

## **EFT PRACTITIONER TRAINING DAY 10**

### **13<sup>th</sup> August 2021 - Questions & Answers**

#### **1. Does EFT work with thyroid?**

First, ask these questions:

- How do I feel about having a thyroid issue?
- Where in the body do I feel it?
- What are the sensations associated with it?
- When have I felt this feeling before, and how old was I?

You may go into past life memories, and we may need to do Inner Child, but you can use Tearless Trauma or Movie technique. It could be a limiting belief where you believe that speaking your truth and get angry means you are a bad person. What beliefs hold the person back? A daily maintenance tapping of *"I choose to express myself; I choose to speak my truth; I am happy being who I am"* will be helpful. In Step 4, invite God into your awareness and ask Him what else do I need to free myself of?

#### **2. What are Limiting Beliefs? How does EFT help with them?**

Limiting Beliefs are not necessarily a product of our own experiences. Sometimes, they may just be someone else's viewpoint or even conditioning by our families and society in general that cause us to form these beliefs about ourselves.

The way EFT works with limiting beliefs:

- Uncover the limiting belief.
- Use EFT to get to the root cause.
- Eradicate the limitation from the psyche.
- Program a new empowered belief aligned with what you want.

You can read more about it here:

<https://vitalitylivingcollege.info/how-to-increase-your-personal-power-eliminate-limiting-beliefs-with-eft-tapping/>

### **3. As you clear the underlying beliefs, then would you say the associated trauma gets cleared also?**

The edge of the trauma will go because we worked on the belief, but I don't know if the trauma will be fully cleared. We will only know once it is on the movie screen, as trauma may have multiple beliefs attached to it too.

### **4. What are Core Issues? How can you work on them using EFT?**

Core Issues are generalized conclusions we have drawn about ourselves, our skills, abilities and limitations or life in general based upon our relationship to specific and generally adverse, and often early-life experiences.

Core Issues are the beliefs and values we hold about others, the world and ourselves. These 'rules' often guide our decisions and actions. *"I'm not good enough," "The world isn't safe," "People in my family don't get educated," "It's my role to take care of others," "Rich people are greedy,"* are all examples of various Core Issues. Core Issues can also be the vows or decisions we've made, which become the rules we live by (e.g., *"I'll never be ok", "It's always going to be like this", "It will never..." "I'll always..."*).

In EFT terms, Core Issues are generally "global," or too broad to resolve successfully without addressing the specific events that support them. Experienced EFT practitioners believe that finding and resolving Core Issues is intrinsic to the ultimate effectiveness or success of an EFT intervention.