



Emotional Freedom Techniques

Introductory Manual

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Vitality **LIVING**

— College *Empowering Transformation*



■ Introduction to Emotional Freedom Techniques

Emotional Freedom Techniques is probably one of the most powerful healing techniques in the world today! It is easily taught by a skilled trainer and extremely empowering for clients. EFT can enable stress relief in seconds and is used all over the world by millions.

Based on discoveries involving the body's subtle energies, EFT has been proven to be over 80% clinically effective for stress, fears, depression, addictive cravings, weight loss and many other physical symptoms.

EFT is long-lasting, gentle and usually rapid. There are no drugs or equipment involved and it is easily learned. Once learnt, it can be self-applied.

The basic theory behind EFT is that all negative emotions and behaviors, and many of the physical discomforts that they cause, are the result of disruptions to your body's energy system.

The term 'energy system' refers to the meridians used in Chinese acupuncture. These are energy channels that run throughout your body and through all of your major organs. Acupuncturists adjust their patients' energy by inserting needles at specific points along the meridians. EFT works in the same way, but without the needles: instead, the fingers are used to tap on certain points on the body.

This training and your trainer is approved by Vitality Living College and Master Trainer of Trainers, Dr Rangana Rupavi Choudhuri (PhD). Dr Choudhuri has touched the lives of over 10,000 people in 44 countries and has trained over 2,000 people in EFT. Her trainers are hand-picked and deliver seminars to the highest standards.

This training is certified by Vitality Living College, a learning organisation dedicated to transforming the lives of others through personal development, emotional well-being and spiritual growth trainings with international certification. They support ethical practice and all their trainers have signed a code of conduct and ethics as well as mandatory continuing professional development and mentoring hours. Vitality Living College provides certification training in:

- EFT Practitioner
- Matrix Reimprinting Practitioner
- Neuro-linguistic Programming (NLP)
- Timeline Technology
- EFT Advanced Practitioner
- Breakthrough Coaching
- Hypnosis
- The Journey

Creating a space to use EFT with yourself and others

The first step before working with oneself or others is to create a safe space that is non-judgemental, accepting and understanding. Whether you are using EFT on yourself or with others the same rules apply. From now whether you are self applying EFT or working with others we will use the term client to refer to the person receiving the treatment and practitioner to the person facilitating the treatment. The same applies when you are self-applying EFT as we recommend you take on both roles. Consider what is the environment you would like to create for yourself when you receive treatment. Some suggestions are to be:

- Respectful
- Loving
- Non-judgmental
- Trusting
- Compassionate
- Attentive
- Present
- Accepting
- Understanding
- Kind
- Helpful
- Encouraging
- Humorous
- Light-hearted

All energy
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acupressure
and shiatsu

■ The History and Background of EFT

Introduction

Modern meridian therapies that have been developed in the last two decades. By definition their history is very short. However, in this section we look at the historical roots of these therapies in order to see them from the perspective of the thousands of years of development that lies behind them.

Acupuncture and shiatsu

Fundamentally all energy therapies can trace their earliest origins to acupressure and shiatsu, therapies that developed independently but alongside each other in China and Japan respectively. However, similar therapeutic concepts as old or older than the Chinese and Japanese therapies can also be traced to many other parts of the world.

There is evidence of the use of acupuncture-like treatment by groups as far apart as the Bantu in Africa and the Eskimos in the northern circumpolar region, but these are difficult to date. The earliest well-dated instance seems to be a mummified body discovered preserved in a glacier in the Alpine Oetz valley between Austria and Italy in 1991. The corpse has been reliably dated to about 3200 BC, and it carries 15 groups of tattoos identifying points that can be identified as acupoints corresponding to arthritic pain, which this man certainly suffered.

Early development in China

Acupuncture is usually considered a Chinese therapy as it was codified in China, which has a continuous history of acupuncture from at least 1000 BC to the present day.

Between 475 and 221 BC the therapy was consolidated and written into a book known as *The Yellow Emperor's Classic of Medicine* (Huangdi Nei Jing), which describes the meridians in a way still recognizable today. It describes the use of metal needles, but it is clear that sharp stones and splinters of bamboo had been used earlier. Its development continued in an orderly way and in about 400 AD a further book appeared, *A Classic of Acupuncture and Moxibustion* (Zhen Jiu Jia Yi Jing), which describes the acupoints and meridians in detail and in such a way that it is still effective as a text book in one of today's schools of acupuncture. A detailed study of over 600 acupoints was made during the Sung, Kin and Yuan dynasties (960-1368 AD), resulting in a further descriptive book known as *The Illustrated Manual on the Points for Acupuncture and Moxibustion* (Tong Jen Shu Xue Jiu Tu Jing). The term 'moxibustion' used in the title of these works refers to the stimulation of the acupoints using burning mox (*Artemisia japonica*). Also two life sized bronze figures engraved with meridians and acupoints are known to exist.

With the book and the figures the therapy spread widely across China and still thrives there, and it is now also well known and practiced in the West, where it has taken two roads. It has survived in its pure form and it has also been adopted by Western medicine. It is from the fruitful fusion of Eastern and Western ideas that 'modern' Energy therapies, including meridian energy therapies, have sprung.

In the mid-1960s the chiropractor Dr George Goodheart began to investigate the links between muscle strength, the body's organs and meridians, and he developed a diagnostic therapy, based on muscle testing drawing on muscle-testing studies by Kendall & Kendall,

*Emotional
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Chapman & Owen's work on neuro-vascular reflexes and research by Mann on acupuncture meridians.

This work grew into the science of Applied Kinesiology. John Thie, a colleague of Goodheart, published a book, *Touch for Health* in 1974, which first brought this combination of ideas to the general public.

Also in the mid 1970s John Diamond, a psychiatrist, applied his studies of Applied Kinesiology to his work in psychotherapy, naming this new field Behavioral Kinesiology.

At this time Dr Roger Callahan, a psychologist, was becoming dissatisfied with the therapeutic models available to him to help patients solve their psychological problems. He had studied Kinesiology with Diamond and was also investigating Eastern health practices, specifically those that involved tapping on meridian points, and in the 1980s he used meridian therapy on a patient called Mary who was suffering from a deep and intractable water phobia and had been receiving therapy without result for some years.

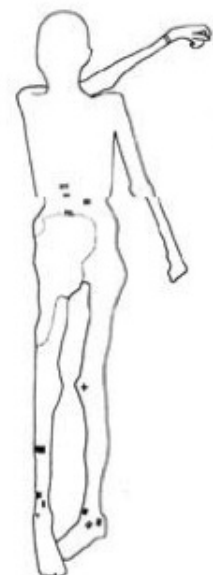
A number of stories have grown up about the incident that led to Mary's cure, some more spectacular than others. However, it is recorded that tapping below her eye while she focused on her fear of water completely and rapidly removed that fear and the phobia never returned.

Callahan spent the next ten years developing his therapy, which he called Thought Field Therapy or TFT. A number of therapists who studied with Callahan went on to develop further therapies from his ideas. Some of these remain proprietary therapies subject to copyright restrictions and many others require extensive (and sometimes expensive) training before they can be effectively used. However, one therapy stands out as both simple and freely available to all: Emotional Freedom Techniques (EFT), developed by Gary Craig, a Stanford engineer turned personal trainer who trained with Callahan in the early years of Thought Field Therapy.

Acupuncture points shown on a Chinese drawing



Acupuncture points tattooed on a mummified body found in the Alps and dated to 2300BC



How Emotional Freedom Techniques developed

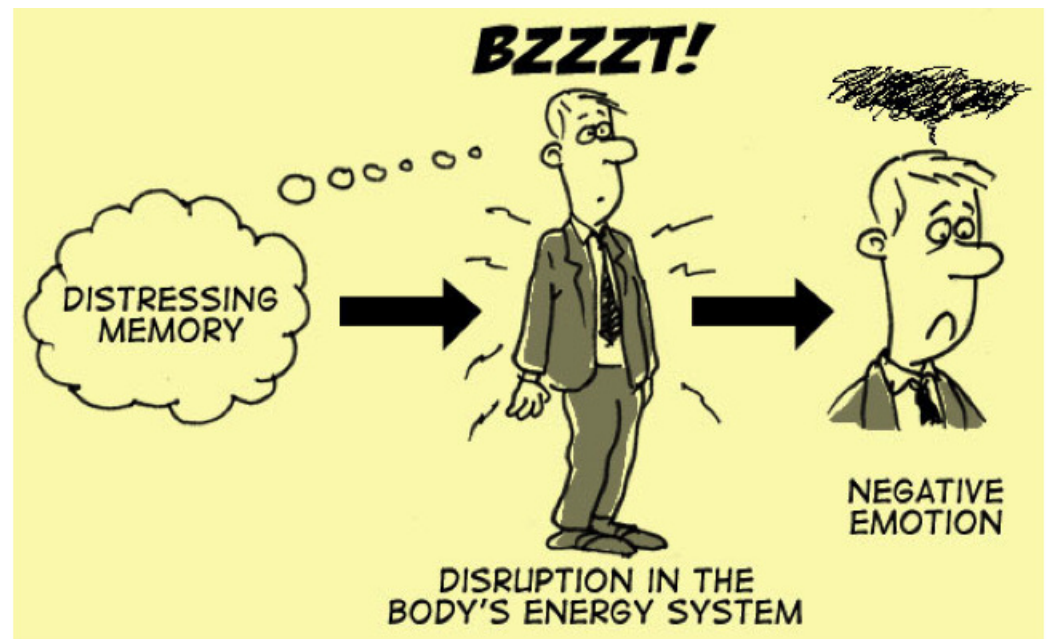


EFT has developed from a long line of therapies that began thousands of years ago

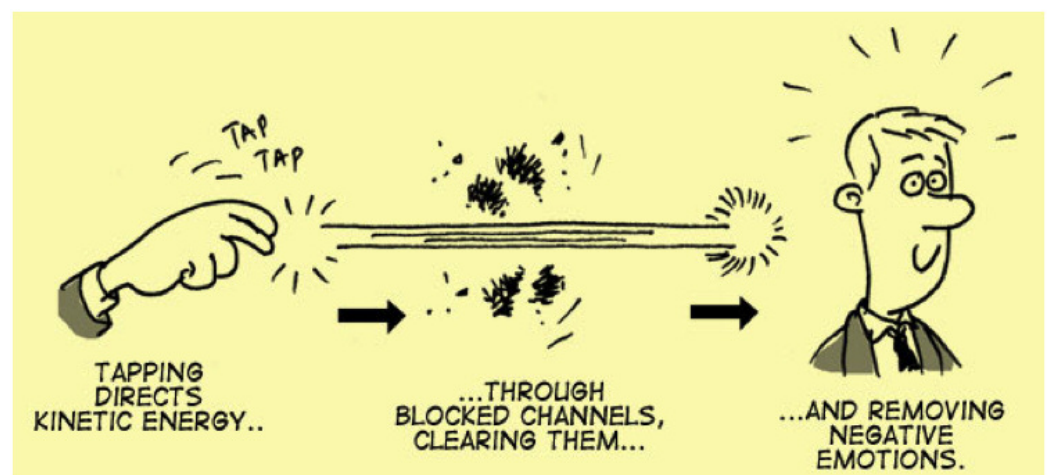
■ EFT Clears the Energy System to Give Relief

The theory behind EFT

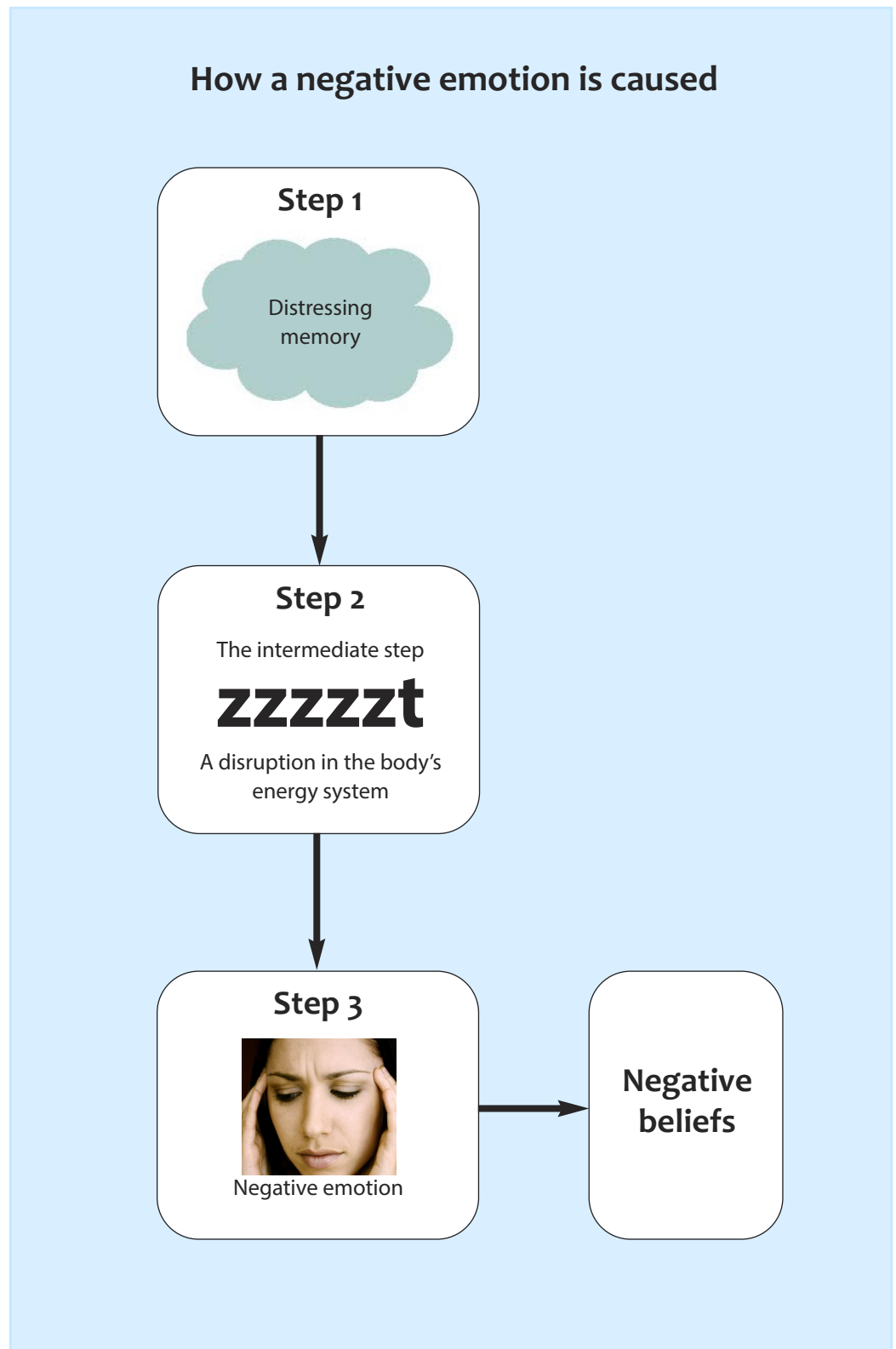
The theory behind EFT is the cause of all negative emotions is a disruption in the body's energy system. A distressing event or incident causes the disruption in the energy system and hence a negative emotion and in some cases a negative belief.



Once the energy system is balanced the emotional charge goes away. The underlying idea here is that you aren't "mentally blocked". Rather you are "energy blocked". When you use the simple EFT tapping steps you clear through blocked channels.

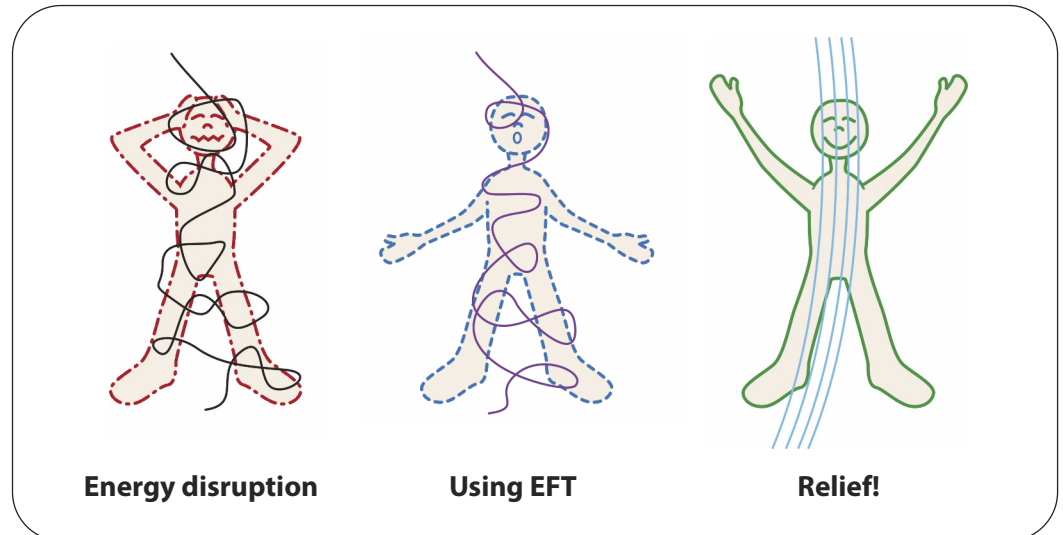


*Use EFT to clear
negative emotions
and memories and
create a feeling of
calmness*



The EFT tapping points are easy to locate and tap any time anywhere

When you use EFT it gives relief by re-wiring the energy system and bringing it back into balance so you feel calmer, more at peace and ready to let go and move on.



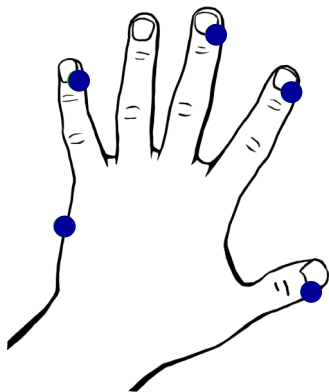
■ EFT Tapping Protocol

Originally Gary developed the Basic Recipe which covers the full tapping sequence. Subsequently the tapping sequence was simplified. Both these sequences are shown below.

The main tapping points are as follows:

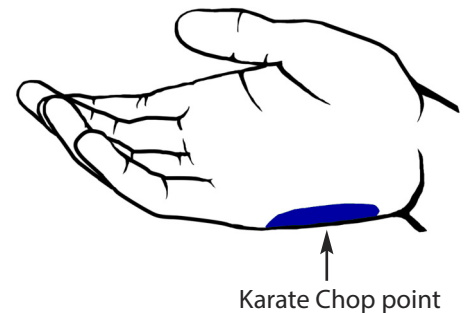
1. Eyebrow – at the beginning of the eyebrow just above the nose
2. Side of Eye/Temple – on the bone bordering the outside corner of the eye
3. Under Eye – on the bone just under the eye





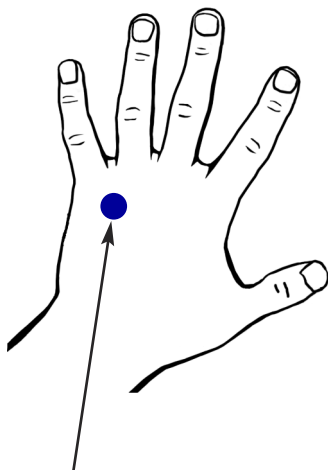
4. Under Nose – between the bottom of the nose and the upper lip
5. Chin – midway between the point of the chin and the middle of the lower lip
6. Collarbone – just below the collarbone
7. Under Arm – under the arm about 10cm from the armpit
8. Thumb – on the outside of the thumb, level with the base of the nail
9. Index Finger – on the side of the index finger closest to the thumb, level with the base of the nail (this point is not recommended for pregnant clients)
10. Middle Finger – in the same place on the middle finger
11. Ring Finger – on the other side on ring finger*
12. Baby Finger – in the same place on the little or baby finger
13. Karate Chop – on the edge of the hand (where you would make contact if doing a karate chop)

In EFT we generally start with tapping on the Karate Chop. An alternate tapping point that has the same effect is known as the tender/sore spot (shown in the picture). The tender spot is usually stimulated by rubbing in a circular motion, rather than tapping.



*The ring finger is not always used, as the Gamut Point (discussed below) is on the same meridian, which is stimulated during the 9-Gamut phase, which comes next. The actual point is on the opposite edge of the finger. However, there is no harm in using it and some practitioners do so for simplicity. In many cases we leave out tapping on the ring finger.

The Gamut Point is a special point used in the 9 Gamut Procedure. It is located on the back of either hand and is about 15mm behind the mid-point between the knuckles at the base of the ring finger and the little finger.



9-Gamut Point

The basic recipe

1. **Measure the problem from 1 to 10...** Ask "What number would you give this problem on a scale of 1 to 10 where 10 is a very big problem and 1 is not big at all". If there is a feeling, ask "On a scale of 1 to 10 how intense is the feeling where 10 is very intense and 1 is not at all". Alternatively, for physical tension, ask "On a scale of 1 to 10 what number would you give this tension where 10 is very high and 1 is not high at all".
2. **The Setup...** While continuously tapping on the Karate Chop point, repeat this affirmation three times:
'Even though I have this (name the problem), I deeply and completely accept myself.'
3. **The tapping sequence...** Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.
 - Eyebrow
 - Side of Eye
 - Under Eye
 - Under nose

*Measure, Set up,
Tap, 9-Gamut,
Tap again,
Measure*

- Chin
- Collarbone
- Under Arm
- Thumb
- Index Finger
- Middle Finger
- Little Finger
- Karate Chop

4. The 9 Gamut Procedure... Continuously tap on the Gamut Point while performing each of these 9 actions:

- (1) Eyes closed
- (2) Eyes open
- (3) Eyes hard down right
- (4) Eyes hard down left
- (5) Roll eyes in a circle in one direction
- (6) Roll eyes in a circle in the other direction
- (7) Hum 2 seconds of a song
- (8) Count to 5
- (9) Hum 2 seconds of a song.

This process allows the left and right brain to be engaged creating balance.

5. The tapping sequence (again)... Tap about 7 times on each of the energy points while repeating the Reminder Phrase at each point.

6. Measure the problem from 1 to 10 and repeat all of the above if necessary

Note: In subsequent rounds the Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the remaining problem:

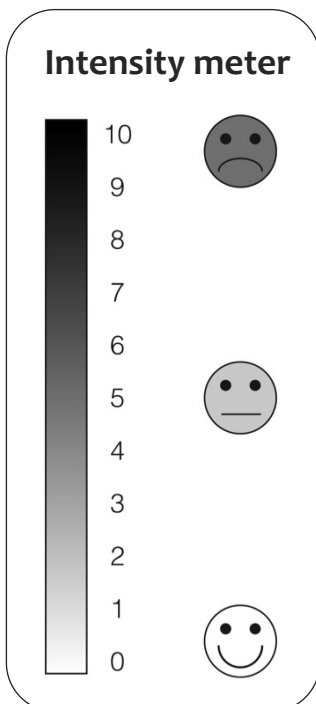
i.e. *"Even though I still have some of (this problem)..."* (Setup)

"This remaining (problem)..." (Reminder Phrase)

Measuring and testing

To make sure the process is working it is important to monitor progress for both the practitioner and client. The first step is to measure the severity of the problem, emotion, issue, physical sensation or anxiety by taking a subjective measurement on a scale of 1 to 10 where 10 is high intensity and 1 is low intensity. The intensity number is known as a SUD (subjective unit of distress). The client provides the subjective measurement. If the client is unable to tell the number you can also ask "is the tension/discomfort high, medium or low?"

If the client is unable to measure the problem get them into their body. Ask them to close their eyes and get a sense or knowing of where the discomfort is felt in the body. Then ask them how intense the discomfort feels on a scale of 1 to 10 where 10 is very intense and 1 is not intense at all. You can even say "I know that part of the body can't speak – if it could speak what would it say? How does that make you feel? On a scale of 1 to 10 how intense is the feeling where 10 is very intense and 1 is not intense at all?"



Psychological Reversal – a subconscious block to EFT that everyone has over some issues and it can come and go in seconds

■ Psychological Reversal

Psychological reversal (PR) is a sub-conscious block to EFT. It can occur when the energy flow becomes reversed and nothing seems to work. Just like when batteries are placed the wrong way round and no matter what you do the equipment will not work.

Everyone has PR on some issues and it can easily be reversed using EFT as it is built into the standard tapping protocol in the Set-up. PR can come and go in seconds. Anybody familiar with muscle testing will be able to diagnose PR.

PR can manifest as resistance and is common with addictions, trauma, illness and can be caused by traumatic events, shock, limiting beliefs and stress. Once reversed, it may remain so and the reversal may become an obstacle to treatment, which means that healing cannot easily take place. In cases of severe PR healing may be hindered and require persistence. This obstacle to healing can prevent effective treatment using all forms of complementary and allopathic therapy as the body is actively fighting the healing process.

We have all come across people who cannot (or will not) get well or are even accused of not wanting to get well. These 'failings' are often put down to lack of will power, poor motivation and the like, but in fact they are not failings nor defects but the result of PR. It is not that these people will not improve, but that PR is ensuring that however hard they or their practitioners try, their reversed system may act against getting better.

PR is often the reason for the sudden drop in performance of, say, an athlete who is still fit and in training, or of a musician whose playing suddenly drops below peak performance. Addiction and depression are often accompanied by reversal, and this can make them difficult to resolve using many types of therapy. The client may be aware that they have a fear of getting over the problem or may feel that they do not deserve to get over the problem or even that it is not safe to get over the problem. Some clients may be quite unaware of the reversal.



Psychological reversal is when there is a subconscious block to EFT and the energy system becomes reversed. Like when batteries are in 'backwards' or 'sdrawkacb'

Types of PR

There are two quite separate types of reversal:

- Massive (or global) reversal – where the subject is completely reversed on all aspects
- Specific reversal – where the subject is only reversed in one or two aspects

Correcting psychological reversal (PR)

The EFT setup routine is designed to correct PR by commencing tapping on the Karate chop. If the client was not reversed in the first place the setup is not necessary, but as a general rule it is quicker to use the setup than it is to test for reversal, so we almost always use the setup.

You may notice that experienced practitioners do not always use the setup, especially after the first tapping round. This is because they are confident that PR is not a factor in the case they are treating. It is safer to assume psychological reversal for the initial round of tapping. If there was no reversal attached to a presenting problem it may have already resolved itself.

There are at least five points that can be used to correct PR:

Once removed, PR is unlikely to return unless the subject suffers further trauma

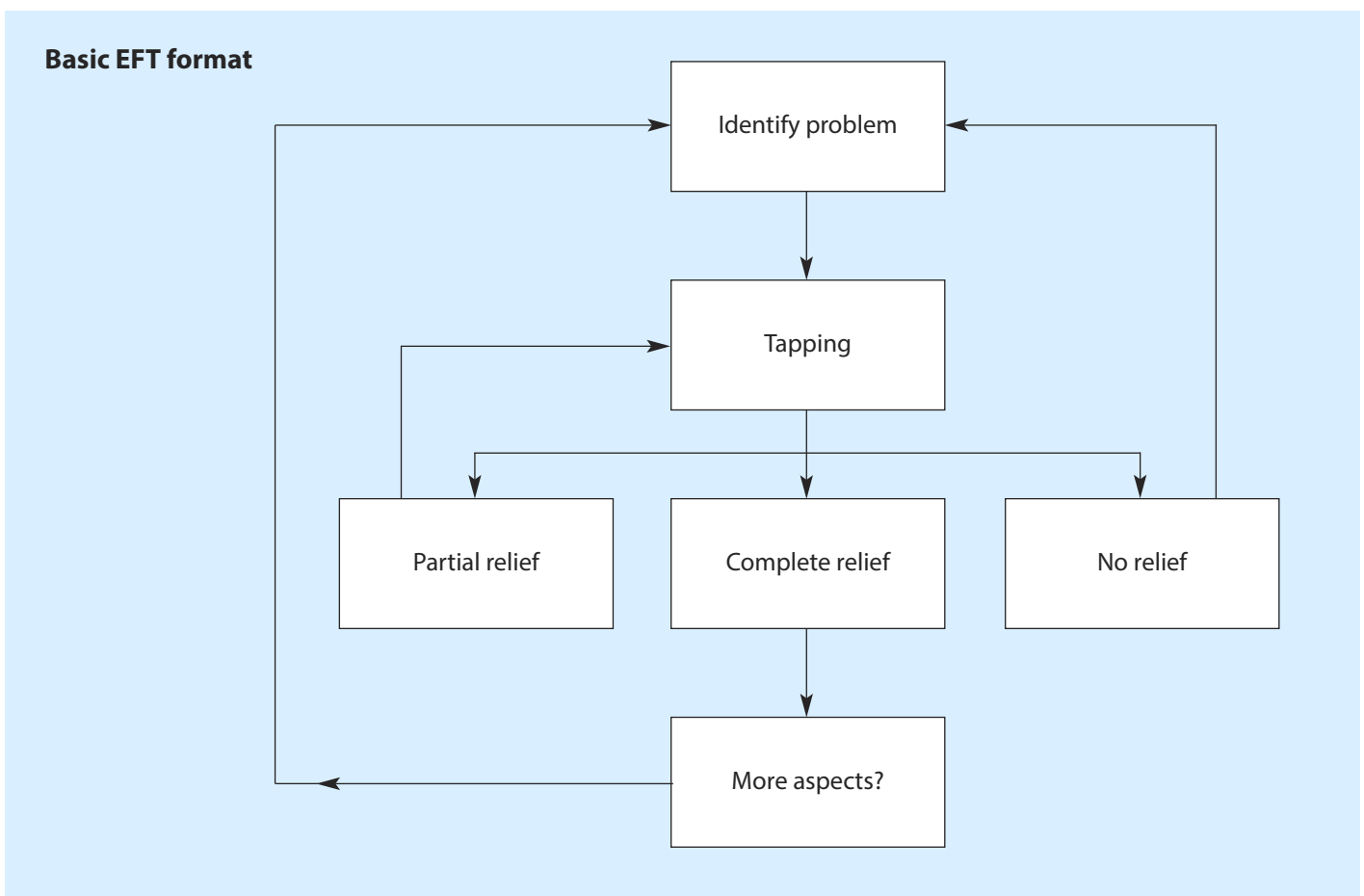
- Tapping on the Karate chop
- Rubbing the Sore Spot
- Rubbing the Collarbone point
- Tapping Under the Arm
- Rubbing or tapping the Thymus points (in the centre of the upper chest)

Recurring reversal

Once removed, PR is unlikely to return unless the subject suffers further trauma, but in extreme cases of massive reversal the removal technique only attains temporary removal and the subject can be found to be reversed if tested later. However, usually the subject will stay out of reversal for long enough for a few rounds of tapping to clear the aspect.

The EFT format

The basic format in EFT is to identify the problem and to start tapping. Each problem has many different aspects, for example physical tension, may have an aspect of the sensation of the pain or the emotion the pain is causing. Start with the aspect that is most present for the client, working with one aspect at a time. As the intensity reduces move onto the next aspect.



A positive affirmation is used at the end of the set up phrase to neutralise the negative effects of the issue

■ The Setup Statement

The Setup Statement consists of the opening statement and the affirmation:

Key to the opening statement:

- The words come from the client, NOT the practitioner
- It doesn't matter whether you believe the statement or not
- It's better to say it with feeling and emphasis
- It's better to say it out loud

And finally:

- It must be in the client's words

The Setup Phrase has two components: the opening statement and the affirmation.

The opening statement

The opening statement describes the problem, starting:

"Even though I have this"

The blank is filled in with a brief description of the problem you want to address. Here are some examples:

- Even though I have this fear of public speaking...
- Even though I have this headache...
- Even though I have this anger towards my father...
- Even though I have this war memory, ...
- Even though I have this stiffness in my neck, ...
- Even though I have these nightmares, ...
- Even though I have this craving for alcohol, ...
- Even though I have this fear of snakes, ...
- Even though I have this depression, ...

The affirmation

A positive affirmation is used at the end of the set up phrase to neutralise the negative effects of the issue or problem

"...I deeply and completely accept myself."

So the full Setup Statements for the examples above are:

- Even though I have this fear of public speaking,
I deeply and completely accept myself.

The EFT tapping routine has been simplified and does not need to include the 9-Gamut procedure routinely

- Even though I have this headache, I deeply and completely accept myself.
- Even though I have this anger towards my father, I deeply and completely accept myself.
- Even though I have this war memory, I deeply and completely accept myself.
- Even though I have this stiffness in my neck, I deeply and completely accept myself.
- Even though I have these nightmares, I deeply and completely accept myself.
- Even though I have this craving for alcohol, I deeply and completely accept myself.
- Even though I have this fear of snakes, I deeply and completely accept myself.
- Even though I have this depression, I deeply and completely accept myself.

Affirmations

Statements of intent

Phrased in the positive

Oft-repeated

Opening statement

Statements of fact

Usually negative

Oft-repeated

■ Simplified EFT Instructions

The EFT Tapping routine has been simplified and does not need to include the 9-Gamut procedure routinely. The simplified version is below:

1. Identify the problem

- Identify what the problem is and the associated feelings. For example:
 - "I am really stressed because I have too much work and it makes me feel anxious."
 - "I feel like a failure because my mother is always criticising me."
 - "I am too scared to ask for business as I will be rejected."
 - "I am too scared to go out on a date as I feel unattractive."
- Identify what is causing the problem and what specifically happened. For example
 - "I am really stressed because I had an argument with my partner (about...) and I am really upset now."
 - "I am scared of going on a date because I have been rejected by men all my life and the first time was when I was 7 years old and (describe what happened)."
 - "When I was at school my teacher humiliated me in front of the class."
- Identify if the stress is causing any pain or tension in the body. For example
 - "I am really stressed and it is causing me to have a throbbing headache." (describe the kind of headache)

Measuring or scaling the problem involves working out how intense the issue is

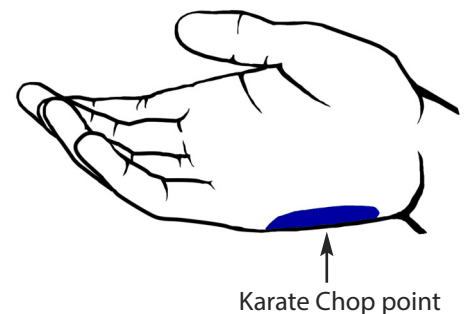
- "I hate selling and it gives me a stomach ache whenever I have to go and speak to a prospective client."
- "I do not like putting myself forward as it gives me a headache as I get so stressed about it."

2. Measure the problem from 1 to 10. Measuring or scaling the problem involves working out how intense the issue is, where 10 is very high intensity or high level emotion and 1 is low intensity or low level emotion (for example where 10 is completely stressed and 1 is not stressed at all). Write down the number based on how strong the issue is emotionally.

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), 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 the phrase out loud while tapping on the points shown below. For example, phrases could be 'anxious', 'stressed', 'course work' and 'anxious in my chest'.

Eyebrow – at the beginning of the eyebrow just above the nose

Side of Eye – on the bone bordering the outside corner of the eye

Under Eye – on the bone just under the eye

Under Nose – between the bottom of the nose and the upper lip

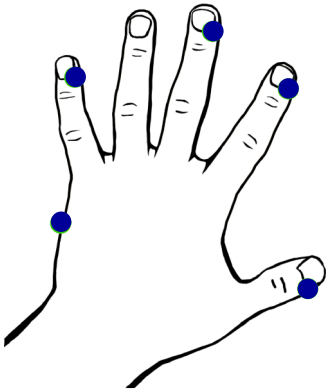
Chin – midway between the point of the chin and the middle of the lower lip

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 is 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.

For many people you will notice a physical change, a sense of relief or possibly a new insight about the problem.

■ Aspects of a Problem

Every problem has a series of aspects. In EFT we recommend working through one aspect at a time. Begin with the aspect that is most present for the client. The one that has the highest emotional charge. As the SUDs of the original aspect lowers move to the next aspect. Sometimes you will notice aspects are inter-related. Never assume you know your client's aspects. Work with their aspects using their words at the pace they are comfortable.

At times when the intensity goes up it is usually a new aspect that has emerged. When this happens begin afresh and treat it as a new part of the problem. Aspects can be:

- Feelings
- Events
- Thoughts
- Beliefs
- Body sensations
- A combination of the above

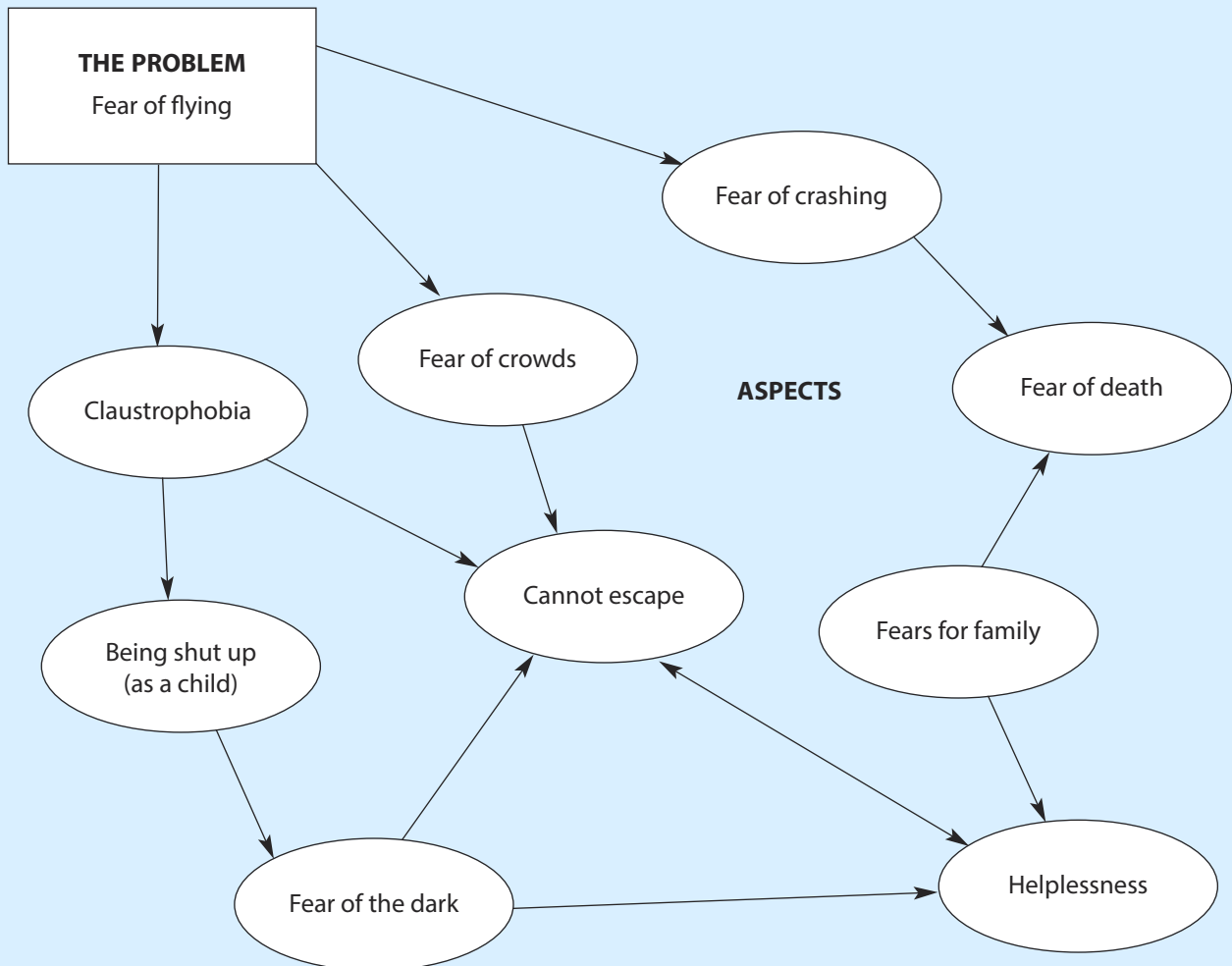
Whether the intensity goes up or down always say 'Great'. Create an environment where everything is allowed.

Aspects can be represented by a mind map or cascading out of a umbrella (see above).

■ Abreactions

An abreaction is a normal but intense emotional reaction. This can occur if intense emotions have been buried and re-suppressed. In client sessions it may manifest as sudden tears,

Mind map of aspects for fear of flying



feeling overwhelmed or fearful. The intense emotions feel higher than normal. The best course of action is to stay calm and continue to tap on the client.

It is common to feel emotion when healing happens (and just as common not to). Sometimes these emotions can be very strong and may even be accompanied by physical symptoms like heat or shaking.

This is good, and everything that is released from the body is good. Have an attitude of love, gratitude and acceptance to whatever arises.

Allow yourself to stay calm and breathe fully if distressing thoughts arise during or after treatment with EFT. Greet the thought or feeling. Say 'Thank you'. Appreciate that this feeling, which may seem ugly, dangerous or even repulsive has actually been of service and wanted what was for your highest and best good. When you stay with such feelings, sending appreciative thoughts, you will be amazed at the wonderful changes that come about as a result.

*Work through
each aspect of
a problem one at
a time*

Emergency actions with abreactions

Most important is to stay calm. Keep tapping and stay calm. Just be fully present for your client and let them know they are safe. Some additional actions for both the client and practitioner are to:

- Drink water
- Break state by moving about
- Cross crawl





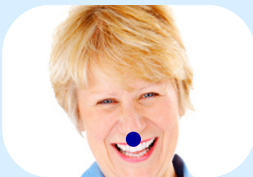
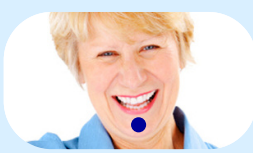


THE CROSS CRAWL – developed by Donna Eden

While standing, lift your right arm and left leg simultaneously. As you let them down, raise your left arm and right leg. If you are unable to do this because, for instance, of being confined to a wheelchair, simply lift your knees to the opposite elbows or twist your upper torso so your arm passes over the midline of your body.

- Tap, gently thump or rub the thymus point
- Take slow deep breathe focusing the attention on the breathing
- Triple point calmer – tap under the eye, the collar bone and under the arm
- 9 Gamut Procedure – Tap on the 9 Gamut with eyes open and close then roll the eyes in one way and then the other way
- ‘Stay with me’ technique – Let the client know you are there for them. Say out loud – ‘Stay with me.’ Get them to look at you and keep breathing
- Tap on the top part of the feet
- Notice if energy toxins are involved – in rare cases some client’s are very sensitive to their environment

Quick anxiety stopper



EFT points and meridians				
Location	Picture	Meridian	Releases	Allows
Top of Head		Hundred Meeting Points Meridian	Inner critic, lack of focus and 'hamster wheel' thinking	Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity
Eyebrow		Bladder Meridian	Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread	Inner peace and emotional healing
Side of Eye		Gall Bladder Meridian	Rage, anger, resentment, fear of change and muddled thinking	Clarity, compassion and understanding
Under Eye		Stomach Meridian	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe – 'All is well'
Under Nose		Governing Meridian	Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals	Self-empowerment, self-acceptance and compassion
Chin		Central Meridian	Confusion, uncertainty, embarrassment, shame and in-decisions	Certainty, clarity, self-confidence and self-acceptance
Collarbone		Kidney Meridian (adrenals)	Psychological reversal, worry, indecision, feeling stuck and general stress	Ease in moving forward, confidence and clarity
Under Arm		Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self-esteem	Clarity, confidence, relaxation and compassion for self and others



EFT Training for Life

Learn the clinically-proven technique for well-being, health and happiness with a skilled trainer. Once learnt it stays with you for life and can enable stress relief in seconds. It is simple and easy to learn with an approved trainer.

EFT Foundational Course for Well-being and Relaxation

EFT Level 1 Training

The approved curriculum includes:

- How to use EFT as a self-help tool and with friends and family
- Origins and background of EFT
- The full EFT tapping sequence as developed by founder Gary Craig
- Shorter tapping sequence
- EFT for stress relief and anxiety
- How to eliminate physical pain
- EFT for negative events/memories
- Tapping away dis-empowering emotions
- EFT for cravings and fears
- A 60 page manual with background information
- Certificate to use EFT as a self-help tool and with friends and family

EFT Advanced Course for Health, Happiness and Confidence includes Practitioner Certification

EFT Level 2 Practitioner Training

The approved curriculum includes:

- How to use EFT with clients
- Building rapport, trust and a safe environment
- Using EFT safely for trauma and phobias
- Getting to the heart of the problem or issue
- Daily EFT practice to remove limiting beliefs and negative events
- EFT for addictions, allergies and pain
- Borrowing benefits by group tapping
- Asking questions to get to the root cause
- Tapping on a specific issue to eliminate the problem
- Identifying different aspects of an issue
- Testing the effectiveness of EFT
- Additional tapping points
- EFT and telephone sessions
- Using EFT with children
- Surrogate tapping and using EFT with animals
- Practitioner Certificate on completion of case studies and multiple choice test



EFT Advanced Practitioner Course to Feel Empowered and Claim Your Power Back

EFT Level 3 Advanced Practitioner Training

The approved curriculum includes:

- Identifying core issues and resolving them
- Ways to work with the inner/wounded child
- Uncovering and integrating limiting parts
- Awareness of sub-personalities and archetypes
- Creative use of language
- Re-framing old issues and pre-framing
- The value of forgiveness and love
- How to use intuition and creativity
- Working with serious diseases, psychological issues and impairments
- Advanced rapport, calibration, questioning, dissociation/association and choices
- Unstructured tapping transitioning from science to art
- Self-monitoring and supervision
- Peak performance and abundance
- Tapping for business success and energy marketing

Courses and Training with Vitality Living College

Emotional Freedom Techniques

Emotional Freedom Techniques (EFT) is an alternative therapy method devised specifically to release emotional blocks that hinder individuals from reaching their full potential. What's more, this technique has been clinically proven to lower stress, anxiety, tension, and depression to enable health, happiness and vitality.

At Vitality Living College we offer:

- EFT Foundational Training (Level 1) for stress relief and wellness
- EFT Practitioner Training (Level 2) for health, happiness and vitality
- EFT Advanced Practitioner Training (Level 3) for manifesting abundance, confidence and wholeness
- EFT Master Practitioner (Level 4) for mastering practitioner skills
- EFT Facilitator (Level 5) to facilitate group courses and seminars
- EFT Presenter (Level 6) to facilitate retreats, large seminars and workshops
- EFT Trainers Training (Level 7) to train others in the technique

Attending these courses not only enables personal development and self-healing but is also the first step to becoming a qualified Practitioner and earning a living while you make a difference to other people's lives. With EFT, you can not only successfully reach your own goals but also help others fulfill theirs.



The training does not end there. After completing training you become part of the Vitality Living College EFT Alumni and continue to learn more through the on-line support groups as well as use the tools learnt as part of a personal development program.

Inner Child Matrix

After completing EFT Practitioner training, you may attend Inner Child Matrix Training to:

- Get to the root cause of powerlessness and trauma
- Clear shock as a result of trauma
- Combine the law of attraction with EFT
- Re-programme past limitations to create a compelling future
- Root out limiting beliefs creating empowering beliefs
- The training program is part of a self development plan or to become professionally qualified as a Practitioner and help others transform.

The Journey Seminars

The Journey is a method of cellular healing that unearths the root cause of an issue and enables the resolution of any physical and emotional challenges that arise from it. It is effective in eliminating a variety of problems, including:

- Fear, worry, stress, and anxiety
- Depression
- Low self-esteem and lack of confidence
- Chronic anger and rage
- Physical illnesses and diseases
- Addictions and unhealthy behaviors
- Past traumas and hurts
- The effects of verbal, physical, and sexual abuse
- Relationship problems
- Dissatisfactory career performance
- A lack of a spiritual awakening

At Vitality living College in collaboration with The Journey, we offer:

- The Journey Intensive with Advanced Skills to clear emotional and physical issues while forgiving and accessing 'source'
- The Conscious Abundance Retreat to manifest fulfilment in finances, relationships, health and career
- The No Ego Retreat to eliminate 'karmic' programs and experience enlightened freedom
- Healing with Conscious Communication to communicate with integrity and impact
- Life Transformation Week to learn skills to heal and transform illness and life issues

Breakthrough Coaching with Neurolinguistic Programming (NLP)

Imagine a life where everything you want to achieve is within your power. A life where you are the master of your actions. All your goals are achievable, all your fears are beatable, and all your dreams are your reality.



Breakthrough Coaching with NLP is a set of powerful coaching skills and tools, that help people design and live the life they truly want to lead. The skills learned culminate in qualifications that will enable you to work and earn a living as a professional coach.

It can be applied to business, work, and relationships, as well as creating personal satisfaction.

This course is ideal for:

- ANYONE on a personal development and self-help journey and want to create the life they want
- Managers and leaders who wish to coach themselves and their staff at work
- HR professionals, trainers, consultants and coaches who wish to add a coaching system to their existing programs
- Entrepreneurs, business owners, and ambitious, success-oriented professionals
- Healers, practitioners, therapists, medical health professionals, doctors, nurses, and counselors
- Those wanting to work professionally as life coaches, trainers, therapeutic coaches, corporate coaches, or business coaches

At Vitality Living College we offer a seven-day program with five International Qualifications:

- NLP Diploma
- NLP Practitioner
- Breakthrough Coaching
- Hypnosis Practitioner
- Timeline Technology

Limitless Living

Our newest seminar, Limitless Living, helps you to unlock your limits so you can unleash abundance, purpose and passion.

Soul to Soul Business and Marketing

My heart would just sink as I noticed these amazing therapists, healers and coaches who had no idea to market themselves. Highly talented and skilled professionals were struggling to make ends meet because they did not know how to attract new clients.

This led me to develop Soul to Soul Business and Marketing, targeted only at therapists, healers and coaches. It helps them to create a thriving businesses and financial independence.

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About the Author and Trainer



Rangana Rupavi Choudhuri (PhD) is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential. Her 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.

She has personally driven businesses valued at \$1bn during her 15 years' experience in the medical industry, while coaching global teams to lead with confidence and deliver measurable results. Her work as an international speaker, trainer and entrepreneur continues to take her around the world.

As Founder and CEO of Vitality Living College, Rangana Choudhuri is committed to creating successful coaches and practitioners. We train people in NLP, EFT, Hypnosis and Timeline therapy. Training is ideal for those who want to learn self-help tools or work with others to help them feel happier, healthier and more confident. She helps clients in the UK, US, Europe and Asia to deliver results and achieve their dream goals.

She holds a PhD in Cancer Research from Oxford University, is a Senior Leader Coach for Robbins Research (a Tony Robbins Company) and a qualified trainer, coach and practitioner of the latest techniques that enable powerful business and life transformations.

About Vitality Living College

Vitality Living College was formed in 2007 and is a member of the Vitality Group Companies. It is the only global therapeutic skills and coach training college that:

- Teaches therapeutic and coaching skills to create for health and wellness, peak performance and spiritual development
- Mentors coaches, practitioners and trainers to be successful with clients and in building their business
- Takes delegates through a step-by-step approach from foundational courses to more advanced techniques
- Brings the latest advanced techniques in peak performance, health and spiritual development for the first time in India
- Uses accelerated learning techniques and experiential learning to enable you to use the skills learnt straight-away
- Trains, mentors and empowers professionals, leaders, business owners, therapists, coaches, students and consultants to boost their life, work, relationships and well-being

It is a unique college that is committed to training and development empowering all its delegates, coaches and trainers to reach their highest potential effortlessly and easily.

www.vitalitylivingcollege.info