

EFT Advanced Practitioner - Day 4 July 12, 2021
Questions and Answers

1. Sub-personality Tapping

- Uncovering the sub-personalities in conflict
- Giving them a personality, sex, colour, texture
- Gaining a deeper understanding of their role
- Uncovering the benefit of the conflict part
- Explore the origin of the personality
 - Who did you learn it from?
 - When was the sub-personality born?
- What is the highest purpose of the conflict?
- What was it here to teach you?
- What is the opposite of it?
- What is the highest purpose of that?
- Integrating the conflicting personalities or parts

Points to notes:

- Ask questions in rapport.
- Calibrate when it's too much for the client and balance PUSH AND PULL.
- If you feel stuck while doing the inner committee work:
 - Where are you now?
 - How do you feel about it?
 - What's left?

2. Are Archetypes good or bad? How do I pick one that needs to be addressed?

There are no good or bad Archetypes. Check if how the client feels/thinks is holding them back in any way and go with the one that resonates with them and requires work. Close by uncovering the benefits of the Archetype and the opposite of it.

3. When we are doing the Archetype work, is being able to accept the archetype the aim?

Yes, to drop all the judgments we have of it and the judgements around why it exists/originated in the first place.

4. If the client is feeling very raw about the past memory do you give them resources?

It is okay for the client to feel however they are feeling. Ask them what they want.

5. When do we not use Archetype work?

If there is unresolved trauma or abuse – work on that first. Shadow work, Archetypes and inner committee are best to resolve judgements.

6. What do we do with a client who likes to be in control of the session?

They are looking for safety and it is okay for them to be where they are. What could be noted is that we have a conversation with the client on the role they'd like us to play in the session.

7. What is localisation?

When a past issue or challenge is cleared and yet it comes back, for examples include physical pain, panic attacks, this is known as localisation. It is when the pain or the mental challenge finds the same location when stressed again.

8. What is a conflict?

A conflict can be internal or external. It's a tussle that you have. For example, I want to let go of this pain and I do not want to let go of this pain. It can be internal or external. An external conflict is when you have an issue with another person. And your conflict could be between telling them what you think and not telling them what you think.

9. What if I cannot remember my childhood conflicts?

It is completely okay to not remember. Work on what you can remember.

10. Questions you can explore when working with parts or conflicts:

- If your neck could speak about this conflict, what would it say?
- What would you like to have happen?
- If the stuckness could communicate, what would it say?
- Who did you learn this from?
- When things go your way? How do you feel?
- If you don't get your way (_____), how do you feel?
- What is this thought/feeling/emotion about?
- What will it mean about you if you never achieve that_____ (thing)?
- Has there been a cost to this, in your life? In your relationship? In any area of your life?

11. Secondary Gain Questions:

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- What else has it cost you? How does it make you feel?
- What else has it REALLY COST you? What would it really cost?
- If it cost you your ___? What would happen to your desire?
- What kind of role model would you be for your ___ (loved one)?
- What would you be teaching your kids (loved one)?
- If you held on to this pain, what would you be teaching them?

12. Examples of questions for neck pain where the conflict is, I want to let go of this pain and I do not want to let go of this pain:

- What's the benefit of the "pain"? How does this pain make you feel?
- What is loving the pain really teaching you or what are you learning from having the pain? and? Ex: "I keep going in spite of the pain"
- How can you still be strong and free from the pattern of "not valuing yourself?"
- If you were to choose this ___ (from above), what would that experience be like? and if you could yourself that experience now?
- What's more important to you?
- What's the opposite of ___?
- And when it's the above _____? How would life be?
- What's the cost?
- What will be different?
- What's the benefit?
- What if you could have both?
- How will your life be different when you're free from it?

13. Questions to ask when feeling like you have illness you are holding onto from a parent:

- Who are you when you are the illness?
- If you know if you're not your (_____)?
- Who are you when you are without the illness?
 - Eg: I don't exist
 - Is that TRUE?
 - I exist and I don't exist. : Conflict
 - Where do you feel it in our body?
 - What's the reason this is a conflict? Is it okay to be ___?
 - What's the reason it's a yes and what the reason it's a NO?
 - What do you want?

14. Examples of questions when letting go of illness, for example Irritable Bowel Syndrome (IBS):

- Are you willing to let go of the illness?
- What's the benefit of ___? (*EXIST*)
- What's the benefit of the opposite? (*NOT EXIST*)
- How can you have both the above?
 - Ex: be safe and have choices
- Conflict question: How is that a problem?
- What's the conflict, you'd like to explore?
- What makes you feel that this is a conflict?
- Where do you feel that in your body? Number?
- If your gut could speak to you, what would it say to you?
 - Conflict: Relax and Not relax
 - What's the benefit of relaxing?
 - What's the benefit of not relaxing?
 - What's driving you to be on the edge?

15. When the trainer asked, “What are the benefits of being a loser?” the client couldn’t come up with an answer. Why so?

The client had already moved on. She had come up with tears already. The trainer says it could’ve been done quicker; but going through all the questions was required to maintain the energy.

16. How to gauge that the client isn’t in their head anymore?

The number one way to gauge if someone isn’t in their head is to first, not be in your head yourself. Come to your heart, open your energy system and allow your guidance mechanism to feel. Just flow with it. Some of it comes with experience and some of it comes with continuous practice of meditation that allows you to feel.

17. While doing the session with Urvi in the morning, you used “I, me and myself” phrase. Could you please elaborate what this “I, me and myself” is about because it seemed you were unfolding something with it? How did you figure out what needs were there to be met?

I was just listening to what she said. She mentioned she has trouble footing her identity and deciding what is her and what is her parents’. It was about recognising that “What is mine” has so much freedom in it and that’s what she needed.

18. I am curious to know if it can happen on a processing level.

Yes, it can.

19. Some people did not state a conflict. It seemed that there was no actual conflict to work on? For example, Mitsuko talked about wanting to have more clarity. But there was no conflict? How do one deal with such cases?

Initially, Mitsuko talked about her inability to make decisions. She mentioned the *"I want clarity"* later in the chat. Picking up what people write in parentheses is also a part of listening. People give you all the clues you need if you listen to them keenly enough.

That is your inner guidance mechanism giving you indication. All of us have this ability to just listen to what the person is saying and connect with the inner guidance mechanism. The secret to perfecting this inner guidance mechanism is meditation. It works better if there is less traffic in the head. The more traffic, the busier the head will be. If there is more traffic, you'll have to wind the inner voice down. The more inner voice, the busier the traffic that blocks the signals.

20. People can either be in their head or their heart. What indicates that they are in their head?

Just by listening. You can figure out simply by asking whether questions or statements are coming from their head or heart. You said that you are in your head most of the time but you think deeply as well. You are sensitive. You have bit of a balance there. And if I were to work with you, I'd be sensitive and gentle.

It is also about practice. I practiced a lot and made a lot of mistakes. I'll practice on everyone and swap with everyone without being choosy. We have thirty people in this group. You can already count on thirty sessions if you're willing to practice and swap with everyone. Make sure to write down your observations after the practice session. You don't need intuition for this by the way. You just have to use your whole energy system as it is a very energetic process.