

EFT PRACTITIONER TRAINING

Questions & Answers - December 2020

1. When we are tapping, are we using one finger or two fingers?

You can use two or four fingers at karate chop. Some people can rub the karate chop as that stimulates the meridian. On facial points, you can use one or two fingers. While tapping on babies, tap gently using a single finger.

2. How many times do we tap on each point?

Generally, we teach seven times. In reality, no one is counting but tap as long as the length of the phrase being used. In most cases, 1- 3 times is enough.

3. How do we tap on the fear of discussing fear?

First tap on the surface fear i.e., the fear of discussing fear; and then later, work on unveiling the fear.

4. How did your mother tap on you?

I watched her and followed along.

5. Can we do EFT with a little child?

It will be taught how to do with few months old baby, animals, kids of different age groups.

6. If giving EFT to old person or to someone who is not able to take instructions or someone unable to tap, how do we help them?

You can help them by Surrogate Tapping.

Surrogate Tapping is using your own body as a surrogate for the other person, and tapping on their behalf. Usually that person is not physically present. A practitioner may also tap on/with another person who is acting as a surrogate for a third individual or animal.

In some cases – as with a baby or small child, an animal, a person in a coma, or one’s own ‘inner child,’ – the tapping is on behalf of someone who is actually present but unable to tap for themselves.

You can read about Surrogate Tapping here:

<https://vitalitylivingcollege.info/what-is-surrogate-tapping-how-does-it-works/>

Alternatively, you can also tap on them.

7. Where is the Point on the top of the head?

Crown chakra has 100 meridians and hence, it is very sensitive. Use gentle tapping or circular motion. Used only for positive tapping based on data.

Finger tapping taught as one might be working with different type of people and there are meridians specific to emotions (Japanese finger holds).

8. Do we use left hand or right hand for the 9 Gamut?

You can use either hand.

9. Should eyes be open or closed?

As practitioner, eyes open is better because the giver can calibrate with the client. As receiver, eyes can be open or closed. Personally, close eyes only when have to deeply calibrate with the client.

10. As soon as I started tapping, I have been yawning. What does this mean?

Yawning is lovely as the body is relaxing. The nervous system is relaxing.

11. What is the logic of eye movements? Are we shifting the right and left hemisphere?

We are doing couple of things. We are engaging the right and left hemisphere. Breathing in, holding the 9 Gamut for releasing trauma, number count for engaging logical part of brain, and humming for engaging creative part of brain.

12. How to apply this EFT Tapping for those who are suffering from COVID-19 now as some of my friends are in the hospital now?

Work online is better as it lessens the chance of getting infected. Thymus point: Thymus is responsible for releasing WBC (*gentle tapping with gentle "aaa" noise*). Thymus tapping is an immune system booster.

13. What to do when distress reduced from 7 to 4 but moved from tummy to chest?

If it has moved, then focus on the chest and do tapping sequence.

14. Can EFT Tapping be done in a group?

It can be done but needs a level of certification to facilitate at a group level.

15. Can this be used to treat menstrual cramps?

There can be emotional component related to menstrual cramp, for example: emotional mood cramps. It is biochemical. 15th day of cycle can be high. Anger or tears before start of cycle. It is hormonal. Hormones related to emotional centre.

16. When working on relationship issues, should we work together or separate?

Manage chunk by chunk.

17. Can EFT be used with Autoimmune label?

Ask them to fill intake form to understand what they are feeling emotionally. EFT can be used to work on emotions and past memory. Therapeutically taught more at EFT Advanced Level. And positive tapping to reverse the autoimmune condition.

18. When will the distress go permanently because every time I am working on a new issue?

For some it comes to 0 and remains at 0.

Localization: For some, future stress stored in same body part. Same issue but the same part of body.

19. Sometimes in therapy when the client gets emotional, I feel emotional low with them. I breakdown. Is there anything that I can do?

Is the breakdown from trigger or compassion?

If it is from trigger, it's a note to self for self-care.

If you are not triggered, I recommend the figure of 8.

Salt bath after the session. Rock salt, Epsom salt, Himalayan salt because of being an empath.

Tap on yourself:

1. Even though I might have taken up their emotions, it's not mine, it doesn't belong to me, it can go back to source, or it can be converted to love, I don't need to hold on to it, there healing is there, my healing is mine, I choose to focus on me
2. Chord cutting (for those who know).

20. Anxiety moved to another part of the body. Pain in some other part. Should we work on it together or separately? Can we work on more than one body part simultaneously?

Focus on physical pain first, and then focus on anxiety as it might have deeper issues. Working on one body part at a time helps to structure the process.

21. I still have tension in the body. I create answer because I have to just answer the question.

Why are you doing something that is dishonest to you?

You don't need to describe it (colour etc.) You need to describe the truth of your experience. Just focus on the Truth.

22.If someone is asking the question around colour, texture etc., are we just imagining as it's not really there?

When you focus on the tension, what does it feel for you. SPEAK THE TRUTH. Don't make it up. Use specific words.

23.I have trouble sleep and frequent urinating. What do I do about it?

Urinating is fabulous. Drink as much as water you can, double it. This is normal. When you start open the can of past trauma, it can keep you awake all night as processing is happening.

Reason to say Great is got to do with hypnotherapy. Everything is welcome, everything is allowed.

24.How did you tap on the Arthritis patient?

She tapped on her with curvy hands. Tap on others only when they have an abreaction. Ask permission. If they can't do it, we will tap for them. Hold 9 Gamut. Got to do with flight, fright, freeze response. Cell memory came up. Reassure someone when they are abreacting. Take a sip of water (both practitioner and client).

25.When I'm tapping, memory is coming up which is making me uncomfortable. What to do?

Hold 9 Gamut and just breathe.

26.Do we use Manisha's story, or do we use our own story?

Use Manisha's story, that is known as borrowed benefit. For some it doesn't work, that needs one to one session on their specific story. Some may not have borrowed benefit.

27. While chasing the pain, you were tapping and then you stayed at a given point. What was that?

Just tap on a point as the client was just talking (done intuitively in the flow).

Continuous tapping: That is, you keep tapping on yourself as the client shares their stories.

28. Limiting belief coming up while tapping for my mother. Mother's pain triggered my leg pain. What do I do about it?

The only scenario you take in the pain is

- a. if there is something sticky between with the other.
- b. If you have attachment.
- c. If it is triggering your memory. Make a note, and work as a personal peace, work with mentor or work with buddy.

If you tap along with the client, you are going to get borrowed benefit

Example of Carol Looks: Lost weight because she kept losing weight as part of borrowing benefit while tapping with her clients.

29. How to express my anger by driving fast when mother is along?

Tantrum Tapping.

30. How do I work on the decision?

They are what they are. While working with someone in a relationship
Knowing that they are what they are what do you want to do
They are being what they are.

31. How does it work energetically?

It has 3 parts:

- a. Even though: Accepting the part
- b. I'm being truthful to the problem. Not positive or negative. Only thing important is the Truth
Human conditioning ...
- c. Affirmation: I accept myself whole heartedly

If affirmation is not true: it is not true as that is conflicting thought and hence it doesn't work.

EFT is Touch and Talk ...

Touch: Open energy blocks

Talk: Based on psychology

Energy of allowance and tapping is what helps

32. Will Surrogate Tapping help to change him?

Surrogate tapping is for the highest and best. Never take permission for surrogate work and don't teach to ask. What I'm hearing is I'm waiting for him to change. Decision already made. You decide what you want recognizing that change may never happen

33. Difficulty even in making decision. What do I do?

Make no choice now. Keyword helps with indecisiveness. Enquiry on the emotion, if you were to leave him, emotion if you stayed. Decision comes from a place that is best for you

Be selfish. There is no other decision other than you love and accept yourself.

34. How to calm oneself?

- Triple point calmer
- 9 gamut
- Use calming words, its ok
- Tapping down the back
- Tap for them on myself

35. What about if craving is for particular smell/ aroma same rules applicable?

It's never about the craving, it's about the emotion

36. What is Bedside manner?

Bedside manner, being compassionate.

37. I often feel like crying at night so that others don't come to know. How do I deal with it?

I recommend you cry. Tantrum tapping. Circular motion on the chest and tap: *"I'm so scared that these tears might come back again, I'm so scared that's ok, I'm ok."*

Circular motion is good for self-esteem. Instead of karate chops, you can start here. Can start at the Sore Spot and start tapping from it.

When you feel like crying, hold 9 gamut, and speak to your mother. And let tears come out. Get it out of your chest. Work one step at a time.

38. Observed when you are tapping, you just become that emotion. How does that happen?

What we recognise in others we have it in us to.

39. Regarding a memory issue. Long-time back created certain pattern of thinking which causes lot of anxiety. However, trying to resolve it creates another layer of anxiety. Is it ok to start with tapping and resolving current anxiety and then deal with main issue?

Sneaking up / Stepping stones. Working on the emotion of having the forest before clearing the forest.

40. How long does the healing stay for?

Healing happens for a lifetime. Healing happens in session and continues happening.

41. When we have reiki session, we recommend not to eat etc. Are there any such rules for EFT?

This kind of work can make you feel a little tender or more energy. Take the time out. Not to take stimulants like caffeine, tea. Caffeine suppresses emotions and hence not to take. Have healthy nourishing food. Continue with medication

With EFT it's not critical other than the option to take timeout, have water, nourish themselves healthy.

With Inner child work highly recommend, take salt bath, good nourishment. And take at least a week's time to integrate.

**42. Wanting to work on self-esteem. Always have had low self-esteem.
How do I go about it?**

- Ask yourself where in the body am I feeling low self-esteem
- Focus on the body region
- How old were you when it happened and what was going on?
- Use 'Tell a Story' technique
- *[First acknowledge that what you can't remember and then speak out loud that what you can, using the Even though phrase]*
- The minute there is an emotional disturbance, work on it till there is no charge of it and then tell the story from start.

43. I don't trust myself. I fear being rejected by people. What do I do?

Work on aspect of rejection.

- write all past experiences of rejection
- Use 'Tell the Story' technique and work on one everyday
- Shared self-story of schoolboys being punished. (Aspect of Being Angry, Scared)
- The minute you have emotional disturbance, work on it.

44. What If many aspects coming up?

Ask them to pause and check with them what they would like to work on.

45. Wanting to explore why I'm so sensitive. Have been labelled as sulked and then I withdraw into myself rather than feel supported. How do I deal with it?

Write down all criticism with parents and husband and work with each of them one at a time.

46. Do you tap on the inner child in an associated way?

With the inner child tapping, we are not tapping in associated way. We are tapping as if they are separate entity, and you are separate entity.

47. How does one make anyone feel safe?

Make yourself feel safe. When you feel safe yourself, the other person will feel safe. When you feel nervous, anxious, doubtful, unsafe they will perceive the same.

Use finger holds to make yourself feel safe.

48. Can you tell me about the psychological reversal points?

- Karate Chop
- Sore Spot (varies for different people, it feels a little tender, sucks in there and painful, lymph draining out toxins)
- Circular motion on upper chest
- Underneath the collarbone

You can begin tapping from any point.

49. When should I start tapping when the client is narrating?

Tap all the time. As you tap Surrogate clearing happening.

50. Doesn't it distract the person who is sharing if we are tapping along with them?

Keep tapping along if they feel distracted don't do it. EFT doesn't work by us being the observer, we are just facilitator in their healing that they are leading.

51. What to do if client doesn't want to say I don't want to love and accept myself?

Say to them- Just for now, let's just say it.

In advance level, we enquire why they can't love and accept themselves and then work on deeper level on that.

In level 3, *Even though i don't love and accept myself, I'm open to the possibility of loving and accept myself.*

Ask them if I'm ok works with them.

Even though I don't love and accept myself, i love and accept, I don't love and accept myself and many might just revert saying I love and accept.

52. What if someone doesn't want to speak up a negative statement?

Just be honest that EFT works by speaking the truth.

53. How emotions act like a compass, like showing in one direction and it is important to be there, how can we judge whether it is to help a person to realise and not ready to release?

It's about personal comfort. Some people are ok with residual emotion while some might want to release it completely. Just calibrate.

54. You asked us to let the client to lead and to be in sync with Client while tapping but felt you were leading.

Continuous tapping because client's eye was closed. If all peaks at same level, ask them where they would like to begin. Tap on all.

55. Do the buddy sessions count as practitioner logs? can we start with the logs, or does the training have to end?

As long as you do it as an hour's session and send them an intake form
Don't recommend it as case study.

56. When do we use the Psychological Reversal points?

Use at least one of the PR point every time.
The only time I tell not to use it when using EFT Advanced as there the practitioner is working intuitively.

57. Wanted clarity on positive tapping. If I'm confused unable to take decision, what should be positive tapping?

Ask yourself the reason behind positive tapping. Clear the weeds then do positive tapping, even though I can't make decision I love and accept myself and enquire why I can't make decision, insecurity, or fear present. Work on those memories when no charge moves to positive tapping.

Even though I find it hard to take a decision because it might be scary because it brings up so many things for me, I'm open to the possibility of finding my confidence anyway, open to finding my inner confidence, to trust myself, to trust my decisions I open myself with being ok by being open to uncertainty

Even though I feel uncertainty sometimes, that was then this is now I am open to the possibilities of feeling certain in myself. Of allowing myself to be certain of knowing that I can take the decision I need to take. I allow myself to trust myself to do what is needed which could be nothing which could be something I trust whatever it is, and it is the right thing

58. How can I work on self-forgiveness?

What is that happened that you can't forgive yourself and write all events where you haven't been able to forgive and work on each in it. With forgiveness, don't push it prematurely. Covered in ICM and EFT Advanced. Empty pain of unforgiveness and then move into space of forgiveness.

59. If a family member is having a Panic attack, can I help?

Don't want to work with them.

Check if they are on medication and if they need to see a professional for medication. Preference work when they are not having panic attack. Ask them to fill intake form and you can enquire about the memories when they are having panic attack and physicality of panic attack when they are not having it.

Use Triple calmer, feet touching down the calf, hold Index finger breathe. Connect so that practitioners can work with them. 3 times on karate chop.

60. I couldn't get the point of psychological reversal. How do I get there?

Sometimes block to EFT or any therapy working, PR points releases the energy block and EFT has more chances of working then.

61. Can you provide more clarity on personal peace procedure?

Write down top 10 negative events, specific memories.

62. How to know that I am already healed and on the right track?

Only you would know that you are on the right track.

As a practitioner, keep reassuring the client how far they have come. Play it back to them as a form of reassurance.

- a. What is the outcome that you are seeking?
- b. How will you know when you have reached that outcome?

Triggers don't vanish. They continue to be around because we are in human form. What changes is how we handle the trigger. Our awareness when the trigger arises changes as we feel enabled to test them.

63. Are there cases in your experience that the client goes into complete hysteria on recollecting a memory and it was better to stop a session?

- Ask the client what outcome they want
- Get the client to fill the intake form.
- Identify their priorities
- Before the first session, connect
- What they have in the intake form is what needs to be explored.
- Check with them how they feel about the traumatic memory & if they would like to work on it.
- If you are uncomfortable, just pause it and manage their expectations and pre-frame it.

64. How to work on attachments to outcome and one's own expectations?

Attachment to outcome will create stress and despondency, dejection. You can use the following phrases:

Even though I have goals for myself, I have expectations for myself and sometimes it can cause a lot of stress, when I'm not able to fulfil it and I don't reach what I expected and I feel like such a failure when that happens even that old voice can surface, see it didn't work nothing works you can't just get it right, I love and accept these thoughts anyway, that they didn't work, better out than inside, I want them to be outside, I don't want to fake that positive thinking, I love being honest and what if I could acknowledge what has changed what if I could acknowledge how far I have come what if I could surrender expectation, what if I could allow expectation could melt away, all expectations of myself and others that caused me to be stressed disappointed, truth is I feel like a failure when others don't meet my expectation because it goes round in my head what could have happened even though I know it's their stuff I hold myself for their stories and triggers.

What if I could let go being a good person, just letting go this need to be a good person.

65. Do clients actually seek help for having committed a rape or murder?

Yes, in fact a lot of work has been done in prison.

66. Most religions ask me to forgive people. How to stay balanced between religion and reality?

My view is that God is a compassionate one and God is a forgiving one.

67. There are a few forest-kind emotions/memory that I want to work with. Since these are life changing moments and have impacted me deeply and am afraid that I will break down. How should I start working with these memories/events?

You may or may not breakdown. You have to decide when you are ready. Do buddy swap. Triple point calmer can subdue an abreaction lot quicker.

Put them aside when you do the deeper work. Do it in the evening and just go to bed and allow it to just integrate.

With inner child work, this will feel easier in disassociated way and will provide resources to the past you.

You would dig around for a belief and the belief takes a life of its own and you clear the belief.

For anyone with deep trauma, don't use classical EFT 1&2 Tearless trauma technique.

Pace it to what you can do. If you have a memory arising that can be traumatic, split and put it into a box. This is known as Box technique.

68. What if I get emotional as a practitioner?

You are allowed to be a human being. I just believe in declaring rather than hiding it. Just explore out of the session if any of your personal stuff is sticking to it.

69. What if the client wants to work on one thing, but some other memory came up? Did you split it up for them? Did you ask what they would like to work on now?

Your client is not clear on what they want and what they want from the practitioner.

People can suddenly get overwhelmed. Use triple point and tapping down the spine.

Use the box technique and just make connection with them.

Our aim is not to make anybody to change but to pace it with the client.

Resistance is a lack of rapport, so pace with the client and be mindful of your tonality, etc.

70. What if the person who is receiving is not comfortable sharing as felt being judged or not comfortable?

Encourage them to give the practitioner their feedback. The best way to create safety for client is to be safe yourself.

Pick up any cues that the client is giving and then just try making them feel safe. And it's okay if the client is closed as there is only so much that a practitioner can do. Self-care is important too.

71. Will I be good enough? I end up comparing myself with the others and I want to reduce the feeling of self-doubt.

Initially when we start, there is tendency of doubt. Just tap on those feelings and introspect. Be gentle and accepting. It's a learning phase.

I used to be very nervous. Later I learnt just to be present in the session and just go with the flow. Trust the process and that you're just the doer. And it's okay if you don't do well. Nothing is going to happen.

It's completely my choice to either compare, criticize, or congratulate.

72. What is the process of tapping while working with kids and teenagers? Does the kid tap on themselves, or do you tap on the Teddy?

For kids below 6 years of age, try and make it like a game, monkey tapping for example. They will copy and tap.

Teenagers do it on their own as they know when they did it, it has benefited them.

73. How to help a 4–5-year-old child who is very shy or fearful to talk to anyone other than the parent?

Surrogate Tapping helps. When child is not coming to you, suggest parent for session and the parents can do Surrogate Tapping.

74. How do you get started with teenagers? How do you get the communication going? How do you work out what they want?

Create the environment, create rapport, get to their energy, match, and mirror them, pacing and leading.

Couple of things you can be mindful of are:

- Chat to the child
- Give them choice
- Observe the surrounding

Flexibility in not sending intake form for teenagers is important.

You'd want to know from them the 3 things that they want to change in environment. These may include instances of:

- Is someone nagging them?
- Asking if anything that shouldn't have happened
- Asking to read it out, ensured confidentiality with the child.

Use Questions to get the client to uncover what they want in life. Focus on what is they are seeking in life.

For example, I once worked with a six-year-old who was angry with her mother for no reason. I asked the child *"What do you want to do when angry?"*

We tapped on what she shared. While tapping, organically she shared a memory of wanting to roll the dentist and push him away. The anger was released by the end of the process and the mom noticed that the child was calmer.

75. Does EFT help in memory building, or anything related to subject phobia?

If child is scared of particular subject, just tap with *Even though I don't like the subject I love and accept myself.*

With children, do not start with karate chops. Children may not have room for psychological reversals unlike teens. With teenagers start from karate chop.

Get very specific, entering the child's world and tapping on their stuff.

76. Have you worked with special needs kids like kids on autism spectrum?

Autism is not a disease that needs a cure but some neural wiring that is slightly off. With Autism, we do not recommend working with the child but with the parent. It is because the child is picking up the emotions of the parent. If this happens, then the child won't be able to understand what they are feeling as Autistic children are very sensitive.

With children, it is more important to give them a structure, focus and understanding that other people have emotions and that they need to understand them in order to communicate with others. It is more about educating them.

Tantrum Tapping or simple tapping sequences can work with children.

77. Is it easy to work with EFT on teens or do they find it weird?

I had same experience with teens. Come into rapport and identify what we can match and mirror with them. Even resistance is a part of tapping.

78. The parent of a child I'm working with doesn't want screen time and have their own agenda and if answer isn't given to parent in appropriate way, they stop the therapy. The child was left incomplete in whole session. What to do?

I'd recommend you have one or two sessions working with parents.

Basic EFT works on lot of challenges. But Advanced skills of EFT and inner child matrix helps in working on some of the deeper works

79. I've a 3.5-year daughter. We are doing surrogate tapping. But she doesn't let me do it. What to do?

Do the Tantrum tapping with her.

80. What would a grandchild want for grandpa?

For the child's part, they'd be thinking- "Grandpa is not feeling well, he is not great what if Grandpa could go back home".

Tap on Grandpa not feeling well by describing symptoms.

81. Is it Safe for us to do surrogate healing if you are not very healthy person as we are entering their world?

Follow your own inner wisdom, but if you are concerned and not comfortable, please don't do it.

82. How to tap for a new-born who underwent a surgery as they couldn't digest food?

This was a live case I did where a couple came to see me because the baby's urethra and penis were not growing at the same rate and that was causing a lot of friction for the baby while urinating. The baby was in nappies so any kind of rubbing would cause a lot of discomfort. The parents sat on either side, and the mother held the baby as the father translated the phrases in Marathi. I asked the mother to hold the baby and tell me how she was feeling about what was going on for the baby. She described the baby's experience and we tapped along. At one point, we stopped the baby's tapping and ended up tapping for the mother as she was getting very anxious. That was a live example where I noticed the baby calming down right in front of our eyes. I never got the feedback on whether the growth happened or not because the baby was due for a surgery. What we worked on was the emotional state of the baby. You can guide the parents to step in as the baby breathes in as the baby and tap.

Or you can also try Positive tapping around Confidence-

I'm so lucky. I have the most amazing digestion. The food I'm taking through my mouth gets easily broken down. All those magical enzymes into my stomach, breaking all the food in little, tiny pieces, so my body can get all the nutrients, so lucky that I have the most amazing digestive system. I remain and trim. Lucky that I can poop every day. I have such an easy digestion my toilet comes out so easily. I can digest life; I can digest food I'm so lucky that I can.

Parents need some help too. Parents will be holding the strain of it too.

83. What about getting permission from their side?

No need to take permission. We don't take permission which is for their highest best. Once I had a client who had come to me for surrogate tapping that her husband loves me. With surrogate tapping, our aim is not to fix anything.

84. I am having lots of resistance to do surrogate tapping. What do I do?

They are to fix something. They haven't developed their own self-esteem and self-confidence. Their lack sticks on to themselves. Only do Surrogate tapping when you have worked on self.

85. Cases come to me for lost animals. I show them pictures of where they are but can't help them to get back home. What to do?

Hold them. Let them lick. Tap- *Even though I'm really scared, so scared.* (You are tapping on them) Imagine them on your body, tap down the spine. Say to them- *Thank you for sharing those pictures with me for us to find you, you need to come out. You are completely safe. Come out now so that we can find you. I'm going to look through your eyes, show me the road name, now I need to see the road.*

86. I adopted a pet. She ate a lot of fibre. I felt guilty and did surrogate tapping on my pet. While tapping organically connected with her. Was that okay?

That fibre has spread and cannot be operated and will come out of poop. Just use basic EFT.

87. I too pick up energy a lot. How does the infinity symbol work?

You imagine putting yourself in one loop of infinity and the other person in another loop of it. Imagine drawing a loop going around them and coming to you- going clockwise and anti-clockwise. It doesn't matter who is in which direction. You can use it for any client and not just while doing Surrogate Tapping. Gradually, the circles tend to grow apart from each other and thus, the attachment is cut off.

88. My old belief has the same intensity and at times it makes me feel low. What should I do about that?

The old belief will pop up, but you just need to observe it and say hello to it. If you are feeling sad, just tap on it. I'd also recommend you do the Positive Tapping for the next 21 days.

89. Is there any article for weight gain?

We haven't worked on that yet but we're happy to work with someone who is willing to. You may try reversing the weight loss process as there still will be emotions, limiting beliefs etc. even there.

90. Do we always need to use the intake form?

Intake form is always needed even for the practice sessions. It's because if you don't get the intake form filled, there can be a misalignment in what you can give and what your client wants.

91. What is the tapping process for weight loss?

Weight loss isn't about just going on a diet or exercising till you have no energy left in your body and working on cravings isn't just about avoiding your favourite food item. It is also about processing your emotions so that you can deal with them in a comprehensive approach.

Clinical studies have found that EFT Tapping is extremely useful in helping people eliminate their food cravings and lose weight.

The steps you'd need to follow are as follows:

- Bring into your awareness one food item that you crave and want to no longer crave, for example, chocolates, cakes, samosa, chips, or pizza.
- Place the food item or substance on a tissue and smell it. Then touch it and smell it. Do not taste it! Smell and look at the substance without consuming it.
- Then ask yourself what it smells, touch, feel and look like, for example, "It is so crunchy and sweet!"
- Then tap on the exact words of how you feel about the substance. For example, "*Even though it's so crunchy and sweet, I love and accept myself.*"
- Keep tapping till the intensity of the craving comes down.

Factors like past memories or limiting beliefs could be present too. So, you'll need to work on them, and the emotions associated with them.

You can read more about EFT Tapping and Weight loss on:

[How To Lose Weight By Eliminating Cravings With EFT Tapping? | Vitality Living College](#)

92. Can a similar tapping process be followed for developing healthy habits such as fitness routine?

Yes, it can be. You can follow the weight loss protocol. You'll be working on what prevents you from having a healthy habit, having a fitness routine then.

In my case, I have used EFT for healthy fitness routine. I had negative references in school such as not being picked up on the gym team, having to do marching PE that led me to a lot of internal negative dialogue. I worked on all of that using a similar process.

93. Would it be unadvisable to allow the person who has cancer to eat sweets?

Preference is not to advice on dietary side. Clinical studies show that white sugar can accelerate the cells from growing even more. However, we want the client to decide what's right for them.

You can't promise EFT as a cure for anything where there is no clinical paper to back it as there is strictly no cure for cancer although there are various treatments for it like chemotherapy, surgery, alternative healing, etc. Just as doctors can't claim to cure it, we can't too.

Cancer or venereal diseases, for example, categorically do not have a cure. So, I won't direct someone coming in for them to EFT. The area where EFT could work is emotions. Emotions affect the state of health and working on them helps the body find a balance which will lay the foundation of body's healing

94. Is there any article on EFT Tapping and working with people with knee pain or going in for knee replacement?

No, we don't have an article, but we'll be launching an article on pain soon.

95. Will we be taught how to do case study?

You can read the case study guidelines manual for the time being. Further details will be explained in Mentoring and Supervision sessions as you'll need a certain period for practicing before getting started.

However, you can get in touch with your Senior Practitioner and discuss it with them. To book sessions with Senior Practitioner, you'll have to follow the process.

1. Fill in your intake form
2. Within 7 days you will receive the details of senior practitioner
3. Book your consultation call and get started with 6 sessions
4. Contact friends and known who may be interested being case studies. If not, then get in touch with Donita
5. Read the case study guidelines online on the EFT link
6. February mentoring and supervision sessions - deep dive in case studies

96. What is more powerful- self-healing or work with a Practitioner?

Sessions with Practitioner is part of your own healing session whereas sessions you do with yourself is part of your case study and Personal peace procedure is an ongoing journey.

97. Do we have to record 50 case studies?

You are supposed to work with minimum 20 -22 people. With some, you can do one or two sessions. First, you'll have to send intake form to each one of them to clarify what they want to work on

98. Do we have to submit the video recordings to vitality living?

You can put video on Google drive, Dropbox and share privately. Only you or Mentor gets to see it. They will be deleted of our system after it is reviewed. Put it in your YouTube channel as unlisted and share it privately.

99. What is the minimum time for practice sessions?

The minimum time is an hour and a half. More than that is too much. If sessions are getting extended, check if it is coming from a place of self-esteem and the need to fix.

100. Do we need intake form for practice sessions?

If it is Case study submission, then yes. Following are the guidelines for the same:

- 6 Sessions conducted on 2 clients.
- Send out email, WhatsApp messages.
- 6 case studies on yourself as self-help sessions.
- Mentoring and Supervision.

101. Can practice sessions be a part of case study as well?

Yes, they can be.

102. Could you please brief on the case studies count and how to?

There must be 50 case studies. The 50 include 18 recorded (detailed case study notes) cases. The remaining 32 have to be on a minimum of 20 people.

Two Case studies have to be with 2 people and one on yourself. You need to provide recording only one video of you conducting one session.

One Case Study in one document which includes details of all six Sessions.

50 practice sessions have to be on minimum 20 people. With some people, you can have 10 sessions. But you need to have additional 19 people where you spread the remaining sessions on.

We are testing the number of different people you have worked on with else you might end up doing one or 2 sessions for some of those clients in the 50 practice sessions.

103. Should this recording should be from case study?

Not necessarily.

104. I have fear related to belief of my religion. If I have a client who is very religious, sometimes we need to swallow everything. How do we go about that?

The only person who can answer this question is you.

I don't consider myself to be religious. I'm spiritual and I'm not here to change anyone's opinion. So, it's okay if there are circumstances that can happen in life that can complement their religious belief.

105. Can we combine EFT with other techniques like journaling, meditation?

Yes, you can but include them in your case studies.

106. I need work on myself, work with a practitioner, work with buddy swap. How do we manage all of it?

Pick only one person to do 6 sessions of buddy swap with. You have one year to complete your case studies so you can relax.

107. Can these 6 buddy sessions work as one case study?

Yes, you can.

108. When are we doing 6 sessions then what time gap should be between?

You can have 6 sessions with weekly gap if not every 2 weeks because month on month is too long.

With senior practitioner, after doing 3 sessions you will start feeling really good and might want to do the remaining later.

But for those on intense program, we recommend they get the 6 sessions done although you have a year to complete your 6 sessions with your practitioner.