 70% of our bodies are composed of water – drinking water is vital to our health and vitality.

- 7. Testing the results.** Measure the problem again from 1 to 10. Notice how the problem and original emotion feels different. If there is an emotional charge left, repeat the tapping process again till you feel better.

## ■ EFT for a range of challenges

Extensive application of Energy Psychology treatments like Emotional Freedom Techniques has shown impressive improvements in a wide variety of issues, including those listed below.

### **Personal performance**

- Abundance
- Weight loss
- Business and career goals
- Self realisation/spiritual growth

### **Emotional challenges**

- Children's behavior
- Relationship issues
- Anger management
- Depression
- Insomnia
- Severe trauma (PTSD)
- Addictions
- Sexual abuse
- Phobias

### **Physical diseases**

- Allergies
- Migraines
- Pain management
- Chronic fatigue syndrome
- Multiple chemical sensitivities
- Hypertension
- Fibromyalgia
- Cancerous cells
- Muscular dystrophy
- Parkinson's disease
- Cystic fibrosis

### **Other**

- Animal healing
- Surrogate applications

## ■ EFT for stress relief

Stress, particularly emotionally related stress, is considered to be the silent killer in the western world and fast spreading to the east. A recent report indicated those suffering from emotional stress had a much higher chance of cardiac challenges. The Medical Journal JAMA reports:

*“Stress can cause a heart attack, sudden cardiac death, heart failure, or arrhythmias (abnormal heart rhythms) in persons who may not even know they have heart disease. Individuals with congestive heart failure, coronary heart disease, known arrhythmias, or other heart or blood vessel diseases should avoid emotional stress whenever possible and learn to manage the effects of stress.”*

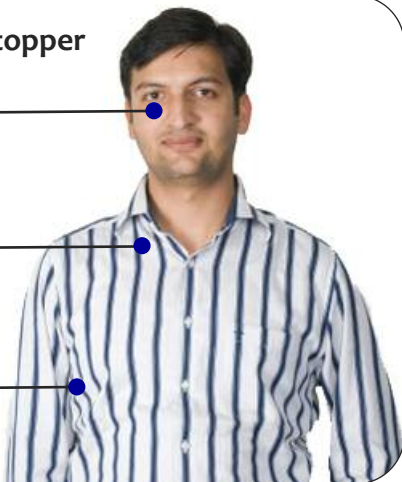
Stress can cause an increase in the stress hormone ‘cortisol’ which can cause havoc with the body’s circulatory, hormonal, immune and

### Quick anxiety stopper

Under eye

Collarbone

Under arm



digestive systems. For example, Irritable Bowel Syndrome (IBS), a disorder of the digestive system, is now known to be caused by stress.

The good news is studies have shown a regular practice of exercises: breathing, physical exercise, meditations and emotional release can reduce cortisol and stress levels resulting in a feeling of calm and well-being. In particular EFT has been clinically shown to reduce stress as well as stress hormones like cortisol. A recent clinical study in War Veterans has shown EFT to be effective in reducing extreme stress known as Post Traumatic Stress Disorder (PTSD).<sup>4</sup>

## **EFT points for stress relief**

In the event you suddenly get stressed or overwhelmed with emotions just tap under the eye, collar bone and under the arm.

## **Next steps**

1. Use the EFT sequence in this book as part of a daily routine to lower stress.
2. Attend EFT Training to learn the technique to clear past emotional hurts, cravings, physical tension, negativity, limiting thoughts and disempowering mental patterns as part of a personal development program.
3. Consider learning the technique to become a practitioner to work with others as a profession. Helping others is a rewarding profession and contributes to increasing health, happiness and confidence. Our EFT programs are on [www.vitality-living.com/EFTTraining.html](http://www.vitality-living.com/EFTTraining.html).
4. Book a session with a qualified AAMET (Global Governing Body for EFT) approved EFT Practitioner. You can e-mail us on [help@vitalitylivingcollege.info](mailto:help@vitalitylivingcollege.info) and we can also connect you with a practitioner.

## ■ About Vitality Living College

We offer internationally certified training programs in the area of Health & Vitality, Peak Performance & Success and Spiritual Growth & Self Realisation with NLP, EFT, Hypnosis, Breakthrough Coaching, Timeline Technology & Journey Work. Our current training programs are as follows:

### **Foundation course for well-being and relaxation (EFT Level 1)**

Learn ways to resolve physical pain, stress, negative memories, negative emotions as well as addictive cravings.

### **EFT course for happiness, health and confidence with Practitioner track (EFT Level 2)**

Learn skills to clear past negativity, fears/phobias, limitations and upsetting situations to feel healthy, happy and confident.

### **Advanced EFT course for abundance and wholeness with Practitioner track (EFT Level 3)**

Learn how to elegantly and rapidly pin-point the root issue and resolve. Techniques includes working with pain, illness, addictions, inner child healing, uncovering self sabotage and resolving inner conflicts to create abundance and wholeness.

### **Matrix Re-imprinting with Practitioner track**

Combine EFT with inner child healing, quantum physics and law of attraction to create real and rapid breakthroughs. Uncover and start living your life's purpose.

### **NLP Diploma with the foundations of coaching and NLP**

Learn how to communicate with anyone anywhere, influence for win-win outcomes, create inner confidence and harness the power of the mind to deliver results.



## **NLP Practitioner with Breakthrough coaching, Timeline Technology & Hypnotherapy**

Master skills to manifest the life you want, how to create real and rapid breakthroughs for yourself and others and become internationally to work professionally as a client and command high fee paying clients.

To find out more go to [www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

### **REFERENCES**

1. Psychological Stress and the Human Immune System: A Meta-Analytic Study of 30 Years of Inquiry. Segerstrom Suzanne , Miller Gregory. *Psychological Bulletin*, Jul 2004.
2. Trauma in the Addiction Family. Claudia Black, Dec 2010. [www.addictioninfamily.com](http://www.addictioninfamily.com).
3. Childhood Maltreatment as a Risk Factor for Adult Cardiovascular Disease and Depression. Batten Sonja, Aslan Mihaela, Maciejewski Paul and Mazure Carolyn, *Journal of Clin Psychiatry*, Feb 2004.
4. Psychological Trauma in Veterans Using EFT: A Randomized Controlled Trial. Dawson Church, Crystal Hawk, Audrey Books, Oliver Toukolehto, Maria Wren, Ingrid Dinter, Phyllis Stein. Presented at the Society of Behavioral Medicine, Seattle, Washington, April 7-10, 2010.

Disclaimer: This book is for educational purposes and does not replace medical advice in any way. Please seek medical advice and diagnosis for any concerns or questions you may have about your health.

## ■ Testimonials for our workshops

*"I feel more confident, I have learnt more and I trust that EFT is something that works."*

Margaret Bradley, Virtual Assistant

*"Confidence to heal myself. I feel full of vitality and love."*

Kate Rees, Bookkeeper

*"That all things are possible. Even my shoulder is feeling better."*

Stephen Parrott, Instructor

*"Although some of the issues raised were very profound, the atmosphere and space felt safe."*

Linda Munster, Nutritionist

*"Cleared all my emotional blockages"*

Iva West, Utility Warehouse

*"A renewed enthusiasm with EFT and renewed confidence in its efficiency."*

Franki Gifts, Complementary therapist

*"I appreciated the time the trainer took to 'help' everyone whilst making a learning experience for everyone else."*

Dani Diosi, EFT Practitioner & Hypnotherapist for conception, birth and pregnancy

*"Now that I have learnt EFT and become a Practitioner with Vitality Living College I am getting more clients and earning a living."*

Jayant Pawar, Wellness coach

*"Came closed as a skeptic, left open and converted. Hope to be a part of this journey for a long time. Thank you so much."*

Lale Sarb, Homemaker

## ■ About the author



**Rangana Rupavi Choudhuri (PhD)** is the Founder & CEO of Vitality Living College and delivers trainings and seminars around the world. She is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential.

Rangana Rupavi's clear and proven coaching style has encouraged audiences around the world to move out of their comfort zones –

inspiring them to meet and exceed their personal and professional goals, over and over again.

For information about our internationally approved training courses, please go to

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)



[www.iapc-home.com](http://www.iapc-home.com)

## ■ About Vitality Living College

We offer training in therapeutic and coaching skills like, emotional freedom techniques (EFT), neuro-linguistic programming (NLP), hypnosis, life coaching and executive coaching.

Our trainings are globally accredited providing professional certification, mentoring and business building set-up skills for well-ness and coaching professionals.



Book onto our courses to learn the skills to use on yourself or to become professionally qualified as a practitioner, coach or trainer.

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

# Emotional Freedom Techniques

## Creating health, happiness and vitality



In this special booklet, Rangana Rupavi Choudhuri (PhD) will share what EFT is (Emotional Freedom Techniques), how it works and how it can be used to lower physical tension or stress. The booklet contains the 7 steps to tapping with EFT.

[help@vitalitylivingcollege.com](mailto:help@vitalitylivingcollege.com)

UK +447572419703

India +919920454749

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

**BREAKTHROUGH  
COACH**

  
THE  
JOURNEY.



[www.iapc-home.com](http://www.iapc-home.com)



# Be free