

EFT PRACTITIONER TRAINING

Questions & Answers - July & August 2021

1. What is EFT?

Emotional Freedom Technique is probably one of the most powerful healing techniques in the world today! It is also known as EFT Tapping. EFT can enable stress relief in seconds and is used all over the world by millions.

EFT is long-lasting, gentle, and usually rapid. There are no drugs or equipment involved and it is easily learned. Once learnt, it can be self-applied.

2. What is the theory behind EFT?

The theory behind EFT is that the cause of all negative emotions is a disruption in the body's energy system. A distressing event or incident causes the disruption in the energy system and hence a negative emotion, and in some cases, a negative belief.

Once the energy system is balanced, the emotional charge goes away. The underlying idea here is that you aren't 'mentally blocked', rather you are 'energy blocked'.

When you use the simple EFT tapping steps, you clear the blocked channels.

When you use EFT, it gives relief by re-wiring the energy system and bringing it back into balance, so you feel calmer, more at peace, and ready to let go and move on.

3. Why do we do the introduction? How is it the first step of therapy, and what is its importance?

The introduction is about getting to know who we are with, and what their story is. This isn't just getting to know someone but listening to someone's life story, where they are at, where they see themselves going, and what are their wants.

4. What is the importance of touch and talk in EFT?

EFT is a touch and talk therapy, combining the aspects of both touching and talking.

Touch is great healing factor and that's why young children are touched in a safe way, so that the feeling of safety and being loved can be instilled in them. When babies or young children receive safe touch from a parent or a guardian, they are less likely to face psychological challenges than those who lack this safe touch.

As therapists, psychologists, counsellors, and healers, we know how important and effective talking is. EFT combines both by tapping on certain meridian points and saying the phrases out loud.

5. How to create a sacred or a safe space, and what is its importance?

The first step before working with oneself or others is to create a safe space where there is rapport, trust, and surrender. Whether you are using EFT on yourself or with others, the same rules apply. Safe space is a place where you can share your truth about where you are because you believe that you are not going to be judged.

You may be wondering how you create that safe space. Consider what is the environment you would like to create for yourself when you receive treatment. Some suggestions are to be respectful, loving, non-judgmental, trusting attentive, accepting, understanding, kind, helpful, and encouraging.

6. What is root cause of illness? How can EFT help in resolving it?

According to the CDC and the American Medical Association, 85% of illness is known to be stress related.

It was found that the root cause of illness isn't a genetic or physical issue, it is emotional upsets going on in life. An emotional upset is caused by a traumatic incident in an individual's life. What constitutes trauma depends on the individual's belief system. To some people, trauma might mean something big, like an accident, the grief of losing someone, or physical or emotional abuse. To others, trauma might mean something quite different.

EFT allows people to unravel the emotional root cause by going back to that previous memory and taking out the block and the imbalance from the energy system, thereby starting the healing process.

7. How is negativity caused?

The first step is when you experience a distressing event - for example, someone cutting you off while driving, an argument or fight, or some unpleasant news; anything that disturbs you. You don't know what you are feeling yet, but it causes some disturbance in your body's energy system, and this is the second step. The third step is when you finally get to perceive what it is that you are feeling – the awareness of what you feel emotionally when something happens.

Basically, this is the crux of Gary Craig's foundation of the EFT therapy.

8. What are the origins of EFT?

Fundamentally, all energy therapies can trace their earliest origins to acupuncture and shiatsu, therapies that developed independently but alongside each other in China and Japan respectively. However, similar therapeutic concepts as old or older than the Chinese and Japanese therapies can also be traced to many other parts of the world.

There were many aspects of the origin, some were expensive, and the others required extensive training. However, one therapy stands out as both simple and freely available to all: Emotional Freedom Techniques (EFT), developed by Gary Craig, a Stanford engineer turned personal trainer, who trained with Callahan in the early years of Thought Field Therapy.

9. What is the general tapping sequence? The general tapping sequence is

as follows:

- Karate Chop (saying the set-up phrase out loud three times)
- Eyebrow (describing the problem for all facial and upper body tapping points)
- Temples
- Under the eye
- Under the nose
- Chin
- Below the collarbone
- Under the arms
- Fingers (except the ring finger)
- Back to Karate Chop (saying the closing phrase out loud)

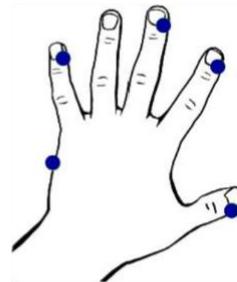
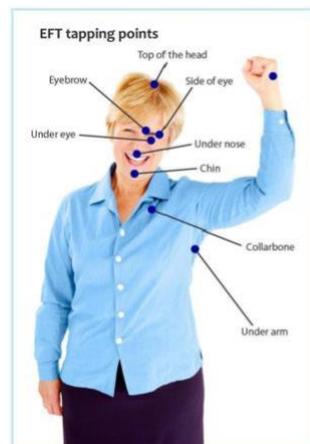
This is the general sentence for the tapping sequence: *“Even though I have this problem, I deeply and completely love and accept myself.”*

10. Why do we tap on the Karate Chop?

Tapping on the Karate Chop strips away blocks and allows energy to be grounded and flow to earth. Basically, it helps with earthing.

11. What are the different tapping points? What is the significance of these points?

In EFT Tapping, you will need to touch or tap specific points on your hands, face, fingers, as well as points below the collar bone and underarms, as shown below.



Significance of the different tapping points:

- Top of the head:** This point is linked to the 'Hundred Meeting Point' meridian. Tapping on it helps release the inner critic, lack of focus, and *hamster-wheel thinking*.
- Eyebrow:** This point is linked with the Bladder meridian. Tapping on it helps release hurt, sadness, impatience, restlessness, frustration, and dread.
- Side of eye:** This point is linked to the Gall bladder meridian, and tapping on it helps release rage, anger, resentment, fear of change and muddled thinking.
- Under the eyes:** This point is linked to the Stomach meridian. Tapping on it releases fear, worry, anxiety, emptiness, nervousness, and disappointment.

- **Under the nose:** This point is linked to the Governing meridian, and tapping on this point releases feelings of guilt, shame, embarrassment, grief, powerlessness, fear of ridicule, failure, and psychological reversals.
- **Chin:** Tapping on the meridian on the chin will have a positive effect on all the meridian points within a hand span. So, tapping on the chin will have a positive effect on the meridians on the forehead and the chest. Also known as the Central Meridian, tapping on this point releases confusion, uncertainty, embarrassment, shame, and indecisiveness.
- **Collarbone:** This point is connected to the Kidney meridian (adrenals). Tapping on this point helps release worry, indecision, general stress, feeling stuck, and psychological reversals.
- **Under the arms:** This point is connected to the Spleen meridian. Tapping on it releases guilt, worry, insecurity, hopelessness, obsessing, and poor self-esteem.

12. Is it safe to tap on the tapping points for an upset stomach even for pregnant women?

Yes, it's safe for pregnant women too.

13. What are meridians?

Meridians are subtle channels through which energy flows. Sometimes these subtle channels get blocked. Therapies such as acupuncture work on these blocks. EFT is based on the philosophy behind acupuncture. We have meridian points on the eyebrows, and under the eyes, and we have the ends of meridians on the chin.

By tapping lightly at the end points, the energy channels begin to open, and this creates emotional balance.

14. Why don't we tap on the ring finger?

The meridian on the ring finger is on the underside of the finger. Gary Craig, the founder of EFT, wasn't sure if people would remember this, so he just preferred to skip this point. However, there is no harm in tapping on it.

15. Why should one be specific with the words?

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 the memory for the client, so the specific words used by the client need to be focused on.

16. What is the Basic Recipe of EFT?

Gary Craig was the founder of EFT. He created the Basic Recipe, which includes the set-up statement, facial tapping points, collarbone, under the arms, and fingers.

The steps of the Basic Recipe are:

- Identify the problem
 - Create trust & rapport
 - Ask questions
 - Get specific
 - Check with client
- Scale from 1-10
 - SUD (Subjective Unit of Distress)
- Start with the set-up statement (*"Even though I have this problem, it is at a number _ and it makes me feel ___, I love and accept myself"*)
- Reminder phrase (*"This tension..."*)
- 9 Gamut
- Close

17. Passive-aggressive behaviour can have an element of underlying anger to it. How would you work on that anger?

We would work in layers in such cases.

- Firstly, you would want to know what the person wants. They may or may not want to explore it. At times, passive-aggressive behaviour reflects an underlying vow to not get overtly angry. It is also a method of control and safety. So, there might be secondary gain involved to continue with the behaviour. So, first of all, check what the person wants.
- Assuming they want to explore it, investigate further. Ask questions like:
 - Tell me more (so as to understand when and how it happens)
 - What do you want instead?
 - What prevents you from what you want?
- Tap on what prevents them, and how that makes them feel.
- Get to the heart of the matter as to the reason the behaviour is there.
- Create space to express any unexpressed emotions.
- Close with a round of positive-tapping: *“Even though I can be passive-aggressive, that was then, this is now, and now I am open to the possibility of expressing my truth in a healthy manner.”*

18. Why is it recommended to take a gentle breath instead of a deep breath at the end?

The reason for a gentle breath in and out is for it to be a soft experience, as with a deep breath it can be too much at times. It is also to give space for reflection, which is easier done with a gentle breath.

19. How do we know that sadness is there?

The client used the word “sadness” when she was asked the question, “How does it make you feel?” It is all about listening to the client and using their own words.

20. How do we ask someone who has arthritis or is a paralysis patient and whose hand movements have become too stiff or numb to tap?

If someone's hand movements have been stiff or numb to where they cannot tap, you can either:

- Tap on them, following safe COVID procedures.
- During online sessions, ask a family member to tap on them while you lead them.
- You can also work surrogately, where you tap on yourself either describing their situation, or as if you were them.

21. When are we supposed to do the Karate Chop? Do we do it after the Nine Gamut Hold, or after the finger tapping?

We tap on the Karate Chop after the Nine Gamut Hold.

22. Can we change the hand while tapping on the Karate Chop point?

Yes, you can.

23. The pain goes away right after the tapping, but it comes back in 5 min or so. Why is that so?

We are just learning to work on the surface symptoms level, so we start slow. It is so because if we go deep at once, it can be quite overwhelming for some people. Sometimes it's just surface discomfort, and sometimes it's a deeper issue. Here, we just want to address the surface issue and have everyone get comfortable with this level before we go deeper.

24. Do we explore the reason behind anger?

No, we do not explore the reason behind emotions at this stage.

25. My dad is a severe diabetic patient and is currently having extreme nerve pain in his legs. Is it advisable for me to start tapping on him yet, or should I wait?

Yes, the nerve pain can be common in diabetic patients and there can also be neuropathy. So, you must ask him what he wants.

Below you will find the stages of using EFT for diabetes. For the nerve pain, you would use the Physical Tension technique.

With EFT, the different phases of treatment are as follows:

- Phase 1: Clearing the initial shock and fear about receiving the diagnosis.
- Phase 2: Releasing the anger, and any resistance, due to lifestyle changes.
- Phase 3: Shift from putting others first to putting yourself first.
- Phase 4: Focus on self-love.
- Phase 5: Empowering yourself and staying strong to the lifestyle changes you have made.
- Phase 6: Sharing with other people what you have learned.

26. What if the tension in that body part spreads and become worse? How do we go about it?

We call this "Chasing the Pain". It is when the pain shifts from the original spot and moves around to various body parts. In this case, you keep tapping on each body part one at a time until the SUDs reduce.

10. Which hand do we tap on after 9 Gamut?

You can tap on either hand after the 9 Gamut.

11.What is the meaning of colour and texture?

As human beings, we can store physical pain possibly as a colour / texture / sound / sensation / feeling. The colour and texture describe the tension, whether it is high, low, or medium, and we ask questions to unearth the same.

29.What to do if someone mentions physical tension at multiple locations?

You can ask them which location they would like to work on, and you can also get the numbers for the different locations. Just empower them to decide where to start.

30.Can we use visuals to explain in case vocabulary is limited?

Tell me more. What kind of visuals were you thinking of?

31.How does deeper exploration help? How can you explore an issue at a deeper level?

“Deeper exploration” refers to asking more questions once you are with done with the

EFT Tapping process. You may ask questions like:

- Is it worse or better?
- Has the nature changed?
- Has the location changed?

In case of Chasing the Pain, you must test the original location first by saying “*Okay I know it’s in another location now, let’s come back to the original one first*”. Then, you can ask where that is at. If you want to explore the emotional aspect of it, then you may ask “*What does the pain remind you of?*”

32. What is the Basic EFT format?

Firstly, you identify the problem and start tapping around it. As you find more aspects to the problem, you'll tap on those.

33. What is Calibration?

Calibration refers to observing someone's body language, overall impression and posture, everything that changes or does not change for a client during the session. These changes together can give clues as to how the client is progressing.

There are several things you can look at while in a session that will make calibration easier:

- Observing the non-verbal and verbal cues (even minute and subtle ones) from the client and acting accordingly to pace sessions to how fast or slow the client wants to go.
- Body posture: for example, noticing if they are slumped or sitting straight up.
- Inconsistencies: for example, if they are nodding a 'no' and saying a 'yes'.
- Facial expressions: for example, if you observe any change in their expressions, you can say: *"I noticed you did... I wonder what that means?"* You are just getting curious, and not assuming or reaching a conclusion.
- Noticing head, neck, torso, hand, or shoulder movements.
- Noticing any changes in their skin: for example, if it has become flushed or if there's a change in tone.
- Lips are great tellers too. You observe if the lines on their lips have become straight or more indented.
- Sometimes, they might start feeling hot. That is a teller too.

34. What are aspects?

Aspects are a specific part or trait of something. Every problem has a series of aspects. In EFT, we recommend working through one aspect at a time. Begin with the aspect that is most present for the client, i.e., the one that has the highest emotional charge. As the SUDs of the original aspect lower, move to the next aspect. Sometimes you will notice aspects are inter-related. Never assume you know your client's aspects. Work with their aspects using their words, at the pace they are comfortable with. At times when the intensity goes up, it is usually a new aspect that has emerged. When this happens, begin afresh, and treat it as a new part of the problem.

Example: If a client came to see you regarding their fear of flying, you've to understand that this problem can have many aspects, like fear of crowds, fear of the dark, fear of small spaces because of being shut up as a child, fear of family, fear of crashing, fear of death, helplessness, and claustrophobia.

35. What is SUD?

It stands for Subjective Units of Distress, which is the number/level of intensity we give to our issue.

36. What are negative events? What are their types, and what can they cause?

Most of our emotional and physical problems are caused by our unresolved or negative events. These events can disrupt life plans and lead to emotional distress.

These events can be negative, dis-empowering, or traumatic and they may cause limiting beliefs, fears and phobias, addictions, and illness.

37. How to work with unresolved events using Tell the Story Technique?

The Tell the Story technique has a few steps that help when working with unresolved events:

- Uncover a specific memory and measure its intensity.
- Complete rounds of tapping using simplified EFT.
- Bring the SUDs to a manageable level.
- Start by telling the story of the event, while uncovering specifics.
- As soon as any emotional disturbance is detected, stop, and scale the emotion. Tap using the exact words. For high emotional disturbance, use the Triple Point Calmer.
- Test by re-telling the previous part of the story.
- When it feels calmer, continue to tell the rest of the story.
- Stop and tap on each emotional disturbance.
- Test by telling the entire story from start to finish.
- Stop when the story can be told in full while remaining calm.

38. For 'Tell the Story' Technique, does the memory has to have an SUD less than 7?

As of now, it's better if it's below 7. A new technique will be taught in the coming week which is much gentler and more effective in dealing with memories having SUD of 7 or higher.

39. Can we try 'Tell the Story' technique on someone, or is it too soon to do this with others?

I would suggest waiting to try 'Tell the Story' technique on someone until you have received more training.

40. What is a cognitive shift?

When there's a change or a shift in thinking, it is known as cognitive shift.

Example: A delegate had a fear of asking for anything from the spouse. But as the session progressed, her mind became calmer and she felt emotionally detached, realising that the fear was just a thought in the mind.

After EFT, often a cognitive shift takes place that can leave some people wondering if there was a problem in the first place.

41. What is PTSD? How can EFT help with it?

Post-Traumatic Stress Disorder (PTSD) is defined as a mental health problem that can result from experiencing extremely stressful situations like war, an accident, or even sexual assault. Clinical studies have found that with EFT, the severity of the stress and trauma comes down.

Some symptoms of PTSD are flashbacks, stress, insomnia, guilt, mood swings, depression, anxiety, and many more.

EFT helps PTSD cases by working on the past memory and helping them overcome their past disturbances.

42. Do we tap *on* the collarbone or *below* the collarbone during the Triple Point Calmer? Also, can this be used in between the tapping session if a client is overwhelmed with emotion?

We tap just below the collarbone during the Triple Point Calmer. And yes, this can be used in between the tapping sessions if a client is overwhelmed with emotion.

43. What is the TREE method, and what is its significance? TREE stands for

Trigger, Root, Experience and Emotion.

What we mean by this method is that it is possible for us to enter any issue or problem from a Trigger, a Root memory of the issue, any Experience related to that memory, or the Emotion related to it such as sadness or irritation.

When a client comes to you with their “forest” of problems, you can either work from the inside or from the outside. Work on one little tree at a time and uncover the main “root” tree slowly and steadily.

Example: There was a delegate who came in with pain in their spine that was moving down their body. She was feeling uncomfortable and couldn't sit. This was a surface symptom for her. We did two rounds of tapping and she uncovered a memory of her feeling uncomfortable about her mother not cooking food when she was hungry. Then when I got to her deeper emotion, I found out that she fought with her mother and that worsened the pain. It made her angry and frustrated when her mother doesn't cook food on time. We tapped on that using the Tell the Story technique as she was describing her memory. She said to herself, *“Why is this happening to me?”* and gradually, she uncovered the theme of blame. When we went deeper, she felt that her mother was abusing her and making false accusations on her. When we tapped on that, her pain vanished. This happened because she released all the abusive memory of false accusations which was getting stored in the spine.

Then we worked on the deeper emotion of not feeling respected. After this she had a cognitive shift where she could acquire self-respect and self-responsibility as she resonated with the idea that she is also able to cook for herself. This is also an example of how you can work with such situations combining TREE and Tell the Story technique.

44. Can we stop tapping on the issue and switch to Triple Point Calmer tapping if a client is suddenly overwhelmed with emotions in the middle of a session? For example, if we are tapping on the story and the client suddenly starts getting very emotional, can we use TPC tapping without coming back to the story for a while?

Yes, you can. In fact, it is recommended to pause the process for a while and engage the client in the Triple Calmer Point when strong emotions surface.

45. Why do we do the Sore Spot Tapping?

Sore Spot Tapping is very good to reverse slow self-esteem, and it's another point you can use to also reverse psychological reversal or a block to EFT working on the client.

46. I have many past incidents, but when I tried to pick 1 or 5 for the Personal Peace Process, I feel that my mind goes blank. What shall I do?

Thank you for sharing that your mind goes blank when you try to pick one. Just get a sense of knowing when you have felt blank like this before and what is the memory that comes up then and begin there.

47. When working with physical tension, does the client need to be experiencing the pain during the session?

If it is physical tension, then there should be some pain/discomfort/tension the client is experiencing in that moment.

48. When you ask the client the story and the client is not opening up, how do you handle it?

When this happens, just go with what the client is saying or feeling and keep calibrating and observing. Don't go in with suspicion. You don't need to understand anything. Just tap with whatever the client is sharing with you.

49. Can we work on more than one memory per day?

Yes, you can, but you'll have to deal with each emotion completely one at a time.

50. How to deal with emotions that come up together?

If they share all the emotions together, then take them together. If it doesn't work, then take one emotion at a time, asking the client which emotion they would like to work with first.

51. A client might not trust me enough to share their story. How does one go about it then?

Just work with whatever they give you.

52. Why does one ask about the “miracle”, or even about choosing the miracle?

We tap on choosing the possibility of opening to the miracle because the client's truth is that they don't believe that a certain something can be a possibility.

53. 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/>

54. 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.

55. 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 dependency

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.

56. 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.

57. 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.

58. 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.

59. 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.

60. 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.

61. 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.

62. 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.

63. 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.

64. 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.

65. 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.

66. 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.

67. 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 | Vitality Living College](#)

68. 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 tranquillizers) 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.

69. 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.

70. 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.

71. Is it normal to not to have a food craving?

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

72. 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"*.

73. 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.

74. What is Movie Technique? How does it work?

The Movie Technique is for gently and thoroughly reducing the emotional intensity of past troubling memories or other specific past events, one crescendo of intensity at a time (each handled as one aspect).

The purpose of this approach is to disarm the negative impact a specific event has had, and continues to have, on a person's present life experience, whether known or unknown.

Whether the emphasis is on imagining what happened visually as in a specific movie scene, describing what is happening in each frame of the scenario, or telling a linear narrative story of what happened, moment-by-moment, the Movie Technique allows the person to use tapping – together with their inner senses and imagination – to gently engage the specifics of a past troubling event and release the negative impact, in a thorough and step-by-step manner.

How does Movie Technique work?

In the Movie Technique, we begin by choosing a specific event or moment in time – something short and manageable in length, usually about two minutes or less – with a beginning, middle, and end. We then give this story or movie scene an *appropriate* title (according to the client) and tap on the title (i.e., tap rounds using the title as the Reminder Phrase) until the person is comfortable with the idea of narrating the story or movie scene.

Giving the story or movie scene an appropriate title is a “*protective distancing*” strategy that allows us to gently approach and handle any negative emotional intensity found within the narrative. Titling minimizes the possibility of an intense emotional reaction or more suffering. An appropriate title is one such as a code word or a generic title that does not, in itself, cause more emotional intensity.

In other words, tapping on the title helps the client begin processing the emotional intensity of the memory, so they can ease gently into telling or narrating their story.

75. What are the steps to do the Movie Technique?

Break the incident down so that it can be resolved in a step-by-step manner.

- Name the movie and intensity levels and tap.
- Movie on screen, curtains, and remote control in hand.
- When intensity on name is down, open curtains.
- Run the movie from start to finish and identify emotional peaks.
- Begin with the lowest peak first always, as you don't know what is in the highest peak.
- Tap the intensity down.
- Test, and move to the next peak (some will have more than one peak).
- Repeat till the movie has no charge.
- Test by telling the story again as in Tell the Story technique.

76. Can we do a positive round of tapping when the SUDs come down to zero?

Yes, you can do a positive round of tapping when the SUDs come down to zero.

The most important thing is to use words that resonate with the client. You can ask the client, *"How do you feel now?"* Then you can tap on the positive feeling the client shares with you. For example, *"Even though I felt unhappy, that was then, and this is now, and now I am open to the possibility of feeling happy."*

77. While working with my partner on Cravings, they shared that they felt peaceful after two rounds of tapping. We proceeded and the feeling changed from peaceful to helplessness. I asked them when they have felt like this before. In response, they brought another story from their childhood, and later there were three different stories. It was a little challenging. Do we stick to the story, or to the feeling when something like this happens?

You can do both, actually, if the story is related to their cravings. You need to find out if and how the story and the emotions are connected to the craving. And then you'll need to work on both.

If they come up with multiple stories, just ask them *"I noticed you mentioned three stories. Of the three stories, which one do you think is connected to the cravings we are working on?"* You need find linkages with astute questions. It means that you get them to observe and inquire which one is the right memory. And sometimes, they just can't point to the right memory, and that's okay too. Let the process flow and if the healing is the incomplete, they will bring it up again.

78. I worked with my partner on one of the emotional peaks and they shared that the intensity of it had come down. I asked them to check in with the memory. They said that the memory is still a ten. How to go about addressing this situation?

Ask them what they want. If something like this happens, you'll have to step into their model of the world. Essentially, we are working on the charge associated with that memory. For some people, the charge may come down, but the memory remains the same. Step into their world and try to understand the reason why it's still a 10. It could be because in their world, it's something very significant. Try getting what they are thinking. It is unusual for this happen, so you'll have to enquire why it is happening.

79. Whenever I practice EFT I can't get a specific memory for the emotion, even with hypnosis. I can't get a specific memory for the feeling that I have. Is it okay if you don't get a connection with a specific memory?

There is no need to get any specific memory. It's completely okay if you get a specific memory, and it's equally okay if you don't. While we worked together on cravings yesterday, you mentioned that you've felt lonely many times before. We first worked on the "many times" together, and then I asked if there is specific memory you want to explore. So, as the process goes on, I might get specific by asking specific questions. Ideally, when we do memory work, we work one memory at a time.

80. I find it difficult to ascribe aspects to an issue, and it shocks me when my partners describe their issues with various sub modalities. How can I move ahead having experienced this difficult?

About not being able to ascribe sub modalities to an issue, that's okay, too. You can tap along saying, *"Even though there is no colour, there is no shape, there is no texture, I can only feel it in my body, I love and accept myself"*.

And a question I want you to ask yourself is: *"When else in your life did you feel the need to give the other person what you thought they wanted to receive, and you denied your own truth?"*

81. I overcame my craving for garlic bread but then turned to bread fritters instead. I found myself contemplating on why I ate that. I didn't sleep last night and am feeling drained and exhausted. I was very self-consciousness about what to eat and what not to eat. How do I go about addressing this tug?

You are talking about the tussle between mind and heart as you did yesterday, just in different words. For you, it's not about cravings. It is something beyond the substance. Here, you are describing a requirement for comfort, which is something that takes time.

There is part of you that is truly committed to things, and there is another part of you that's essentially a child who does her own thing and pushes the button of the committed part. We don't know what that little girl wants right now. Whenever she calls out to you, it comes as bread. You must give this some time.

One thing I suggest to clients who come to see me for cravings is that they set timers for tapping sessions three times a day.

82. What if I have a craving and I do not want to give it up? Do I still need to work on it?

When working on cravings, you decide if you would like to work on it or not. If you prefer not to give up the craving, then do not work on it. The choice is yours. Likewise, if you do want to give up the craving, what EFT tapping gives you is a choice: the choice to continue taking the substance or not.

83. I have different addictions. Sometimes it is for chocolate, chips, Chinese, specific foods, tea, TV series, mobile phone, etc. It's not always for a specific food. How do you get off that?

So, when you have different addictions, the work is at the emotional level. What you can do is the following:

- Roll the cameras back to the millisecond before the impulse arises to take that food substance, and ask yourself, *"What are you feeling emotionally in this moment?"* and then ask, *"How does taking it (the food substance) make you feel emotionally?"*
- Then explore the memories and beliefs associated with that emotion.

84. If, as a practitioner, you know an issue isn't resolved, do you let it go?

You have an honest conversation with the client - follow up with them in the next session when they come in. Sometimes, the issue gets resolved in the gap between sessions, as the cognitive shift happens with time. But sometimes, it can still be there. So, when they come in for the next session, you can ask them how they feel about the issue you worked on in the last session, what happened after that, and what they want now.

85. What do I do if the client is showing mixed emotions - crying one moment and laughing the other? Should I also laugh along with them or just keep a poker face?

You do what feels natural to you. If someone is laughing and you laugh along them, it will make them feel safer. It is great if they laugh because it means they're having cognitive shifts. But do it only if it comes organically to you. Do not mimic them because that isn't cool.

86. What to do if there is a common thread of feelings that's running across different conversations, for example, a person bringing up the feeling of betrayal quite often in the session? Do we need to work on all the memories related to that feeling?

No, it doesn't mean you have to work on each memory. You can work on all the memories collectively, and then there will probably be a memory that has more betrayal in it than others.

For example, I was betrayed in a relationship emotionally and financially. As I dove into the memory over the years, I discovered that there was also a theme of rejection to it. After deeper exploration, the theme of abandonment also came up because I had a memory of abandonment when I was 2 or 3 and my parents went on a second honeymoon leaving me with my aunt and uncle.

The client might resolve it, and then come back after a year and a new theme will be uncovered.

87. There can be some challenges while giving and receiving the process, like language barriers, problems in the flow, the giver being very insensitive, or the receiver not being able to communicate. Can these challenges hamper the process?

No, they won't hamper the process.

However, if you are in the room and you're uncomfortable with the giver, you can ask them to stop. You take charge of your healing. Having said that, you are being certified to work with stress. If you want to work with deeper trauma, you will need to learn Inner Child Matrix because it is a much gentler technique.

88. I got so involved in taking the client's words that I forgot the tapping sequence. Is it okay if you forget the tapping sequence?

Yes, it is completely fine.

Honestly, the order doesn't matter. What does matter is that you follow what the client wants and use their words. Stay with them where they are at.

89. Somebody asked me in the breakout room if EFT works for positive things too, or if it only works for negative stuff. So, can EFT be used for positive things like abundance?

Yes, you can use EFT for abundance and positive stuff as well.

It's not so much about the negative stuff as it is about the truth and putting the truth out. We tap on the truth of the experience. For example, people consider anger to be a negative emotion. But I consider it to be just another emotion like joy, happiness, etc. If it is their truth, then so be it.

So, one thing you can do is when the session comes to an end and the SUD has come down, you ask them how they feel now and tap along: *"Even though I didn't feel calm before, that was then, this is now. Now I am open to the possibility of feeling calm anyway."*

This way, you can tap on the positive part as well. The thing to remember is that you mustn't put your words. You must use their words and their emotions.

So, yes, you can do EFT to attract money or business or abundance, which will more extensively taught when we'll get to Limiting Beliefs.

90. As per the case studies submission guidelines, we need to share the recording of an hour-long session. Since the Tearless Trauma technique is too intense, it might take a complete hour. What to do then?

The session can exceed to an hour and fifteen minutes but not more than an hour and half. We need to be kind with the client as well. Sometimes, it is also important to keep it to a certain limit because they can't take more than that.

If the session exceeds two hours, you need to mention in the case study, *"Why it took long?"* It's okay if Tearless Trauma takes the whole time. But I want to know what you did, how your tonality was. In case the time is going well over, explain the Box Technique to them and let them decide if they want to go ahead with that.

91. What is "Down the Spine" tapping? What is its significance?

"Down the Spine" tapping means tapping along the length of someone's back, either physically or energetically from a distance.

To understand it more correctly, get a pillow, cushion, blanket, or towel. Imagine it to be a baby, with its head resting on your shoulder. Tap down the spine of the "baby" in one direction, keeping its heart against your heart.

Its significance lies in the fact that it gives you a window to form a heart-to-heart connection as you put your hand on their head and with other hand, you touch their spine, tapping down it in one direction. You become a surrogate to them on the level of energy, letting them know that they are loved.

92. Do we always need to seek permission to do Down the Spine tapping while doing the Movie technique?

Yes, you always ask permission even while doing the Movie Technique. It involves touching the person, whether energetically or physically. So, you need to ask permission before you touch them even virtually. It is also a part of calibration. You tap on yourself and do the Spine Tapping for them simultaneously. In case they say no, you can say *"It's okay. I'll tap on myself"*. There's a technique taught in Inner Child Matrix (ICM) where you must touch the other person. Since we don't know where they come from or what their history is, it's better to ask for permission before.

93. What are the nuances to keep in mind while performing Down the Spine tapping, or hugging a client of the opposite gender?

I treat all clients the same. Also, we don't know what their gender preferences are. You always seek permission, no matter what gender they are. I even explain to them the process of hugging and thereby take all the romance out of it.

It is also about your energy. If you wink or smirk at them, it is certainly going to send a wrong message. Instead of genders, take it as male or female energy. If they have male energy, they will be uncomfortable expressing their emotions.

When there are tears, I might just put the tissue on their thigh or near them and they can decide if they want to use it or not. Besides, I don't give it importance if they say no or are uncomfortable with it.

94. While doing the Movie technique, should we ask the client to cry and do the Triple Point Calmer simultaneously?

Let them cry only if they feel like it. Don't make it about yourself and what you want. Ask the client what they want.

During the demonstration with Jade, I asked her what she would like to do with the tears. I didn't lead her as to what to do. Let it happen in its own time. My objective is to not have an agenda. If a client comes to see me because they are having these big fights with their partner, for example, all that matters to me is what they want and where they are at. I am not there to shift the place or fix the fight. Instead, I am there to be with them even if it means being stuck with them.

95. What is Tearless Trauma?

When a practitioner asks a client to *guess* how intense a problem or issue *would be* if they were to imagine it, tune-in to it, or describe it, this is called the Tearless Trauma Technique. Tearless Trauma, also called "Guessing," is another gentle way of Sneaking Up. The client guesses what the intensity level would be if they were to think about the issue.

Tearless Trauma is also a form of "*protective distancing*" – a deliberate strategy of tapping from a distance to ensure greater safety, comfort and/or to take the edge off the emotional intensity. It can also be used in combination with other gentle techniques. For example, a practitioner might say, "*If you were going to focus on just the title of that movie, how intense would it be?*" A more nuanced variation might be: "*Imagine this issue is on the other side of the mountain. What's the charge on that issue, way over there?*" It might also include the value of "*placing this issue in a safe container*" if there is more to do (more intensity to address), but there is a need for closure at the end of a session.

96. What are the steps to use the Tearless Trauma technique?

- Identify a traumatic incident
- Guess the emotional intensity - don't actually picture the scene
- Develop a reminder phrase
- Tap until guessed intensity is manageable
- Then imagine the incident
- Tap on any remaining emotion

97. When do we use the Tearless Trauma technique?

You use it when the guessed intensity is 10 or above, and if they are abreacting.

98. While practicing the Tearless Trauma technique, the word I gave to my memory was 'pregnancy'. Is it okay to shift the entire charge onto a word?

Since the charge is on the word, you don't need use the memory. It helps with dissociation. If you can handle its intensity, then it's okay. But if you abreact, then shift the entire charge onto a word because we do not want to reinforce anything.

99. Is the objective of the Tearless Trauma technique to just get the intensity low enough to explore the experience?

With this technique, we are trying to keep the client safe, go slow and not make it about the result.

100. What is an Abreaction?

Abreactions are normal but intense emotional reactions – when a client is hijacked by strong emotion or simply overcome with emotions

These often display as a marked increase in negative emotional intensity (uncontrolled sobbing, disconnecting from emotions and/or emotional overwhelm). For example, the client can suddenly:

- Cry
- Feel panicked
- Feel overwhelmed

The chance of having an abreaction can be minimised, or potentially avoided, by mindful, careful, and gentle application of Foundational EFT skills, especially building rapport, and the using the gentle techniques.

101. What is the Box Technique?

Principles of protective distancing are sometimes taught in a variation known as the Box or Container technique. In “boxing,” the event is placed in a container as described by the client and safely put away in any location the client selects. Boxing is a valuable distancing technique that works especially well for visual learners. Boxing gives the added benefit of returning the client to some control over the troubling event or memory.

This type of containment can be offered anytime there is a need to minimise emotional intensity. For example, a practitioner might say, *“If you were going to put this issue in a safe place or container for now, what does the container look like?”* or *“Where would you like that box to be?”*

Boxing is one way of offering effective *closure* or a *putting away* of any remaining intensity or ending an EFT interaction safely. Other means of closure include “tapping down” remaining intensity in creative ways, putting the issue in a locked container in the client’s choice of safe place (bottom of ocean, on Mars, etc.), or freezing the event in the memory.

Tapping on the aspects of the box also works as a metaphor and lowers intensity (e.g., “*Even though it’s large and heavy, I deeply and completely...*”). In class I had shared the example of my client who had signed up for EFT sessions so she could make peace with a past sexual abuse incident.

In her case:

- The first session started with splitting the whole incident into 6 episodes. The episodes were placed in DVD boxes, then in another box, and finally in a trunk at the bottom of the sea. The client chose the DVD boxes and trunk, as well as bottom of the sea. During the first session we only tapped on the box being at the bottom of the sea, and the complex emotions she felt as a result.
- Then each subsequent session we worked with one episode at a time.
- The second session we worked only on the first couple of minutes where she had an intuition to get out of her friend’s house but did not act on it. So, we mainly tapped on the regret.
- The next session we combined Box numbers 2 and 3, and the next session Box numbers 3 and 4. When we got to Box 5 and 6, it did not seem as important anymore.
- At the root cause was a lack of self-love and confidence, and the ability to say no.
- The closing sessions were on my client letting go of beliefs associated with the incident, and to open to a healthy relationship.
- On finishing the 6th session, my client finally felt safe to go to a party at another friend’s house.

102. When you were working with Jade, you asked her to change the word ‘violated’ to ‘a box’. Why did you do that?

I did so because the word ‘violated’ was bringing intense abreaction and while working with trauma, we need to be really gentle and kind. Thus, it’s good to replace the word the bothers the person with something gentler and distinct.

103. Can EFT be used for ankylosis spondylitis?

Ankylosis Spondylitis can be a stress related issue. I had a client once whose back was tilted and bent to an angle. It happens when calcification takes place.

Here, we are not working with ancient or pre-conscious trauma. So, like other issues, we work on it step-by-step. We begin with the surface symptoms and then move on to see if there’s a memory associated. At this stage, you can use Tell the Story or Movie technique, and the other two techniques that will be taught later. You may also unveil a limiting belief. Close the process with something they can use on themselves.

You need to combine EFT with other treatment procedures to work on issues like this. There are three aspects that matter in such situations:

- The mental and emotional aspect
- Nutrition as specific nutrients are very helpful while working with ankylosis spondylitis.
- Movement, for example yoga, dance, or osteopathy.

Be honest with the client about how you can help them. Inform them that EFT is going to work on the stress and their emotional health, and that you can’t promise that it will all healed by the end. In fact, nobody can promise that. If they want to work on the emotional aspect, then you can step in. This way you’ll also be able to manage expectations.

104. During the swap session, I realized that my partner was at the point of finding out why the story happened. But the minute she held the Nine Gamut, the emotion shifted back to where it started from. I thought she might heal from that, and I could have led her, but she was leading the session. So, what could I have done?

Whatever you did in that moment was exactly what you needed to do as the Universe and Grace are always working through us for our highest good. The decision you took was the right one, because there was no other decision to take. It is okay if emotion comes up again. It says there's something else that's coming up for freedom, and that is allowed. I'm so glad you didn't try to fix it and you stayed in the space with your client.

You have to be aware of the reasons someone reverts. It's either because there is something unresolved, there is a different aspect, or they're scared (sabotage). They have come so close to freedom, but there is something preventing them from healing because it's not safe yet, and that something could be Secondary Gain. We can't push that button yet because we need to meet the client where they are at.

For example, I had a client coming to see me for severe back pain. We worked on it and were able to reach the root cause, but the pain would come back. He was from Australia but was living in a village in Southern India. The Australian government was paying him a disability payment and he didn't want to lose that. We uncovered this secondary gain and worked on it.

Sometimes you can heal your pain, but it will come back. This is called "*Localization*." There is a new stress in life, and that stress takes residence in that very place where the pain was. You healed the original root cause, but the current stress causes pain in the same area in the body where the original pain was, so now you need to work on the current issue. It's not that the pain has not been healed, but that there is either secondary gain or localization happening.

105. While working with my aunt who has a swollen leg, the story went too deep. I thought there will be no resolution because it's a fact that there is actually no resolution to problems in life. So how can I fix this? How do we keep ourselves from that attachment to resolution as a practitioner?

I would tap on all of that as part of Personal Peace Procedure. As practitioners, we are there to listen, facilitate, start the tapping based on the words they give, but it's the client's job to solve the problem.

At any moment, there are multiple doors you can open, and whatever you choose in the moment is the right thing. As you practice, you gain experience, and you are able to choose from your toolbox.

106. Do you tap on yourself while they talk only (when the client only wants to talk)?

You can tap on yourself as the client talks; you can also gently guide your client (based on rapport) to tap on themselves (even just Karate Chop) as they talk.

107. How does one really get into finding out what is sabotaging oneself, what is secondary gain?

The best way is to ask questions. For example, what is the upside of smoking; downside of smoking; downside of giving up; upside of giving up?

108. Could you please shed more light on what technique to use, and when to use it in a session?

You just start tapping based on what the client brings up, the memory that comes up. Then you'll see the client abreact, and based on the severity of the abreaction, you will pick the technique: Triple Point Calmer, Movie Technique, etc.

- Tell the Story is for low intensity
- Movie Technique is for mid-intensity
- Tearless Trauma is for very high intensity
- Box Technique is when it's too much to handle – put the memory into a box so your client feels safe.

Our aim is to keep the client safe, not to go for speed or outcome/resolution, but safety: *“Do they feel safe; do they feel heard; am I really listening to the client’s words?”*

109. I really want to be practical, but I just can't seem to be practical because it makes me feel useless. I'm not able to focus on my career. What to do?

We'll be learning about Limiting Beliefs, and we'll uncover what is preventing you from what you want. It is the final frontier and tends to be a later process. You can find and write down the memories when you felt useless and work on them during your Personal Peace.

110. When I was receiving, I noticed I had more than one physical sensation coming up. Is it okay to work on them one at a time or collectively?

It is better to work on any sensations one at a time since each aspect will have its sub-modalities. If all of them get mixed up, we won't be able to tell what has been unlocked.

111. I am having menstrual pain in my right lower abdomen for the last four months and I never had painful periods. Can it be related to working with the Movie Technique?

Some people can have some sort of pain after processes due to avoidance or what has happened. Since you mentioned that the pain is there every menstrual cycle for four months, I don't think it is related to the process.

112. Does the release have to come out as cries or is it just a belief?

It is just a belief. For me, the subtler ones have been the most powerful.

113. There may be something that I know is true for me, but I don't want the other person to know, so I might consciously hold it tight, so the muscle testing doesn't work. Is it possible to hold it consciously though?

The body never lies. You are preventing it, by focusing actively on preventing it, on keeping it hidden or suppressed. But what benefit is it to them? If the client is not ready to accept something, that's ok. If they want to actively block something, that's okay. But the truth will always be there. If you go in with an opinion that there has to be something deeper to it, then it can really intimidate the client. The question to ask yourself is, *"How do I create safety for my client?"* If they feel safe, they will open up themselves.

114. Does speaking fast count as an abreaction?

*Ask the client "I'm noticing you talking very fast, how are you feeling?
Thank you for sharing, there are so many other things going on right now.
If there was one thing to focus on, what would you like to focus on?"*

There could be fear there. There may also be "jumping", hopping from place to place, because they want to be in control, and they are scared. Let them do what makes them feel safe. Don't force them or lead them.

115. Is the efficacy different in tapping versus touching?

I don't know if there are any studies done on this, but I feel it depends on the client's preference.

116. Can we only touch in Triple Point Calmer too?

Yes, sure. My sense is that the pressure will open up the meridian too.

117. Can the client be lying down too while we do EFT, or do they need to be sitting only?

They can be lying down too. It's their comfort level but they may fall asleep while lying down.

118. During Tell a Story technique, if the client suddenly says *I don't want to work on it right now*, can I use the Box technique then?

Yes, you can. Just explain it to the client and get permission from the client to put the memory in a box.

119. What if I am unsure about which technique to use and get confused with SUDs?

Ideally, we use Tearless Trauma when SUD is above 10 and it's a very sensitive issue on the whole, something like sexual abuse, or any traumatic experience. You have to gauge where the client is at. If you are unsure, err on the side of caution, get the movie on the curtain, distance it, and get them to talk.

120. I have a memory of having cried a lot and tried putting the memory of a phone call with a friend on the movie. It just felt like one big peak. Do I work on the whole peak or try to split it into smaller peaks?

This is common. There could be any of three things happening.

- One is that you healed from it, and there's nothing left.
- Two, it's too painful and you don't want to deal with it.
- Three, you just don't want to remember.

In this case, there was a feeling of being misunderstood and feeling sad through the entire memory of the conversation with friend, so it would be treated as one peak, with smaller aspects coming up as the tapping progresses.

121. What is the difference between Movie and Tearless Trauma?

In Tearless Trauma, we are guessing the intensity, and not associating with what happened. If abreaction is really high, you can ask for a keyword.

122. Is the Box technique to be used only when you are almost ending the session and have not resolved the memory?

You can use it at the start or at the end. Box technique is just a safety technique and it's not supposed to be used long term because eventually, you need to work on the memory.

123. If the client forgets the boxes, do we remind them?

You can make a note of it, but it doesn't matter if they forget it.

124. Keyword felt like another task to me, and it didn't feel so natural. It was difficult to come up with a second keyword. How do I go about that?

You don't have to use a different keyword. You can stay with the original keyword and tell your practitioner that you don't want to give another keyword. It's your process and you can just tap on your words.

125. Does EFT work for LAMB Syndrome?

First, you have to find out if there is any emotional charge attached to it. EFT is clinically proven to work for cravings, physical tension, weight loss, PTSD, depression. We can only work on the emotional aspect of any disease. You can always say, *"If you'd like to work with me on the emotions you are feeling about this..."* We cannot promise anyone that it will work for any disease where there is no clinical data. But you can work on the emotion underlying the disease.

126. We learned different techniques; do we have to just stick to one?

You can use all the techniques you've learned in part for any one session.

127. What is Psychological Reversal?

Psychological Reversal (also called "PR") was a term introduced in the time of Roger Callahan to describe any conflict (or block) in the person's energy system OR subconscious resistance that may impede the tapping process. Originally, the Setup Phrase was designed to correct for this "blockage" and allow for temporary energy flow correction by tapping on a specific meridian point. For example, tapping on the Karate Chop point and contrasting "*Even though I have this problem or issue*", with the affirmative, "*I deeply and completely accept myself*," was designed to allow EFT to be effective, even in the presence of Psychological Reversal.

The term "Reversal" specifically referenced the concept of a polarity reversal or "batteries in backwards" metaphor, including forms of toxicity in the environment that can/could defeat the EFT process.

128. What is a Reframe?

In EFT, reframing is when an EFT practitioner offers words to help a client see their issue, current situation, past situation, etc., in a different way, and incorporates them into the tapping process. Reframes can be particularly useful when the client indicates readiness for a change in perspective *after* an issue has been brought down to a lower intensity level (3 or less). To work successfully, reframes have to *land*: They must be accepted or "*picked-up*" by the client. To maximize the probability that a reframe will be a match for the client, it must be well timed, appropriate, and mindful of rapport.

129. How does EFT work for fears and phobias?

Fear is an emotional reaction to a perceived or real threat. Fears are frequent in the population, and they are often normal, or at the very least harmless, reactions to items or occurrences. A phobia is comparable to a fear with the addition that the anxiety felt is so severe that it affects one's quality of life and/or capacity to operate.

EFT Tapping for phobias is an alternative therapeutic method which has proven to be long-lasting and effective.

- Identify the fear, name it, get the intensity. Ask yourself, "*What is the test I will use to check that I have overcome the fear or phobia?*" Write it down. Get SUD for imagining being able to complete that test now. Start tapping.
- Identify aspects and tap.
- Identify events and tap.
- Use Tearless Trauma, if needed for some abreaction.
- Introduce reframes that fit - e.g., for a fear of water: *Are you afraid of drinking water? No... Even though I have a fear of water, I don't have a fear of drinking water, and I love and accept myself anyways.*
- Re-enact the scene.
- Test with imagining.
- Test in reality.

130. Is being conscious in front of a camera also called a fear?

Yes, it can be a fear too.

131. How to work with fears that don't have any tangibility i.e., loss, finances, etc.?

Limiting Belief is a more accurate technique to go with while working with such intangible fears and phobias.

132. Does fear of failure also come under Limiting Beliefs?

Yes, it does.

133. You brought George Clooney into the demonstration with Kulpreeth. What if the client is not familiar with the personality or the actor?

It's okay. You just calibrate and change it. You can even ask them.

134. When my partner asked me the question "*When have you felt like this before?*", I couldn't come up with a memory. Is it okay it to be like this?

It's okay. You can tap on not having any memory. The idea is to not force the self to have a memory. You can also just sneak up in such situations.

135. How to work with a child if they are triggered by something they watched on YouTube?

You can either get a teddy bear or tap on the video or movie which triggered them - get them to tap on the teddy or tap on themselves. Reassure them that it's just a movie and it is all okay. For example, a young girl was scared of hair in the bathroom. Her mother did the tapping process for fears and phobias with her, and it got okay.

136. What if you have a fear of disease, and speaking or listening about it makes you feel you will catch it?

If you have a fear of disease and speaking or listening about it makes you feel you will catch it, then you can consider making a mental note of it and adding it on your Personal Peace. You can also bring it up either as a part of your EFT Buddy Swap sessions or your sessions with the senior practitioners because if you feel that you will catch it, then there might be a belief there or a past reference that needs clearing first.

You can also imagine putting yourself in one loop of an infinity figure (figure 8) and the other person in the other loop of it. Imagine the circle around them going in one direction, and the circle around you going in the other direction, one clockwise and the other anti-clockwise. It doesn't matter whose circle is moving in which direction. Gradually, the circles tend to grow apart from each other and thus, the attachment is cut off.

137. How to work with children going through parents' separation?

You can follow a simple tapping sequence with them such as:

“Even though, sometimes I am with Mum and sometimes I am with Dad, I am still a good kid and both Mum and Dad love me. Even though I live in two different houses, I am still a good kid. I am still a great kid.”

Here, you are trying to build the confidence that they are not responsible for the situation. Sometimes, the kid may open up and complain about their parent. Tap on that too and use toys to make them feel safer and comfortable.

138. Is there any evidence of EFT working for Autism?

Autism is not a disease that needs a cure, but rather 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. Another reason to encourage it is that EFT gets them to touch themselves. They need to learn what loving touch is because autistic children aren't used to being touched, but the touch must be a controlled one. Safety is a big aspect for them.

Ninety percent of the time, the parent is struggling because the child is so highly stimulated. So, the parents need to have weekly sessions with EFT to remain calm.

139. How does one go about reducing the screen time for children as it is a big issue for parents?

Children love excitement and adventure, and gadgets are a great source of this. If the parent wants to have screen time off, then they have to find some activity for a child that is as exciting and engaging as the screen. The parent will have to invest a good amount of time with the child. Engagement is the first condition, and EFT follows that.

140. Can EFT be used for problems like bed-wetting? Is there any chance that there is something physical related to it?

I worked with a child who had the same problem. In his case, he saw a sheet in the dark and assumed it to be a ghost. He told me the story and we tapped along. Begin with investigating what they are scared of because, most of the time, it is related to fear or anxiety.

For instance, I worked with a couple who came to see me because their 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.

141. Is there any different technique to practice EFT for children of 10-12 years of age and children who are 15+?

For children who are 15+, only talking will do. They may not like the "*love and accept*" part. But the younger ones are playful. Ask them to tell the story of what happened. Take them slowly so they can start building confidence.

142. How to work with children of 16-19 years of age who have addiction like smoking or marijuana? What to do to bring them out of it?

It depends on what they want. If it's illegal, then you have some leverage. I worked with children of age 6-10 who had addictions and would often indulge in self-harm.

You can begin with providing them a structured disciplined environment. The journey will become easier if they want to give it up too. But if they don't, then you can't force them to do it or practice EFT. You can send them to rehab where they may use EFT. You have to understand that a person gives up addiction when something bad happens. You can try Surrogate Tapping with them for their highest best. But some may feel that they are good where they are at. Then, you doing the Surrogate work won't be for their highest best.

143. How to work with mobile addiction in teenagers?

Again, it's not the child's problem. It's the parents' problem. You can take the phone away, but then you'll have to stop using it too. You can't work on a child who doesn't want to change. But you can change yourself. Educating them becomes another important factor. Use EFT only if they want. For them to give up the mobile, the parent must give them other alternatives.

144. Does the child have to tap on the toy?

It depends on whatever the child prefers. You can use a toy or simply draw a bear with "magic buttons" on a sheet of paper and get the child to tap on them. Sessions with children hardly go on for more than 15 minutes.

145. A nine-year-old boy has minor ADHD. He got addicted to a particular video game and now he cries, has hallucination and sexual thoughts. How to go about working with him?

Tap on the crying, hallucination, and sexual thoughts. Have an open and honest conversation with them about sex and sexuality. For instance, once I had a mother bringing in her 5-year-old girl who was masturbating. I spoke to the child and explained to her these acts must be done behind closed doors and that it is perfectly healthy to do. You have to leave them with a balance around these issues. I am even open to swearing with teenagers. It makes them think that this is a cool therapist, and they can comfortably vent in front of them.

146. I know a woman who lost her husband not long ago. She has a seven-year-old son who was very close to his father. Since she is a working lady, the boy used to spend most of his time with the father. Now that the father is gone, the boy has become addicted to his mobile phone. How can I help both the mother and the son in this situation?

Begin with the mother first, because she has probably got a lot of past memories around her husband's demise. Let her get it all out. The mother and child need to spend time and do things together. It can be anything - playing, cooking, etc.

For the child, get him in his body to start feeling, and teach him how to use it as a metaphor to tap. But first, get some bonding happening between the two.

147. What is happening in EFT tapping on a neurological level?

Energy blocks are created in the meridians, and the tapping opens up the meridian tubes as well as your energy centres, so the blockages open up/dissolve.

148. How can I go back and uncover older memories?

Everything is stored on the inside – the mind stores memories symbolically for when we are ready to go and explore it. When your body knows when you are ready, it will make the information available to you.

149. What is Surrogate EFT 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.

There are three possible ways to provide Surrogate Tapping: **talking about** the person, **talking to** the person, and **speaking as if** you are the person. We usually begin with the 3rd person (i.e. talking *about* them, as above).

It is not necessary to go through all three modes, but many people find it useful to do so. As you begin to connect intuitively, words will often come to you and flow easily.

- **Talk about** them (3rd person = he/she/they): *Even though my son is anxious about this job, he's afraid he can't handle it, he's not feeling confident...*
- **Talk to** them (2nd person = you): *Even though you're feeling insecure about this new job... you don't know if you can do it...*
- **Speak as if** you are them (1st person = I), by tuning in to the person's feelings as best you can, using what you know about them plus your imagination and intuition: *Borrowing my son's energy for a moment and tuning in... what would he say? "Even though I'm so scared — what if I can't handle the new responsibilities? What if I'm not good enough? What if they've made a mistake hiring me for this job?"*
- As a closing exercise, you might tap to reclaim yourself: *I'm me now... this is my energy...*

You can read about Surrogate Tapping here:

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

150. My partner took over the process, so I just stopped and followed her. Was that the right thing to do?

Honestly, there is no wrong way to it. While tapping surrogately, we understand the other person more, and that itself is a great awareness for someone to have.

151. Do we really need to know if we are tuned in with the other person or not?

No, it is not needed. It will come naturally to you.

152. How to protect oneself while doing Surrogate work?

I don't think protection is needed. People need protection when there's something sticky in others that sticks to them. That's mirroring. However, you can use different methods of protection like Reiki, energy healing or pranic healing.

You can also do something known as drawing a figure of 8. What I recommend is, imagine putting yourself in one loop of the infinity figure and the other person in the other loop of it. Imagine their loop rotating one way, and your loop rotating the opposite way – one loop going clockwise and the other going anti-clockwise. It doesn't matter which loop is rotating in which direction. You can use this for any client at any time, not just while doing Surrogate Tapping. Gradually, the circles will grow apart from each other, and the attachment will get cut. The formula is this: if you step into the experience, you need to step out of it as well.

153. My daughter is afraid of public speaking. She wants to spend more time with me, and I want her to be happy. How do I work with her?

Work on yourself first. Spend time with her and she'll be happy. Work with her when she's ready.

154. What if you really want to help someone, for example, I really want to help a friend of mine who is suffering?

Refrain from helping someone with Surrogate EFT Tapping. Work directly with them because then, it will be more powerful and effective.

155. Can we do Surrogate work with our own younger selves?

You can, but it is recommended that you work directly with yourself.

156. Can Surrogate Tapping be used on my brother, who has put a forgery case on me, so that he changes his mind and our relationship gets restored?

The purpose of Surrogate Tapping is for the highest and best. It feels like it is important to tap on yourself and how you feel about the forgery case first. As far as restoring the relationship is concerned, you can tap on that as well. Although it doesn't feel like you can do Surrogate Tapping because it is his decision to do the forgery case and our aim is not to change someone's mind for our own benefit but for their highest and best. The thing you have to ask yourself is, what is it that is driving him to do this; what is he feeling emotionally and thus, the session would be for his highest and best.

157. Can I work with plants using Surrogate EFT Tapping?

Yes, you can. In fact, plants are very responsive to EFT. Plants enjoy mathematical music like Indian classical music. So, you can put on some music too.

158. Is the Loop of 8 in our minds or are we supposed to draw it?

You can do both. Either you can imagine creating a Loop of 8 or Infinity by going clockwise and anti-clockwise or you can draw it on a piece of paper.

159. May we ask the person after doing the surrogate tapping how they feel or if they feel any better?

Yes, you can definitely ask the person how they feel or if they feel any better.

160. Can we use Box technique in Surrogate Tapping?

You can use the Box technique in Surrogate Tapping if you think you need it. However, if you feel the need to use the Box technique, it might be better to do sessions directly with the person, because it says to me that there could be some deep trauma there. Eventually, the only way forward is to tap step-by-step on what is in the box, because that's where the freedom is. The Box technique is only for safety and protection, and to pace things step-by-step.

161. Can we work on chronic pains with EFT?

Yes, you can work on chronic pains with EFT. You might want to begin with the timeline and work out on when it began or ended, what the relationship is with different events in life and the chronic pain. Begin with working with the Physical tension process; and then gradually move in to the memories related to either the pain or the emotion, and then close the session with a set of positive round of tapping. You can give the set to the client as an audio.

162. 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?

163. 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/>

164. 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.

165. 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," or "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.

166. After listening to everyone, I think that many times what others are saying is also a part of what I have experienced, especially around money. So basically, we are having benefits from other's issues. Is that fine?

Yes, these are called Borrowed Benefits.

167. When tapping, sometimes other memories come up that have no bearing on the issue being tapped on. Whichever memories pop up, should we tap on those for our own Personal Peace Procedure?

The Personal Peace Procedure is where you note down 100 memories, and you tap on one a day. Keeping it simple, you tap on yourself. Sometimes you begin and don't finish, sometimes it's just 10 minutes long. It has an effect even if it's not finished. You can book an hour-long session with yourself or if something deeper comes up, you can jot it down and work on it with your buddy or the senior practitioner.

The other thing you can do is have two chairs and switch between them as you play the client and the practitioner, while making notes of all that comes up.

You can also pull out the Tell the Story worksheet, fill it, and tap on the issue or the story.

168. Whenever I do the tapping, a part of me indulges in self-talk, telling me it was my fault, etc. Is it normal to have that self-talk?

It is very normal for self-talk when you are doing the Personal Peace Procedure. Write down the self-talk the minute it comes up. Pause the session, have the talk, and come back.

You can also do your tapping while looking at yourself in the mirror. This is one way of having someone looking back at you and tapping with you.

169. I've been on this healing journey for 3 years now, but I still get stuck. When I want to remember an event or recall a memory, I can't remember any, which makes me feel I will never be healed. How do I go about working on this?

We need to loosen the focus on finding the memory, and just tap on not having the memory.

170. I'm a little confused about the Limiting Beliefs process. The VOC was not coming down from 5, the belief being that I may reconcile with the brother but only on a condition. Why would the VOC not come down?

The VOC of the belief will not come down because there is a condition attached to the reconciliation and there are a lot of emotions around this, too. It won't be resolved unless the reconciliation happens independent of the condition.

171. Do we wait for a week if the client wakes up after the session in pain, and not give a full session?

No, you can see them sooner. If they have pain going on, you can teach them how to take care of themselves. Please don't help them from low self-esteem where you feel you didn't do enough during the session. Please don't set them up to depend on you. Ask yourself what the most empowering route is right now for you and your client. Empower them and try to don't fix them! Be kind and find another solution for your client.

172. If the client wants, can we end the Limiting Beliefs session with putting their belief in a box?

If that's what the client wants, it's okay. But we tend to want to change the belief.

173. What do we do if the client becomes too chatty?

If the client is too chatty, what you do is you notice what you love about them first, because chances are they are only trying to communicate. The main thing is if they get too chatty, you can't focus on the session. So, you just have to have empathy and understanding of where they are coming from, and then you can say to them, *"Thank you so much for sharing. I am happy to continue listening to what you have to share, and we can also get started with the session. What would you like me to do?"* or *"Thank you for sharing. Let's get started with the tapping".*

Sometimes, you just have to discern when someone needs to just chat, talk about their issues and let it out, so you'll have to just weigh that up. It's okay to say to people things like *"Let's get started"*, *"What do you want me to do?"* *"Do you want me to listen?"* or *"Would you like us to initiate the EFT process?"*

174. What to do if in the session, the client says they don't want to continue? How does one close the session then?

You can hold the index finger and just acknowledge the sharing, have the client breathe with you and talk gently. You can also ask them to tap on the tops of their feet. This helps to ground them.

175. My partner was feeling unsafe to choose an opportunity and I intuitively felt that perhaps her body was giving her a signal that it's unsafe. How do I go ahead with them then?

You just want to keep asking them what they want. Let go of your intuition. Instead empower them where they are at in that moment. You cannot take over. It's your client's process, and what they want is the most important. If you take them where they don't want to go, you will break rapport and your client will feel unsafe. You want to empower them and ask them what they want. Sometimes, the client be a victim archetype and so taking over the process can be completely disempowering for them. Maybe they want to go at a slower pace than your skill set can take them. So, you just adapt your skill set to take them where they want to go. Do not lead the client.

176. What is Sneaking Up?

In EFT, when we tap on the peripheral aspects of a potentially intense problem or issue (including a specific past event) in an effort to be gentle, we are "sneaking up." Sneaking Up is a strategy of carefully approaching a problem to minimize the level of pain and/or suffering for the client.

Sneaking Up is a part of the system of gentle approaches used in EFT as needed to reduce or minimise emotional intensity. The goal is to take the "edge" off the intensity of the issue *before* further discovery or resolution is attempted. One example of Sneaking Up is to tap on the person's exact words about proceeding further (e.g., "*I'm afraid to go there*") until the intensity is *as low as it will go* and/or other (more peripheral) aspects arise.

Conversely, "*Sneaking Away*" is when we need to step back from an intense emotion or detail we've encountered, in an effort to facilitate a gentler approach.

177. What do you mean by “building bridges”?

Basically, what we mean by “building bridges” is that we explain to the client what EFT is and how it can help them work on their issue(s). We explain it to them in a way that they can receive it.

For example, if someone comes in to see you for stress, you’d explain EFT to them in reference to stress. You’d say *“EFT is a technique that helps lower stress, and one that we can do together. You can follow me, or you can do it yourself. It involves touch and talk, and we will tap on certain parts of the body. Are you okay with that?”*

178. Can we suggest EFT for mental health labels like clinical depression, schizophrenia, or psychosis?

We do not explicitly say that EFT works for mental health labels. We only say that it works for stress. If somebody suffering from psychosis comes in, I’d prefer hypnotherapy over EFT for them. You see EFT works for emotional and stress-related issues. Therefore, if someone with a mental health label such as clinical depression or psychosis comes for therapy, I ask them to go see a mental health professional first.

179. Can we share EFT resources and clinical studies links with our clients when needed?

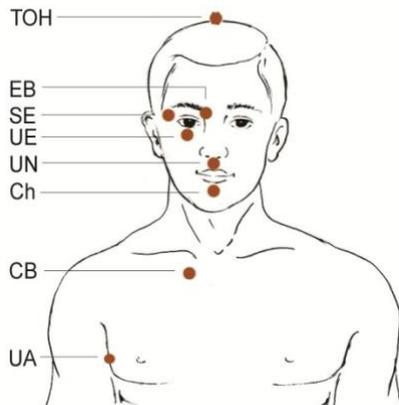
Yes, you are welcome to share the clinical studies and EFT resources with your clients if needed. You can find the links below:

EFT Resources: [EFT Resources \(vitalitylivingcollege.info\)](http://vitalitylivingcollege.info)

EFT Clinical Studies: [EFT Clinical Studies \(vitalitylivingcollege.info\)](http://vitalitylivingcollege.info)

180. Where exactly is under the arm tapping point for men?

It is just below the armpit in line with the nipple.



181. My daughter complained about some itching. I used EFT and the itching went away. After some time, it came back and we worked on it again, however no emotions came up for her. Did the itching come back because there was no emotional charge attached to it?

If a mosquito bite has caused the itching, then there is going to be a reaction which will be experienced because this is the body's way of immune response. But the itching can be uncomfortable for the child. What you can do is that you can make words for her. Kids tend not to have deeper emotions. So, if it comes back, tap on it again.

182. You mentioned that one of the cons of Telephone Tapping is that the client might have a seizure and we cannot support them over the call, hence, a protocol must be followed to ensure their safety. Does the same protocol have to be followed while taking sessions via Zoom?

Yes, the same protocol must be followed if you are taking sessions via Zoom.

However, at Level 1&2, we do not recommend you working with epilepsy. You must do the Inner Child Matrix as well as EFT Advanced Practitioner Training to be working with such cases. Stick to the main indications like stress and PTSD at this level. The index finger hold helps with seizures and epilepsy though. But I'd recommend that you get them to work with someone who has that level of qualification and experience. The same goes for allergies and clinical depression. At this level, focus on working with issues like heartbreak, stress, limiting beliefs and physical tension.

183. You said that EFT is only used to pull muck out and not to embed something new in. But I think that we can embed positive thoughts with it too. Is there any scope of doing that with EFT? Can we try it in our Personal Peace Processes?

You can try doing that as long as there is no attachment to it. Although it's our innate nature to shine through once the negative stuff is out of the system, I don't recommend embedding anything without taking out what's really going on for someone. If you indulge too much in positive tapping, it will give them a false impression. So just make sure that you do it when the client is ready.

As far as your Personal Peace Process is concerned, you can decide and do whatever you want. You can start your day with round of positive tapping or whatever you like.

184. Sometimes, people can either have deep conditioning that keeps them from healing, or their healing is dependent on a relationship. For instance, in M's case, she does want to restore her relationship with her brother but only if he withdraws the forgery case. Does that mean EFT won't work?

I don't want to make up anything. I just want to be with them and work on whatever they bring up. 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 for the body's healing. I can't guarantee that the cancer can be cured but what I can guarantee is that they will have a better quality of life, and EFT helps achieve that. But if someone does not want to do EFT, then don't push them since they can have a violent reaction to it.

It becomes even more challenging if their healing depends on a relationship or a family member, as therapy might push them to go against their value system.

185. Can we work on arthritis with EFT?

Arthritis is about inflammation and can be linked to inflammation of emotions. Again, we cannot promise that it will go away. What we can say is, *"We can explore the information or emotion you are experiencing and when have you felt them before so we can have you in the best place"*.

186. I worked with my husband on an incident using the Movie technique. Later, he had severe pain around the teeth and jaw. We went to see the doctor and had some tests done but nothing came up. We worked on the incident again and this time he experienced severe pain behind the ear. Again, we went to doctor and this time, the tests indicate that he has TNP? Can working with EFT be the cause of this pain?

TNP is a constant pain, so if he had never experienced such pain before, there could be two possible causes of it - either some kind of healing is going on, or something has been triggered. What you can do is to tap on the pain when it surfaces.