

EFT FACILITATOR TRAINING, 22nd DECEMBER 2021

Questions & Answers

1. How should the format of the Woe to Wow story be like?

While sharing your Woe to Wow story, begin with sharing your pain and the problems. Then share how you healed or how you helped somebody else heal. In the end, share where you are now; the end result and what do you do now.

2. Is there any way to work on our breath while speaking?

When you feel nervous, you may be taking shallow breaths. Shallow breaths reach only till the upper part of the lungs. So, try to take deep breaths that reach all the way down to your pelvic floor. When you inhale, your belly should contract and when you exhale, it should expand. This lets you use your core muscles.

3. What to do if I become blank or tired and don't know what to say?

In such cases, you can put the group into a breakout room and give yourself some breathing room.

4. Is there a ratio or balance of humour that it to be kept in mind when presenting?

I never plan it that way. I feel the audience and act accordingly. The energy of the audience brings it out in me. If you try to plan it too much, you may mess up. Simply tune in to the energy of audience and let yourself be organic.

5. What are some energy yoga exercises that we can share with our audience?

Here are some energy yoga exercises:

- Immunity boosting: Make a fist with both your hands. Then find the breastbone point near your chest and gently tap on it with your fists. Make a loud AAA sound while tapping.
- Hair pulling: Put your hands in your scalp and massage your hair from top to bottom with your fingers as if combing your hair.
- Forehead pulling: Place your thumb behind your ears and place all the other fingers on the forehead. Slowly massage your forehead by pressing it from centre to side with your fingers. Breathe deeply as you do this.
- Crown pulling: Join the index fingers and middle fingers of both together. Put those two fingers of each hands on the top centre of your forehead and press it lightly. Gently press your entire forehead using two fingers and breathe deeply.
- Stress/negativity release: Open your palms and bring them in front of you. Imagine putting all your tension into your palms and then make fists. Bring the fists down to the side of the body and then raise your fists up slowly. Then bring your fists down rapidly while making a “woosh” sound and open your fists as if releasing all the tight held stress.
- Heart breathing: Put one hand on the heart. There is an electro-magnetic wave on the hand and the heart that makes a connection. Make a connection with the heart and then breathe in through the nose 6 times and breathe out through the nose 6 times. Then breathe in through on 6 counts and breathe out through the mouth. Breathing out of the mouth is very beneficial for the lymph system. Now, gently hold

the nine-gamut point and breathe in and out through the nose for 6 counts. Now, breathe in through the nose and out through the mouth for 6 counts.

6. Should we do energy yoga exercises before tapping or after tapping? Also, can we include these exercises in one-on-one sessions?

When to use energy yoga exercises depends on the seminar that you are presenting. And yes, as EFT facilitators, you can include these exercises in your one-on-one sessions.

7. I and many of my participants have experienced headache as a result of hair combing exercise. What can I do for this?

Do it more often and ask your participants to do the same. With some practice, the headache issue won't last. Still, encourage your participants to do what makes them feel comfortable.

8. When choosing our story, does it matter how our potential will perceive us?

The audience will anyway perceive you and judge you from the beginning. So, just go with whatever you feel comfortable with. Sometimes I say this to my audience that there are three seminars going on right now, one is all of them watching me in the front, the second is the one in their head where they are asking themselves what does this mean to them, and the third one is when they are judging me and everybody else around.

9. In the heart breathing exercise, does it matter which hand is put on the heart?

No, any hand can be used.

10. Where exactly is the nine-gamut point? Is it the entire line or any particular point?

The meridian does cross the entire line, yet we hold it in the middle. For clients who are very traumatised, I ask them stroke through the entire line.

11. What is the difference between fight, flight, and freeze response?

Whenever you feel triggered, there are three ways you can react to it. Those three responses are called fight, flight, and freeze. Fight response is when you react to the trigger by expressing emotions. Flight response is when you want to run away from the situation. Freeze response is when you numb out and can't make sense of how to react.