

Health,
Vitality &
Wellness

Heal Your Emotions to Heal Your Life

Unleash Health, Happiness
and Vitality



Rangana Rupavi Choudhuri (PhD)

 **Vitality**LIVING
— College —

"Unless we can release our past, it is held in our body cells – it has a relentless effect on our body chemistry, perhaps eventually causing a real health problem. If unresolved emotions or feelings are not cleared, they continue to affect our lives – our relationships, our performance at work, our feelings about ourselves. Most of these unresolved feelings relate to events from when we were young – they can be events that seem trivial when viewed from the adult, rational mind but to our younger selves they might have been traumatic, inducing fear, pain, guilt or low self-esteem that we continue to live with at some level for the rest of our lives."

Dr Caroline Myss, PhD

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■ Emotional Stress and Poor Health

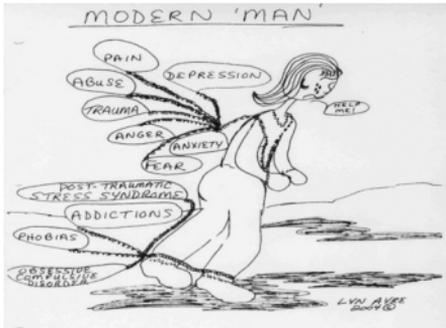
Did you know 85% of illnesses are stress induced?¹ Chronic as well as unconscious stress upsets the natural balance of the nervous system, which disturbs the body's natural ability to maintain and repair itself. This renders the body vulnerable to the effects of a poor diet, environmental toxins and microbes. Such a breakdown of a body's natural abilities may result in disease and illness.

A study by Kaiser Permanente involving over 70,000 individuals found that childhood emotional trauma was a significant enabler of certain chronic diseases and problematic behaviours in adults², namely:

- Substance abuse – alcoholism, drug addiction, and smoking;
- Depression;
- Violent tendencies amounting to domestic abuse;
- Suicidal tendencies;
- Impulsive promiscuity;
- Health hazards – liver disease, chronic obstructive pulmonary disease, ischemic heart disease, and 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, over seventy published studies, two of which tracked 11,000 people for twenty years, involving nearly 70,000 individuals found a tenfold increase in depression susceptibility amongst those who'd faced childhood trauma as opposed to those who hadn't.² Moreover, childhood trauma has also been found to increase the risk



of cardiovascular disease in women and of depression in all adults.³

Triggers to emotional injury and trauma vary from person to person. For some, trauma may be sparked by seemingly benign words of reproach; for others, it may take verbal or

even physical abuse. Irrespective, trauma is difficult regardless of the severity.

Negative experiences can happen at school, home, and the workplace. These can manifest in as a tendency to bully, an angry temper, a feeling of being overwhelmed, and a lack of a sense of control.

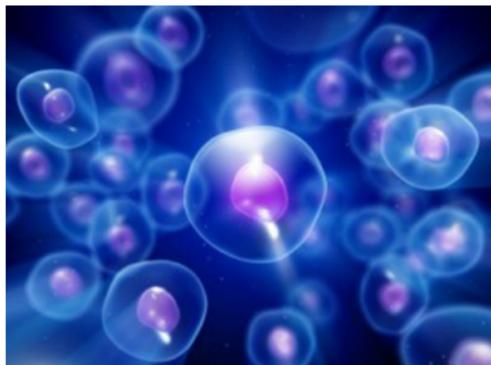
I wonder which of these tendencies you can relate to? What events have occurred that have caused you emotional pain? What triggers you to feel stressed?

■ Suppressed Emotions and Disease

The current science on emotional healing is based on the work of Dr Candace Pert, Dr Deepak Chopra, and Dr Bruce Lipton.

Dr Deepak Chopra in his book *Quantum Healing*, states that trauma and suppressed negative emotions are often stored as 'phantom memories' in human cells. He argued that these cellular memories act subtly over long periods of time and cause disease and illness even years after they first appear in the body.⁴

Bruce Lipton has claimed that individuals also store negative events and traumas in a field of invisible energy that is perpetually in and around them.⁵



Dr Candace Pert has disputed the common notion that the mind is confined to the brain. Instead, she concluded that the mind is a “flow of information” moving between all cells, organs, and systems of the body. This implies that the body is inseparable from the

mind – the body is the mind. This hypothesis concludes that when something changes in the mind, it causes changes in the body. Thus, negativity in the mind could lead to an illness of the body.⁶

What these scientists collectively uncovered was that when emotions are suppressed, an individual’s cell receptors become blocked. This causes one’s DNA to alter for the worse, making the body more prone to illness. Conversely, when negative emotions are released, cell receptors unblock, and the body can once more heal of its own accord.

Within the body are a class of tiny proteins called neuropeptides, which are responsible for our emotions. Each emotion is represented by a separate neuropeptide; over time, if one’s body becomes most accustomed to experiencing a particular emotion, one’s cellular structure moulds itself to accommodate the characteristic shape of the neuropeptide that represents this feeling. Hence, our emotions have a direct impact on our internal biochemistry.

“The field is the soul governing agency of the particle.”
Albert Einstein

“I suggest that the body and soul react to each other in sympathy. A change in the state of the soul would necessarily have an effect on the body and vice versa.”

Aristotle, 400 BC

A scientific study conducted by Heartmath Institute demonstrated that when strong positive emotions (for example love and appreciation) were evoked in participants, their DNA lengthened. However, when the very same individuals experienced strong negative emotions, their DNA shortened and in some cases terminated. Interestingly, this shortening was reversed when participants reverted to concentrating on strong positive emotions. This clearly proves that our emotions influence our DNA – as our emotions change, so does our genetic make-up.

Thankfully, there is a solution. Through emotional healing tools, individuals access specific cell memories, traumas stored in their energy fields, as well as limiting emotions. They subsequently work towards actively resolving and letting go of these injuries. Thus, engagers of emotional healing techniques achieve full health, healing, and vitality.

There are multiple different emotional healing tools that uncover and clear the root causes of cell memories and traumas. A good tool creates a space for free-flowing emotions, for healing, and for positive life transformations. Three forms of emotional healing that I have found most effective after cataloguing their usage on 1000s of individuals from around the world are:

- Emotional Freedom Techniques
- The Journey by Brandon Bays
- Inner Child Matrix

■ Emotional Freedom Techniques (EFT)



Emotional Freedom Techniques (EFT) is an emotional healing tool that clears emotional stressors and blocks.

With multiple responsibilities and fields in which to excel, the average adult's pace of life has become increasingly hectic. In times like these, it may be difficult to find time to care for one's emotional wellbeing. This leads to an unfulfilling and stressful life, offering little excitement or sense of holistic wellness. Such a life is undesirable.

This is where emotional healing tools come in. EFT has been clinically approved, and is used worldwide by millions. It is employed to reduce depression, anxiety, traumatic stress, phobias, pain, cravings, negative emotions (for example, anger, sadness, grief, fear, hurt, and guilt), and negative memories. The tool works on the principle that clearing such negativity gives room to wellbeing and calmness to enter the mind.

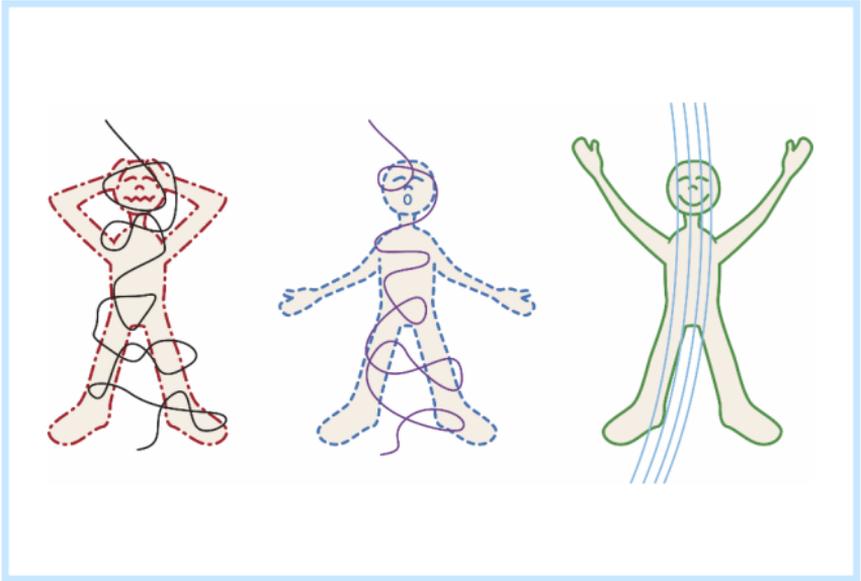
The technique integrates the ancient science of acupressure with modern day psychology. It involves tapping on acupressure points and repeating specific phrases, which releases stress and emotional traumas.

This method works because negative emotions cause a disruption of the body's energy system and tapping on the acupuncture points and saying phrases out loud rewires this system. This creates a feeling of



“EFT produces great healing benefit.”

Deepak Chopra MD, Author, mind body spirit expert



peace, calm, and liberation. It also engenders a cognition that is more empowering, and the individual is left feeling motivated and cleansed.

Extensive application of Energy Psychology treatments like EFT has been proven to mitigate a wide variety of ailments. These include, but are not limited to:

Emotional Challenges

- Problematic Behaviour in Children
- Discords in Relationships
- Lack of Anger Management
- Depression
- Insomnia
- Symptoms of Severe Trauma
- Post Traumatic Stress Syndrome
- Addictions

- Effects of Sexual Abuse
- Phobias

Personal Shortcomings

- Undesirable Weight Gain
- Business and Career Pitfalls
- Lack of Self Realisation/Spiritual Growth

Physiological Ailments

- Allergies
- Migraines
- Chronic Fatigue Syndrome
- Multiple Chemical Sensitivities
- Hypertension
- Fibromyalgia
- Cancerous Cells
- Muscular Dystrophy
- Parkinson's Disease
- Cystic Fibrosis

Other

- Veterinary Cases
- Complications During Surrogacy

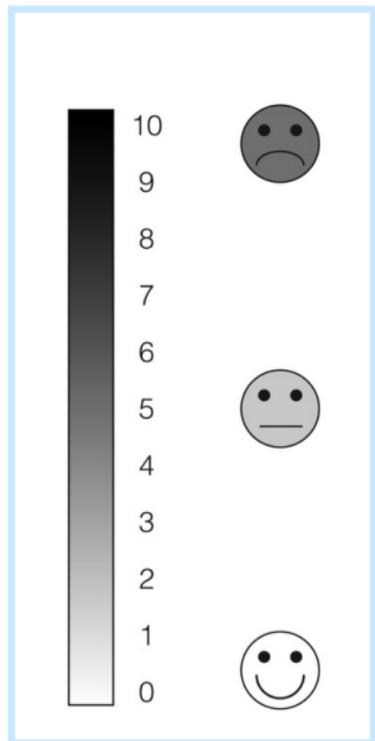
“After 6 sessions of EFT 90% of study participants were free from symptoms of post-traumatic stress disorder.”

PTSD Study, Dawson Church, 2010⁷

■ The 7 Steps of the EFT Process: Let Go and Feel Good

Below is a step-by-step guide to direct you through easily integrating EFT as a part of your daily 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 my 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 by asking yourself:
 - Where 10 is high severity and 1 is low severity, how severe is the stress?
 - Where 10 is high severity and 1 is low severity, how severe is the emotional upset?
 - Where 10 is high severity and 1 is low severity, how severe is this negative feeling?
3. Tap the Karate Chop of one hand (refer to diagram) gently with the middle three fingers of the other hand, and say and believe the following quote three times:



“Even though I am faced with... (state specific, detailed problem – what/who is the , how/what you feel, the severity number), I deeply and completely accept myself.”

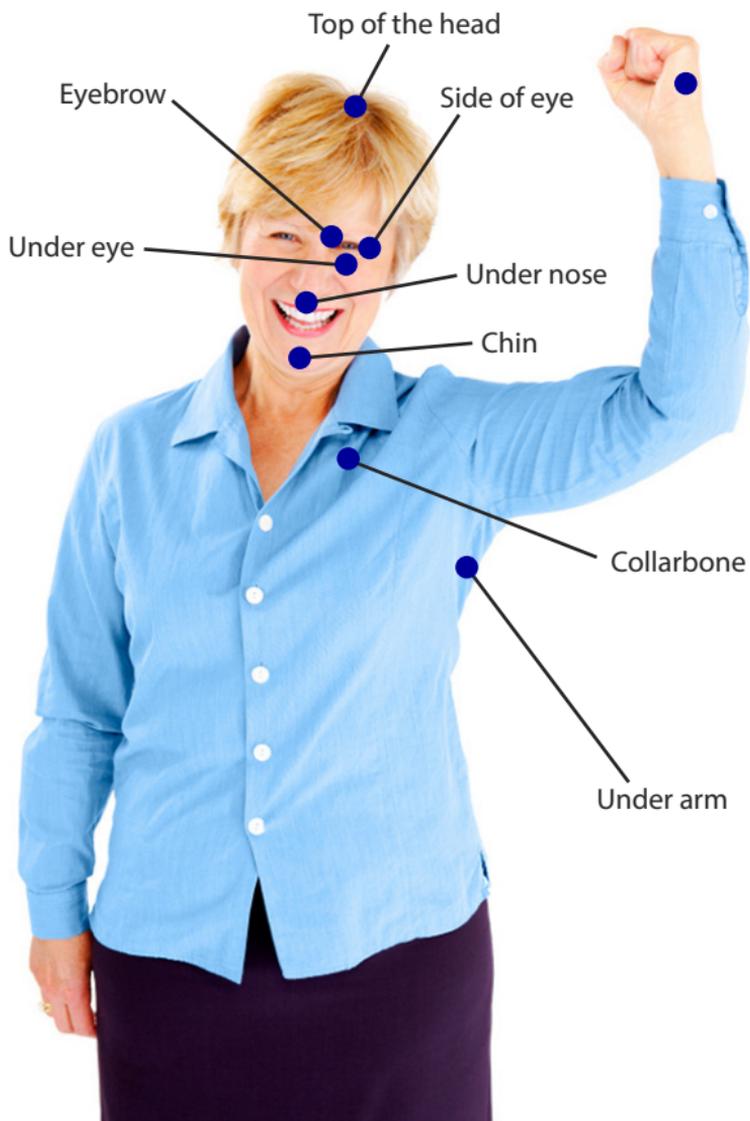
Example: *“Even though I am really stressed because I have too much work and it makes me feel anxious and it’s a 10/10, I deeply and completely accept myself.”*

4. Tap each point seven times as you say a phrase from each problem’s statement. Repeat key phrases out loud while tapping on the following points.

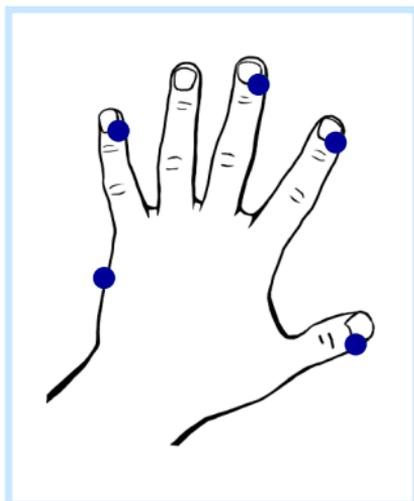
Repeat key phrases out loud from the problem, for example the emotion of specifics about the problem, while tapping on the points shown below.

- **Eyebrow** – at the edge of the eyebrow just above the nose
- **Beside the eye** – on the bone bordering the outer corner of the eye
- **Under the eye** – on the bone just under the eye
- **Under the 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
- **Shoulder** – at the junction where the 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 (refrain if pregnant)

EFT tapping points



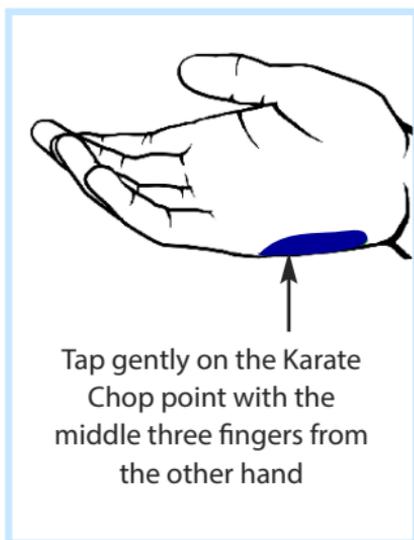
- **Middle finger** – on the side of the middle finger closest to the index finger, in line with the base of the nail
- **Little finger** – on the side of the little finger closest to the ring finger
- **Karate Chop** on the edge of the hand (refer to diagram)



5. To begin the **final clearing stage**, repeat step 3.

6. **Relax.** Inhale gently, then exhale gently. Take a sip of water. It is important to drink water to flush out the toxins that this treatment will release.

7. **To test the results,** measure the problem again from 1 to 10. Notice how the problem and associated emotions have been altered in severity. If any emotional charge persists, repeat all steps until you feel liberated.



OPTIONAL TAPPING POINT: Top of the head. There are 1,000 meridians that meet on the top of the head. This is particularly recommended for positive tapping.

■ Stress Relief Through EFT

Stress, particularly emotionally related stress, is a known silent killer. A recent report⁷ indicated those suffering from emotional stress were more susceptible to cardiac issues. 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.”⁸

Stress triggers the hormone ‘cortisol’, which causes havoc within the body’s circulatory, hormonal, immune, and digestive systems. For example, Irritable Bowel Syndrome (IBS), which is a disorder of the digestive system, has now been confirmed as an effect of stress.

The good news is that studies have shown a regular practice of exercises – breathing, physical exercise, meditation, and emotional release – can reduce cortisol levels, resulting in a feeling of calmness and well-being. In particular, EFT has been clinically shown to reduce stress, and as a consequence, cortisol levels. A recent clinical study in War Veterans has shown EFT to be effective in reducing Post Traumatic Stress Dis-order (PTSD).⁹

EFT comes in handy when you need quick relief from sudden stress or overwhelming emotions. Just tap gently under the eye, collarbone, and under the arm.



“EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour.”

Bruce Lipton, Author of *The Biology of Belief*

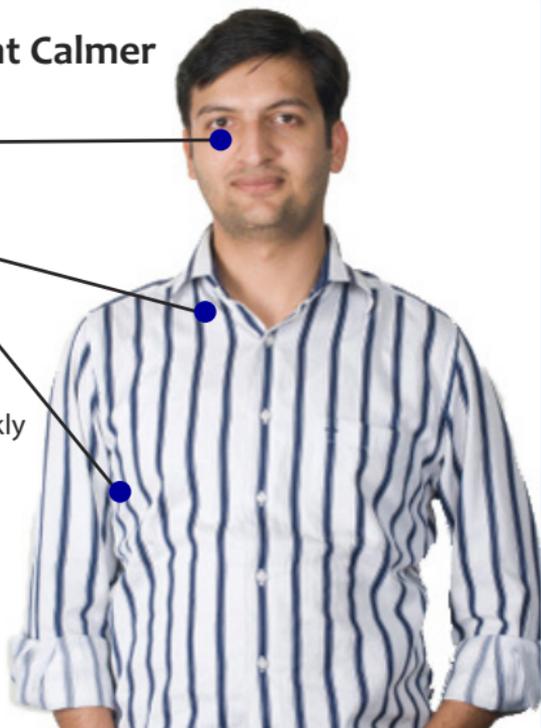
The Triple Point Calmer

Under eye

Collarbone

Under arm

When emotionally hijacked, you can quickly calm down by tapping under the eye, just above the collarbone and under the arm. Keep tapping until the emotional overwhelm reduces.



To experience EFT more thoroughly, it is recommended that you either attend an EFT training course with an experienced & Internationally Certified Trainer or take sessions under a skilled and certified EFT practitioner [www.vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/] – both of which Vitality Living College would be happy to provide.



“I frequently use EFT with my patients with great results.”

Eric Robbins, MD

■ Faster Therapeutic Results and Happier Clients with EFT

EFT is found to give faster results compared with more traditional methods or when combined with counselling or psychotherapy, with increased incomes and more fulfilment with happier clients. What often happens when patients start therapy is that there is an impatience to see results. Most tools do not work quickly.



According to Chanchal Gupta, a Counsellor from Delhi, *"It takes about 10-12 sessions for signs of improvement to become obvious."* This leads to clients becoming dejected after the first few sessions. She explains:

"Clients become disheartened when they do not see immediately tangible results. They usually end up either leaving therapy or switching therapists. This is also demotivating for the counsellor because the expected results have not been delivered."

"Number of sessions needed reduced from 10-12 with counselling to 2-3 with EFT."

But, EFT helps circumvent this problem:

"When one introduces EFT with counselling, the client changes their perspective on their issue much faster. This is because tapping clears energy blocks and causes cognitive shifts. This reduces the required number of sessions to just 2-3!"



Even Divya Srivastava, a Counsellor with Silver Lining Wellness, has noticed that EFT enables faster results. *"It helps me in my counseling practice to help clients overcome trauma in a short span of time."*

As the patient is able to recognise the positive changes during the session, they are more likely to see the course of treatment through, which makes the therapist's job much easier. Thus, the results from EFT are not only rapid but also palpable within the session time itself, even for deep-rooted trauma. Emotional Wellness Therapist Srivastava elaborates, *"The client is aware of the transformation, especially when the SUDs (Subjective Units of Distress) come down after even just 15 minutes of tapping."*

What's more, EFT works for a range of issues. Ms Srivastava further says, *"EFT is a great tool when working with anxiety issues, fears, phobias, eating disorders, and PTSD (Post-Traumatic Stress Disorder). It is wonderful for healing inner children."*



Singapore based Clinical Psychologist, Mahima Gupta Didwania, confirms, *"EFT combines cognitive, emotional, and somatic work to cut through layers of trauma effectively and address the underlying patterns keeping problems in place. For me as a counsellor, its fluidity, flexibility, ease, and tangible real-time experiential relief is*

very helpful because it appeals to people across spectrums. It makes it easier for me to equip them with a powerful tool for change and emotional release."



Father Leo, who has a busy psychotherapy practice, found that EFT reduced the number of sessions needed:

"I've been practicing as a counsellor with many other therapies. This is the first time I discovered a therapy that is so effective in a short duration to bring out the core issues of people. To help them to be in touch with themselves and to discover the areas that they need to become aware to grow and to make a change in their life, to acquire this new freedom that this technique gives to all of us."



The EFT treatment process is also helpful for children and helps them get rid of small upsets or even big traumas. Consultant Psychologist Nalini G explains her experience, *“As EFT starts with Truth Tapping, the truth itself becomes non-threatening. It easily gets to the root cause since it is a non-threatening process, hence the remedial intervention becomes easy.”*



School Counsellor Jigna Gadia supports this view. She believes, *“EFT is quick and gives instant results, it must be inculcated in children at an early stage.”*

As a therapist, the tools one uses to direct clients can be the difference between delivering tangible results or not. Most often, personal and professional problems arise when individuals hold on to limiting emotions such as anger, fear, and hurt. These feelings can make it impossible for them to achieve optimum success in their desired personal and professional fields. Integrating a technique like EFT can not only cut down the time to delivering results, it can also be very fulfilling for the therapist in terms of higher profits and job satisfaction.



Anushri Shah, Counselling Psychologist, agrees. *“EFT is a great therapy in itself. It is quick as it works by balancing the client's energy system. Negative emotions are released much faster and through a safe mechanism, which provides the client much relief in just a couple of sessions. I have been using it with my clients and all of them have found it to be an effective technique; most of them see immediate results. It is highly recommended.”*

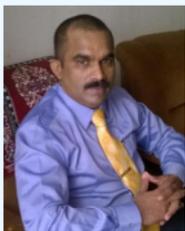
In summary, combining EFT with traditional therapy:

- Delivers faster results for the therapist and patient – even within 15 minutes the charge from a deep rooted trauma can reduce.

- Saves the patient time and money as a result fewer sessions – for example reducing the number of sessions from 12-10 to 2-3.
- Motivates the patient to finish the course of therapy – as they can experience the tangible results within the session.
- Increases monetary profits for the therapist – because of the quicker results the therapist has the option to charge more per session, see more patients and will naturally get more referrals.
- Enhances the quality of life for the therapist – the requirement for fewer sessions frees up time for the therapist to focus on other areas of their life.
- Makes for happier patients, thus enhances job satisfaction – the reduction of sessions compounded with real time results means patients leave happy, proving to be rewarding for the therapist too.

■ Case Studies and Testimonials for EFT

I healed my back pain in 17 minutes and now help others



Dr Rajesh CM healed his back pain completely after attending EFT training and now routinely helps his patients heal from body pain with results in only a single sitting.

“After attending EFT Training with Vitality Living College I became even more powerful and effective in my private practice. I now have 5 to 6 patients daily and every patient is satisfied through EFT. For any kind of pain, for example in the knee, back or head I am getting good results. The best part is, in a single sitting my patients get more than 70% and sometimes 100% relief. In my own case before attending EFT Training I used to have severe back pain and through attending the EFT Training session it has gone completely.”



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 Buló, Trainer

My panic attacks dissolved, and I experienced peace



Shaliny Booluck suffered from frequent and acute panic attacks. With EFT, she revisited the first time she found herself paralysed with fear.

"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. The first emotion that came up after that was love, total love for myself and this is something I haven't experienced before. This love hasn't left me from that moment and I feel like a child willing to discover life for the first time."



I motivated myself to shed 20kg in 12 weeks



Even though London based working professional, Avni Radia wanted to lose weight, she found it hard to adhere to a regular exercise and nutrition regime, until EFT.

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

After 28 years of pain, I felt set free



Corporate Trainer and Consultant Sreekumar Rajagoplan cut through years of pain with EFT and liberated himself from his obstacles.

"I've never attended a training session where the trainer was able to cut through layers so quickly and reach my real pain issue and the underlying cause in the way she did. On both Day 1 and Day 3 I had cathartic

breakthroughs which helped me relieve the problems I had been carrying for the past 28 years. She helped me connect the dots in a non-linear way to help me understand where the root cause lay in my recurring problems. Most of us just try and apply the liner root-cause analysis which is so lame and limited. Not Rangana. Her intuition helped her cut right through the layers and save so much time to help us achieve breakthroughs."

My fear of public speaking eliminated



Software Engineer, Uma Anguraj, overcame her fear of public speaking and spoke from the heart to the EFT class at the end of the Fears and Phobias Sessions. Way to go Uma!

I am no longer haunted by my traumatic past



EFT Practitioner Sadhna Batouri Singh was able to rid herself of her anger and irritability and is now free from unwanted feelings and emotions.

"Today, while I was cleaning the book shelf, I found some old letters and photos from years ago which always made me feel agitated before and used to remind me of the very bad days. But this time while I was looking at them, I didn't feel that way. Actually now, there comes a smile on my face by remembering those days. 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 tappend them away! I am now free from unwanted feelings and emotions. It's really due to the Emotional Freedom Technique, I thank dear Rangana for that."

Overcoming grief to come to terms with loss



"I was personally dealing with a lot of grief inside, with the loss of a dear, dear one. I was able to come to terms with it and bring myself to peace and acceptance". – Mridula Nair, Healer and Coach & Founder of Redesigned Thinking

37 year old fear of gas cylinders eliminated



"I had a fear of gas cylinders. It was so serious that if I saw cylinders in tempos or trucks I'd freeze. The hissing sound of gas would get me into cold sweats. Then after 37 years, 12 minutes of the EFT fears and phobias process changed all of that. I ended up hugging the cylinder. I went home and changed a gas cylinder." – Donita

From being lactose intolerant to eating kheer



"After my dad passed away I realised that every time I had milk or curd, I would have a massive diarrhea. Later, once I had done EFT, my mom made kheer at home and I could eat the kheer. My body didn't react. I could eat curd." – Reena Singh, Counselling Psychologist and Founder of Khushi

From having low self-esteem to helping others



"I have had issues with self-confidence and self-esteem. I have been using EFT for the past two years to help people and it has brought a lot of changes in my personal life." – Srikanth T, Manager, pharmaceutical company

I could quit my job and do what I always dreamed of



"My date to quit my job and become a full time coach is 20th November 2020. With goals in my heart and dreams in my eyes and faith in my mind. I am so grateful to you. It all started with doing the EFT course with you. Thanks for all the motivation and support. May God bless you." – Paramjit Kaur

I was totally shocked, my edema disappeared



Professor in Pharmacy, Dr Purnima D Amin from NDCT (institute of Chemical Technology) was shocked to discover her edema disappeared after the EFT session during a free seminar. After being diagnosed with Cushing Syndrome and retorting to surgery and radiation

therapy, she did EFT course and she found that her edema totally disappeared within 3-4 days.

"My husband forcibly took me to attend one seminar of EFT conducted by Dr Rangana. It was raining very badly and I was not at all interested in attending. Nevertheless I attended half heartedly. I learnt a bit of tapping which I practiced back home on the same night as well as next day. On the third day I had a shock of my life and I found my edema totally disappeared."

I gave up my chocolate and biscuit cravings



Business owner Emma Voss gave up her chocolate cravings after Day 1 of EFT Training.

"Just a quick email to thank you for a fantastic day. 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 a bar of chocolate. I have come home and done all the work I have been putting off, with regards my website and I did not even think about it. I am so happy that after just 1 day of EFT training I feel so good. I feel in control and I feel better!!"

I felt so happy, that I was able empowered myself to counsel others



Smita Pande found a cure only in EFT, and now has become qualified to help others in similar situations.

"I have had a good life, however I never felt genuinely happy inside as the only thing I wanted to do in life was to recognise my potential. I didn't find the answer for my inner

voice until I attended the EFT Seminar in Bangalore with Rangana. When the EFT Training session ended I sensed a complete emotional transformation which uplifted me and I finally felt healed and happy. Right after the workshop I then started following a different road in my life and now I work professionally as an EFT Practitioner."

I overcame my claustrophobia



Nihal was able to get over claustrophobia after the section on how to clear fears and phobias during a 3 day EFT Training. Social worker and translator, Marie Christie, overcame fear of confined places and was comfortable with sitting in a cupboard with the door closed after only 15 minutes of EFT during a 3 day EFT seminar.

My Fibromyalgia disappeared and I slept peacefully



Sejal Mehta, a very accomplished trainer and therapist, resolved her on-going edema and fibromyalgia problems, after only two days of EFT training.

"... the last two days of attending EFT has brought huge physiological, temperamental and attitudinal changes in my life. I have become not only sympathetic but more empathetic. 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."

I helped my son defeat his learning difficulties



Working mom Daisy Anand learnt EFT to become professionally qualified. She noticed her son's grades dropping. A teacher also pointed out he had become aggressive and was experiencing learning difficulties.

"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! Using EFT has brought us closer together and be ourselves with each other."

■ How EFT Trained Professionals Help Their Clients Heal and Transform

In the hands of our Certified Practitioners, EFT is effective in:

- Releasing physical tension
- Clearing past negativity, for example heartbreak and past stressful events
- Shifting limiting beliefs
- Working with fears and phobias
- Addressing emotional challenges, for example anger, sadness, hurt, grief, rejection, guilt and disappointment
- Addressing relationship hurt, betrayal and divorce, to feel in control

Rapid and sustainable results produced



"I have been on a quest to find something that actually can produce sustainable results. Is it really possible to produce results with rapidity and precision? An opportunity that guarantees sustainable design in every single area. I was exposed to many technologies but nothing came close to what I am going to share with you. 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, CEO and Corporate Trainer

I help parents be even better parents



"I call it like a parenting thing. I say, 'EFT and parenting', because people love the word 'parenting'. I called the parents and when we did the shadow, the parents understood that it was their shadow which they had not accepted, which they were projecting on their kids."

– Reena Singh, Occupational Therapist

Becoming unstuck very fast



"EFT has helped me gain insight very fast while understanding my counselling clients' emotions. It is been most helpful in shifting the thought processes of most of my clients who have stuck feelings and wish to become unstuck. The EFT treatment process is also helpful for children and helps them get rid of small upsets or even big traumas."

– Smita Pande, Counsellor

Clients overcome limiting beliefs



"I work with clients who have emotional issues and I help them to overcome these issues and feel more in tune with themselves. I have built up my business and I'm in the process of building my business further by helping people who coach therapists to set up their own businesses and use EFT to help them overcome limiting

beliefs. It's a fantastic approach. You are helping yourself and others too. You feel more in tune with yourself and more balanced. It's much better than holding on to negative feelings, behaviours, and traits. I highly recommend it."

– Wolfgang Matejek,
IT Consultant and Training

Healing anxiety in kids with special needs



"I work with special children, mainly autism. I learnt EFT mainly because I thought it would involve some kind of tapping so I can tap on those kids and help them. Then I later realised that it has a counselling element to it. This, along with the tapping, is very important. I have been using EFT with the kids and I'm seeing great results." – Reena Singh, Occupational Therapist

I gained confidence to take my first client



"I had just been to UK and heard about EFT. I started to look for where I could learn this technique. Luckily, I came upon Vitality Living and Rangana Rupavi Choudhuri. She is an amazing coach. By the time you finish the workshop, you are actually confident to take on your first client. Thank you Rangana." – Mridula Nair, Healer and Coach and founder of Redesigned Thinking

■ Transformational EFT sessions

At times all it takes is one session for clients to see results. Below are examples of transformations with Dr Rangana Rupavi Choudhuri (PhD) after one session.

After only one session, I could focus on finding my man



"After one session with Dr Rangana, I felt totally free from that old issue and able to focus on creating the ideal relationship for me."

– Jessica T, Counsellor

Panic attacks arrested

"After one session of EFT, Rangana not only arrested the panic attacks but took me to the root of the problem. I had lost my mother through cancer, my best friend through leukaemia and I had narrowly missed catching HIV. Not only had I felt a failure because I could not save them, I found I was afraid of dying myself, which came as a big surprise as I work with the spiritual realm all the time. Another EFT session soon put that right. I felt amazing and grateful for the beautiful life I had been given."

– Alva Gilmour, Detox Consultant

■ Inner Child Matrix



Inner Child Matrix is the latest advancement in EFT, and most often gently reverses childhood trauma. It combines inner child healing, advanced EFT, and quantum physics.

Inner Child Matrix involves connecting with your inner child, the past versions of yourself. In some cases it is the part of us that needs healing – the past

version that might have felt helpless and powerless. At times the past traumatic emotions can get frozen in time. By being in touch with the inner child, the past you becomes the client itself and reclaims its power over past traumatic experiences. Thus, one finds and rewrites the causes of their limiting experiences.

Past wounds need healing to avoid problems later on

When a young child experiences trauma, wounds are created that must be healed eventually. Much healing can be accomplished immediately following the trauma if the child has a parent who takes steps to reduce the damage caused by the situation or event.

However, if the child has no one reliable enough to parent them lovingly and appropriately through the situation, the wounds don't heal and they can cause problems in adulthood.

“Each one of us has an inner child, or way of being. Getting in touch with your inner child can help foster well-being and bring a lightness to life”

Dr Diana Raab, Research Psychologist and Author

Is the Inner Child real?

As you read the definition of the 'inner child', you may wonder whether your inner child is real or just a psychological concept or theory.



Certainly, there's not a physical child inside you (unless you are pregnant!). But, although no one physically see your inner child, it is nonetheless real. Most psychologists agree that your inner child is part of who you are as a person.

The situations in which Inner Child Matrix is most often utilised are:

- Bullying and other situations that trigger inferiority complexes
- Sudden unemployment, over working, or unhealthy work environments
- Separation or divorce
- Accidents such as fractures, car crashes, and other injuries
- Financial insecurities
- Illness
- Physical pain or tension
- Verbal, physical, and/or sexual abuse
- Loss leading to grief
- Toxic and confrontational home environments



“EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school.”

Donna Eden, Author, Energy Medicine expert



Inner Child Matrix is employed to mitigate the 'T-1 Trauma Moment'. This is the moment before the trauma occurs. Sometimes, we experience premonitions of trauma but are unable to avoid it. Trauma survivors may experience guilt and self-blame for not heeding to this signal.

This method is also highly effective in eliminating the Shock/ Numbness as a Result Of Trauma. According to Dr Robert Scaer, unlike animals, humans are unable to release the shock during traumatic experiences. Instead, we store it within us till consciously released.¹⁰

Inner Child Matrix has certain advantages over other many techniques. These are:

- It allows the inner child to recover control over the effect past experiences have
- It enables an absolute purge of unhealthy emotions
- It brings about organic forgiveness
- It enables coming to peace with the previous trauma
- It rewrites what happened in one's memory through an empowering perspective
- It allows a connection with the universal 'Source' energy

Having conducted trainings with 1000s of clients from around the world, I have found that Inner Child Matrix provides many additional



"EFT is destined to be the top healing tool for the 21st century."

Cheryl Richardson, Author

benefits after treatment. My clients found themselves looking and feeling younger, as well as having an increased sense of confidence, empowerment, internal harmony and peace, and motivation.

Once this method is learnt, it stays with the client for life. Practitioners who use Inner Child Matrix notice it allows rapid and durable resolutions to problems; clients have been wholly treated within fewer sessions. This allows practitioners to charge clients more per session. Thus, this method is beneficial not only to the client but also to the practitioner.

How the damage affects you as an adult

Minor trauma is common in childhood, so even the healthiest childhood doesn't mean you won't need to do inner child work at some point. If you experienced major trauma, however, the results are likely to follow you into adulthood. Furthermore, if no one helps you heal when you're still a child, serious effects are likely to plague you until you do this work. The most common effects of having a hurt inner child can include:

- Self-sabotage
- Self-defeating behavior
- Self-harming behavior
- Passive-aggressive behavior
- Violent behavior

It's no wonder these effects are common. The damaged child is impulsive, narcissistic, dependent, needy and afraid of being abandoned. They haven't learned how to regulate their emotions or act from logic and reason. They are likely to act out, and a damaged inner child is no different. Healing the inner child can eliminate these feelings and behaviors, even in adulthood.

■ Case Studies and Testimonials for Inner Child Matrix

I finally freed myself from thyroid issues



Apoorva Pandit cured her thyroid after learning EFT & Inner Child Matrix.

"...as suggested by Dr Rangana Rupavi Choudhuri (PhD), I started tapping – starting from surface issues, persisting through all that came up. After a few weeks, I noticed that my

thyroid symptoms had been mitigated. A medical examination confirmed that I was free."

My brain re-wired and intuitive abilities enhanced



Pramod Dalvi enhanced his intuitive abilities with advanced EFT Training and Inner Child Matrix.

"Inner Child Matrix is the real magic, which allows complete relief from the past in a totally different manner, so as to make positive shifts in all areas of life in a short time-span compared to traditional EFT sessions. And thanks to all the

teachings my brain is now rewired and my intuitive abilities enhanced, which is essence of EFT Level 3 & Inner Child Matrix."

I eat all my favourite foods, as my allergies have disappeared



University Counsellor Mallika overcame her food allergies through Inner Child Matrix.

"I chose to work with my mushroom allergy and used the process taught during the seminar in the practice session. After the session, I went home and insisted that my husband take me out to dinner and to one restaurant in particular.

I chose the Taj Palace, mainly because I'd often seen my husband order the mushroom cappuccino there and I had always noticed the look on his face as he told me how yummy it was! So, having just gotten rid of my allergy, I now wanted to try it. As we sat down, I told him that I wanted the mushroom cappuccino. My husband did not think that I should try this, especially at night, and attempted to talk me out of it. I disagreed and told him that was what I wanted. Soon, the waiter stepped in and told us that it was on the house so we should go ahead and try it. We asked him to get one but he added that we could each have one. Yet, my husband, assuming that I couldn't have it, told him that one was enough. The soup finally came and it was placed in front of me. The waiter and my husband watched me as I smelt it ... felt okay ... then took a small sip ... and still felt okay... then took a deep breath and finally put a spoonful into my mouth! Hhmmmmm... It was heaven! Now I know what I was missing out on while my husband was able to have it all these years. I have now been eating mushroom and fish and all the things I previously had allergies to. Thank you EFT. Thank you Rangana."

I let go of all the unexpressed rage, feeling younger and calmer



"Before I attended the course, I hadn't realised how much damage my unexpressed anger/rage was causing me. Rangana and I found an event in my life when I was full of rage. By asking the right questions of my Inner Child, it was really easy for me to access the event in my mind, while still feeling safe. For as long as I can remember I have been very scared

of being angry because it felt like I would explode like a volcano and cause as much damage! Getting in touch with this rage and letting it go was incredible. The reprogramming was fantastic as I finally got to say what I really wanted. I am still able to picture the new image and feel so calm when recalling that memory. Since then my friends have told me how much younger I look and how calm I am. The other day someone who I have only met a couple of times introduced me as the calmest person she knows. It is all down to this fabulous technique." – Isobel Gordon, business owner and holistic practitioner

I found the purpose of my life



"I had a lot of areas to work on like self-confidence, self-esteem and business relationships. It has been a great since I've done the workshop. One area that I was working on was to find a purpose for my life, which I could really find and discover. I'm really working hard to achieve that. Thank you,

Rangana." – Imran Sherwa, self-employed

■ The Journey by Brandon Bays

Mind-body health expert Brandon Bays developed an alternate therapy treatment to heal herself from a tumour the size of a football. Subsequently, she published this healing system in her book – *The Journey* – that became an international bestseller.

Thus, 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 rise from it. It is efficacious in eliminating a variety of problems, including but not limited to chronic pain and physiological illnesses, anxiety, grief, anger, and addiction.

The different Journey processes are as follows:

1. Physical Journey – for physical ailments such as pain, tension, disease, and health challenges;
2. Emotional Journey – for emotional and mental problems, such as fears, heartache, sadness, grief, depression, hurt, and guilt;
3. Abundance Journey – for all obstacles to abundance in one's life, health, career, relationships, financial situation, and spiritual life;
4. No Ego Journey – for all obstacles to one's self-realisation, spiritual development, and personal enlightenment;
5. Healing Journey – for phobias, limiting beliefs, pain, and self-sabotage;
6. Designer Journey – a customised journey as per one's requirements, which may include any and all of the above for the purposes of resolving a variety of different issues.



“The Journey will inspire millions, not only those with physical challenges in their lives but those seeking spiritual understanding.”

Candace Pert Phd

What makes The Journey unique is the combination of emotional healing with the body's infinite intelligence known as 'Source'. This is effective in ameliorating cell memories, which creates a space for forgiveness and healing.

Upon analysing data from tens of thousands of case studies from survivors of serious illnesses, Deepak Chopra noted those that healed had two things in common:

1. An ability to access their infinite healing potential – their 'Source' and
2. An ability to uncover and heal past cell memories.

These two components are part of the Journey process. They disallow degenerative memories from thriving in the individual, thus allowing for either spontaneous or incremental healing to be effective.

To experience The Journey the next step is to read *The Journey* book by Brandon Bays, attend the initial 3 day Journey Seminar or book a one-to-one session with an Accredited Practitioner.



“Dr Rangana Rupavi Choudhuri is the perfect presenter for The Journey – a genuine embodiment of the work, having used the method to heal from abnormal cells without drugs or surgery. She teaches with such love and humor and her wisdom and depth are an inspiration to all who sit with her. Radiant and compassionate she creates an environment of acceptance and safety where all participants can easily open into their own process work in an effortless way. And her expertise and experience in Journey work creates a cradle for our minds to relax and allows us to ‘dive in’ deeply.”

Brandon Bays, Founder & Creator of The Journey

■ Case Studies and Testimonials for The Journey

Regular Journey session in schools has increased the pass rate to 91%¹¹



In the pilot program in South Africa, it was discovered that children who attended:

- No Journey sessions averaged at 67%;
- Occasional Journey sessions averaged at 76%;
- Journey sessions once a week averaged 91% - 93%.

Upon being cleared of their emotional hindrances, the children were more energetic and attentive. The study showed children who received Journey sessions felt less angry, stressed, depressed, and inadequate. They were filled with fearlessness, happiness, and confidence.

I healed my depression and found my purpose



Alva Gilmour healed her depression and back pain to discover her life's purpose and mould her future to her happiness.

"When I met Rangana I immediately felt safe and at ease. We did Journey sessions together and I

discovered the cause of my fear and abandonment which I had carried for 30 years. As soon as I had connected with the source of my problem, not only did my depression lift but I have not had backache since. I discovered a pattern in my behavior and thoughts which were constantly affecting my life. The worthlessness occurred due to over critical remarks and treatment from my father after my mother's death. Another Journey session and I was put back on track, not only did I get my self-worth back but I was able to understand my father more and was able to forgive both him and myself for our misunderstanding.

With Rangana's help I worked out my life's purpose. I cleared away issues that were holding me back and worked out how I could move forward and put my life's purpose into place. I can now positively say that I have not ever been happier, healthier and more prosperous.

Within two years I now have a wonderful home life. No financial worries and very comfortably off. A successful business: using my own abilities, gifts and talents in abundance. Clients from all the four corners of the world. Many that travel around the world and come to see me."

■ Breakthrough Coaching with Neuro-linguistic Programming (NLP)

Coaching is a multi million dollar booming industry. It's one of the fastest growing counselling, consulting and training markets, with more and more people training every day to become certified to practice this invaluable skill.

Coaching is the definition of leadership. It takes on many shapes – life coaching, business coaching, corporate coaching, executive coaching, health and wealth coaching, the list goes on. Each has its own specific purpose and target audience. A coaching system that works in one field would not work for another. What I wanted was, one coaching modality that could pertain to all applications.

Every year, new modalities are founded. Some fail and some change the lives of users for the better. This propelled me to develop Breakthrough Coaching with NLP, which combines the power of traditional coaching with programming the mind for success in a structured 7 step systems. In its component parts it has elements of coaching, NLP, psychology, counselling, hypnosis, past life regression and time line progression all melded into a coaching modality that guarantees a breakthrough. It combines my years of experience helping others to:

- Have more fulfilling relationships
- Earn more money and increase wealth
- Lose doubt and gain confidence
- Leave unhappy jobs to more rewarding careers
- Discover and pursue their passion
- What is NLP? How Does it Work?

Neuro Linguistic Programing, or NLP, is the programming language of the mind. It gives you the power to do two things:

1. Program your mind manifest what you want and
2. Communicate effectively to get your desired results.

By understanding how the language you speak is effecting your actions, you can replace the negatively impactful language programs you use with constructive ones. Thus, by simply changing the way you talk about an aspect of your life, you can change they way you look and act towards it!

Moreover, NLP also helps understand other's language programs. This allows you to speak to people in a manner that aids your influence over the situation. Thus, NLP helps you take control of an opportunity to guide negotiations and manifest your objectives.

NLP is revolutionary in that it drastically cuts down the required sessions. By entering the unconscious of the client, NLP eliminates negative programs even before the client is aware of them in just a session or two.

This unprecedented effectiveness has made Breakthrough Coaching with NLP one of the most lucrative fields for practitioners. The quick results allow Coaches to take on more clients as well as earn more per session. Thus, Breakthrough NLP is one of the most productive modalities available.

“Faith is about doing. You are how you act, not just how you believe.”

Mitch Albom

What Does it Entail?

Breakthrough Coaching involves 7 stages for you to ponder and work upon. These stages ultimately lead you to a clarity that allows you to build a map for your desired life. These 7 steps of directed thought may be simplified as follows:

1. What do you want? How would you like your health, work, wealth, love life to improve?
2. What is preventing you? What is holding you back from achieving your goals?
3. Are you ready to change? Are you motivated? Do you want this enough?
4. Begin changing old programs! Start altering past beliefs that are limiting your success.
5. Now, create new programs! Harness the power of your mind through a renewed belief system.
6. Believe you can! Speak and think as if your goals are 100% going to be accomplished.
7. Take Massive Action & Celebrate! Goals without action are distant dreams. Take action today! and enjoy it because you've earned it!

“You are what you do, not what you say you'll do.”

C G Jung

■ Case Studies and Testimonials for Breakthrough Coaching With NLP

I shed 20 kg in weight and went onto become a health coach



Zaunty Gupta, Health Coach, shed 15kg in weight and went on to become a health coach.

"With Breakthrough Coaching I recognised the patterns that were keeping me stuck and I finally motivated myself to embark on a health program and shed 15 kg in weight with healthy eating, good nutritional supplements and exercise. I am now a health and life coach and help others to do the same."

I found my purpose and turned it into a profitable profession



Dr Arvinder Kaur, Life Coach and Doctor in Ayurveda and Psychology, found her purpose and turned it into a profitable profession.

"Before attending the seminar, I always felt unloved and unwanted, running away from both personal and professional relationships. I never had any good friends, but all that changed with the Breakthrough seminar. I now conduct courses and have developed my own signature course on Akashic Records. I have also received international recognition as a Reiki grandmaster."

I feel confident and empowered



Vinita Khanna, housewife, feels more confident and empowered during the life changing workshop.

"I learnt I am confident, empowered, privileged and can be straightforward. The experiences I went through during those seven days were truly divine. I saw golden light and witnessed miracles. I am totally changed."

I saved my marriage and found true purpose



Business Owner & Husband Uday Singh left his corporate career to form a Training organisation, Khushi Learning inspiring teenagers, working professionals

"The seminar completely changed my life. In particular, it helped me release my past negative thought patterns and positively shifted my thinking. One exercise during the training gave me a crystal clear revelation about my wife's mindset and I realized that I needed to connect with her to truly understand her. When I did this, her anger outbursts vanished; we fell in love with each other again. I also became aware that I never appreciated myself for all the hard work that I'd put into my career. My true passion of teaching, speaking, and training others emerged and I understood it was time to begin. I had finally found my purpose."

■ 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 where, you will:

- 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.

■ About the Author



Rangana Rupavi Choudhuri (PhD) is the Founder & CEO of Vitality Living College. She is passionate about motivating people, boosting their confidence, and helping them to achieve their true potential. The Master Trainer of Trainers personally conducts training sessions and seminars around the world. Her authentic

coaching style has continually encouraged audiences around the world to meet and exceed their personal and professional goals by breaking free from their comfort zones.

■ About Vitality Living College



Vitality Living College is a world-renowned collective of globally accredited experts who train practitioners in therapeutic and coaching skills such as Emotional Freedom Techniques (EFT), Neuro-Linguistic Programming (NLP), hypnosis, life coaching, and executive coaching. We provide professional certification, offer mentorship, and guide wellness and

coaching professionals in setting up their own businesses.

To participate in our internationally approved training courses and become a certified coach, trainer, or practitioner, visit www.vitalitylivingcollege.info

Address any queries to help@vitalitylivingcollege.info

Call us on (UK) +447587502616 or (India) +91 9920454749

Drop us an SMS/WhatsApp text on +919820974625

For more information, visit www.vitalitylivingcollege.info

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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.

Heal your emotions to heal your life

Learn how healing your emotions can heal your life



In this special booklet, Rangana Rupavi Choudhuri (PhD) introduces the exact skills she used to heal herself from abnormal cells, a chronic hormonal condition and debilitating pain. You will learn about different emotional healing modalities like EFT, the Journey & Inner Child Matrix and how they can create health, vitality and confidence.

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