

EFT PRACTITIONER TRAINING DAY 4

30th July 2021 - Questions & Answers

1. What is Jin Shin Jyutsu?

Jin Shin Jyutsu is a touch-therapy that involves holding energy centres within the body in specific sequences known as flows. It is based on Japanese medicine and induces relaxation and healing by cleaning the energy channels within the body. It can reduce the effects of stress and brings balance and harmony within the body creating a deep sense of peace and calm.

You can read more about the technique by visiting the link given below:

<https://vitalitylivingcollege.info/community-resource/jin-shin-jyutsu/>

2. In the first round, when tapping on the Karate Chop, we did not do it three times. Is that okay?

So, at this stage of learning, it is recommended to complete it three times, especially when working with the foundational skills or as part of one's Personal Peace. As you progress to learning the Practitioner skills, then you might only complete the tapping round on the Karate Chop once or twice.

3. What are the different Finger Holds and what is their importance?

The Finger Holds are based on an ancient Japanese technique known as Jin Shin Jyutsu (JSJ). You hold the fingers one by one and keep breathing, noticing yourself coming into stillness and into this moment, breathing in for 6 counts and breathing out for 6 counts.

The fingers are connected to certain emotions and holding them helps release those emotions.

- Thumb: Worry (sucking the thumb as a child)
- Index finger: Fear
- Middle finger: Anger
- Ring finger: Sadness
- Little finger: Trying too hard
- Palm on palm: to harmonise despondency

Breathe in and out 9 times and hold for 20 minutes to open into the Ocean of Bliss. You can repeat it daily as a part of a self-help stress relief and relaxation routine.

4. I noticed during my Personal Peace Process that there was resistance coming up for me as I was working on myself. How do I work on this resistance?

You recognized your resistance, reached out for help, remained open to the help, and you are so aware of what needs to be done. If you notice something in your Personal Peace Process that is too much to work on alone, make a note of it and bring it up with your mentor. Sometimes, one just needs a mirror. Sometimes, you need to have a space where you needn't be both practitioner and client for yourself, but just be a client for a bit and have another human tap along with you. Resistance can be about some emotions involved in the memory.

During the Personal Peace Process, you can also use two chairs - one is for you as practitioner, and the other is for you as client.

When you are doing your Personal Peace Process and other thoughts come up (such as feeling some resistance), rather than forcing the memory, you can tap on *"Even though I have worked on this, and done so much, and I don't know if this is ever going to work, I still love and accept myself."* Use the exact words that are coming up for you, even if it's just resistance. These thoughts and words are metaphors for why it's not releasing quickly.

5. I did Tell the Story process with a partner. After doing the session, I came back to the beginning and there was still charge, so I worked on that. Then later last night, I checked in on it again and there was still some charge. I had worked on it for 45 minutes as part of my Personal Peace Process. It feels like the EFT is a bit heavy, and I'd like to clear it all, but it seems to be taking so much time. It feels like it's going to be never-ending. Some stuff is always going to be there, but I do want to feel lighter, like there's a miracle shift, but it's taking its own time.
- How to go about settling with it?**

Try and answer the following questions:

- Knowing your expectation of this younger you, what does she feel?
- What does the past-self want from you?
- What is stopping her from just being?
- Who is it who can't relax?
- What's the importance of relaxation?

It's remarkable that you worked 45 minutes on yourself. But it seems you had an internal dialogue about it being heavy, and that's what caused discomfort.

If you take just the memory, play the memory from start to finish and notice if there is something different.

(The delegate responds: "Yes, I can go through it; it feels very matter of fact.")

Knowing now that you can go through it, and that it feels very matter of fact, ask yourself the following questions:

- Could you do this earlier?
- What does being able to go through it mean to you?
- What does that mean to you?
- Now go through the memory: what is left?

You got into Tell the Story process at a 6, but it seems the different aspects have a higher charge. It seems you are describing trauma. Gaslighting and betrayal are traumatic. If someone is hurt or betrayed by someone they love, it has the same effect emotionally on the nervous system as a car-crash.

There is a limiting belief, and the story is causing the stress and creating the desire for lightness. So, you could put the memory into a box (Box Technique). You can also take the memory and split it into tiny parts. Then put each of the parts into separate little boxes (or in DVDs). Put all the little boxes into a bigger box and put the box somewhere safe. You can give each part a keyword, and at first, just tap on the keyword of one part at a time. And then slowly take each part out and work on just that tiny part of the memory.

6. While giving a session, what if I, myself get triggered? Should I stop the session?

So, it might happen that while working with a client, you also get triggered. You don't need to stop the session. Just make a note of what triggered you / got triggered in you and be sure to make it a point to work on it later, as part of the Personal Peace Process.

Continue to be present for the client during the session. While working with the client, you will also get “borrowed benefits”. By “borrowed benefits” what we mean is that along with the client, the practitioner also gets benefits by tapping along.

7. I did EFT on myself last night. I slept well but then woke up with a rash, and am wondering about this? What is it about?

When we come to a place where it is safe for us to express emotions, then the body says, *"Thank you, and there is more..."* It's like the body is expelling suppressed emotions rapidly. Rashes can be painful, and you can do the Physical Tension process, but sometimes, rashes can be suppressed anger or suppressed communication.

8. I was struggling a bit this morning, so I started tapping. The story I've been writing is connected to my past trauma and I'm really struggling. I have this pimple-like thing on my eye, and that was troubling me, and I have a headache as well. I noticed that as I was writing, the trauma was coming up again, and I'm feeling drained as well. How to I deal with it?

You didn't get to work on the trauma yet. For now, I want you to imagine putting that trauma memory into a box. What kind of box would it be? What material? What colour?

Imagine putting the memory into this box. Now where would you want to keep this box with the memory where it would be safe? Imagine putting it into this safe place, until you get to work on it.

9. What if somebody wants to work on a physical tension but it's not there at the moment?

If somebody doesn't have a physical tension at the moment, they can also work on a recent challenge they're facing. Some people aren't that connected to their body. People process sensations on the level of body, mind, or emotions. If somebody doesn't have bodily sensations, ask if something else has been bothering them lately and work on that.

10. When working on physical tension with EFT tapping and Tell the Story technique together, can the tapping and narrating the story go on simultaneously?

Yes, you do so because it makes the process quicker.

Another aspect to it is that there are chances they are over the story and making them narrate it again might trigger them again. Sometimes, you'll find that some people will just dump it where it is. Just roll with where the process goes.

11. Does the physical tension process work with pain from cuts or burns, other bodily hurt, or stress-related issues?

The Tell the Story technique works best with past memories that have an intensity of 7/10 or lower. With cuts and bruises, you can begin with the physical tension process and explore if there are underlying memories.

12. What if the person is not able to have a memory?

If a person does not have a memory, it is completely okay. But what you will find as the person speaks is that they will reveal the memory organically. You can also tap on, *"Even though there is no memory, I deeply and completely love and accept myself."* If there is still no memory, that is okay. Tap on whatever the client brings up.

13. How to use Tell the Story technique in order to work on physical tension?

- You begin with locating the tension by asking them to scan their body for any physical discomfort or tension and focusing all their energy on the sensation.
- Measure the SUD on a scale of 1-10 where 10 is the highest and 1 is the lowest intensity of the discomfort/tension.
- Explore further by asking them to describe if it has a colour, shape, sound, texture, etc.
- Start tapping.
- Ask and explore more if the location is the same or different as before.
- Continue tapping using their specific words.
- Go for deeper exploration by asking questions like “*What does the pain remind you of?*”, “*When have you felt like this before?*” and so on.
- If a memory comes up while exploring, use the Tell the Story technique.
- Start by tapping while telling the story and pause if there’s any emotional discomfort.
- Tap on that, and then ask them to re-tell the story. Continue doing it until they can tell the story calmly.
- Use the Triple Calmer Point or Tantrum Tapping if needed, and test.
- Tap on the remaining tension.
- Close the process and ask how they are feeling.

14. What are cravings? How does EFT help eliminate cravings?

Cravings are an intense desire or urge to consume a food substance where the person finds it uncontrollable and thinks that they will feel satisfied and soothed only after eating the food item. There can be many possible reasons for cravings, including emotions like guilt, abandonment and hurt.

EFT Tapping is one of several alternatives that can help you eliminate your cravings and lose weight. The way EFT works in eliminating cravings is this:

- It allows you to uncover the positive surface emotion associated with the craving.
- It helps you uncover the emotions that trigger the cravings.
- It helps you identify the root cause.

An empowering way forward with cravings is to allow your emotions to be expressed instead of suppressing them, and to uncover the root cause of the cravings with a clinically proven technique like EFT, which involves tapping on energy points to release stressful emotions and past situations associated with cravings.

For example, once I had a client who loved to bake bread on her own and have it with yellowy salted butter. Every time she was stressed out or upset, she would go bake and eat the bread. We started with the surface symptoms. After two rounds of tapping, I asked her to smell the bread. She did and found it smelling stale. I then asked her *"How does it make you feel?"* she said it makes her feel comfortable. We tapped the feeling of being comfortable. After that, I asked her *"When have you felt this comfort before?"* She uncovered a memory from her school days when she was bullied in the playground. There was a bakery nearby, and she smelled the decadent smell of bread baking. This gave her some comfort amidst all the bullying. We tapped on the memory and ultimately, she

overcame her craving for bread and her habit of turning to it for comfort when stressed.

You can learn more about how EFT Tapping helps eliminate cravings from the link given below:

[How Does EFT Tapping For Cravings Work | VitalityLivingCollege](#)

15. What is the tapping process when working on cravings?

- Assess current cravings for the substance on 0-10.
- Get the client to smell, touch, feel and look at the substance without consuming it.
- Then ask the client what the substance smells, feels and looks like - for example, *"It is so crunchy and sweet!"*
- Tap on exactly the experience of the client in response to the substance, i.e., the surface symptoms.
- Ask them to notice if the substance now tastes, smells, etc. any differently. Many times, the substance is filling something that is missing, like comfort, safety, love, protection. This is the second step where we try to uncover the emotions that trigger cravings.
- Tap on the feeling or emotion.
- Then ask them *"When have you felt like this (feeling/emotion) before?"*. This is the third step, where you work with the root cause.

16. Will this food craving process work for overeating too?

So, the food craving process is not designed to work on overeating. For overeating, you need to establish the emotional root cause of overeating. For example, it can be stress, tension, anxiety, abandonment, loneliness, shame, embarrassment. Usually there is some emotional disturbance that is suppressed by overeating.

17. Is it normal to not to have a food cravings?

Yes, it is completely ok not to have a food craving.

18. I don't have craving for specific food substance, but I have a craving for texting and Instagram. Can I use my phone as my craving substance for the session?

You can use it. However, it is more like an addiction than a craving. So, that will be covered properly when we'll discuss addictions. A craving feels like *"I'll die if I don't have it"*.

19. I felt heavy and overwhelmed while receiving. What do I do if it becomes a little too overwhelming?

Ask the practitioner to pause if it gets overwhelming for you. If I were your practitioner, I would ask you *"When have you felt like this before?"*. Since it is a recurring feeling for you, we need to look into what's going on.

20. How do I know the difference between an addiction and what is just “I like to have...”?

An addiction is a condition that is the result of the uncontrollably repetitive use of a substance (alcohol, sugar, nicotine), or engagement in any activity (gambling, sex, shopping) that gives you pleasure. Your intake becomes a compulsion and a necessity. It interferes with your daily responsibilities and hampers your work, relationships, and health.

Addictions To Substances:

- Alcohol and Tobacco
- Prescription drugs (sedatives, hypnotics, or anxiolytics like sleeping pills and tranquilizers) and cannabis (marijuana)
- Opioids (like heroin), cocaine, amphetamines (like methamphetamine, known as meth), and others.

Behavioural Addiction Disorders:

- Impulse control disorders such as kleptomania (compulsive stealing) and pyromania (compulsive setting of fires)
- Gambling, sex/pornography, video games/computers/Internet, shopping, social media
- Working, exercising, eating
- Self-harm, and other behaviours.

On the other hand, the idea of “*I like to have*” something is more a habit or a desire. It is not a compulsion or necessity where you have choice to take it or leave it.

21. Why does one acquire addictive cravings, for example, smoking or drugs? How does EFT tapping help overcome these?

A person acquires addictive cravings because they find it relaxing, calming, and tranquilising. It makes them feel safe and protected. Class A addicts are in a mental state where they're feeling too many emotions all at once and they just want to escape them.

You have to step into their model of the world because it is very easy to say that one should quit, but the person who is going through it sees multiple benefits and it's incredibly difficult for them to break the pattern.

The way EFT tapping works with addictive cravings is this:

The amygdala is the almond-shaped part in the brain which lights up with an addiction/craving. It is the pleasure centre of the body, which could keep you in an addictive loop.

In a study conducted through fMRIs in Australia, it was found that the amygdala did not fire up in the brains of the people who received the EFT tapping process. Thus, EFT is clinically proven to dampen the activities in amygdala, breaking the loop of addictive cravings.