EMOTIONAL FREEDOM TECHNIQUES MASTERCLASS QUESTIONS & ANSWERS 29TH JUNE 2024

QUESTIONS ANSWERED:

1. **How can we learn EFT?**

   Learning Emotional Freedom Techniques (EFT) involves understanding its core principles and following a structured process. Here are the 7 steps of EFT:

   A. Identify the issue or goal: The first step is to identify the issue or goal. In order to identify your goals, ask yourself the following questions:

      - What do you want?
      - What issue do you want to solve?
      - How does it make you feel?

   For stress, autoimmune and depression, I recommend you take sessions from a certified practitioner.

   B. Get a measure for it: On a scale of 1 to 10, what number would you give it, where 10 is uncomfortable or 1 is not uncomfortable at all. The reason you give it a number is because you want to measure the progress later.

   C. Start EFT Tapping on the side of the hand: In order to tap on the side of the hand, you will repeat this statement 3 times:

- "Even though I have this problem, I deeply and completely love and accept myself."

D. Tap on the upper body points: After tapping 3 times on the Karate Chop, the next step is to tap on the facial and upper body points with the reminder phrase. The reminder phrase is a short phrase that reminds you or your client of the problem, so that it can be cleared.

The example of EFT Tapping statements are below:

- Karate Chop: Even though I have this stress, I deeply and completely love and accept myself (3 times).
- Eyebrow: This stress
- Temple/ Side of the eye: So much stress
- Under the eye: This stress
- Under the nose: Stress
- Chin: Stress
- Collar bone: This stress
- Under the arm: This stress
- Thumb: This stress
- Index finger: This stress
- Middle finger: Stress
- Little finger: Stress
- Karate Chop: "Even though I feel stressed, I deeply and completely love and accept myself."

E. Close sequence: Come back to the side of the hand also known as the Karate Chop point and say the starting phrase out loud again.
    - "Even though I have this problem, I deeply and completely love and accept myself."

F. Relax: Take a breath in and out. Take a sip of water and reflect how you feel.

G. Testing: Finally, ask yourself:
    - How are you feeling?
    - What happened?

Lastly, ask yourself, "Do you feel the same, better or worse?" Be honest with the response.

2. When is the best time to practice EFT?

The best time to do Emotional Freedom Techniques (EFT), or "tapping," is whenever you feel the need to release emotional or physical tension. Many people find it helpful to practice EFT in the morning to set a positive tone for the day or in the evening to unwind and relax before bed. Ultimately, the ideal time is whenever you can dedicate a few minutes to focus on your well-being and tap into a calmer state of mind.

3. **What statement should we say while doing EFT, especially for relieving pain in the body?**

   The statement provided is a typical setup phrase used in EFT. It goes: "Even though I have this problem, I deeply and completely love and accept myself." This statement is designed to acknowledge the issue while affirming self-acceptance and love. It serves as a starting point to open the door to emotional healing and forgiveness.

   Here's an explanation of the process:

   A. **Setup phrase:** "Even though I have this problem..." This phrase is used to identify and acknowledge the specific issue or pain in the body that you want to address through EFT.

   B. **Affirmation of self-acceptance:** "...I deeply and completely love and accept myself." This part of the statement emphasises self-acceptance and self-compassion, which are integral to the EFT process.

   C. **Tapping on the side of the hand:** During EFT, after stating the setup phrase, you begin tapping on the side of your hand (also known as the karate chop point) while repeating this statement aloud. This helps to establish a connection between the words spoken and the acupressure tapping on specific meridian points on the body.

   By acknowledging the problem, accepting oneself despite it, and tapping on meridian points, EFT aims to release emotional blocks and promote relief from physical symptoms like pain in the body.

4. **What is the purpose of using the index finger in EFT tapping?**

   The index finger is associated with the energy of fear. When using EFT tapping, the purpose of tapping on the index finger is to address and release fear-related emotions and energy. This is part of the EFT technique, which involves tapping on specific points on the body to release emotional distress.

5. **Can EFT help lessen feelings of sadness and anger?**

   Yes, EFT can be very effective in lessening feelings of sadness and anger. These emotions can be incredibly challenging to navigate. By tapping on specific meridian points while focusing on these emotions, EFT helps to release the negative energy associated with them. Many people find that it brings a sense of relief and calmness, allowing them to move forward with greater emotional balance and clarity.

6. **Can EFT help with coping with emotional and physical abuse?**

   I'm so sorry to hear about the emotional and physical abuse. It's incredibly important to address and heal from such experiences. One effective tool that can help is Emotional Freedom Techniques (EFT), or "tapping."

   EFT combines cognitive therapy with acupressure to release negative emotions and stress stored in the body. It has shown great promise in helping individuals process trauma, reduce anxiety, and regain a sense

of peace. By incorporating EFT into your healing journey, you can find a path towards emotional and physical well-being.

7. **Can EFT help alleviate symptoms of depression and anxiety?**

   EFT involves tapping on specific meridian points on the body while focusing on the issue being addressed, which proponents claim can help restore balance to the body's energy system and reduce emotional distress. EFT is clinically proven to lower stress, anxiety, depression, fears and phobias, pain, and cravings to feel better. The clinical evidence proves that EFT is effective in lowering stress, anxiety, depression, and past pain; thereby leading to good health and happiness.

8. **Can EFT help with borderline personality disorder (BPD)?**

   Dealing with Borderline Personality Disorder (BPD) can be incredibly tough to manage. One supportive tool to consider is Emotional Freedom Techniques EFT.

   EFT involves tapping on specific points on the body while focusing on your feelings, which can help release emotional tension and reduce stress. The technique is based on the principles of acupuncture and acupressure, which involve stimulating the body's meridian points. These meridians are pathways in the body through which energy flows. Remember, you're not alone in this, and there are ways to find relief and support. Disruptions or blockages in these pathways can lead to

emotional and physical imbalances. By tapping on these meridian points while focusing on specific feelings or issues, many people find they can alleviate emotional distress and manage the intense emotions associated with BPD.

Remember, EFT is a supportive tool and should be used alongside other treatments and therapies as advised by a healthcare professional.

You're not alone in this, and there are ways to find relief and support.

9. **Can EFT help with relieving hypertension?**

For hypertension, you need to explore what triggers it and what else is happening in your life. Usually, it's the external triggers and negativity that is not resolved. I do the negativity release because sometimes, some people don't want to express what's going on to keep the peace, and they keep it inside. So, they need a system to really express what's going on and discover the root belief of what's happening.

Unlock that and your hypertension will vanish. If you are working with a client, (after you have the client's intake form), you need to notice when they are feeling tensed or pressured and what is happening in their life. Explore using more questions to help them in a better way.

10. What can be done to alleviate severe headaches?

Headaches can be really debilitating. One technique that might help is Emotional Freedom Techniques (EFT), or "tapping." EFT involves tapping on specific points on your body while focusing on your pain, which can help release tension and reduce stress. Many people find that EFT provides relief from headaches and promotes overall well-being. Here's how you can use EFT to try to alleviate headaches:

Focus on the specific headache pain you are experiencing. Notice where it is located and how it feels (e.g., throbbing, sharp, dull). On a scale from 0 to 10, rate the current level of pain or discomfort you feel. This helps measure progress after the tapping session.

Create a setup statement that acknowledges the pain and includes a phrase of self-acceptance. Tap on the meridian points while repeating a reminder phrase (a short phrase that keeps you focused on the headache pain) Tap through the meridian points again while focusing on the pain and using the reminder phrase.

After completing the tapping sequence, rate the intensity of your headache again on a scale from 0 to 10. Compare it to the initial rating to assess any changes. Repeat the process as needed until the intensity decreases to a comfortable level.

11. Could EFT help someone with ADHD?

EFT can be an effective tool for individuals with attention deficit hyperactivity disorder (ADHD). While EFT is not a cure for ADHD, it may help manage some of the associated symptoms and challenges.

Many individuals with ADHD experience heightened levels of stress and anxiety. EFT can help alleviate these feelings by releasing emotional tension through tapping on specific meridian points while focusing on stress-inducing thoughts or situations. EFT helps improve concentration and focus by calming the mind and reducing the overwhelm often experienced by individuals with ADHD. By addressing underlying emotions and stressors, EFT can create a more conducive mental state for focus.

Focus on a specific symptom or challenge you're experiencing, such as feeling overwhelmed, difficulty focusing, or impulsive behaviour. Create a setup statement that acknowledges the issue and includes a phrase of self-acceptance. For best results, consider working with a certified EFT practitioner who can provide personalised guidance and support.

12. Does EFT involve techniques for children with ADHD?

EFT can help children manage anxiety and stress, which are common in those with ADHD. Reducing these feelings can improve overall emotional well-being. EFT helps improve concentration by calming the mind and reducing the feelings of being overwhelmed.

EFT provides a structured way for children to express and manage their emotions, which can be particularly beneficial for those with ADHD who may struggle with emotional regulation. Use a simple scale from 0 to 10 to help the child rate how big the problem feels. For younger children, you can use visual aids like faces showing different levels of distress. Turn the process into a game by using playful language, making up songs, or incorporating favourite toys or characters to keep the child engaged. Encourage the child to go through the tapping points again while focusing on the issue.

After tapping, ask the child to rate the intensity of the issue again to see if there's been any change. Repeat the process as needed. Sessions with children should be brief to match their attention spans. Use age-appropriate and simple language to explain the process and the purpose of tapping. Be patient and provide plenty of encouragement and praise. Let the child know it's okay to feel whatever they're feeling. For best results, consider working with a certified EFT practitioner who has experience working with children.

They can provide personalised guidance and support, ensuring the techniques are adapted effectively for the child's needs. While EFT is not a replacement for traditional ADHD treatments, it can be a valuable complementary tool to help children manage their symptoms and improve their emotional well-being.

13. Could you please provide the ACEs chart again?

Adverse Childhood Experience (ACEs) are the experiences that occur in your life when you were a child which can have a tremendous impact on future violence victimisation and perpetration, and lifelong health and opportunity.

To put it simply, as a child, you might have witnessed a variety of events that have taken a toll on your health. You may not remember all of them correctly but unconsciously, these events and experiences become the reason behind your illness and diseases.

For your reference, here are the three components of ACEs:

A. Abuse: Abuse includes all three forms of abuse: physical, mental and sexual.

B. Neglect: Neglect and abandonment in both physical and mental form.

C. Household Dysfunction: Household dysfunction includes the following:

- Mental illness
- Incarcerated relative (Imprisonment or confinement of a family member or relative)
- Mother treated violently (by in-laws, spouse etc)
- Substance abuse (cocaine and drugs)
- Divorce

Give yourself a 1 for each of the sub-parts of components of ACEs and add them. Below I have mentioned, what your overall ACE score means:

A. ACE score 0: ACE score 0 implies low likelihood of facing adverse health conditions in adulthood. It also means that you have low chances of taking up smoking, attempting suicide, experiencing depression and participating in substance abuse.
B. ACE score 1-3: ACE score 1-3 implies that the use of illicit drugs increases from 11.3% to 21.5%. The association with alcoholism, depression and suicidal tendencies also go up correspondingly.
C. ACE score 4+: ACE score of 4 or above implies that the possibility of disease, disability and social problems substantially increase. Early death is likelihood. The possibility of becoming an alcoholic increase fourfold and the possibility of suffering from chronic depression triples. Lastly, chances of heart disease and stroke doubles.

Therefore, if you have a disease, say diabetes or autoimmune which is not shaking, you might have some Adverse Childhood Experiences standing in your way.

14. How does stress cause these physical ailments? Is there a scientific basis for it?

Yes, there is a scientific basis for how stress can cause physical ailments. The relationship between stress and physical health is well-documented and involves several mechanisms:

A. Activation of the stress response: When you experience stress, your body activates the "fight-or-flight" response, which involves the release of stress hormones like cortisol and adrenaline. This response is meant to prepare your body to deal with immediate threats but can cause various physical effects when prolonged.

B. Hormonal effects: Cortisol: Chronic stress leads to prolonged elevation of cortisol levels, which can suppress the immune system, increase blood pressure, and affect the metabolism of fats, proteins, and carbohydrates.

- Adrenaline: Increases heart rate and blood pressure, providing short-term boosts of energy but potentially leading to long-term cardiovascular issues.

C. Immune system suppression: Chronic stress can suppress the immune system, making the body more susceptible to infections and slowing the healing process.

D. Inflammation: Prolonged stress can lead to chronic inflammation, which is linked to various health issues such as cardiovascular diseases, diabetes, and autoimmune disorders.

E. Gastrointestinal issues: Stress affects the gastrointestinal system, leading to conditions like irritable bowel syndrome (IBS), acid reflux, and ulcers. The gut-brain axis plays a significant role in this connection.

F. Cardiovascular system: Stress increases the risk of heart disease by raising blood pressure, causing inflammation in the arteries, and contributing to the buildup of arterial plaque.

G. Musculoskeletal system: Stress causes muscle tension, which can lead to pain and discomfort in various parts of the body, such as headaches, back pain, and other musculoskeletal issues.

H. Endocrine system: Chronic stress affects the endocrine system, impacting the thyroid and reproductive hormones, potentially leading to issues such as hypothyroidism, menstrual irregularities, and reduced fertility.

I. Mental health and behaviour: Chronic stress is linked to mental health disorders like depression and anxiety. It can also lead to unhealthy behaviours such as overeating, smoking, or alcohol abuse, which further impact physical health.

15. How does the Inner Child Matrix technique help? I would like to learn more about it?

The Inner Child Matrix technique is a therapeutic approach aimed at healing emotional wounds and resolving issues rooted in childhood experiences. It represents the emotional and psychological imprint of childhood experiences stored in the subconscious mind. These experiences can influence beliefs, behaviours, and emotional responses in adulthood.

The Inner Child Matrix technique seeks to establish a compassionate dialogue between the present self (adult self) and the inner child (younger self) to address unresolved emotions and heal past wounds. The process begins by identifying core emotional issues or traumas often rooted in childhood experiences. These may include neglect, abandonment, abuse, or significant emotional events.

By acknowledging and validating the inner child's emotions, the process facilitates emotional release and healing. This can involve expressing suppressed feelings, revisiting memories, and reframing beliefs. The goal is to integrate the healed aspects of the inner child with the adult self, fostering emotional integration and a healthier self-concept.

16. Do we use just EFT for PTSD, or do we also incorporate Inner Child Matrix? I need help until I can seek therapy. How effective is EFT for ADHD?

Consider using Inner Child Matrix for moderate to severe cases of PTSD. This trauma-informed approach focuses on creating a supportive environment where present and past selves communicate compassionately. It aims to gently address and reframe traumatic memories, facilitating emotional release. While traditional EFT can be effective for mild PTSD, Inner Child Matrix is often preferred for more significant emotional reactions and multiple trauma memories due to its gentler approach and efficient memory processing.

Supporting someone with ADHD can be challenging. One approach that has shown promise is Emotional Freedom Techniques (EFT), or "tapping." It can help manage stress, improve focus, and promote a sense of calm. It's worth exploring alongside other supportive strategies. For instance, there was a boy in South Africa who struggled with writing and experienced humiliation from a teacher.

Through EFT, he addressed the emotional pain caused by the teacher's actions, forgave her, and expressed positive affirmations. This process supposedly led to improvements in his ADHD symptoms.

Regarding negative statements that come to mind, the approach described suggests pausing, acknowledging the negativity, and then using EFT to tap through these feelings and replace them with positive statements. The idea is to use tapping to address emotional distress

and potentially reduce symptoms associated with ADHD. Since you're also going through ADHD, which involves problems with interpreting and controlling issues as well as many past traumas, you have two options:

Find a professional who can work with you step by step to address your past traumas. If you prefer a self-help approach, you can learn EFT, and specifically, the Inner Child Matrix. This method involves making a list of all your past traumas and working through them gradually, taking a week at a time rather than a day at a time, to give yourself space in between.

17. I am also dealing with ADHD problems such as difficulty concentrating, interpretation issues, and impulse control problems. Additionally, I have many past traumas. Which particular course of yours would be beneficial for me?

Consider learning and practicing EFT, which involves tapping on specific acupressure points while focusing on emotional experiences and symptoms. EFT can help reduce emotional distress related to past traumas and potentially improve impulse control and concentration. Incorporate mindfulness practices and meditation into your daily routine to improve focus, attention, and emotional regulation. These practices can help manage ADHD symptoms and reduce the impact of past traumas on your current well-being.

Seek support from a qualified therapist who specialises in ADHD and trauma. They can provide personalised guidance, techniques, and support tailored to your specific needs and challenges. Explore approaches such as dietary changes (e.g., reducing processed foods, increasing omega-3 fatty acids), regular exercise, and adequate sleep hygiene. These factors can significantly impact ADHD symptoms and overall well-being.

18. I was surrounded by narcissistic people whose behaviour has lowered my confidence. Can you help me with this?

Dealing with the effects of being surrounded by narcissistic individuals can indeed impact your confidence and overall well-being. Here are some steps that might help you regain confidence and heal from these experiences:

Start by practicing self-compassion. Recognise that it's normal to feel the way you do after experiencing narcissistic behaviours. Treat yourself with kindness and understanding as you navigate through these feelings. Establish clear boundaries with narcissistic individuals or toxic relationships. This may involve limiting contact, asserting your needs, and prioritising your emotional well-being.

Consider seeking support from a therapist or counsellor who specialises in trauma and narcissistic abuse. Therapy can provide a safe space to process your experiences, understand their impact on your confidence, and develop coping strategies. Engage in activities that promote

personal growth and self-discovery. This could include hobbies you enjoy, learning new skills, or setting achievable goals that boost your self-esteem.

Practice positive affirmations daily to challenge negative beliefs and build self-confidence. Affirmations can help reshape your self-perception and counteract the effects of negative experiences.

Incorporate mindfulness practices, relaxation techniques, or activities like yoga or meditation into your routine. These practices can help reduce stress, improve emotional regulation, and enhance overall well-being.

19. Can you tell me about arthritis and pain in the back and thorax?

Arthritis can cause pain in various parts of the body, including the back and thorax (chest area). Here's how arthritis can affect these areas and how EFT (Emotional Freedom Techniques) may help:

This type of arthritis commonly affects the spine, particularly the lower back (lumbar spine). It can cause stiffness, pain, and limited range of motion in the affected joints. Inflammation associated with rheumatoid arthritis can also affect the spine and cause pain in the back and thoracic region. Arthritis in the thoracic spine (mid-back) can lead to pain, stiffness, and discomfort in the upper and mid-back regions. This can impact mobility and daily activities.

EFT involves tapping on specific acupressure points while focusing on the physical sensations and emotional aspects of pain. Research

suggests that EFT can help reduce pain intensity and improve pain tolerance by influencing the body's stress response and promoting relaxation.

Chronic pain conditions like arthritis often have an emotional component, such as stress, anxiety, or frustration. EFT addresses these emotional aspects, potentially reducing the emotional burden associated with chronic pain and improving overall well-being. EFT can empower individuals to manage their pain symptoms on their own, providing a tool for self-care and stress relief that can complement medical treatments and therapies.

Focus on the specific areas of pain in your back or thorax. Use the EFT technique to tap on acupressure points such as the top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head (again). Pay attention to changes in pain intensity or emotional state before and after EFT sessions. Keeping a journal can help track improvements over time.

20. I have severe back pain that is preventing me from sitting upright. Can EFT help me with this?

EFT can offer some relief and support for severe back pain that is affecting your ability to sit upright. Here's how EFT could help:

EFT involves tapping on specific acupressure points while focusing on physical sensations, emotions, and thoughts related to pain. This

tapping sequence can help reduce stress, tension, and anxiety, which can contribute to the perception of pain and muscle tightness.

EFT techniques aim to influence the body's stress response and promote relaxation. By addressing the emotional and energetic aspects of pain, EFT may help alleviate discomfort, improve pain tolerance, and support a more comfortable sitting position over time. It can be used as a complementary approach alongside medical treatments and physical therapies prescribed by healthcare professionals. It provides a self-help tool for managing pain and enhancing overall well-being.

Identify and tap on acupressure points around the affected area of your back. While tapping, use affirmations that acknowledge the pain and affirm your ability to relax and find relief. Practice EFT regularly to monitor changes in pain intensity and your ability to sit upright comfortably.

21. I have pain in my shoulders today after yesterday's workout. What can I do?

EFT can offer relief and support for severe shoulder pain. Give your shoulders adequate rest to allow them to recover from yesterday's workout. Avoid activities that aggravate the pain or strain the shoulder muscles further. Focus on the area of your shoulders where you feel pain or discomfort.

While tapping on the karate chop point (side of the hand), create a setup statement that acknowledges the pain and affirms self-

acceptance. After completing a round of tapping, check in with your shoulder pain. Notice any changes in intensity or discomfort. You can repeat the tapping sequence multiple times, focusing on aspects of the pain, emotions tied to the discomfort, or affirmations of healing and relaxation.

EFT can complement physical care techniques like icing, rest, and gentle stretching. Use EFT alongside these methods to support overall pain relief and recovery.

22. Are there any side-effects you could encounter during EFT and is there any protocol you use when it gets too for example, emotional?

Absolutely, when practicing Emotional Freedom Techniques (EFT), some people may experience emotional release or temporary intensification of feelings, which is normal and part of the healing process. There are no documented side effects of EFT other than the emotional responses that can occur, such as sudden tears or emotional releases during the process. If emotions become overwhelming, it's important to pause, take deep breaths, and consider tapping on more neutral or grounding statements until you feel more balanced.

23. How can I manage increasing nerve issues like tinnitus, leg pain, and sciatica that started after childbirth, despite trying various healing methods without success, impacting my work life?

Explore and possibly challenge beliefs about how quickly relief should occur. Understand that managing chronic conditions requires persistence and consistency in daily practices. Treat emotional and mental health practices like physical hygiene routines. Commit to daily practices with the understanding that cumulative efforts can yield benefits over time.

Acknowledge feelings of frustration without letting them overshadow progress. Avoid becoming overly fixated on immediate results and focus on the process of daily care and management. Release attachment to specific outcomes to reduce stress and allow space for healing and improvement. Incorporate techniques for nervous system regulation and stress management into daily routines.

Engage in exercises such as deep breathing, circular ear massage, humming, and eye movement exercises. These activities aim to release tension, promote relaxation, and support nervous system balance. Dedicate at least 10 minutes daily to these practices to maintain their effectiveness and integrate them into your routine effectively.

Recognise the impact of past memories and anxiety on nerve issues. Consider techniques like Emotional Freedom Techniques (EFT) to release emotional blocks and conditioned beliefs contributing to symptoms. Combine physical techniques for nerve regulation with

psychological and emotional support to create a holistic framework for managing chronic nerve issues effectively.

24. How can EFT help with controlling blood pressure?

Many cases of high blood pressure are influenced by stress, anxiety, and emotional triggers. EFT helps individuals address underlying emotional issues that contribute to hypertension. By releasing emotional blockages and promoting emotional balance, EFT can help manage blood pressure levels over time. During EFT sessions, individuals can tap on specific issues related to blood pressure management, such as stress, anxiety, fear of health issues, or past traumas that may affect cardiovascular health. This targeted approach can address the root causes of elevated blood pressure.

EFT can be used alongside medical treatments and lifestyle modifications recommended by healthcare professionals for blood pressure management. It provides an additional tool for stress management and emotional well-being.

25. What if the blood pressure issue is not related to trauma, as my kids have been experiencing it from a very young age without any identifiable cause?

I'm sorry to hear that your kids are experiencing blood pressure issues from a very young age without any identifiable cause. You could explore what might be making your kids feel uncomfortable.

I assume you have consulted medical doctors to check if there's no medical reason for it. Maybe engage in some simple energy flow exercises with them as well.

26. Is there any way to alleviate the muscle tension and pain in the front of my legs that's making walking difficult and causing embarrassing falls, despite trying to stay positive about the situation?

If you're experiencing muscle tension and pain in your legs, which makes walking difficult and causes falls, it may be helpful to consider various approaches. One possibility is fibromyalgia, known for its extreme pain and challenging treatment. Some people find relief using CBD oil, which affects the nervous system rather than the muscles. It's also worth exploring themes of grief or loss, even if it's not related to losing a loved one, as these emotions can impact physical health. Emotional Freedom Techniques (EFT) might be beneficial for addressing issues like overwhelm, PTSD, fear and anxiety related to leg problems, and a history of fibromyalgia. EFT can help with underlying emotions such as grief, loss, and disappointment. Here are some EFT suggestions to consider:

Each morning, assess your breathing on a scale of 1 to 10 and give it a descriptive name like constricted, heavy, or light. Perform two or three rounds of tapping to help reduce anxiety.

Write down all the emotions and feelings you're experiencing. Highlight the most significant one and rate it on a scale of 1 to 10. Tap while

repeating statements like, "Even though I have this feeling of [X] and it's a number [X], I love and accept myself."

Follow a guided recording if available, repeating the process: "Even though I have this feeling of [X] and it's a number [X], I love and accept myself." Breathe in through the nose and out through the mouth, hold the 9- Gamut point, place your hand on your heart, and breathe gently.

Work on Memories: Write out the memory causing you distress and tap while reading it out loud until it no longer has an emotional charge. Conclude with, "I love and accept myself."

For a deeper understanding or more personalised guidance, learning more about EFT or working with a practitioner can be beneficial. This approach can help manage muscle tension and leg pain effectively.

27. Can EFT help with addiction, such as smoking?

Yes, EFT can be helpful in addressing addiction issues such as smoking. As EFT involves tapping on specific meridian points while focusing on the addiction-related cravings, stress, and emotional triggers associated with smoking. This tapping sequence can help reduce the intensity of cravings and manage stress levels, which are often triggers for smoking. Smoking addiction can be linked to underlying emotional issues such as stress, anxiety, or boredom. EFT allows individuals to identify and address these emotions, releasing negative energy and promoting emotional balance without turning to smoking for relief. EFT can help disrupt the habitual patterns associated with smoking by introducing a

new coping mechanism that does not involve cigarettes. It can support individuals in reprogramming their responses to triggers and cravings, encouraging healthier choices.

Through EFT sessions, individuals gain insight into their smoking habits and the emotions driving them. This increased self-awareness can empower them to make conscious decisions and take control over their addiction.

28. Could EFT help with managing feelings of anger, sadness, loneliness, and difficulty speaking freely with my mother?

These emotions can be incredibly challenging to navigate. One helpful technique to consider is Emotional Freedom Techniques (EFT), or "tapping." EFT involves tapping on specific points on the body while focusing on your feelings, which can help release emotional tension and reduce stress.

EFT can be incredibly transformative for those feelings. It's designed to help release emotional blocks like anger, sadness, and loneliness, and can create breakthroughs in communication with loved ones like your mother. It's amazing how EFT can facilitate healing and bring about greater emotional freedom and connection in relationships.

29. I have a foot imbalance and a phobia of falling down. How can I use EFT to address this anxiety disorder?

Acknowledge the discomfort or imbalance in your foot. Focus on any physical sensations or emotions associated with it. Recognise the fear and anxiety you experience related to the possibility of falling down. Identify specific situations or triggers that intensify this fear. While tapping on the karate chop point (side of the hand), create a setup statement that acknowledges the issue and affirms self-acceptance and safety. During tapping, visualise yourself feeling balanced, steady, and safe in various situations that typically trigger your fear of falling. Imagine yourself confidently navigating daily activities without anxiety. After tapping, take note of any changes in your feelings of anxiety, fear, or physical sensations related to foot imbalance. Track your progress over time to observe improvements in managing anxiety. Practice EFT regularly, ideally daily or as needed when anxiety arises. Consistency in tapping sessions can reinforce positive changes in managing phobias and anxiety disorders.

30. Can EFT help with constant heaviness in the chest and pain in the neck and upper back?

When dealing with persistent symptoms like chest heaviness, neck pain, and upper back pain, consider using techniques such as Emotional Freedom Techniques (EFT). Start by identifying what triggers these symptoms and how they manifest differently. Approach the issue

systematically, exploring any underlying emotional or psychological factors that may be contributing. By addressing these layers, you can develop a targeted therapeutic plan to manage and potentially alleviate these symptoms. This method encourages a holistic approach to healing, integrating both physical and emotional aspects to promote overall well-being.

31. Frequent losses and scarcity of money in my life are squeezing my energy and potential. I need guidelines for creating wealth?

Creating wealth involves a combination of mindset, strategic planning, and disciplined actions. Adopt a mindset of abundance rather than scarcity. Trust that opportunities for wealth creation exist and are accessible to you. Use affirmations to reinforce positive beliefs about money and wealth.

Identify specific financial goals you want to achieve, whether it's saving a certain amount, investing in assets, starting a business, or paying off debts. Ensure your goals are (SMART)Specific, Measurable, Achievable, Relevant, and Time-bound. Develop a budget that aligns with your financial goals. Allocate funds for savings, investments, and necessities while limiting non-essential expenses.

Building wealth is a journey that requires patience and perseverance. Stay committed to your financial plan and adapt it as needed to navigate challenges.

32. While saying these positive statements, what do you do when negative ones come into your mind, as well as negative incidents?

When practicing techniques like EFT or affirmations and negative thoughts arise, it's important to pause and acknowledge them. This acknowledgment is a crucial step in the process. Return to a neutral or starting point, such as the karate chop point in EFT, to ground yourself and begin again. This allows you to reaffirm positive statements or intentions effectively without being derailed by negative thoughts or incidents. By addressing these interruptions calmly and methodically, you can maintain focus and progress in your healing or self-improvement practice.

33. Can EFT help with overcoming mental blocks from past failures that are impacting my health and causing weight gain?

To address overcoming mental blocks from past failures using Emotional Freedom Techniques, begin by focusing on the emotional pain associated with past failures. This involves tapping on specific points while acknowledging and releasing these emotions. Next, explore the underlying limiting beliefs that stem from these past experiences, which may not only relate to failures but also other factors influencing health and weight.

Keeping a food and mood diary can help identify emotional triggers that affect eating habits, whether it's overeating or undereating. By systematically addressing these emotional and psychological aspects

with EFT, one can gradually overcome mental blocks and achieve better health outcomes.

34. Does vitiligo, a skin autoimmune disease, fall under the same category or context as the first point?

Absolutely, autoimmune diseases like vitiligo can be challenging to manage. Many have found Emotional Freedom Techniques (EFT), or "tapping," to be a supportive tool in their journey. It helps address emotional aspects that can accompany such conditions.

Living with vitiligo can impact a person emotionally due to changes in appearance, societal stigma, and personal self-image. EFT helps individuals address and release negative emotions such as anxiety, stress, and feelings of self-consciousness. Stress can exacerbate autoimmune conditions by triggering inflammatory responses. EFT can help reduce stress levels, promoting a more balanced immune response and potentially alleviating symptoms.

By addressing emotional distress and reducing stress levels, EFT can improve overall well-being and quality of life for individuals with vitiligo.

35. Whenever I try meditation or other relaxation techniques, I get headaches, body pain, and sometimes feel dizzy. Can you help me with this?

The experience of getting headaches, body pain, and feeling dizzy when attempting relaxation techniques like meditation this can occur because the body is releasing accumulated stress and tension that have built up over time. When you suddenly relax deeply, these stored stresses can manifest as physical symptoms such as headaches or body pain. It's a signal that your body needs to release and rebalance.

To manage this, start by drinking more water than usual to help flush out toxins and support hydration during relaxation practices.

Additionally, consider gradually easing into relaxation techniques rather than abruptly diving in. Begin with shorter sessions and gradually increase duration as your body adjusts. It's also beneficial to practice grounding exercises before and after relaxation to help stabilise your energy.

Understanding that these symptoms are a temporary part of the process can also alleviate anxiety about experiencing them. If symptoms persist or worsen, consulting a healthcare professional is advisable to rule out any underlying medical conditions.

36. How can EFT tapping be used to alleviate symptoms of a cold?

EFT tapping can be used to alleviate symptoms of a cold by addressing stress, boosting the immune system, and promoting overall relaxation.

Start by identifying specific cold symptoms you want to alleviate, such as congestion, sore throat, fatigue, or general discomfort.

While tapping on the karate chop point (side of the hand), create a setup statement that acknowledges your symptoms and affirms self-acceptance. Follow the EFT tapping sequence on the main acupressure points while repeating statements that address your specific symptoms.

During tapping, visualise your body's immune system becoming stronger and actively fighting off the cold virus. Picture yourself feeling more comfortable and gradually recovering from the symptoms.

While using EFT, ensure you stay hydrated and get adequate rest. Supporting your body with fluids and rest complements the healing process facilitated by tapping. The other thing, if you've got cold or sinus activity, so an energy flow, you can also do this. You can massage the eyebrow.

You can repeat the tapping sequence multiple times, focusing on different symptoms or aspects of your cold experience. Monitor how you feel after each round and adjust your statements accordingly. If your cold symptoms persist or worsen, consult with a healthcare professional for appropriate medical advice and treatment. EFT can be used as a complementary approach alongside conventional medical care.

37. I really need guidance for sleep and headaches. Where can I learn about using EFT for these issues?

In the context of EFT tapping, sneezing immediately after tapping might be interpreted as a physiological response possibly linked to emotional release, as a possible sign of the body releasing built-up tension or energy.

38. Can EFT help with celiac disease?

When addressing conditions like celiac disease, a holistic approach integrating EFT and the Inner Child Matrix technique is recommended over using EFT alone. This method begins with exploring potential trauma histories, as the Inner Child Matrix technique focuses on trauma associated with conditions such as celiac disease. If trauma is identified, the treatment plan involves both EFT and Inner Child Matrix.

The process starts by addressing the emotions associated with celiac disease, such as frustration, annoyance, or limiting beliefs that arise due to the condition. Once these surface emotions are addressed, the therapy can delve deeper into the underlying memories or traumas that might have contributed to the development of celiac disease. Inner Child Matrix can work with memories from this lifetime or even past lifetimes if relevant.

The Inner Child Matrix effectively addresses allergies, including severe cases. The technique involves creating protective strategies within the inner child to prevent trauma responses triggered by old memories.

This comprehensive approach aims to support healing and envision life beyond the limitations imposed by celiac disease.

39. Can EFT be useful when tapering off medication?

It's crucial to clarify that I cannot advise anyone to stop taking medication prescribed by their doctor. However, I have seen cases where EFT has been used alongside medical treatment to help individuals taper off medication under professional supervision. For example, I worked with a woman who had clinical depression and was on multiple medications. During a week-long EFT training, she focused daily on a traumatic memory related to her brother's passing, where she blamed herself. By the end of the week, she experienced a significant emotional breakthrough, realising she wasn't responsible for his death. Subsequently, with her psychiatrist's guidance, she was able to reduce her depression medication by 75%.

The approach involves integrating EFT with a treatment plan that includes regular communication with medical professionals. This process is sometimes referred to as Emotional Affectation Therapy, highlighting how emotions impact the body. Practitioners are trained to collaborate with psychiatrists or mental health professionals by sending detailed treatment plans and progress reports.

In another instance, a client treated for depression in a single session reported no longer identifying with the depression label. Her psychiatrist

was so impressed that he expressed interest in learning EFT to potentially reduce his patients' dependence on long-term medication. Ultimately, EFT is used in conjunction with medical supervision to address emotional factors that may contribute to the need for medication. The goal is to support individuals in exploring emotional roots and potentially reducing reliance on medication under appropriate medical guidance.

40. Does it matter if you tap on the left or right-hand fingers during EFT?

During EFT whether you tap on the right side or the left side of the body doesn't matter—both sides are effective. Instead, the focus must be on tapping the designated meridian points (such as those on the face, upper body, and hands) while verbalising specific statements related to the issue being addressed.

41. Where does the childhood loss of a parent belong in the Inner Child Matrix?

Childhood loss of a parent is a profound experience that often belongs within the Inner Child Matrix technique. This approach is designed to explore and heal deep-seated emotional wounds related to childhood traumas, such as losing a parent. The effectiveness of Inner Child Matrix depends on factors like the circumstances of the loss, the support network available to the child (such as grandparents or other family

members), and how the child coped with assuming adult responsibilities at a young age.

The technique aims to uncover how such experiences shaped the individual's emotional landscape and may have influenced their development of coping mechanisms or life patterns, such as adopting a premature caregiving role. By addressing these early life impacts within the Inner Child Matrix, therapists can help clients process and integrate these traumatic memories, fostering healing and potentially freeing them from lingering emotional burdens carried into adulthood.

Understanding how the parent was lost (e.g., death, separation) and the specific circumstances surrounding it (e.g., sudden, prolonged illness) provides context for the emotional impact. The role of other family members, such as grandparents or siblings, who stepped in to provide care and support is significant. Their involvement can influence how the child coped and developed emotionally.

These factors are essential for therapists using the Inner Child Matrix technique to effectively address and heal the emotional wounds stemming from childhood loss of a parent. By understanding the specific circumstances and dynamics involved, therapists can tailor the therapy to help clients integrate these experiences and foster emotional resilience and growth.

42. What is a death vow?

A death vow is a declaration where someone expresses a desire not to continue living. It can range from casual statements made in frustration or rebellion, like feeling trapped or restricted, to more serious declarations of intent. For example, someone might impulsively say "I want to die" during a moment of teenage rebellion or frustration, as in the speaker's case with their strict father. Despite not genuinely wanting to die, such statements can still impact a person emotionally.

In coaching contexts like EFT, addressing a death vow involves recognising and working through the emotional impact and underlying reasons behind such statements. This could include exploring generational trauma, karmic contracts from past lives, or vows such as celibacy that may have unintended consequences in a person's life.

By acknowledging and processing these declarations, therapists aim to help individuals heal from emotional wounds and reclaim a sense of emotional well-being and purpose in their lives.

43. Which approach or level can be used effectively for addressing weight loss and low self-esteem?

For addressing weight issues and low self-esteem using EFT, there are different levels of training and approaches to consider:

At the basic level, practitioners learn techniques to work with cravings, which are often associated with weight issues. This foundational

training can be effective for beginners who are starting to use EFT to address simpler aspects of weight management.

If the weight issue is rooted in deeper trauma such as sexual abuse, physical violence, or issues related to self-expression affecting the thyroid or conditions like polycystic ovarian syndrome (PCOS), practitioners may benefit from the Inner Child Matrix technique. This approach helps delve into and heal underlying emotional wounds contributing to weight gain or low self-esteem.

For more experienced practitioners or those seeking comprehensive training, advancing to the mastery level offers a deeper understanding and skill set in EFT. This level allows practitioners to address complex issues with greater proficiency and effectiveness, integrating multiple techniques and approaches tailored to the individual's needs.

Additionally, there is a third level of learning described, aimed at individuals who may not seek international certification but are keen on in-depth education and integrating EFT into their personal or professional journey. This level includes community involvement, comprehensive training modules, and private sessions with a therapist, providing support for learning and applying EFT effectively.

44. Can EFT help with constant heaviness in the chest and pain in the neck and upper back?

EFT (Emotional Freedom Techniques) has been used effectively to alleviate physical symptoms like constant heaviness in the chest and

pain in the neck and upper back, especially when these symptoms are associated with emotional stress or trauma. Here's how EFT can help:

A. The first step is to explore the surface symptoms along with the colour, the texture, the size, the shape, and the sensations associated with the neck pain.
B. Once the surface symptoms are cleared, you can then move on to the root cause. You start to explore what is really going on by asking deeper questions. Examples of questions include:
    - When did the pain start?
    - When does the pain begin in the day and when does the pain stop in the day?
    - How does the pain make you feel?
    - When have you felt like that before?
C. If you would like to explore using EFT Tapping with any kind of neck pain problem, we would recommend two things:
    - Learn the EFT Tapping and use it on yourself.
    - Work on it with one of our Practitioners.

It's important to note that while EFT can be beneficial for many people, individual responses may vary. If you are experiencing persistent chest heaviness or pain in the neck and upper back, it's advisable to consult with a healthcare professional to rule out any underlying medical conditions and to discuss appropriate treatment options.

45. Can EFT help with SLE (Systemic Lupus Erythematosus), an autoimmune disease?

For someone dealing with SLE, it's important to first determine if there is a history of trauma. If such a history exists, the next step is to evaluate whether techniques like Inner Child Matrix could be beneficial. This approach involves assessing if unresolved emotional trauma might be contributing to the autoimmune condition. EFT practitioners consider the potential impact of emotional factors on physical health. If trauma is identified, techniques like EFT and specifically Inner Child Matrix are used to address and heal these underlying emotional wounds. This holistic approach aims to reduce the emotional burden that could exacerbate symptoms or contribute to the onset of autoimmune conditions like SLE.

By exploring and resolving trauma-related issues, practitioners aim to support the overall well-being of individuals with SLE, potentially complementing medical treatments by addressing emotional factors that may influence the course of the disease.

46. Can EFT help someone who has been advised ERP for sexual orientation OCD?

EFT is considered as a potential alternative or complement to ERP for conditions like sexual orientation OCD. However, the recommendation is typically to consider advanced EFT techniques, which offer a more

comprehensive and nuanced approach compared to basic EFT methods.

When dealing with issues related to sexual orientation OCD, the first step involves having a conversation with the individual to understand their current situation, medical history, and treatment preferences. This dialogue helps assess whether EFT, particularly advanced techniques, aligns with their goals and desired outcomes.

Unlike ERP, which focuses on exposure and behavioural responses, EFT addresses underlying emotional factors that may contribute to OCD symptoms. This approach emphasises understanding the individual's needs and working collaboratively to determine the most suitable path forward.

By offering a personalised approach and considering the individual's unique circumstances, practitioners aim to provide effective support and potential relief from OCD symptoms related to sexual orientation concerns, ensuring that the chosen therapeutic approach resonates with the person's overall well-being and treatment goals.

47. What did you do to cure your cancer? What was your regime?

Identify and address past traumas or significant emotional events. Use techniques like journaling, therapy, or guided visualisation to explore and release emotions tied to these experiences. Focus on improving self-esteem and challenging negative beliefs or vows that may be

hindering healing. Affirmations and cognitive restructuring can be helpful.

Adopt a predominantly raw diet rich in fruits, vegetables, and greens. Incorporate daily green juices and wheatgrass shots to detoxify and nourish the body. Consider adding self-administered colonics at home to support detoxification. Research safe practices and consult with a healthcare professional if necessary.

Practice Emotional Freedom Techniques (EFT) daily to release emotional stress and promote relaxation. Focus on tapping points while acknowledging and accepting emotions. Incorporate daily meditation sessions to reduce stress, enhance mindfulness, and support overall well-being. Use EFT to tap gently on the thymus point (centre of the chest, below the collarbone) to stimulate the immune system. Make gentle sounds (humming or softly singing) to further activate the thymus gland and support immune function.

Reflect on recent stressors and practice stress reduction techniques such as deep breathing, progressive muscle relaxation, or yoga to mitigate their impact on immune health. Monitor your progress regularly. Notice any changes in physical symptoms, emotional well-being, and overall energy levels. Stay in touch with healthcare professionals to ensure your approach complements any medical treatments or advice they provide.

48. How can I remember the words and sequence for tapping in EFT? Should I phrase my statements positively?

EFT involves tapping on specific meridian points on the body while focusing on a particular issue or emotion. While there isn't a universally fixed script that must be used for each meridian point, there are common practices and phrases that can guide you through the process.

Common EFT Tapping Points and General Script Outline

Karate Chop Point (Side of the hand)

Setup Statement: "Even though I have this [issue], I deeply and completely accept myself."

A. Top of the Head Example: "This [issue]."
B. Eyebrow Example: "This [issue] I'm feeling."
C. Side of the Eye Example: "This feeling of [issue]."
D. Under the Eye Example: "This [issue] in my life."
E. Under the Nose Example: "This [issue] I am experiencing."
F. Chin Example: "This [issue] in my body/mind."
G. Collarbone Example: "This [issue] I feel."
H. Under the Arm Example: "This [issue] that bothers me."

By following these common points and guidelines, you can effectively use EFT tapping to address various emotional and psychological issues, promote relaxation, and support overall well-being.

49. Will we have access to the recorded meeting after the live session ends?

The recording will be accessible to those who fill out a feedback form. However, access is restricted to maintain privacy and confidentiality. This ensures that only participants who have shared personal information during the call can review the recording.

Here is the link to the feedback form

https://bit.ly/EFTMasterclassFeedbackForm

50. Can EFT help with depersonalisation and dissociative disorders?

EFT can help with depersonalisation and dissociative disorders by addressing underlying emotional triggers and promoting emotional regulation. It involves tapping on specific acupressure points while focusing on emotional issues and triggers. This process can help individuals with depersonalisation and dissociative disorders manage overwhelming emotions and reduce dissociative episodes. Many cases of depersonalisation and dissociative disorders are linked to past trauma or emotional stressors. EFT allows individuals to explore and release these underlying traumas in a structured and supportive manner.

EFT sessions often incorporate grounding techniques, which can be particularly beneficial for individuals experiencing dissociative symptoms. Techniques like tapping on the collarbone point or repeating grounding affirmations can help bring individuals back to the

present moment. By tapping on specific issues related to depersonalisation or dissociation, individuals can increase self-awareness and promote integration of fragmented aspects of their identity.

EFT has been shown to reduce stress levels and promote relaxation by balancing the body's energy system. This can contribute to overall emotional stability and resilience against triggers that may exacerbate depersonalisation or dissociation. For severe or complex cases of depersonalisation or dissociative disorders, it's essential to work with a trained mental health professional or EFT practitioner who has experience with trauma-informed approaches.

51. Could EFT help with sensory issues such as misophonia and others similar in nature?

Misophonia this condition involves strong emotional reactions (like anxiety, anger, or disgust) triggered by specific sounds (like chewing, breathing, or tapping). Other sensory processing disorders may involve hypersensitivity to light, touch, textures, or smells, leading to discomfort or distress. EFT involves tapping on specific acupressure points while focusing on emotional issues and triggers. This process can help individuals manage overwhelming emotions triggered by sensory stimuli.

Many individuals with misophonia and sensory issues have underlying emotional triggers, often related to past experiences or conditioned

responses. EFT allows individuals to explore and release these emotional triggers in a supportive and structured manner. EFT has been shown to reduce stress levels and promote relaxation by balancing the body's energy system. This can help individuals modulate their stress responses to sensory stimuli, potentially reducing the intensity of emotional reactions.

Through EFT, individuals can work on changing their emotional associations with specific sensory stimuli. This process may involve reframing beliefs and perceptions about the triggers, leading to a less intense emotional response. It can empower individuals by providing a self-help tool for managing emotions and promoting emotional resilience in response to sensory triggers. This can include developing coping strategies and enhancing emotional regulation skills.

While EFT may offer supportive benefits for managing sensory issues like misophonia, it should be integrated into a comprehensive treatment plan that includes professional guidance and other therapeutic interventions tailored to individual needs.

52. Why do I feel pain at the sides after tapping?

At times, you may feel pain at the sides after tapping because it can be a type of release. If it's on the side of the upper chest, it could involve the spleen or liver. This might occur if you're very tired; the spleen may start to release, causing pain. If there's anger, frustration, or irritation,

the liver might be involved. Focus on the part of the body where the pain is and use EFT tapping to address it.

53. How to deal with anxiety issues?

Dealing with social anxiety and low self-confidence can be challenging. If you feel overwhelmed by these issues, it would be beneficial to work with a coach or practitioner specialising in anxiety disorders and social anxiety. They can guide you through personalised EFT sessions tailored to your specific needs. Additionally, they can offer strategies and support to help you build your confidence and manage anxiety in social settings. It is important to receive professional guidance to ensure effective results and to provide a safe space for addressing any underlying emotional issues contributing to your anxiety.

54. Can EFT help with recurring kidney stones, and how can inner child work be incorporated through EFT?

EFT can help individuals manage stress, which is often linked to health conditions like kidney stones. Stress management through EFT may reduce the physiological responses that contribute to stone formation. It can be used to manage pain associated with kidney stones. By tapping on specific points while focusing on pain relief, individuals may experience reduced discomfort and improved pain tolerance. Recurring health issues like kidney stones can be associated with unresolved emotional issues or stressors. EFT allows individuals to

explore and release these emotions, potentially reducing the likelihood of recurrence. It promotes overall emotional and physical well-being by balancing the body's energy system. This holistic approach may support the body's natural healing processes and resilience against health challenges.

Inner child work involves exploring and healing emotional wounds from childhood. In the context of kidney stones, underlying emotional triggers such as stress, anxiety, or unresolved trauma may contribute to their recurrence. Use EFT to create a safe and nurturing space to connect with the inner child. Visualisations, affirmations, and tapping sequences can help individuals communicate compassionately with their younger selves.

During EFT sessions focused on inner child work, individuals can address specific emotions or memories that may be contributing to stress or emotional imbalances related to kidney stones. This process facilitates emotional release and healing. Through EFT, individuals can work on reframing negative beliefs or patterns associated with health issues. This includes developing positive affirmations and fostering self-compassion to support overall healing.

55. Can EFT help with lymphedema?

Lymphedema is a condition characterised by swelling (oedema) caused by a buildup of lymph fluid in the tissues, usually due to damage or removal of lymph nodes as part of cancer treatment or other factors. It

not only affects physical health by causing swelling and discomfort but can also impact emotional well-being due to body image concerns, pain, and lifestyle adjustments.

EFT involves tapping on specific acupressure points while focusing on emotional issues and triggers. For individuals with lymphoedema, this can help manage stress, anxiety, and emotional responses related to the condition. Tapping on EFT points can potentially help manage pain and discomfort associated with lymphedema. By focusing on the physical sensations and emotional reactions to swelling, individuals may experience relief and improved comfort.

EFT can be used to address self-esteem issues and promote self-acceptance despite physical changes caused by lymphedema. This may involve tapping on points while affirming positive beliefs about body image and resilience. Regular EFT practice can enhance emotional resilience and coping mechanisms, which are crucial for individuals managing chronic conditions like lymphedema. It may reduce feelings of overwhelm and promote a sense of empowerment in managing symptoms.

56. How can EFT help resolve conflicts between the real self and the ideal self?

The real self represents our true, authentic nature, including our strengths, weaknesses, and genuine desires. The ideal self is the image or expectation we hold of ourselves, often influenced by societal

norms, cultural expectations, or personal aspirations. Conflict between the real self and the ideal self can arise when there is a perceived gap between who we are and who we believe we should be. This discrepancy can lead to feelings of inadequacy, frustration, or inner turmoil.

EFT begins by identifying specific beliefs, expectations, or societal pressures that contribute to the conflict between the real self and the ideal self. This may involve exploring childhood influences, cultural conditioning, or past experiences. Tapping on EFT points while focusing on the emotions associated with the conflict (such as guilt, shame, or fear of failure) helps release emotional blocks. By acknowledging and tapping through these emotions, individuals can reduce their intensity and begin to accept themselves more fully.

EFT sessions can include affirmations and reframing techniques that challenge limiting beliefs associated with the ideal self. Through consistent practice, EFT fosters a sense of integration between the real self and the ideal self. It encourages individuals to embrace their authentic qualities while working towards realistic personal growth and aspirations.

57. How does EFT compare to EMDR in terms of their approaches to trauma therapy?

EFT (Emotional Freedom Techniques) and EMDR (Eye Movement Desensitisation and Reprocessing) are both approaches within the field

of trauma therapy and energy psychology, but they differ in their techniques and theoretical frameworks. EFT involves tapping on specific acupressure points on the body while focusing on a psychological issue or trauma. The tapping is combined with verbalising statements that acknowledge the problem and affirm self-acceptance. EFT is based on the theory that emotional distress is caused by disruptions in the body's energy system. Tapping on these specific points is believed to release blocked energy and restore balance, reducing emotional intensity and promoting healing. It can address a wide range of emotional issues beyond trauma, including anxiety, phobias, pain management, and self-esteem issues. It is often used as a self-help tool and can be practiced independently or with the guidance of a practitioner.

EMDR, on the other hand, involves bilateral stimulation, such as eye movements, hand taps, or auditory tones, while the client focuses on traumatic memories or distressing thoughts. This bilateral stimulation is believed to facilitate processing of traumatic memories and reduce their impact. EMDR is specifically designed for trauma treatment, including PTSD (Post-Traumatic Stress Disorder) and trauma-related disorders. It is structured and typically conducted by trained therapists following a standardised protocol.

While both EFT and EMDR offer therapeutic approaches within the realm of trauma therapy and energy psychology, they differ in their techniques, theoretical frameworks, and applications. EMDR is

specifically tailored for trauma treatment and has a robust evidence base supporting its effectiveness

EFT, whereas, is versatile and used for a broader range of emotional issues, often practiced as a self-help technique. Both modalities can be effective tools in addressing trauma and promoting emotional healing, depending on the individual's needs and preferences.

58. While tapping, should we focus on one issue at a time, or can we consider all issues at once?

When using EFT (Emotional Freedom Techniques), it is generally recommended to focus on one issue at a time, especially when tapping on your own. Focusing on a single issue allows for greater clarity and specificity, which can lead to more effective and targeted results. Addressing one issue at a time helps you fully engage with the emotions and thoughts associated with that specific problem.

Trying to tackle multiple issues simultaneously can be overwhelming and may dilute the effectiveness of the tapping session. Focusing on one issue helps you stay centred and reduces the risk of feeling scattered or confused. If you have multiple issues you want to work on, create a list and prioritise them.

Work through the list one issue at a time in separate tapping sessions. Use the SUDS (Subjective Units of Distress Scale) to monitor your emotional intensity before and after tapping on a specific issue. This

helps you track progress and determine when an issue has been adequately addressed.

59. What are the course fees for EFT certification programs?

When considering the course fees for EFT certification programs: Your next step is to fill out an application to determine if the course is suitable for you. This includes discussing your goals, financial situation, and existing qualifications with Yogesh or Harshita.

The course is an investment in both time and finances. It's designed for individuals who see it as the right investment for their personal and professional growth.

During discussions, you'll receive detailed information about the fees, course timings, accreditation duration, certification authority, and more. This information will be shared with you immediately and also provided in a link for further reading. Places are filling up, as the course is offered only once a year.

60. How can I heal the mother wound using EFT?

The mother wound refers to the emotional pain and patterns inherited from a mother who may have struggled with her own issues, such as low self-esteem, unmet emotional needs, or societal pressures. This wound can impact one's sense of self-worth, relationships, and emotional health. Healing the mother wound often involves

understanding these patterns, gaining perspective, and fostering self-compassion and personal growth.

To heal the mother wound, I recommend the Inner Child Matrix. Start by using tapping to explore surface issues related to the mother wound. Then, dive into the root memories where the wound originated. Next, gain perspective on your mother's experiences and reasons behind the wound. Share your perspective, invite a mentor for a higher-level view, and finally, consider how the mother wound has both held you back and supported you. Decide how you want to move forward in life.