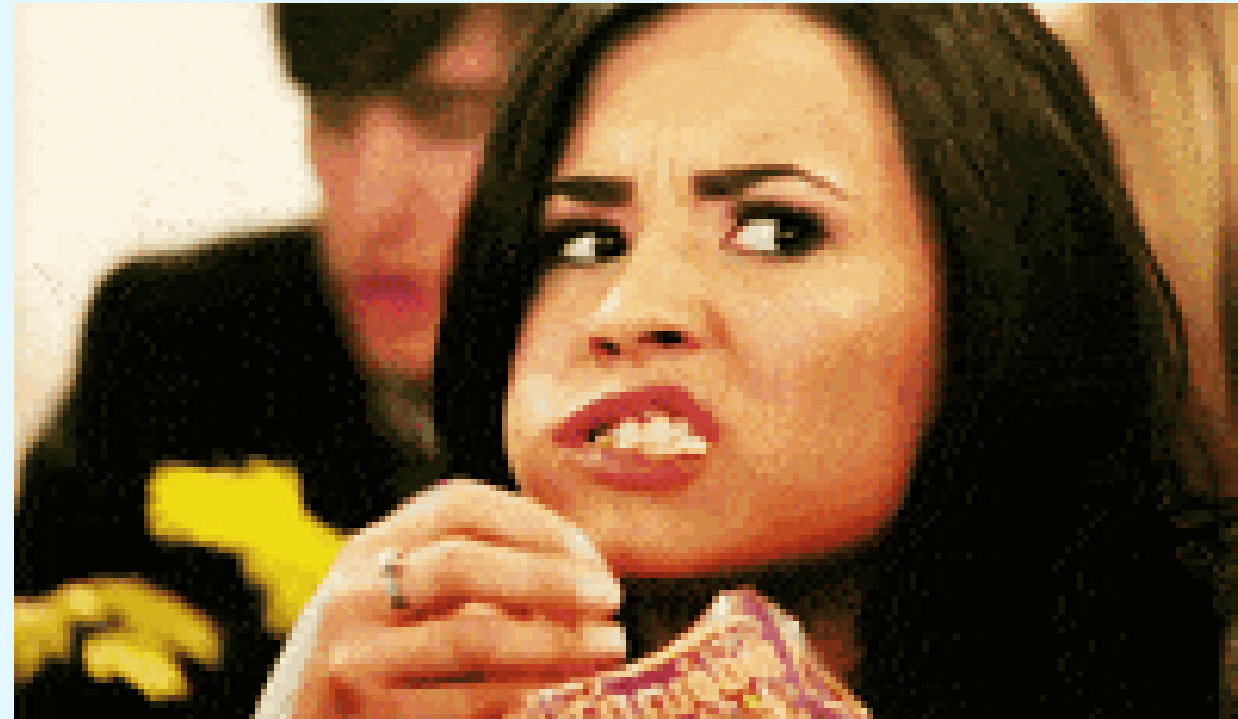
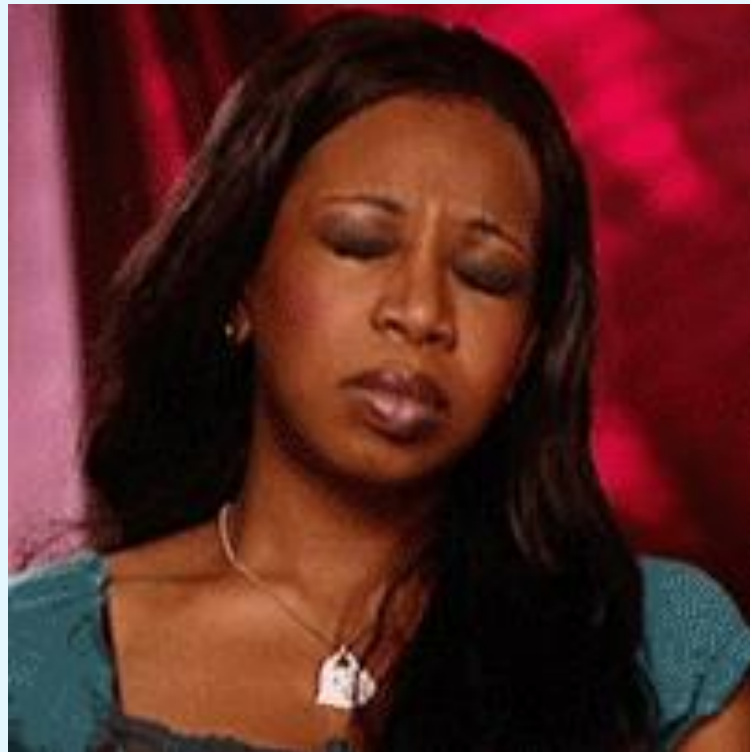


EFT MASTERCLASS

FAST THERAPEUTIC RESULTS

Feel happy, at peace & relaxed

Who is this for?



Who is this for?



Who is this for?

- Learn about an emotional wellness or therapy technique
- Heal from within and free limits
- Already in the helping, therapy or coaching profession
- Help myself and others
- Seeking a new profession to help others heal & transform

Who is this for?

- Curious about EFT
- Help my child and family
- Identify and release emotional patterns
- Boost career and emotional balance
- Revision mode

In Our Time Together

1. How do our emotions and stress contribute to ill-health?
2. How can you reverse the negative effects of stress & create health ?
3. What is Emotional Freedom Techniques (EFT) and how does it provide results quickly?
4. How can you help others heal and make it a profession?

**Everything You Need To Know To
Relieve Stress in Yourself & Others
Before It Becomes a Bigger Health
Problem To Feel Peace, Calm &
Relaxed Being In Control Of Your
Emotions**

House Rules for Today's Masterclass

- This is NOT “A coaching & therapy session but a training”
- This is NOT “Do nothing and feel calm and at peace”
- This is NOT “How to take a magic pill and feel ok”
- You must be able to learn and put the work in to get results

85% of illness is stress

[*https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/](https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/)

90% of doctor visit are stress related

[*https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/](https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/)

Stress is one of leading causes of divorce,
addictions, and weight gain/obesity

Unresolved emotional upsets lead to illness

[*https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/](https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/)

Suppressed emotions can lead to disease

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

Suppressed emotions increased the risk of cancer
by 70% and heart disease by 47%

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

Unexpressed anger is known to be
linked to cancer

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

Holding onto unforgiveness can lead to
diabetes, pain and heart attack

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

So What Can You Do?

1. Figure out a way that works to release stress
2. Use a clinically proven method to free suppressed emotions
3. Learn a method to let go of the past upsets and trauma

Emotional Freedom Techniques



Overcome Stress



Eliminate Pain



Heal the Past



Defeat Phobias



Heal Past Trauma & Accidents



Stop Cravings



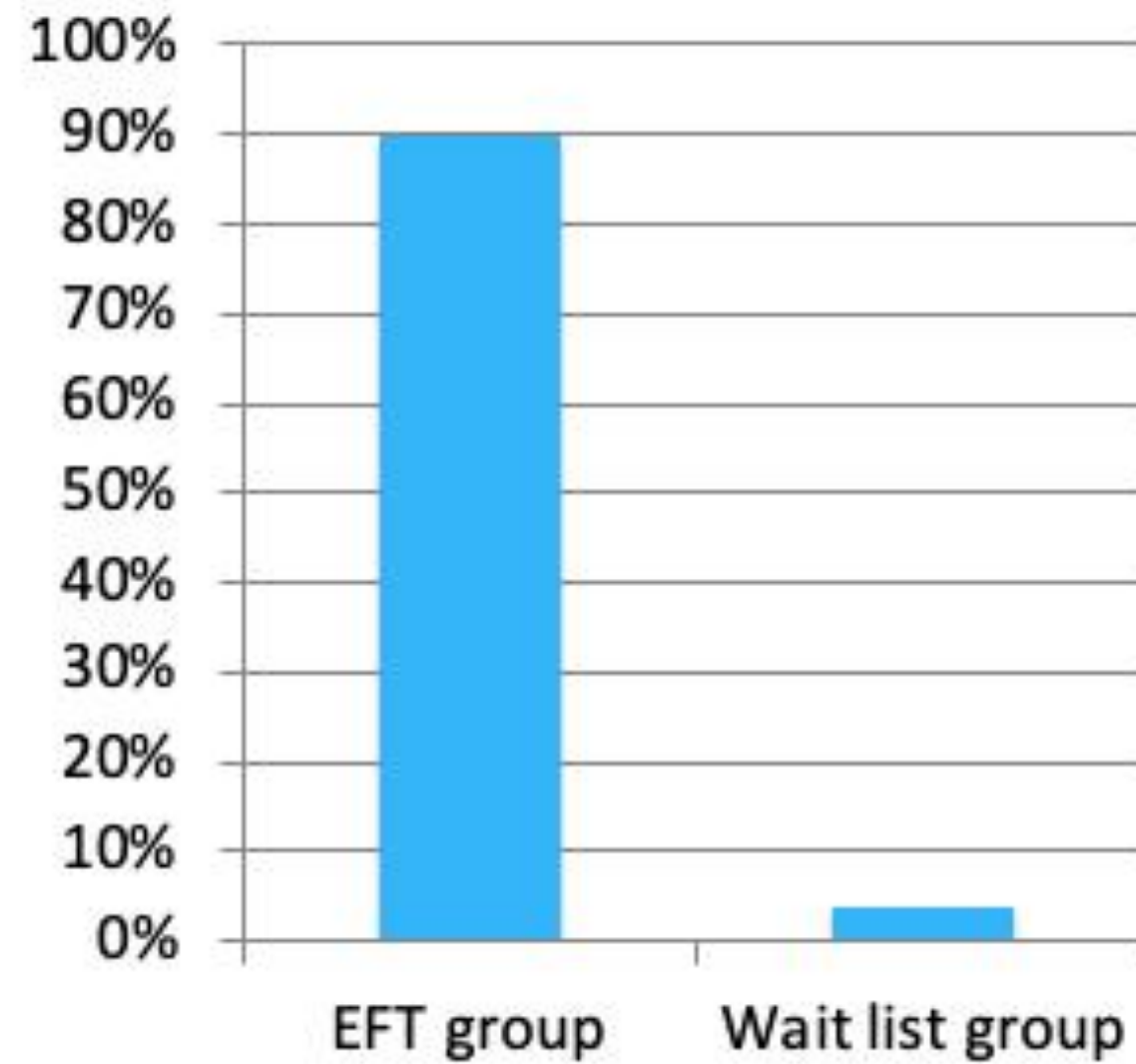
Breakthrough Limits



Work with Children



After 6 sessions 90% were free from PTSD criteria



HELP YOURSELF & OTHERS HEAL WITH EFT



HELP YOURSELF & OTHERS HEAL WITH EFT



EFT clinically shown to reduce stress as well as anxiety, depression, performance, pain, cravings, emotional distress, fears and phobias



Reduction in test taking anxiety versus progressive muscle relaxation



Reduction in depression by 73% with EFT in college students



Athletic performance improves (free throws) by 26% with EFT



Improvement in pain and emotional distress and cravings in 216 healthcare workers

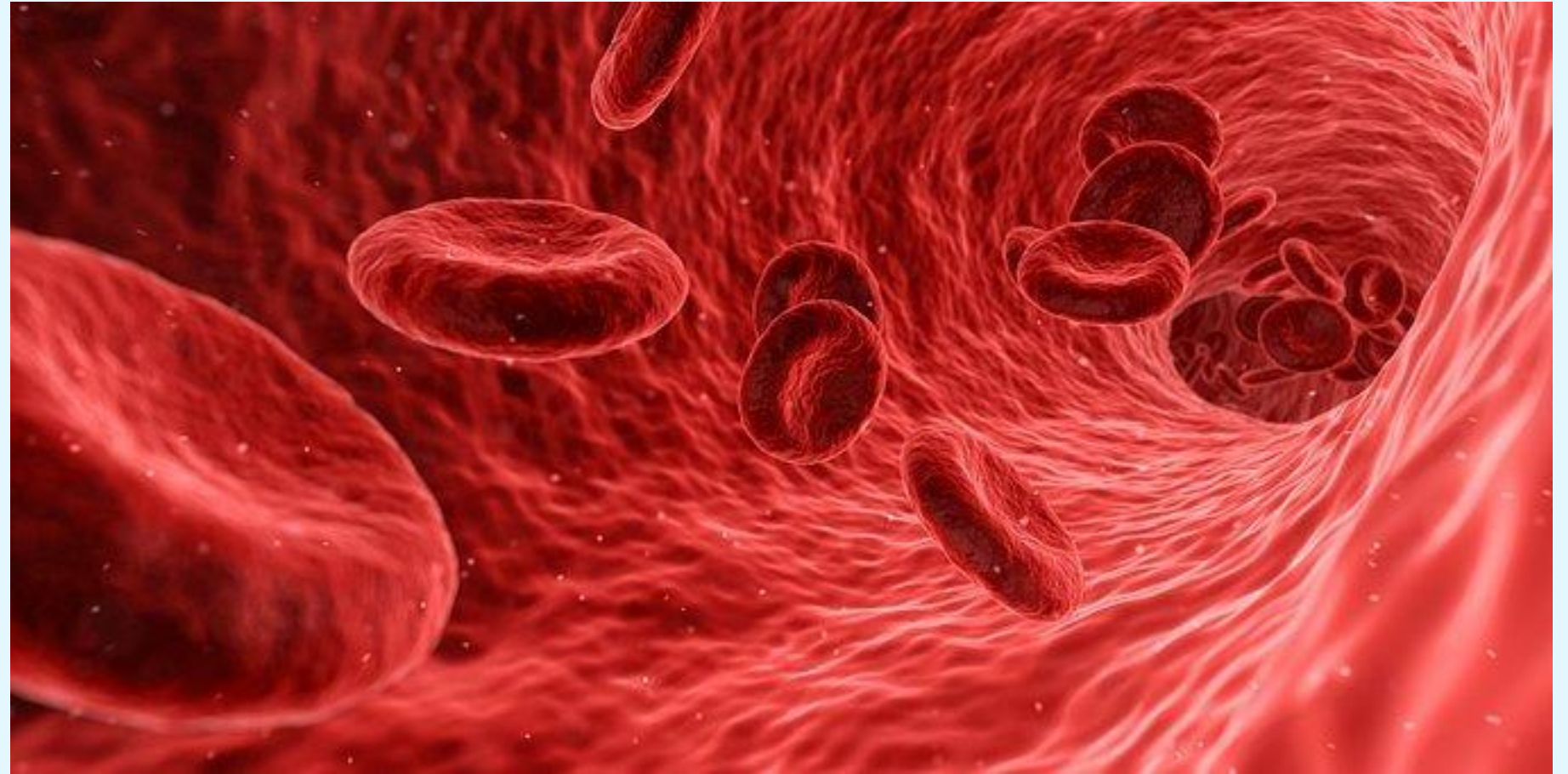


Fibromyalgia patients improve in pain, depression, anxiety and mental health



Reduction in phobias and fears of small animals with EFT (versus breathing or discussing fears)

HELP YOURSELF & OTHERS HEAL WITH EFT



HELP YOURSELF & OTHERS HEAL WITH EFT



Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.



Lilly Allen for Weight Loss



Madonna is a fan of EFT



Michael Ball for Performance Anxiety



Camilla Parker Bowles for fear of flying

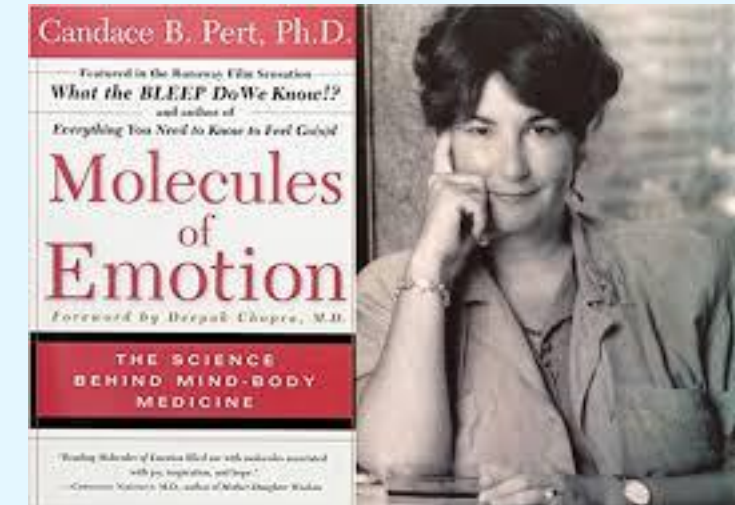


Barlon Taplin before races



Whoopi Goldberg for fear of flying

HELP YOURSELF & OTHERS HEAL WITH EFT





“As our feelings change, this mixture of peptides travels through out your body and your brain and they are literally changing the chemistry of every cell in the body.”

Dr Candace Pert

But there is EFT, and
then there is clinical EFT!



- Diagnosed with Cancer in 2001, then self healed with alternate therapy and coaching
- Used to get daily migraines, debilitating pain in the neck and shoulders
- Learnt a clinically proven technique, EFT Tapping, which calms down stress in seconds to have no more migraines
- Have coached & supported 1000s of people in one-to-one session and trained over 20000 people to feel calm, healthy, happy and at peace

The 7 Steps of EFT

1. Identify the issue or goal
2. Get a measure for It
3. Start EFT Tapping on the side of the hand
4. Tap on the upper body points
5. Close sequence
6. Relax
7. Testing

Identify

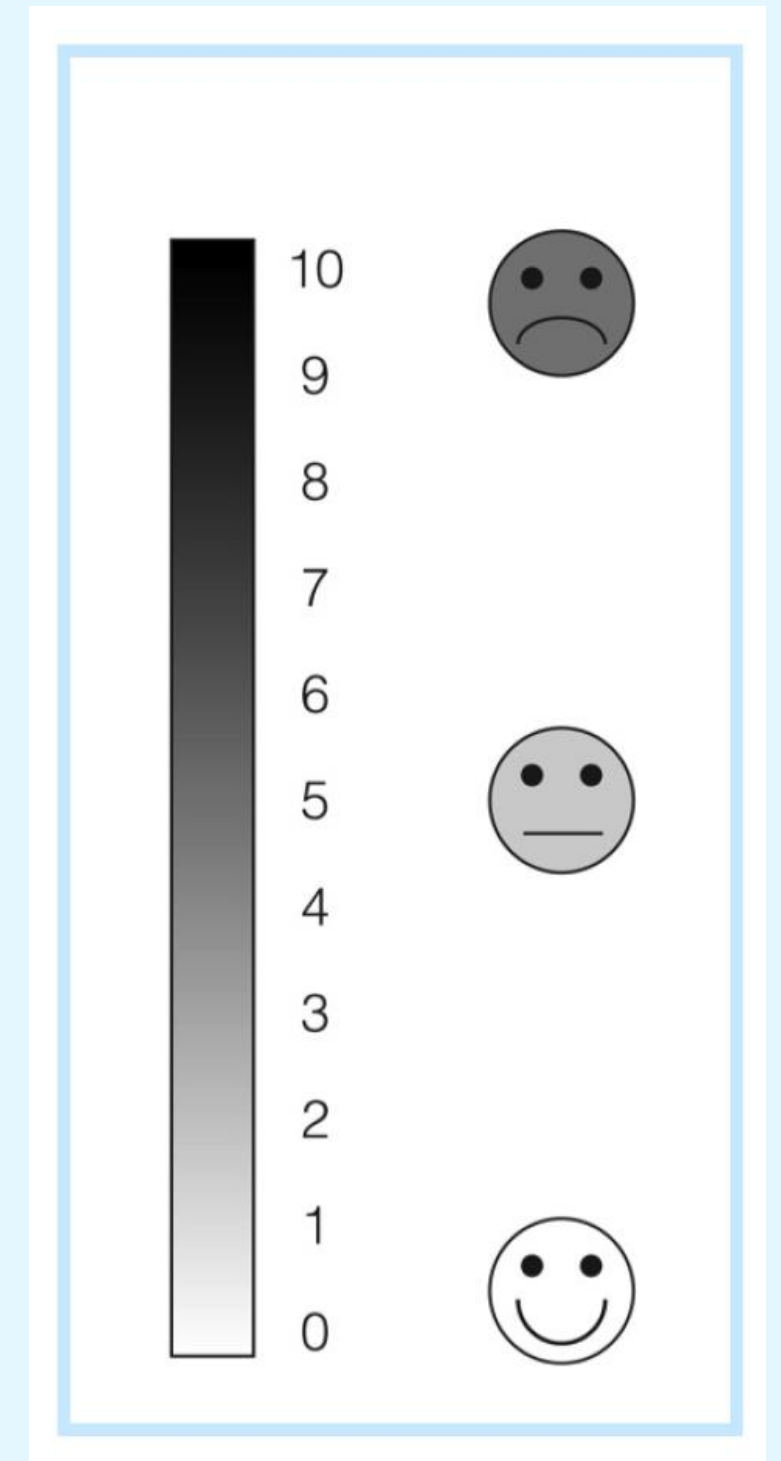
1. Identify the goal or the problem

1. What do you want?
2. What issue do you want to solve?
3. How does it make you feel?

Measure

2. Get a measure for it

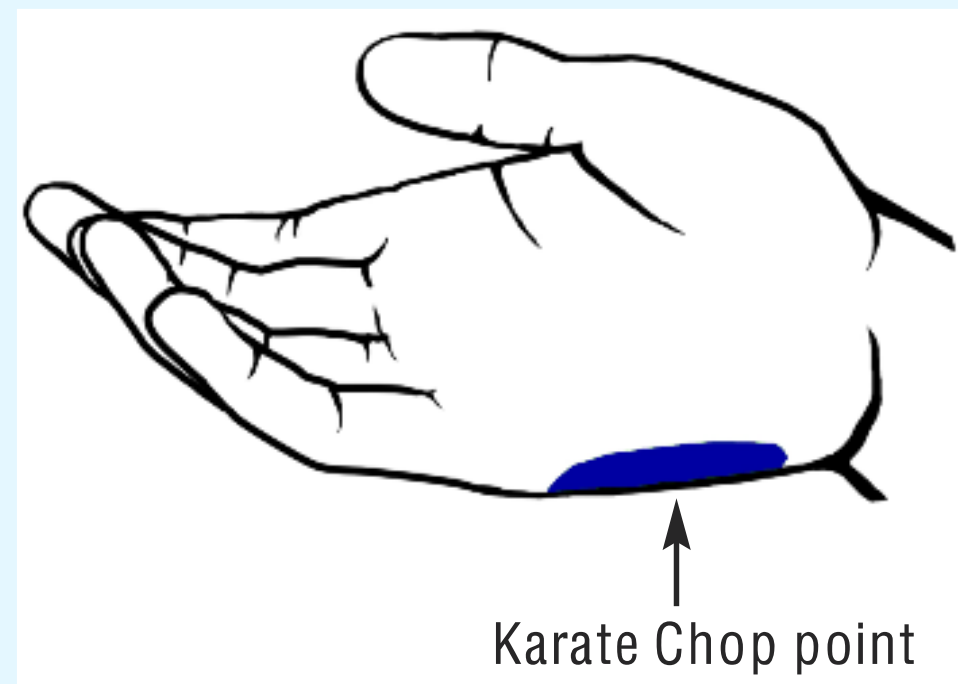
- On a scale of 1 to 10 what number would you give it
- Where 10 is uncomfortable or 1 is not uncomfortable at all



Start

3. Start tapping on the side of the hand

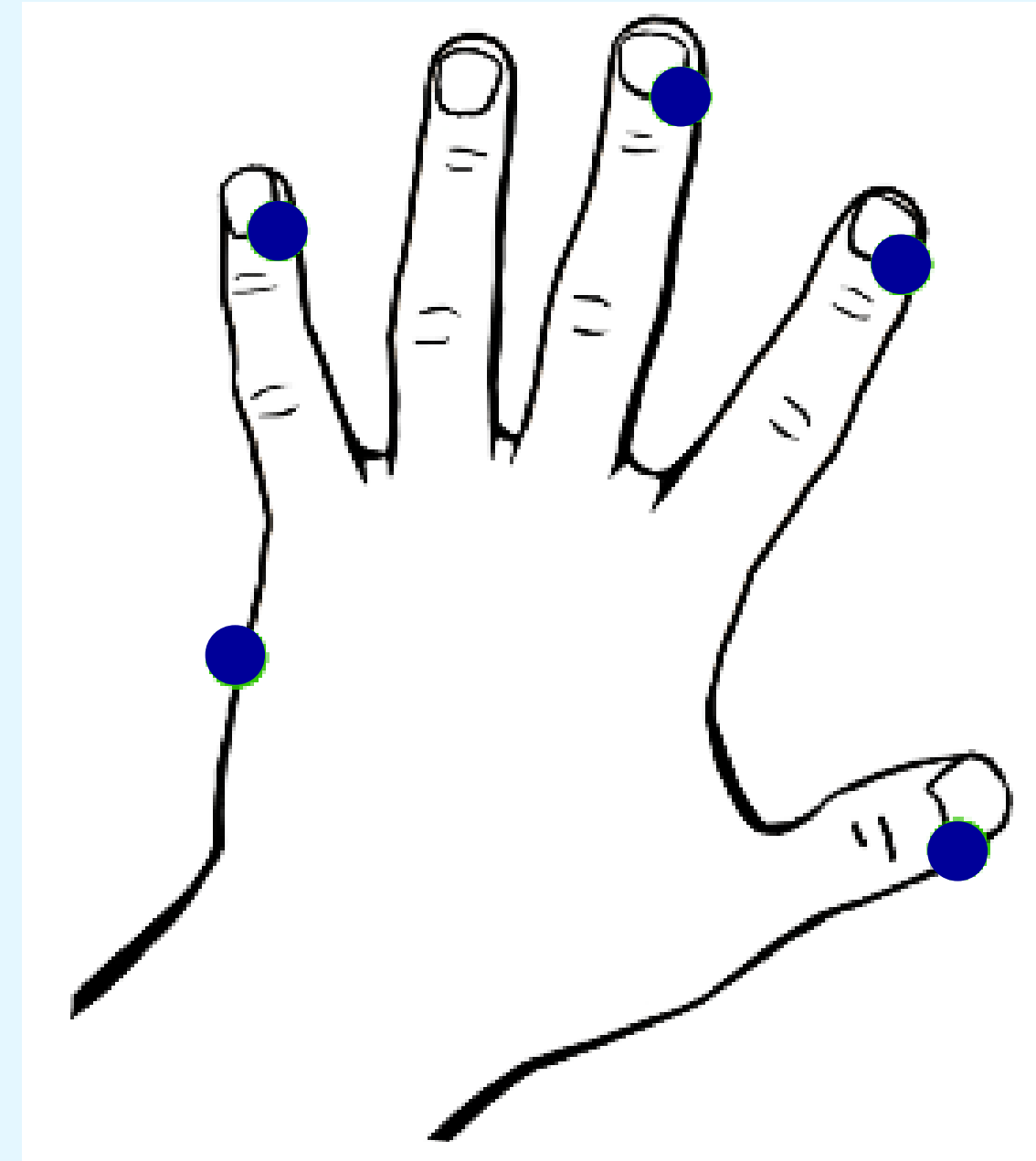
“Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”



Repeat 3 times

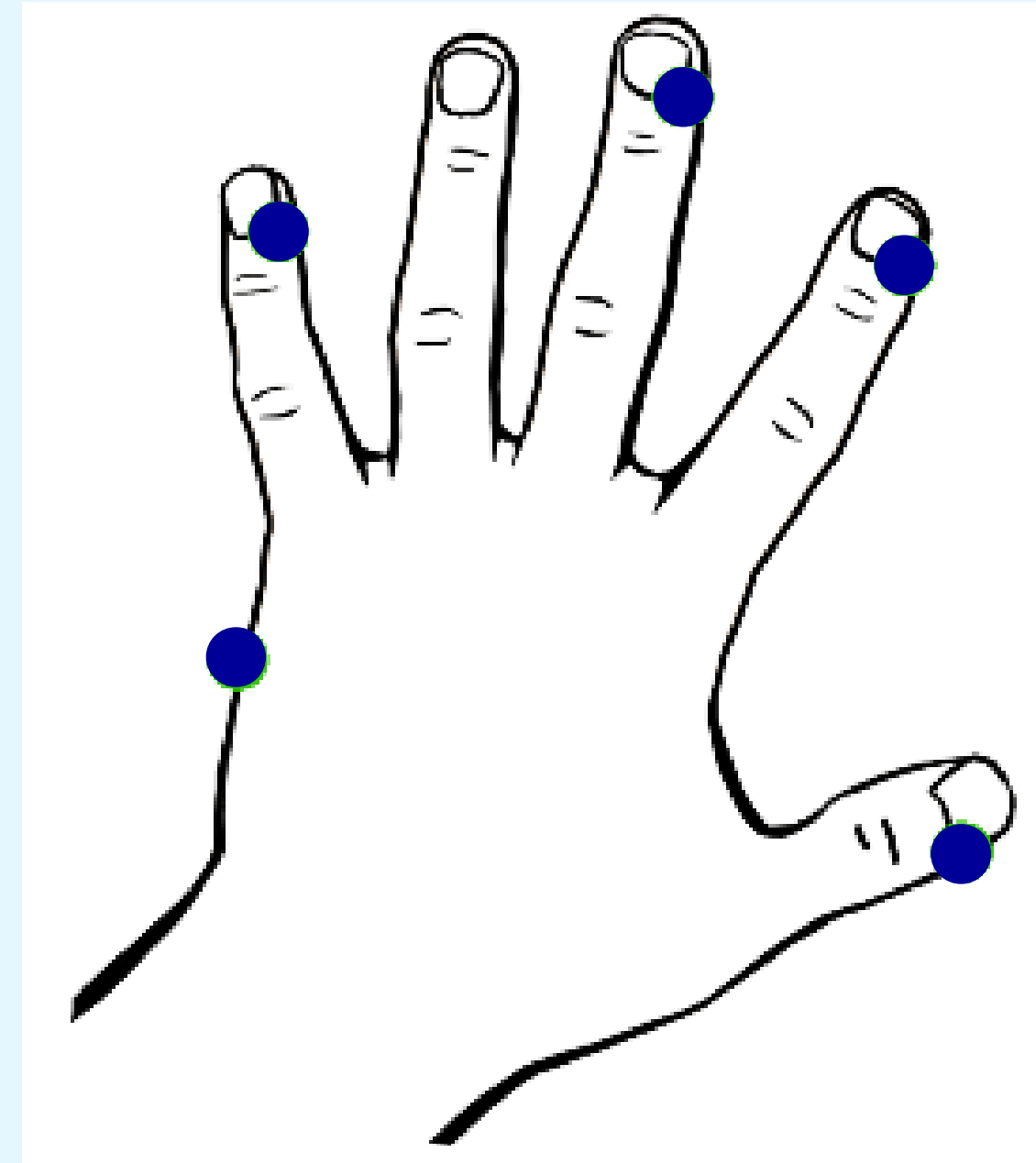
Tapping

4. Then Tap on the Upper Body & Finger Points



Tapping

While saying the words from the problem “out loud”

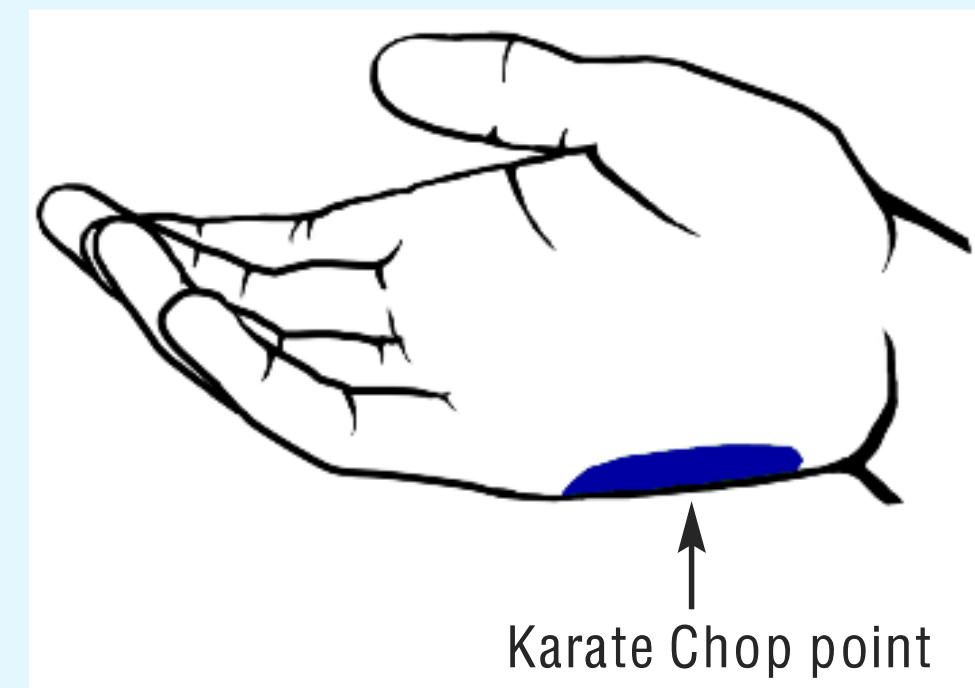


Close

5. Closing the sequence

Come back to the side of the hand also known as the karate chop point and say the starting phrase out loud again.

“Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”



Relax

6. Relax

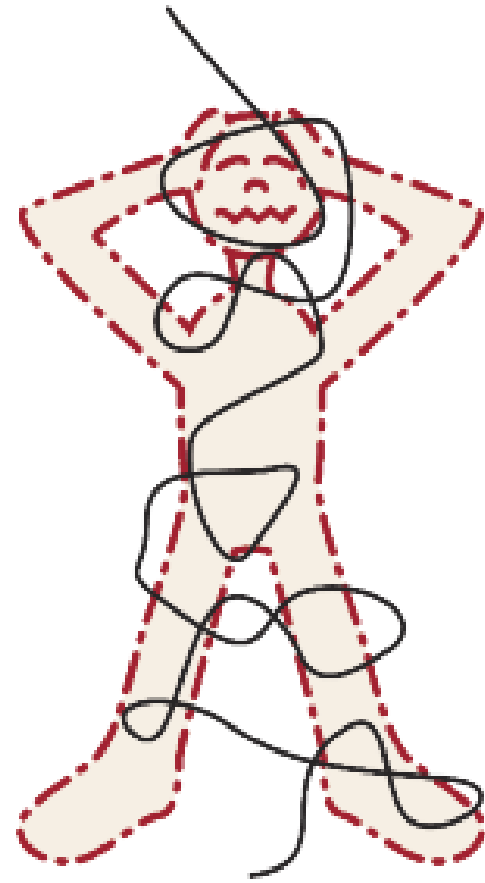
- Breathe
- Take a sip of water
- Reflect on how you are feeling



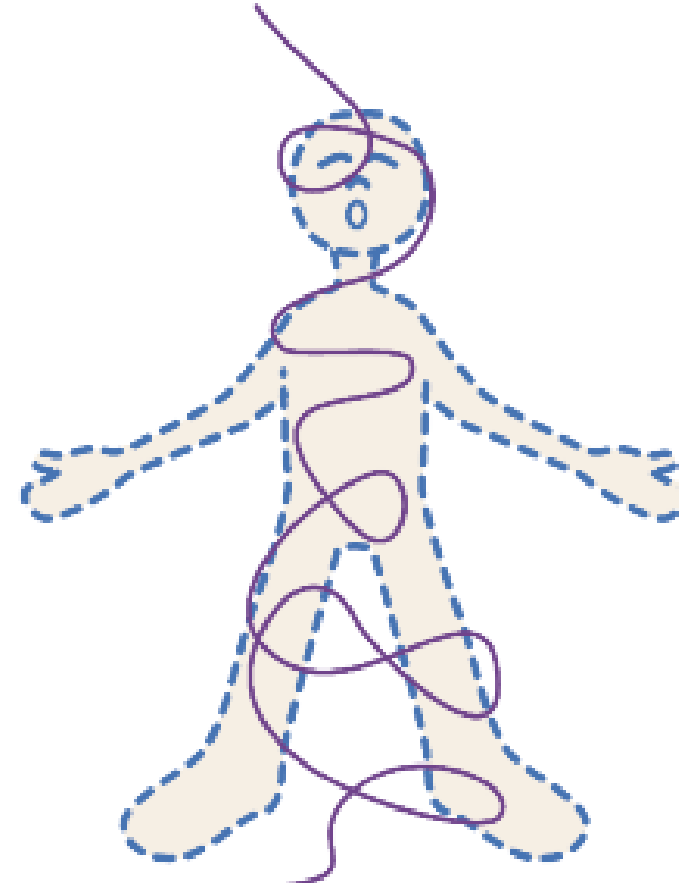
Testing

7. Testing

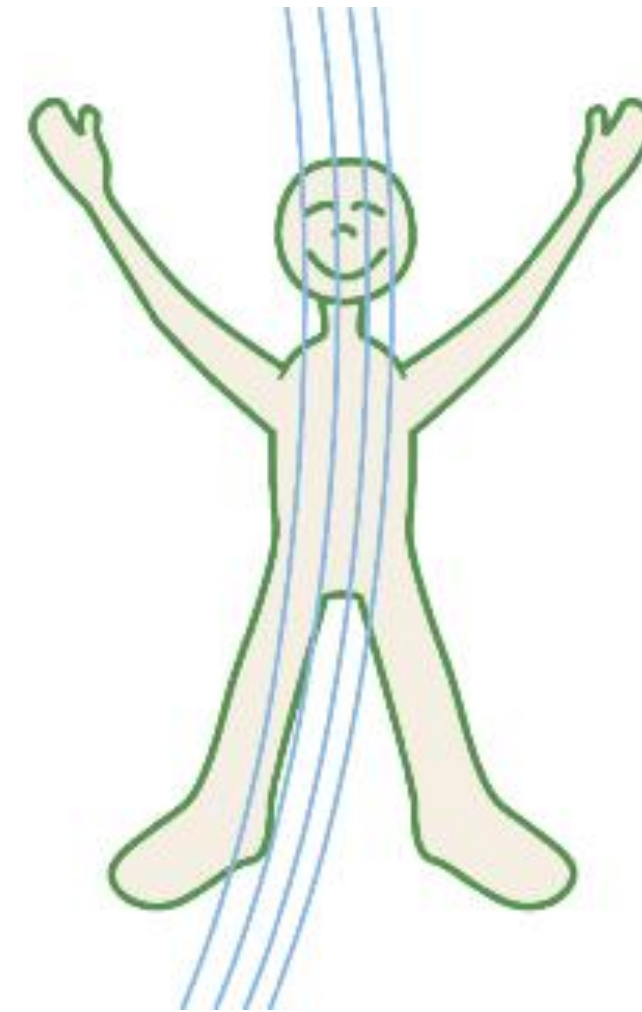
- Ask yourself:
 - How are you feeling?
 - What happened?
- Say great if the response if
 - Worse
 - Same
 - Better



Energy disruption



Using EFT



Relief!

Age-Old Back Pain Gone In 20 Minutes



“My age-old back pain healed on Day 1 of the EFT training within 20 minutes during the physical tension session and now even a year later, it has gone completely.”

Dr Rajesh CM, Naturopathic Doctor

Body Pain and Swelling Disappeared



“My edema and Fibromyalgia (debilitating pain that can takes years to treat) of 7-8 months has disappeared miraculously and after months I have slept so peacefully.”

Sejal Mehta, Trainer & Therapist

Edema Totally Disappeared



“My husband forcibly took me to attend the EFT seminar. I had a shock of my life as I noticed that the Edema had totally disappeared.”

Dr Purnima Amin, Professor in Pharmacy

Motivated To Shed 20 kgs in 12 weeks



“After learning EFT, I motivated myself to commit to a health nutrition, diet and exercise program which meant I lost 20kg in 12 weeks.”

Avni Radia, Working Professional

Son's Learning Disability Helped



“I noticed that my son’s grades had dropped. After EFT he was better able to concentrate and we no longer even remember that teacher. I even saw him use EFT on his own before a cricket match!”

Daisy Anand, Working Mom

Chocolate Cravings Completely Gone



*“I learnt so much and feel very positive. Still no galaxy (a Chocolate bar) and I feel in **CONTROL** of that. I don’t even want a hot chocolate, which is what I normally go for if I’m trying to not to have chocolate.”*

Emma Voss, Business owner

Cut Through 28 Years Of Emotional Pain



“I’ve never attended a training session, where the trainer was able to cut through layers so quickly and reach the real issue for my pain I got full relief of the problem I had been carrying for the past 28 years.”

Sreekumar Rajagopalan, Corporate Trainer & Consultant

Healed & Happy Finally



“I have had a good life however I never really felt happy inside. I sensed a complete emotional transformation which uplifted me and I finally felt healed and happy.”

Smita Pande, EFT Practitioner

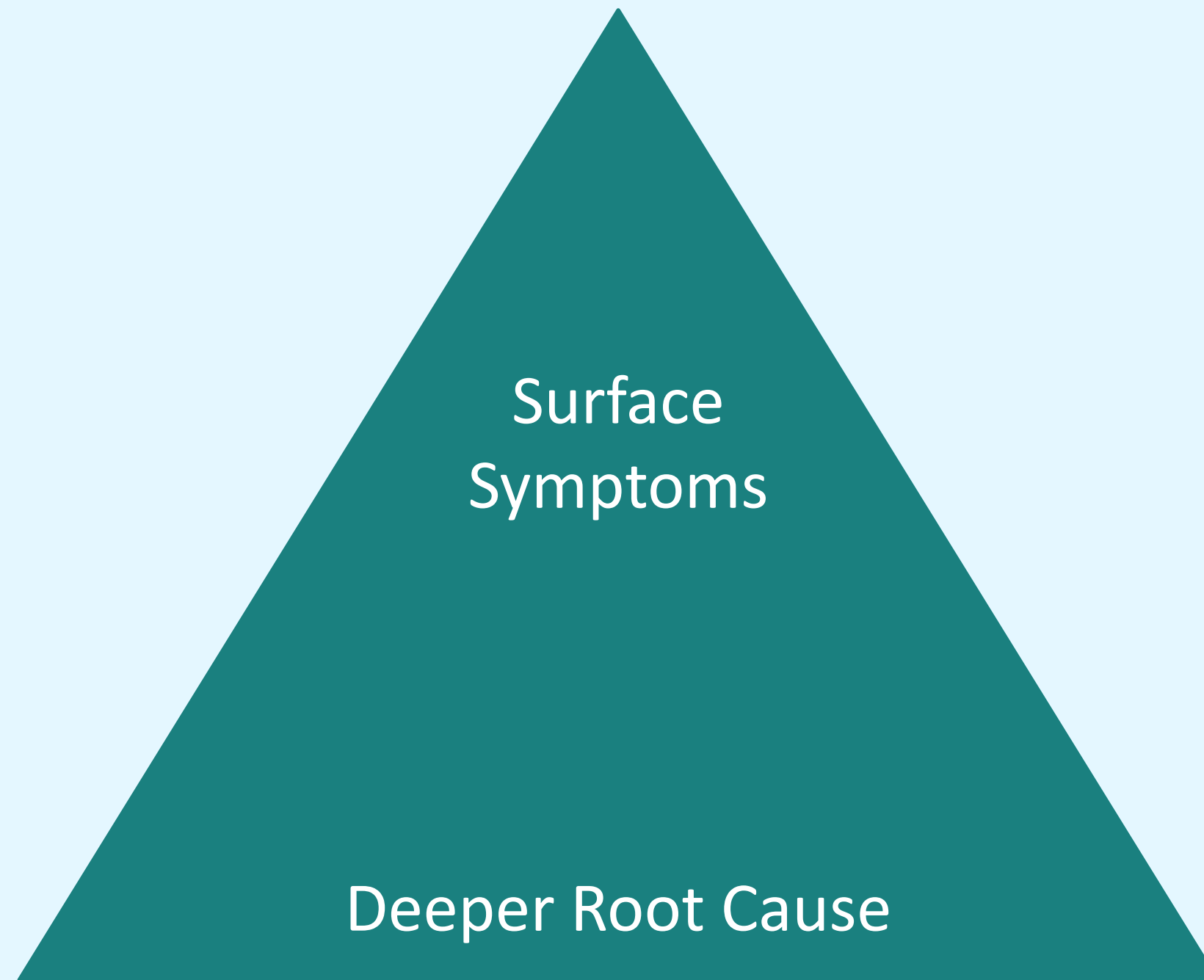
Emotional Pain Released

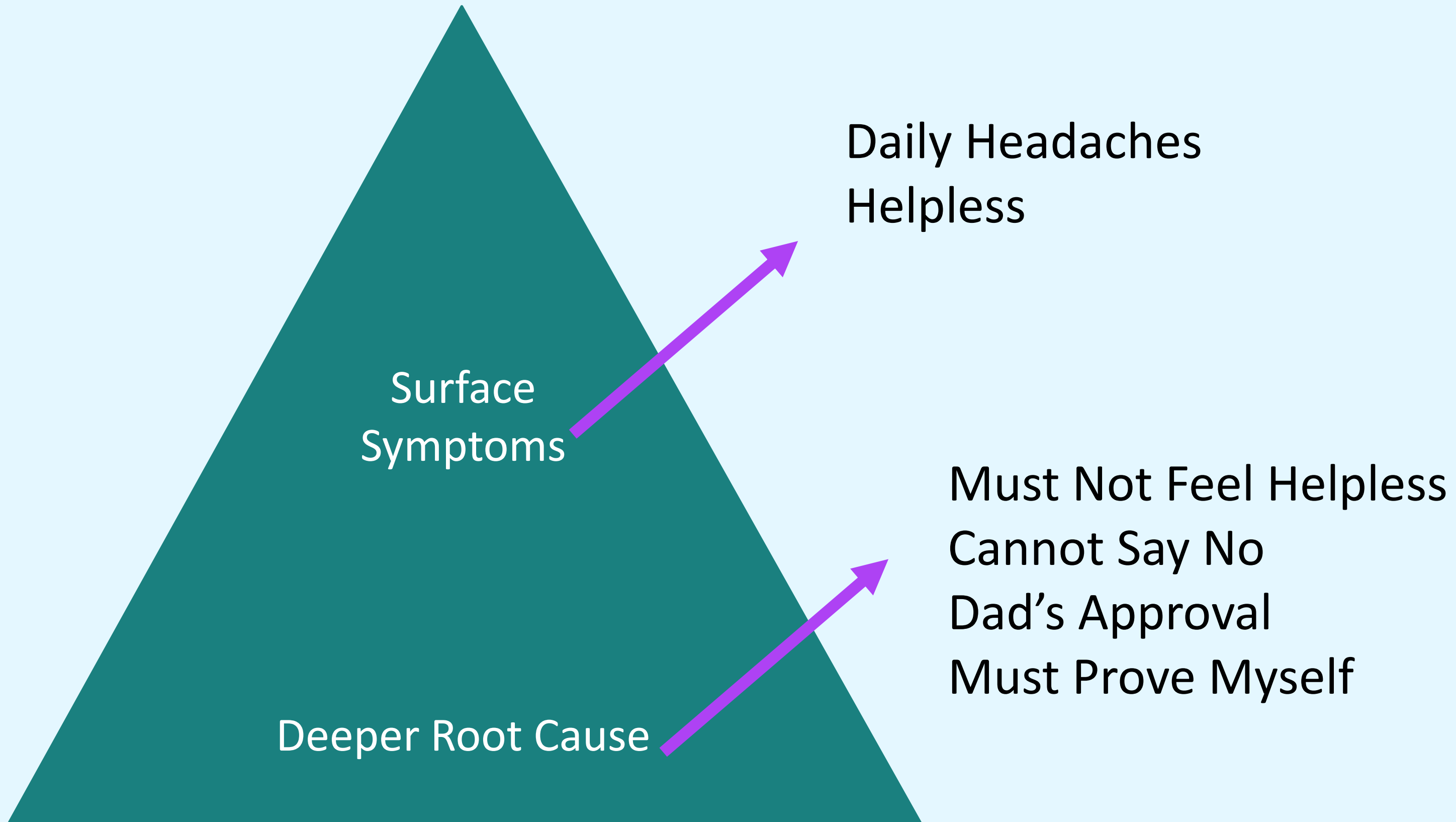


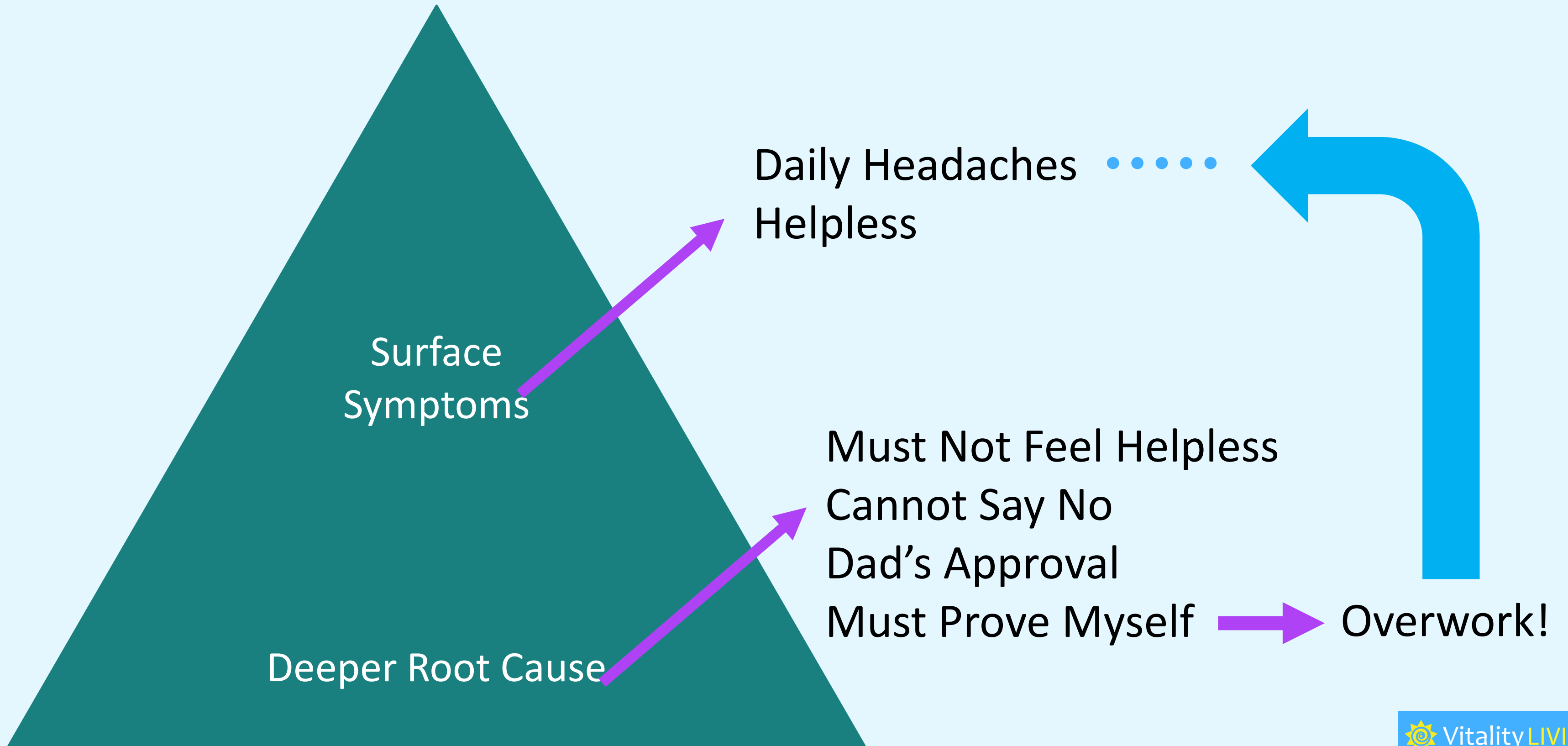
“A few months before I worked on my memories, by using EFT, to release the anger and annoyance related to those painful experiences. I was really surprised today as I saw those old pictures, that there was no more pain or anger while remembering those days...I have really TAPPED THEM AWAY! I am now free from unwanted feelings and emotions.”

Sadhna Batouri Singh, EFT Practitioner, Reiki Master and Yoga Master

Surface Symptoms Versus Root Cause







From Having a Phobia of Balloons to Celebrating



“I had a very bad fear of balloons. Because of the violence where I lived, every time a balloon would burst, I thought I would die. I’m not scared anymore. When there is a celebration with balloons I’m going to say OK come over.”

Elsa Bulo, Trainer

Fear of Public Speaking Eliminated



“Uma overcame her fear of public speaking and spoke her heart out to the EFT class at the end of the fears and phobias session.”

Uma Anguraj, Software Engineer

Panic Attacks Gone



“Time seemed to freeze as I felt all the fear melt away. For a moment I felt like there was nothing there – no thoughts, no emotions. I felt like I was reborn as a totally new person.”

Shaliny Booluck, HR Administrator, London, UK

Fear of Confined Spaces Gone in 15 Minutes



Marie overcame fear of confined spaces and got into a cupboard, and was comfortable with the door being closed after only 15 minutes of EFT during a 3 day EFT seminar.

Marie Christie, Social Worker and Translator

Symptoms of Thyroid Gone



“I started tapping – starting from surface issues, persisting through all what came up. After some weeks, I noticed that the symptoms of Thyroid had come down. A medical examination confirmed that I was free.”

Appoorva Pandit, Facilitator and Therapist

Anxiety

Auto Accident

Boredom

Claustrophobia

Depression

Grief

Guilt

Headache

Insomnia

Limiting Beliefs

Love Pain

Physical Pain

Panic attack

Sadness

Shame

Stress

Self Image

Sexual Abuse

Sports Issues

Trauma

War memories

Weight Loss

Phobias/Fears

–Public Speaking

–Dentist

–Rats

–Spiders

–Roaches

–Needles

–Driving

–Snakes

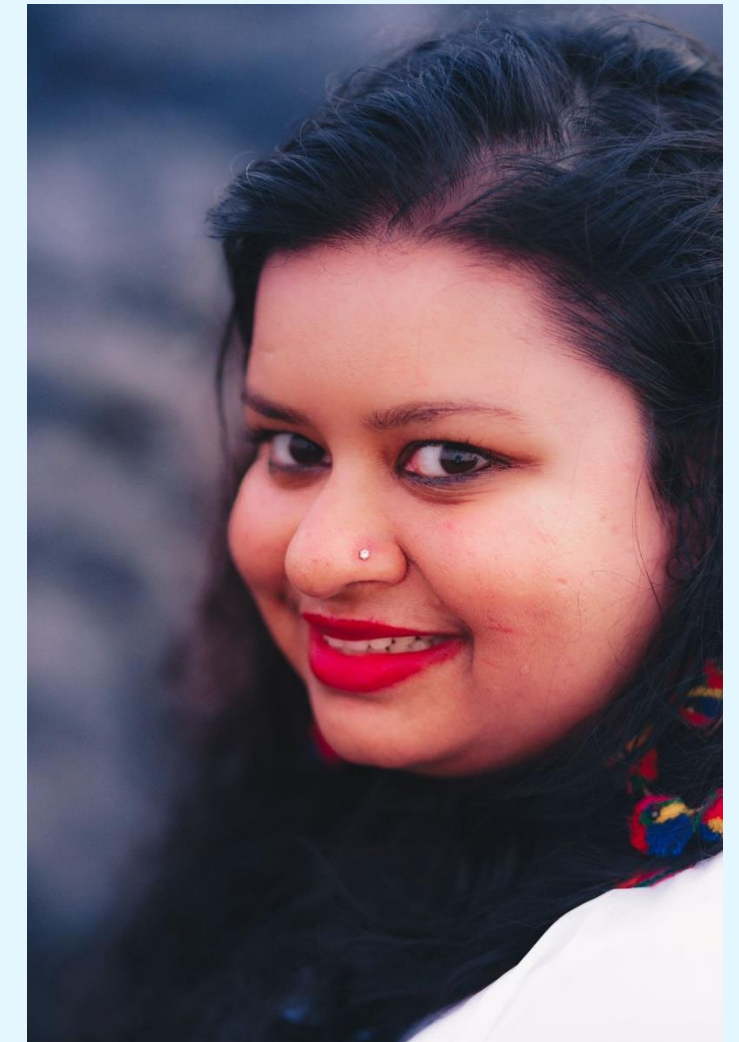
–Heights

–Water

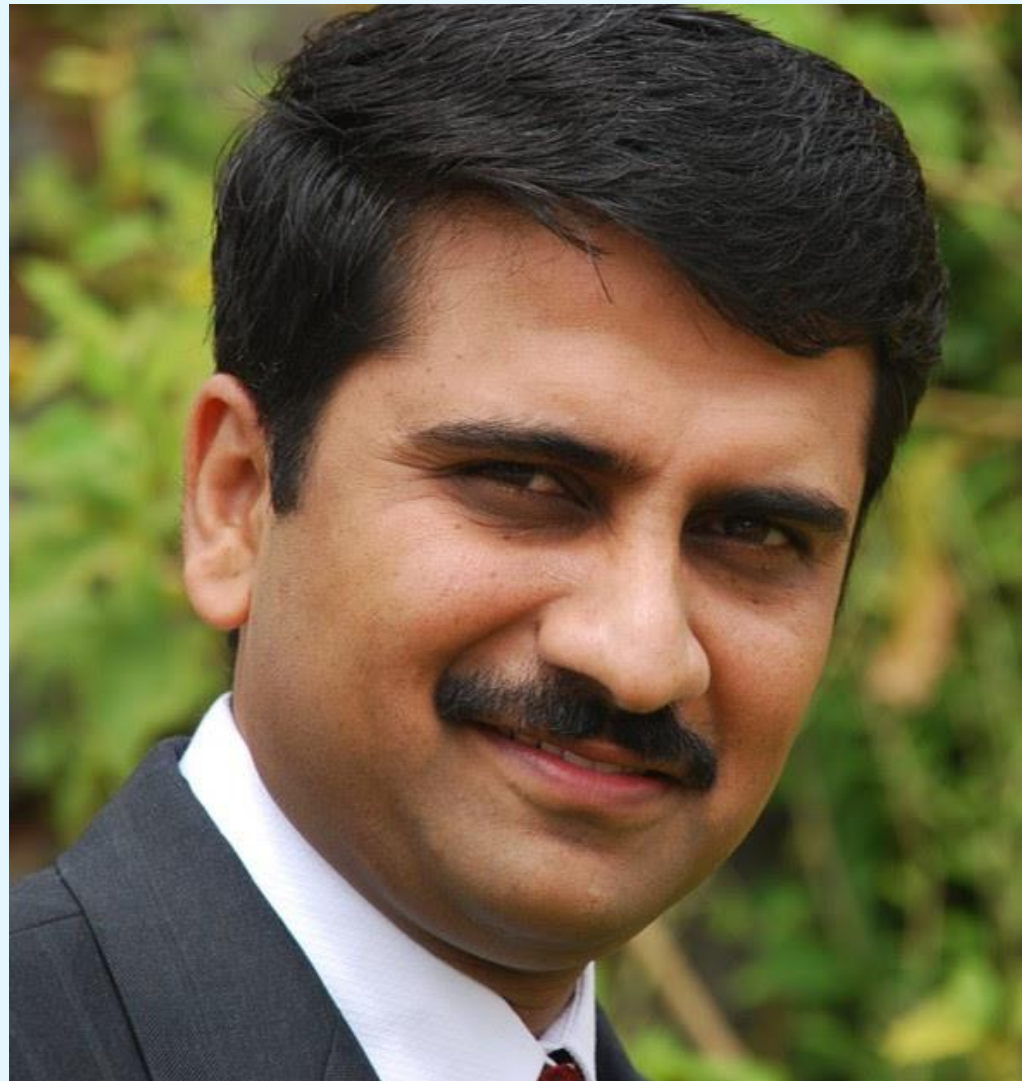
Clients overcome Trauma in Short Span of Time

“It helps me in my counselling practice to help clients overcome trauma in a short span of time. The results from EFT are not only rapid but also palpable within the session time itself, even for deep-rooted trauma.”

Divya Srivastava, Counselling Psychologist Silver Lining



Rapid and sustainable results produced



“The experience I had when I came across EFT. I could see a sure shift in the way I think, the way I speak. This one was producing results in a very short span, as short as a few minutes. It works for everyone, even skeptics”

Neeraj Kumar, Corporate Trainer

Negative Emotions are released faster



"EFT is a great therapy in itself. Negative emotions are released much faster and through a safe mechanism, which provides the client much relief in just a couple of sessions."

Anushri Shah, Counselling Psychologist

Summary

- Stress can lead to disease and illness
- Unresolved emotional upsets can cause disease
- Suppressing emotions is harmful to health
- By releasing stress, freeing suppressed emotions & resolving past upset you can create health & wellness
- How EFT is clinically proven to lower stress, anxiety & tension with personal stories
- The steps to the EFT Process



Next Steps

1. Refresh: Watch the replay and read the manual – R
2. Help Others: Become an EFT Practitioner or learn it for Personal Development or to help your family – P
3. Self Heal: Embark on a 21day self healing to release negativity, doubt & the past to feel love & peace - S

Refresh

1. <https://vitalitylivingcollege.info/community-resource/follow-up-from-the-introduction-to-eft/>
2. We will provide the replay to those who requested
3. Fill in feedback form, you will get access to even more resources that we provide to our alumni,

Help Others

Book a Discovery Call with one of our EFT Coaches,
<https://vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/>

Self Heal

Self healing program, Freedom Tapathon,
<https://vitalitylivingcollege.info/eft-tapathon/>

Next Steps

- Friend me on facebook and say hi,
<https://www.facebook.com/ranganarupavi/>
- Join the EFT Tapping Heals facebook community,
<https://www.facebook.com/groups/EFTatVitalityLivingCollege>
- Practitioner or Personal Development?
<https://vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/>
- Self healing program, Freedom Tapathon,
<https://vitalitylivingcollege.info/eft-tapathon/>