

## EFT SERVE

### October, 2022 - Questions & Answers

#### MAIN TOPICS COVERED:

#### 1. What is a timeline and why is important to draw a timeline while working with limiting beliefs?

The timeline represents a person's life from their birth to their current age. It is an imaginary line joining the past to the present and going to the future.

While working with limiting beliefs, a timeline is drawn when the root of the limiting belief is uncovered. Then, the limiting belief is removed from the entire timeline so that it does not affect future decisions.

#### 2. How do you use timelines while working with addictive cravings or physical pain?

Using a timeline for addictive cravings or physical pain is a great way to identify the core issue. You can use the timeline in three ways:

- A. Age: You can draw the timeline and write 0 at the start and your current age at the end of the line. Go back to the timeline and mark the ages when you felt those cravings or pain before in your life. This helps to uncover the past memories and the core issues related to the pain or craving.
- B. Time of the day: You can draw the timeline and mark the times of the day you feel the particular craving or pain. Note when it gets better and when it gets worse. This helps identify what is going on as well as the emotion associated with the craving or the pain.
- C. Time of the month: Draw the timeline and mark the time of the month when you feel the craving or pain. Note when it gets better and when it

gets worse. Checking with the timeline of the month is recommended because men and women both go through hormonal changes during different times of the month which may create the emotional or physical need for certain substances. It can also be connected with the phases of the moon. Many people experience mood changes during the full moon or the new moon phases. Like the moon can cause high and low tides, the water in your body can also get affected.

Some questions you can ask with a timeline are:

- *“When else have you felt it?”*
- *“When does it get worse?”* (Mark the age or time)
- *“When does it get better?”* (Mark the age or time)
- *“What were you feeling emotionally then?”*

### **3. How can you work on money worries with the EFT timeline?**

To work on money worries with timeline, mark in your timeline the age money consciousness first came to you. Ask, *“What was that consciousness?” “Is it poverty consciousness?” “Is it about not having enough money?”*

Sometimes, people may have money but no love or support. In addition, try to understand the money equation in your relationships. Ask, *“Do you play the role of the provider in your relationship?”*

The culture you belong to and the belief system of the society you’re a part of also affect your beliefs and your relationship with money. For example, in India, most marriages are based on monetary security. In some cultures, money represents power. Explore your beliefs and relationship with money.

In your timeline, mark the peak and drop of your financial situation. Ask,

- *“When did you have lot of money?”*
- *“When did you have less money?”*

- *“When did you have no money?”*
- *“How did it make you feel?”*

Then, you can start exploring it and tapping.

#### **4. How can you work with acidity with a timeline?**

If your client has had problems with acidity for a significant amount of time, you can start drawing their timeline by asking,

- *“When did it occur first?”*
- *“What happened then?”*
- *“When did it get better? What was happening in your life then?”*
- *“When did it get worse? What was happening in your life then?”*

You can also draw their timeline of the day by asking,

- *“What time of the day you feel acidic?”*
- *“What time of the day do you not feel acidic? What happens then?”*
- *“What has to happen to make you feel acidic?”*
- *“What has to happen to not make you feel acidic?”*

You can also check their food habits. The kind of food they consume, when and how they eat, etc. Establish their eating patterns and explore any limiting beliefs associated with that pattern.

#### **ADDITIONAL QUESTIONS:**

- 1. When I was working with money issues, some past life memories came up. What is the right way to work with past life memories related to money issues?**

The past life memories may not be very vivid or understandable. You can put the memory on the movie screen and play it. In addition, remember to ask yourself,

*“How is that past life memory related to my current situation?”*

**2. I have nerve pain, spondylitis, and migraines. All these pains produce a lot of mental stress and which causes me to not be able to complete my work on time. How can I use the timeline to work with these pains?**

Pick one pain at a time and work on that. You can draw the timeline of the day and ask yourself when the pain got better and when it got worse. Then, follow the process of working with physical pain with the timeline.

**3. I had fracture in my C1 and C2, anterior marginal osteophytes in C5 and C7, anterior wedges of T11/D11 vertebral body, degenerative changes in dorsal, and lumbar spine and compression in T5 and sacred bone. Can I use the timeline to heal myself?**

First, check your medical history and establish whether the pain is acute or chronic. It is recommended to explore the emotion related to the pain and work on that directly instead of using the timeline.

However, the best way to work with these is ICM. You can also communicate with those body parts.

**4. I get angry when I am not heard. Can I use the timeline to explore this issue?**

You can use the timeline but you can also work on the emotion directly. You can explore by asking yourself,

- *“When did it get better? When did it not get better?”*

- *“What happened then? What has to happen to make me feel like I’m not heard?”*
- *“When did I feel heard?”*
- *“When did I not feel heard?”*
- *“Who do I feel angry with? What has to happen with them?”*
- *“What happens when I get angry?”*
- *“What happens when I don’t get angry?”*
- *“What has to happen to get the anger triggered?”*

**5. How do you work with a client who is constantly critical of everything and everyone? The client wants to change that. How can you save your own energy from being drained when working with someone like this?**

If the client is constantly critical that it might not be situational. You can ask,

- *“What has to happen to get critical?”*
- *“What has to happen to not get critical?”*
- *“What do you have to feel emotionally to get critical?”*
- *“What has being critical cost you? What has not being critical cost you?”*
- *“What is the benefit of being critical?”*
- *“How will your life get better if you are not critical? How can you still have the benefit?”*

If you get triggered by them, work with yourself following three steps. First, tap on yourself with the statements, *“I get angry, I get critical of myself, I get critical when they get critical... I love and accept myself.”*

Second, ask yourself, *“What’s the reason it is draining you? What is your problem with them behaving in a certain way?”*

Third, set an emotional boundary with them. When they are critical, it pushes your self-critical button. Set the boundary that their problem is their issue, it

has nothing to do with your life. Their perspective has nothing to do with your perspective.

## **6. Do you need to work with all the beliefs that come up while working with the timeline?**

You don't need to work with all the beliefs. In fact, be specific and only work with the beliefs that are associated with the issue being explored at hand and the beliefs that come up as a part of the memory. You have to be cautious about not letting your own beliefs and judgements get in the way.

## **7. Can I work on my hearing loss with the timeline?**

Yes, you can work on your hearing loss with the timeline. You can explore by asking yourself,

- *"When did it first happen? What happened then?"*
- *"When was it better? What happened then?"*
- *"When was it worse? What happened then?"*

Hearing loss may be about not feeling heard or not hearing others. Ask,

- *"When did I feel heard? When did I not feel heard?"*

## **8. When I got divorced, I was asked not to expect much in the process. Is it right to take the decision of not expecting much?**

I cannot guide you with that but I suggest you practice your Daily Personal Peace Procedure to help you come to a decision yourself.

## **9. I have a number of ailments and medical documents. What is the best technique to work with the ailments?**

The best technique to use for different ailments will depend on the SUD of the issue. If it is very high, you can use Movie Technique. However, Inner Child Matrix is the best process to work with ailments.

You can also pick one ailment at a time from your medical documents and map out the memories associated with it. Pick one memory a day and work on it using the Tell the Story technique. Open the medical record from the top, read and keeps tapping. Spend 15 minutes every day working on this.