

## EFT PRACTITIONER TRAINING

### Questions & Answers - April 2021

#### 1. Is it okay to tap along to someone else's story?

Yes, it is okay. When you tap along to someone else's story and feel relieved, it is known as "*Borrowed-Benefits.*"

When you use their words and get relief, that's Borrowed Benefits. Sometimes people choose to use their own words, but this might need more support. So, keeping the awareness of your story in your mind, tapping along with the demo is fine.

#### 2. What is the purpose of clients repeating their story after each round (in the Tell-a-Story)?

The purpose of clients repeating their story in the Tell-a-Story technique is to make sure that there is no emotional disturbance left. You do not test this by checking the number, but by the retelling of the story. As the emotional charge diminishes, more details emerge, which can be used for further healing.

#### 3. Is it okay to tap on a memory that is not very clear?

Yes, it is okay.

You just need a sense of knowing. As you tap on it, more details will eventually begin to emerge. You could even start tapping on, "*Even though I can't fully remember, this is what I remember*", even a vaguely remembered event is all right to work on, because it has come into your awareness. Once you work on the faint memory, you can proceed from there.

**4. What if my client starts with a different story first, and then another story comes up with the same people, but a different event? Which story do I start working on?**

If a client comes with a story and starts to shift to another one, start with the first story, then the next story, and then integrate them. The two may be related, so make a note of the second story. Explore both the stories and check if they are related. If the issue doesn't resolve, you can use the worksheet for the second story. Otherwise, there can be too many stories that are open at the same time, and this can lead to a lot of chaos.

Ask yourself what they have in common and what is it that they need to work on. If you're confused, ask the client what they would feel comfortable working on, first. Once there is clarity, go ahead by working on the primary issue and then proceed further accordingly.

**5. Sometimes, the receiver/client goes into a lot of details, and I feel the details are not relevant. How deep do I go into the story?**

Stick to this question and proceed with the procedure since you cannot, as a practitioner, get to decide what is relevant; the client always knows best.

**6. What is the endpoint of a session?**

The endpoint of any session is what the client wants. For example, the endpoint of the Tell-a-Story is when the client can tell the story from beginning to end without any emotion.

**7. I didn't have any real story. Is it all right to have something that happened two days ago?**

If the memory is an event where something happened and you felt something, you could make use of the Tell-a-Story technique. If not, there is no need for further exploration.

The event's length or duration don't matter. If there is no emotional charge, it does not need to be explored.

**8. Do we need to reach an understanding of the root cause?**

There is no need to understand the root cause in the story process. Tap along while they are telling the story. Stop when there is an emotional reaction. Tap on that. Explore the feeling, check if you feel any different, if the emotional charge is still left, tap again.

**9. Sometimes, I forget the phrase (or words) the receiver used. What should I do when that happens?**

Don't worry about it. It happens with everyone, especially if you are new to this. Here's a tip- If you forget the phrase, just say, "*Sorry, I forgot the phrase, could you repeat it please?*"

**10. Please throw some light on why someone's lungs might accumulate water.**

Lungs can accumulate water due to an infection, either pneumonia or cancer – where cancer cells are producing fluid. Please consult a good medical doctor, since it could be something serious. When the doctor suggests an intervention, you can decide what you want to do, and whether you want to follow their advice or not.

### **11. Do we need to use emotional words when tapping on the fingers?**

It is better to use the client's words as they come up. We are trying to clear the emotional charge around the event or memory and the energy disruptions the event has caused. (There is no real connection between the tapping point and any specific word).

### **12. Can I advise my clients during a session?**

No. Even though it's tempting, avoid giving advice.

### **13. If the client is having an emotional reaction, what do I do?**

Use the Triple Point Calmer if your client is having an emotional reaction. You can follow the steps given below-

- Tap with both hands under the eye, on the collarbone, and under the arm.
- As the practitioner, you can say, *"It's okay, it's okay, you're okay"* and continue to tap on these three points until the intensity of the emotion reduces.
- You can also say, *"That's great. You're doing great,"* or *"Breathe with me... breathe with me,"* or *"Stay with me... stay with me... that's great... you're doing great."*

### **14. Is it possible to treat acne/ boils with EFT?**

Yes, EFT can be used for acne.

You can start by helping them with processing their emotions – do they feel angry/ disappointed/ uncomfortable with their appearance, or something else? Once this is done, you can start by helping the client process their emotions by asking them if they feel they have someone whom they could talk to? Explore deeper, see if they have internalized their anger?

Once you both have explored the unprocessed emotions, start by working on their surface emotions, work on their feelings of being unattractive, discomfort, self-rejection, etc., and make them realise that they are being harsh on themselves. Make them feel confident about their body, and work on their story by increasing the confidence.

Also explore other possible treatment, like,

- **Naturopathy** – It helps in cleansing the body.
- **Ayurveda** – Sometimes there is an imbalance in the body and the 'Doshas', get a diagnosis and then seek a treatment plan.
- **Nutrition plan** – Many times, acne and other skin problems are indicators of imbalances of nutrients in the body. See if this what is causing the problem by visiting a good nutritionist.

**15. When working with a client, and connecting on the level of energy, how do I know if it is my judgement or true intuition?**

The most important thing is when you calibrate and watch the client's face, check whether the things you are saying resonates with them or not. Ask them if they accept or reject it. Permit them to reject anything you say if it doesn't feel true for them.

A regular meditation practice can help discern what is real and unreal and what is true.

**16. There are borrowing benefits. Are there any borrowing disadvantages as well? For example, can I get a headache when the demo person is working on a headache?**

Yes, sometimes the issues that you are working on may manifest in your body as well.

- We can only take on other's concerns if we have a similar problem as it acts as a mirror for that.
- If you are empathic and find yourself manifesting other people's issues, having a salt bath can help clear it out.
- You can also use the Figure 8 technique if you tend to be empathic- imagine a figure 8, imagine yourself in one of the circles of number 8, and your client in the other circle of it.
- Imagine a light on yourself and a beam of light on them, and then start your session.

### **17. If I am getting nowhere with the client, what should I do?**

If you find yourself getting nowhere with the client, then-

a) You can always proceed by saying to the client,

*"It seems I may have come to the limit of my ability to serve you. How would you like to proceed now?"*

b) Check if the client needs some space.

c) Sometimes you may need leverage, so you can ask,

*"What may be the reason you came to me today?" / "Why are we doing this session?"* (this helps refocus what is of importance to the client)

d) Opening yourself and your client to compassion is more important than techniques, results, or steps.

### **18. What is the role of drinking water during the sessions?**

Drinking water during sessions is essential because it helps them to calm down and flushes the toxins away from the client's body. It makes up for the energy lost during the tapping process.

### **19. Does EFT work for broken bones?**

EFT works on a physical and physiological level, but is more effective on the emotional level and aids in faster healing. It works on the injury's trauma and the memories that took place before and after the bone broke.

### **20. When giving practise sessions, what if the Subjective Units of Distress (SUD) don't go down?**

If it's not working for you on the physical level, but you are getting the relief on an emotional level, that's OK.

### **21. Does EFT work on grinding teeth?**

Yes, EFT does work on grinding teeth.

Grinding teeth could be due to several reasons including financial worries or other issues in life. We need to tap on that issue by the means of EFT. It could be because a person is conscious about the way their teeth appear, or it could be worry and concerns turning into grinding, it could express the consciousness or shame a person experiences because of their environment. One can counter it by giving compliments to the person and balancing out the negativity with positivity.

**22. Going by the tree metaphor, one can go in from any aspect. But in some cases, can one initiate and go in from several places? Is it okay to question the client's belief system, or do you just let their thoughts be and do not change the process?**

At level 3, you can question the client's belief as long as you have a good rapport with them. As a practitioner, you need to give them the space to express the belief and explore it on their own.

With EFT, the realisation takes place on its own; this is known as the Cognitive Shift. This belief needs to explore and focus on the client's issue because you don't want to destabilize them. Hence, you work on the issue the client wants you to work on.

**23. What if the client does not have any deeper issues?**

That's okay, don't push them. As an EFT practitioner, you need to provide enough space for the client where they can express themselves without feeling judged. So, you focus on what the client has come up with, and nothing more.

**24. Can EFT help with diabetes?**

Yes, EFT can help with diabetes, particularly to clear the stress that may have contributed to the illness and complement medical treatments along with a change in behaviour and lifestyle.

Diabetes is a chronic metabolic disorder that causes high blood sugar levels as a result of one of the two conditions-

- The pancreas does not produce any or enough of the hormone insulin.



- Insulin is being produced, but your body can't use it effectively.

Its inadequate presence or ineffective use causes the blood sugar levels to rise, which if left untreated, can cause serious harm to your nervous system, eyes, kidneys, and other organs.

So, I have an Endocrinologist in Mumbai who is using EFT on her patients who have diabetes. I also have another practitioner in Mumbai who uses it with her diabetic clients. They combine intermittent fasting with lowering carbohydrates and encouraging movement by using EFT Tapping, to lower stress and increase immunity. Both of them have found positive results.

## 25. What are different types of diabetes?

Depending on the conditions stated above, there are various types of Diabetes.

- **Type 1 Diabetes**- It is a chronic condition in which the pancreas produces little or no insulin.
- **Type 2 Diabetes**- It is a chronic condition that affects the way the body processes blood sugar.
- **Gestational Diabetes**- This is when you have high blood sugar during pregnancy.

Now, Type 2 Diabetes is the most common condition and can be treated with lifestyle changes in combination with following the recommendations of a medical doctor. With any kind of medical condition, always contact a medical health professional for diagnosis and treatment.

According to US qualified Endocrinologist Dr Roshani Sanghani, at the medical level, two things are really important at the start, that is-

**Nutrition-** To halve the number of carbohydrates consumed and to double the number of vegetables and lentils.

**Sleep-** To be able to sleep a minimum of 8 hours a day since sleep reduces the body's stress levels and would make it easier for the body to reverse a label like diabetes.

EFT generally supports the person on a medical treatment plan, it helps the person diagnosed to accept the diagnosis. This reduces the stress that could have agitated the condition and enables a quick transition to a healthier lifestyle.

Our Practitioners who combine EFT with the recommended lifestyle changes and medical advice have found positive results with reversing Diabetes.

Here are the clinical studies where EFT reduces the blood glucose in Diabetic patient blood

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

EFT is very effective in reducing cravings and weight. These are symptoms associated with diabetes and support in the transition to health.

One of our attendees of the EFT Masterclass Seema Khaire shares how when she worked with a VLC Certified EFT Practitioner, Urvi Khaire and her sugar levels came down. In her testimony, Seema shared, *"The tapping you had helped me with has been really helpful for my eyes and*

*diabetes, especially concerning my test reports. All my reports are now normal and my HbA1c test went down from 12 to 8.5. I used to manage my diet and exercise as well, but EFT helped me relax and feel better; it has worked.”*

As we know, 85% of illness is stress-related. Work on reducing the stress and there can be a tangible medical benefit too.

With EFT the different phases of treatment are as follows-

- **Phase 1-** Clearing the initial shock and fear about receiving the diagnosis. There can be confusion and fear of the future.
- **Phase 2-** Releasing the anger and any resistance due to lifestyle changes. For example, there can be resistance to lower the intake of carbohydrates which can worsen the medical condition.
- **Phase 3-** Shift from putting others first to putting yourself first. With diabetes when there is a shift to valuing the self first and taking decisions that support one’s health, there can be a rapid shift from having a medical label to reversing it. So, in phase 3, we recommend exploring how to value the self and make health a priority.

In this phase, there can also be a secondary gain and resistance to making the shift, so this needs to be explored with tact and sensitivity.

- **Phase 4-** Focus on self-love. The deeper work begins in this phase as what is common with medical labels is there is a lack of self-love. There can be deep-rooted negative beliefs or low self-esteem. The Inner Child Matrix which combines its healing with EFT is effective to

uncover and clear any trauma related to feeling unloved and unworthy.

In many cases, there are unconscious memories which once cleared, allow the energy of the body to reset and become healthy. In Phase 4, the Body and Mind is a program for health and vitality, using a heart meditation and re-imprinting process.

- **Phase 5-** Empower yourself and stay strong to the lifestyle changes you have made. Once the health starts to improve, it can be easy to slip back into old ways. The temptations of French fries or going out for carbohydrate madden restaurant meals may increase. So, this phase is about connecting with your body's wisdom to make choices that amplify health.
- **Phase 6-** Share what you have learnt, with other people. Once you have reversed the condition, one of the most powerful ways to empower yourself is to share your story. It inspires others to change, and it lets people in a similar past situation know, that there is hope.

## 26. Can EFT help in Arthritis?

The way EFT works for a person suffering from Arthritis is by bringing down the inflammation. One can use EFT on arthritis by working on the layers of the disease.

The following is the process that should be used to work on arthritis using EFT-

- **Explore the physical tension-** Here, you ask the client their symptoms, what number the pain is at, what its colour is and its texture & temperature. Then, ask them how it feels. Once the client

explains all of it, tap on it by using the exact words they used, to describe the tension.

For example, I had a client once who was suffering from severe arthritis, when she came in, her response when we started to work on her hands was, "*hot like iron*" and by the time we completed our tapping, her hands were "*cold-like cucumber*" in her own words.

- **Explore the emotional tension** - Once you've worked on the physical level, ask the client if they have any memory related to arthritis or the emotions related to the tension.

I once treated a friend who was suffering from arthritis, so much that her elbows were bent in a disfigured way. We explored the possible things that could've caused arthritis and the memories associated with it. After the tapping was completed, she could finally go downstairs, which hadn't happened in years.

- **Positive Tapping**- Use it to condition the client's body and mind to heal.

## 27. What are the different tapping points in EFT, and what do they signify?

As per the ancient sciences, the human body has 12 primary or major meridians, which are-

- Bladder Meridian
- Gall Bladder Meridian
- Heart Meridian
- Kidney Meridian
- Large Intestine Meridian
- Liver Meridian

- Lung Meridian
- Pericardium Meridian
- Small Intestine Meridian
- Spleen Meridian
- Stomach Meridian
- Triple Burner Meridian.

The EFT Tapping points are points on these meridians. As these EFT Tapping points fall on a meridian, tapping on them releases specific negative emotions or blocks that cause disharmony in the energy flow, and eventually leads to the free flow of energy. The free-flowing energy relaxes the body, triggers positive thoughts and emotions, and helps you in stepping into an empowered state.

The EFT Tapping facial and body points are given below.

- Top of head**- This point is also known as the Hundred Meeting Point as many meridian pathways cross at the crown of the head. This point harmonizes or balances the body's energy.  
**Releases**- Inner critic, Lack of focus, Hamster wheel thinking  
**Allows**- Insight, Intuition, Spiritual connection, Spiritual discernment, Focus, Wisdom, Clarity
- Eyebrow**- At the beginning of both the eyebrows just above the nose This point is on the bladder meridian. It helps in releasing trauma-related emotions and restoring inner peace.  
**Releases**- Trauma, Hurt, Sadness, Restlessness, Impatience, Frustration  
**Allows**- Inner peace, Emotional healing
- Side of the eye**- On the bones bordering the outer corners of both the eyes

This point is on the gall bladder meridian. It helps in releasing anger-related emotions and restoring compassion.

**Releases-** Rage, Anger, Resentment, Fear of change, Muddled thinking

**Allows-** Clarity, Compassion, Understanding

d) **Under the eye-** On the bones just below both the eyes

This point is on the stomach meridian. It helps in releasing fear-related emotions and restoring calmness.

**Release-** Fear, Anxiety, Worry, Emptiness, Nervousness, Disappointment

**Allows-** Contentment, Calmness, feeling safe and Feeling "*all is well*"

e) **Under the nose-** Between the bottom of the nose and the upper lip

This point is on the governing meridian. It helps in releasing shame-related emotions and triggering self-empowerment.

**Releases-** Embarrassment, Shame, Guilt, Grief, Fear of ridicule, Powerlessness, Fear of failure, psychological reversals

**Allows-** Self-empowerment, Self-acceptance, Compassion

f) **Chin-** Midway between the chin and the middle of the lower lip This

point is on the central meridian. It helps in releasing confusion-related emotions and triggering self-confidence.

**Releases-** Embarrassment, Shame, Confusion, Uncertainty, Indecisiveness

**Allows-** Self-acceptance, Clarity, Certainty, Self-confidence

g) **Collarbone-** This point is on the kidney meridian. It helps in releasing stress-related emotions and restoring clarity and confidence.

**Releases-** Psychological reversal, Worry, Indecision, Feeling stuck, General stress

**Allows-** Clarity, Certainty, Ease in moving forward

- h) **Underarm-** Under the arms about 10 cm from the armpit  
This point is on the spleen meridian. It helps in releasing insecurity-related emotions and restoring clarity and confidence.  
**Releases-** Guilt, Obsession, Worry, Insecurity, Hopelessness, Poor self-esteem  
**Allows-** Clarity, Certainty, Relaxation, Compassion
- i) **Karate chop-** At the centre of the outside part of your hands between the wrist and the base of the baby finger, also referred to as the point on the hands used to deliver a karate chop.  
This point is on the small intestine meridian. It is used to start the tapping sequence.  
**Corrects-** Psychological reversal, which is a subconscious block to EFT Tapping. It occurs when the energy flow becomes reversed, and nothing seems to work.
- j) **Sore spots-** On the chest where the lymph drains. This point is about 3 inches below the collar bone.  
You generally start tapping with the Karate chop. However, you can use an alternative point, which is known as the tender/ sore spot. To stimulate this spot, rub it in a circular motion.  
**Important-** Do not tap on the sore spot.  
**Corrects-** This point is a good place to start tapping with for cases with low self-esteem. It is also used for psychological reversal, which is a subconscious block to EFT Tapping.

In addition to the EFT Tapping facial points, there are points on the fingers and the hands that are used for tapping.

The EFT Tapping Finger and Hand Points are mentioned below-

- Thumb
- Index Finger



- Middle Finger
- Little Finger
- Karate Chop
- 9-Gamut Point
- Wrist

The ring finger is not always used because the 9-Gamut point is on the same meridian. The actual point on the ring finger is on the opposite edge of the finger.

## 28. What is the difference between a fear and a phobia?

The difference between fear and phobia is that phobia is irrational and excessive.

To explain it better, I had taken my friend to a place in Auroville and it was 4 in the morning, and we were going to bed when we spotted lizards all over the ceiling and my friend started to jump on the bed and I told her that you are only getting closer to them. We started to tap on it and she felt better.

So, you have to tap on their worst fears to get to the memory from where it started.

In her case, it was a past memory when a lizard fell on her back at 4 in the morning while she was travelling to Africa. The fear in this case would be, *"I am scared of lizards"*, whereas, phobia would be, *"I am totally freaking out about the lizards."*

**29. What can be done when a client who is afraid of their astrologer's prediction turning into reality comes to you for help?**

Ask them how they feel about their astrologer making that prediction to check what their belief system is. If they believe in astrology and the predictions the astrologer is making, you have to be really careful to not shake their belief system because it can really break the rapport.

For instance, I was working with a girl whose astrologer told her that she will not get married, no matter what, because it was written in her chart. We worked in different layers in her case.

1. First, we worked on her feelings, *"How it made her feel? "What does she think about the person who made the prediction?"*

2. Worked on her inner child, I got her to see an astrologer, *"You said this to me, you told me this to be true, I love and accept myself."* So that she can let it out and break the vow with that person.

3. You can use the limiting beliefs process to work with their belief system. Also, work on their rote memory.

**30. When you are listening to someone's phobia, it can leave an impact on you. What can you do about it?**

You tap along with me, *"Even though it is their fear, it is not my fear, it is my choice to accept or reject their fear, and make it my fear, the choice is mine, I love and accept myself anyway."* *"It is my choice, it is their fear, I have chosen to accept it, but it is my choice to continue it or not, it is completely up to me whether I want to accept it or reject it."*

**31. Where does the source of Re-frame come from?**

There isn't really a source, it is a cognitive shift but there is also understanding that one does not need to fear it, it is more like, *"That was then, this is now, and it is my choice to be afraid of it or not, it is my fear and I can decide to be scared of it or not, I can do whatever I want to with it"*.

**32. How can we work with the fear of Covid since we keep hearing about family members being infected and sometimes, even death?**

You don't need to stress on this fear, since it's very normal. Keep it simple and tap on it instead.

You could start with tapping on the Karate Chop, *"Even though I am afraid of getting Covid, of my family members getting Covid, especially when I hear them getting infected and some are dying too, I love and accept myself."*

Then, *"Even though I am just scared, it is completely natural, and it means that I don't want to fall sick. That is okay and it's just when I hear of family members and love one's getting it and some dying too, I get scared. Even though I get fearful, it's okay. I love and accept myself anyway."*

**33. Can a movie be stored in experience apart from visual and auditory? In that case you do it the same way?**

Yes, it can be.

**34. Is it okay for the client to feel unstable a day or two, after a session?**

Yes, it is common for this to happen if the client worked on suppressed emotions, during the session.

One of the things you can do if they tell you they feel overwhelmed or unstable, is to breathe in and out gently while holding the 9-Gamut. You could also teach them the Triple Point Calmer if they feel this way.

### **35. How do I deal with hair fall?**

So, I used to have Alopecia and still have thin hair. Some things I find useful while dealing with it, are-

- a) Tap on the stress you are going through.
- b) If you take hot water shower, write *"healthy, happy hair"* on the geyser.
- c) At the bottom of your water bottle, write *"healthy happy hair"* and keep drinking.

These steps are not only for hair fall; you could use it for anything at all.

- d) You could also use hair oils that work for you, since they help to strengthen your roots.
- e) Sometimes, long hair takes on negative energy as well, so, keeping your hair short is important too.
- f) Tap on the surface emotion, *"Even though my hair falls and it makes me feel...I deeply and completely love and accept myself."*

So, first work on the surface emotions and then the deeper levels of emotions.

### **36. How do I deal with vertigo?**

Make use of the fear and phobias' process.

I would want to ask the person experiencing vertigo, *"When have you not felt imbalance?"* or, *"How has the vertigo made you feel?"*, *"What*

*are the emotions that came up?”, “When have you felt these emotions before?”*

### **37. How do I deal with dandruff?**

Dandruff is the dried skin that comes off of your scalp.

- a) You could ask yourself, *“What is it that I have not let go of, that I want to let go of, now?”*
- b) With dandruff, the body is most probably trying to shed something. You could also use aloe vera to help your scalp.
- c) Make sure the water has a healing, healthy vibration.

### **38. Can we do surrogate tapping for somebody else’s trauma?**

If it is for the highest and best, it can be used. Check in whether you feel guided to do it from freedom versus helping someone to come out of their trauma, look for the reason for why they are not able to receive.

### **39. How do I perform surrogate tapping on a client who is not trusting the technique or process?**

If the client does not trust enough to receive, it might be better to wait before applying the Surrogate Technique. Because if they do not trust to receive then it will interfere in the entire process. The best you can do in such a situation is to do surrogate work on not trusting.

### **40. Can we use Surrogate Tapping for our own inner child?**

Yes, you definitely can. You close your eyes, sit down and ask them how they are feeling and then you tap on that feeling.

#### **41. Can we use EFT for cons?**

EFT can be used to let go of the emotional causes of the cons.

You need to ask yourself if you feel like there is an emotional root cause associated with the cons. If yes, what is it? Is it something you want to explore?

If you really want it to go, your first step is to practice self-care for your physical body. You can also make use of medically prescribed ointments. If you are working on someone else, make use of secondary gain type questions. If you uncover an emotional root cause, fill an intake form, and get the client in touch with another practitioner.

#### **42. Why do parents usually come to an EFT Practitioner? How do you work on these issues with the parent as well as the child?**

Parents usually come for aches or anger issues. I don't really ask the parents to fill intake forms for the child; instead, I ask them what they want from me and what they expect from me. This conversation takes place only with the parents.

Once I understand what they are looking for, I talk to the child and build a rapport with them. If it's a teen, the parents tell me what they want to work on; I take verbal intakes from the youth by asking them questions like, "*what makes you feel sad?*", "*what makes you feel angry?*" and some general questions. They are then asked to make a list of things that they fear and 3 changes that they would want to make, in themselves or their lifestyles. Slowly sneak in the real issue and work on that.

If information doesn't match with what the parents want, I talk to the parent and ask them why they feel the child is being like this and work on that.

**43. How long are your sessions and how do you go about the sessions with children?**

With teens, the sessions usually go up to 50 minutes to an hour. With younger kids, it goes on for about 20 to 25 minutes.

I start tapping with them after taking their list of fears and working on them slowly with the child.

**44. A lot of us have our own inner child issues and I tend to impose them on my son, sometimes. Like, he isn't very obedient, but I was. How can I be more compassionate with my child instead of being annoyed with him?**

Use the Personal Peace Procedure for how you're feeling when he shows resistance. When your emotions come down, you'll be in a better space to deal with that issue. You need to empty yourself, feel better and converse with him about it. If you feel bad or traumatized, tap on yourself by saying exactly what you're feeling. Then, when you feel better, talk to your partner and/or your child.

**45. I know children who have affairs in school but are not able to talk to their parents about them since they're scared of physical and emotional abuse. This affects their academics as well and does not allow them to express themselves. How do I help such kids?**

They have to come to you to ask for help. But if they don't, tap on yourself for it since you are unable to help them out. You could also make use of surrogate tapping.

However, if someone does come to you for help, work on their fears along with them. Make use of the Tell-the-story technique and work on whatever emotions come up.

**46. My 8-year-old daughter has constant mood swings; I don't know what to do and when. I feel helpless since I don't really know what she's expecting from me. How do I address this situation?**

When she has these moods, how does it make you feel? You can first tap on your confusion and helplessness. Tap on your emotions. Then, tap with her and without sharing that we're solving something that you want to change, just tell her that you've learnt this and let's see what she feels about it. Don't let her know you want her to change something or else she'll show resistance.

**47. I know some teens who want to work on their lifestyles and some problems, but their ego is so high that even though they want to come forward for therapy and need help, they have resistance. How do I help such youth?**

Rapport is the key here. You have to match and mirror their body language. You have to compliment the teens on what they are good at. When they see that you're able to see their strengths, they'll slowly be



able to show you, their weaknesses. Ask them what change they want in others or around them. Then work on those changes with them.

**48. My 11-year-old daughter gets scared of balloons, I have asked her what exactly scares her, but she's unable to express herself. She didn't have a past trauma, but her fear still remains. How do I help her?**

Tell her to say, *"I'm scared of balloons."* Instead of going to the past trauma, just tap on it so it would slowly help her express herself. Begin with surface tapping.

Ask her, *"When do you remember the first time you got scared?"*, *"How does it make you feel?"*, *"What number is it at?"* The memory or the root cause might come up; you can work on it from there.

**49. Up to what age do you treat the client as a child? At what age do you classify them as an adult?**

It depends on the child since some grow up quicker than others. It can be as early as 16 and not later than 18.

**50. My daughter is closed to EFT. We come from a conservative family, so when we talk about sex, there have been negative reactions from the family. Is there any way I could help the past situation where I probably portrayed closed mindedness with her?**

I worked with an adult who was conditioned that sex is bad, as a child. This conditioning led to problems regarding sex when he got into a healthy relationship. He felt inadequate and incompetent. So, he went back to the memory of his parents saying it's bad and also to the times when the Church mentioned it is bad. He did the Inner Child Matrix.

Even if some of this conversation took place,

- a) We don't know if it's influencing them and if they are taking it on.
- b) Use surrogacy and see if there's any kind of belief or limit, they have.
- c) Check their belief system about what they want in terms of their sexual life.
- d) As you have this information, tap on yourself.

**51. I have 2 daughters – 5 and 6, who have been battling a skin condition. My older daughter doesn't have it anymore, but now that she's come out of it, she brings up past memories about it that I feel guilty about. I was aggressive and impatient with her at times and didn't give her the love and care she deserved. It makes me feel like a bad mother and I fear that the damage has already been done. What do I do?**

First, tap on the guilt you have been feeling. Since she has openly shared memories with you, make use of the Tell-the-story technique and ask her how she felt when she saw you cry. Show your daughter pictures of the skin condition or of those days and tap on the emotions of when she first saw you cry.

You could also make use of surrogate tapping and ask forgiveness from her simultaneously.

**52. How do I do surrogate tapping?**

One way you could do surrogate tapping is,

- a) Step into their world, breathe how they're feeling, feeling like they're feeling.
- b) Tap on whatever they've shared.

- c) You can do it with someone in coma, people with disabilities, elderly people and also individuals who have Parkinson's and Alzheimer's diseases.

The second way is,

- a) Hold on to the child and describe how the child is feeling.
- b) Don't step into the child, you can just physically touch the child/person and describe what they are feeling/experiencing.

**53. Recently, some students in my daughter's online class used cheap language with her and her very inappropriate questions about sex. She doesn't know what sex is, but felt very upset and cried. I want to talk to her about it, but she's scared. How can I use EFT for this? I feel like she might not open up, since she is a shy child. Should I even address this even though my family doesn't approve?**

Yes, you should talk to her about it regardless of what your family's beliefs are. You are her mother and you know what's best for her.

You can have a round of tapping on yourself before you do it with her. Match and mirror and tap while she shares.

Talk to your daughter about the incident and begin tapping on whatever it is that she shares with you.

**54. An 11-year-old child has bird phobia, so as you were saying that parents need to be worked on side by side. Here, do we work with the parents first or the child?**

If the parent is coming to you and talking about it, you can directly start working on the child. But, if the parent is anxious about the child having the phobia, they can be worked on, first.

**55. My son is 4 years old, and he blames me for anything and everything that goes wrong with him. What do I do?**

Apologize to him first. Then, ask him what his reason was, for blaming you, with the help of surrogate tapping. Tap on yourself because he's blaming you and let go of whatever you are feeling.

**56. When we apply any of the techniques taught, memories keep coming up while tapping. Would it facilitate my healing?**

If a client is very restless and you're unable to get into the depth of their issue, then you might want to ask them which memory they would like to focus on first. You need to see what is working for them and what is not. It is not necessarily the jumping memories, there can be life triggersthere that you need to check.

**57. You went from one keyword to the next during the demo, why does one do that?**

You ask for the keyword every time depending on the number. As the keywords change, so does the number. Each keyword represents a different aspect of the client's issue and it is important to work on the different aspects of their issue, hence, the change in keywords is to explore the different aspects of their issue at hand.

**58. When tapping with the keyword, can we use the previous keyword?**

Yes, previous keywords can be used for tapping with the current keyword because it's a play with the words. Bring all the words in and it'll go in a flow, very smoothly.

**59. Often when I'm with the client in any session, I feel like most of my stuff is coming up. What do I do?**

Before you start taking clients and start working on their issues, you should volunteer yourself in case studies. You have to keep receiving. If you find yourself getting triggered, you need to receive before you can give.

It is not uncommon for a practitioner to get triggered. You just need to be fully present for them, tap along with them. Make a note in your personal diary and find a way to work on your issue.

**60. Will it be better to send a video to the client explaining all the tapping points rather than explaining it over the call during the Telephonic Tapping?**

Yes, you can.

If it facilitates the process, enhances your client's understanding, and makes it more feasible for you and your client to work on the issues at hand, it is okay to share a video describing all the tapping points instead of talking about it on a call.

**61. Do we need to think of the techniques first we are going to use in the session, or do we listen to the client and follow whatever technique comes up?**

Allow the process to guide you better. Come to your client with all your presence and all openness, and then the technique will come automatically.

**62. If you have a client whom you don't know and they have no idea about the techniques so you can't ask them what technique would they like you to use for this issue, what do you do?**

You have your magical toolbox of techniques, and you can open it up and look at it, and just see what you would like to use. Just be there with all your presence and empathy and listen to what the client is presenting to you.

**63. Can you tell me how to decide what technique to use at a particular time?**

One of the things that can point you to a particular technique is the intensity- if the intensity is above 7/10, you can use intense techniques like Tearless Trauma, if it's below 7/10, you can use the Tell a Story or other less intense techniques.

**64. The client does a lot of yawning or burping during the session. Is that okay?**

Yes, it's perfectly normal. These kinds of things happen with some people. Reassure your client that it's absolutely normal. Burping is one way the body moves ahead with the process, if that is not happening, work on clearing the resistance before proceeding with the sessions.

**65. If you have an issue with a particular person, and the person has been in your life for say 5 years, and all the memories with that person are all negative, can you tap on a group of all the issues or all the memories in a particular time period?**

One of the ways to go about it is that you choose ONE event- an intense event, or the first event and you tap on that. And as you work on that one event, the intensity of the others may reduce on their own. Once you've worked on it, you can put all the events on a movie screen and play the movie and see how and what has changed.

**66. I was having a bit of doubt about Psychological Reversal (PR). I have not understood this concept clearly. How does it relate to illness? Is it not wanting to get better? Because I've noticed that there's resistance to feeling better. And it puts me into a place of judgement. Please throw some light on that.**

What comes to mind is that with chronic illness, there might be a secondary gain that keeps them there, rather than psychological reversal.

Psychological Reversal has two schools of thought- the first is, it (PR) is a block to EFT working and we need to address this block. The second is there is some secondary gain, some benefit to the person resisting getting better. You can ask the client- what's the benefit of staying the same and what's the negative of staying the same? The intake form is going to be the key. If the client's commitment level is not 10/10, ask them what's the reason you want to get better? What's the reason you don't want to get better? It's just that the secondary gain that are present are not in many people's consciousness. 85% of all illness is emotionally based. Clearing this takes some work. You need to explain this to the client, and check with them- Are you ready to work on it? If they are, go ahead with your process, if they are not, work on clearing the resistance before proceeding with the sessions.

