

## **EMOTIONAL FREEDOM TECHNIQUES MASTERCLASS QUESTIONS & ANSWERS 7<sup>TH</sup> JULY 2024**

### **QUESTIONS ANSWERED:**

**1. Is it okay if tears come out when I do tantrum tapping? (Aashana Arora)**

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.

**2. What are some unethical practices in EFT? (Jagdeep Kaur)**

VLC Code of Conduct, <https://vitalitylivingcollege.info/vlc-code-of-conduct/>

### **3. How can EFT help with issues related to being a fearful avoidant? (Nuri)**

Practical Steps for Using EFT for Fearful Avoidant Issues:

- A. Identify the Issue: Focus on a specific situation or feeling that triggers your avoidant behaviour.
- B. Set Up Statement: Create a setup statement that acknowledges the issue and introduces self-acceptance (e.g., “Even though I feel afraid of getting close to others, I deeply and completely accept myself”).

Tapping Sequence: Tap on the specific acupressure points while repeating a reminder phrase related to the issue (e.g., “This fear of intimacy”).

- C. Reevaluate: After a few rounds of tapping, assess the intensity of the emotion or belief. Repeat the process until the intensity decreases significantly.

By regularly practicing EFT, individuals with a fearful avoidant attachment style can work towards healing past wounds, reducing anxiety, and fostering healthier relationship patterns.

### **4. How can EFT help with chronic pain and illness-related anxiety? (Nuri)**

EFT (Emotional Freedom Techniques) can be particularly effective in addressing chronic pain and illness-related anxiety. Here's how EFT can help:

## **1. Reducing Physical Symptoms**

- A. Pain Relief: EFT has been shown to reduce pain by helping the body release tension and stress. Tapping on acupressure points can stimulate the body's energy system and promote relaxation, which can lead to a decrease in pain perception.
- B. Symptom Management: Regular tapping can help manage symptoms of chronic illness by reducing stress and anxiety, which often exacerbate physical symptoms.

## **2. Managing Anxiety and Emotional Distress**

- A. Calming the Mind: EFT can help calm the mind and reduce anxiety levels associated with chronic illness. By tapping on specific points, individuals can lower cortisol levels and improve their overall sense of well-being.
- B. Emotional Regulation: EFT aids in managing the emotional rollercoaster that often accompanies chronic pain and illness. It helps individuals process and release feelings of fear, frustration, and helplessness.

## **3. Addressing Underlying Emotional Issues**

- A. Exploring Root Causes: EFT can help uncover and address emotional traumas or negative experiences that may be contributing to chronic pain and illness. By resolving these underlying issues, individuals may experience relief from physical symptoms.
- B. Releasing Emotional Blocks: Tapping can help release emotional blocks and negative beliefs that may be impacting

physical health, promoting a more positive and healing mindset.

#### **4. Enhancing Self-Compassion and Resilience**

- A. Self-Acceptance: EFT encourages self-compassion and self-acceptance, which are crucial for managing chronic illness. It helps individuals develop a kinder, more supportive relationship with themselves.
- B. Building Resilience: By regularly practicing EFT, individuals can build emotional resilience, making it easier to cope with the challenges of chronic illness and pain.

#### **5. Improving Overall Well-Being**

- A. Stress Reduction: Chronic pain and illness are often exacerbated by stress. EFT can help reduce overall stress levels, improving both mental and physical health.
- B. Promoting Healing: By addressing both the emotional and physical aspects of chronic illness, EFT can support the body's natural healing processes, potentially leading to improved health outcomes.

#### **5. How can I use EFT to release limiting beliefs about myself and customise the script? (Swarnika)**

Limiting beliefs are deeply ingrained convictions or assumptions that constrain our potential and prevent us from achieving our goals.

These beliefs often develop from past experiences, cultural

conditioning, or negative self-talk, and they act as mental barriers that hinder personal and professional growth.

EFT can target limiting beliefs and negative thought patterns that contribute to mental health challenges. By tapping on these beliefs, individuals can challenge and reframe them, fostering a more positive mindset.

There is a process known as 'EFT Tapping for Limiting Beliefs', which involves identifying what the limiting belief is and working on it with questions like:

“What number is it at?”

“How does it make one feel?”

“Has one felt like that before?”

Here is the link, <https://vitalitylivingcollege.info/how-to-rise-above-yourlimiting-beliefs/>.

## **6. Can I use EFT to find and release the belief behind my inconsistency with things like eating clean and spiritual practices? (Swarnika)**

Yes, you can use EFT to address the beliefs behind inconsistencies with eating clean and spiritual practices. Start by identifying specific areas where you struggle with consistency and note any triggers. Reflect on possible underlying beliefs, such as “I'm not disciplined enough” or “I don't deserve to be healthy.” Create a setup statement that acknowledges these issues while promoting self-acceptance, such as “Even though I struggle to eat clean

consistently, I deeply and completely accept myself.” Use the EFT tapping sequence to tap on acupressure points while repeating a reminder phrase like “This inconsistency with eating clean.” As you tap, explore deeper beliefs and emotions that arise. Address these underlying beliefs with statements like “Even though I believe I'm not disciplined enough, I deeply and completely accept myself,” and incorporate positive affirmations like “I am capable of maintaining healthy habits” to replace negative beliefs. Regular practice of EFT can help reinforce new beliefs and improve consistency in your habits.

## **7. How do I create my own EFT scripts for any issue I want to tackle? (Swarnika)**

To create your own EFT scripts, start by identifying the specific issue and rating its intensity on a scale from 0 to 10. Formulate a setup statement that acknowledges the problem and introduces self-acceptance, such as “Even though I feel anxious about public speaking, I deeply and completely accept myself.” Develop short reminder phrases like “This public speaking anxiety” to use during the tapping sequence. Tap through the points (Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone, Under Arm, Top of Head) while repeating these phrases. After a round of tapping, reassess the intensity and repeat the process until it decreases. Finally, incorporate positive affirmations like “I am becoming more confident” to reinforce new beliefs.

### **8. Can I use EFT to find my aligned career path? (Swarnika)**

Yes, you can use EFT to find your aligned career path. Start by identifying any fears, doubts, or limiting beliefs about your career. Create a setup statement like “Even though I'm unsure about my career path, I deeply and completely accept myself.” Use reminder phrases such as “This uncertainty about my career” while tapping through the EFT points. Regularly practice tapping to release these blocks and gain clarity. Incorporate positive affirmations like “I trust myself to find the right career” to reinforce your confidence and intuition in discovering your aligned path.

### **9. Can EFT help heal painful knots in the body, pain and stiffness in the chest, and mood shifts? (Karthiyayini Mano)**

Painful knots in the body, often referred to as muscle knots or trigger points, are areas of muscle that become tight and sore. These knots can cause discomfort and pain, and they may limit your range of motion.

Mood shifts refer to changes in a person’s emotional state, which can range from minor fluctuations to significant mood swings.

Yes, EFT can help with healing painful knots in the body, pain and stiffness in the chest, and mood shifts. By tapping on specific acupressure points while focusing on these physical and emotional issues, EFT can promote relaxation, reduce stress, and alleviate pain. Create a setup statement like “Even though I have pain and stiffness in my chest, I deeply and completely accept myself,” and use

reminder phrases such as “This chest pain” while tapping through the EFT points. Regular practice can help release physical tension and improve mood stability.

**10. Is EFT recognised within the NHS, or is it classified as a complementary therapy? (Stacey Saul)**

EFT is generally classified as a complementary therapy within the NHS rather than a mainstream treatment. While some healthcare professionals may incorporate it into their practice, EFT is not widely recognised as a standard treatment within the NHS. It is often used alongside conventional medical treatments to support overall well-being.

**11. I have no background in psychology, but I want to learn EFT. What resources or steps would you recommend for me to start? Are there any career prospects in learning EFT? (Himshikha)**

If you're new to Emotional Freedom Techniques (EFT) and lack a background in psychology, starting with basic training is key. Look for reputable courses that teach the foundational principles and techniques of EFT, focusing on client facilitation rather than psychological analysis. EFT involves guiding clients through tapping sequences to address emotional issues, making it accessible regardless of your background. As you progress, prioritise practical experience by conducting case studies to document client progress and gather testimonials. It's crucial to maintain ethical standards,



refraining from charging clients until fully qualified. Career prospects in EFT are promising, especially in areas such as stress management, anxiety relief, trauma recovery, and personal development. Once trained, you can offer services independently, collaborate with wellness centers, or integrate EFT into existing practices. Effective marketing strategies tailored to your niche, including social media and networking, can help attract clients seeking alternative approaches to emotional healing and personal growth. By understanding client needs and positioning EFT as a solution, you can build a successful career as an EFT practitioner over time.

## **12. Can I overcome shivering of hands and face and sweating during times of interacting with people using EFT? (Anjana)**

Yes, EFT can help reduce symptoms like shivering hands and face and sweating during interactions with people. By tapping on specific acupressure points and addressing the underlying emotional triggers or anxieties associated with social interactions, EFT can promote relaxation and decrease physiological responses. Create a setup statement such as “Even though I shiver and sweat when interacting with people, I deeply and completely accept myself,” and use reminder phrases like “This anxiety in social situations” while tapping. Regular practice can help alleviate these symptoms and improve comfort during social interactions.

## **13. Can we use EFT as a long-distance tapping method? (Joshma)**

Surrogate tapping is a technique used in Emotional Freedom Techniques (EFT) where one person performs tapping on behalf of another. This method is often employed when the individual in need of EFT is not physically present or unable to perform tapping on themselves, such as in the case of children, pets, or individuals who are incapacitated.

With EFT you can do something known as 'Surrogate Tapping.' This is not distance healing where you send someone a vibration but you are actively understanding the psychology of what is going on for the other person. You are tapping on behalf of them. The main thing is that your intention needs to be for the highest and best, versus fixing anyone. This method works for young children, pets, people in a coma, people that are unwilling to tap on themselves, or those who are at a distance. Here is the link with more information, <https://vitalitylivingcollege.info/what-is-surrogate-tapping-how-does-itwork/>.

**14. Can EFT help with knee pain, ankle swelling affecting self-image, emotional healing from childhood abuse, lack of confidence, and improving relationships? (Souhir)**

Yes, EFT can potentially help with knee pain and ankle swelling by reducing stress and promoting relaxation, which may alleviate physical symptoms. It can also aid in emotional healing from

childhood abuse by addressing underlying traumas and negative emotions. In terms of lack of confidence, EFT can help shift negative self-perceptions and promote self-acceptance and empowerment. Additionally, EFT can improve relationships by addressing communication issues, reducing emotional barriers, and fostering empathy. Regular practice of EFT can support holistic well-being across these areas.

**15. Can EFT help with anxiety, gas buildup in the chest, body shivering in the morning, hunger pangs, sugar drops, and a high pulse rate? (Manpreet Kaur)**

The clinical evidence proves that EFT is effective in lowering anxiety, chest pain, back pain, depression, and past pain; thereby leading to good health and happiness.

You may consider doing the following to handle the anxiety:

- A. Step 1: Work on surface symptoms. If you want to work on yourself for anxiety, you can continue doing what was taught in the 'Boosted Program Sessions'.
  
- B. Step 2: Getting to the root cause. If you want to work on the root cause, you'll have to work on the memory, too. For example, as you mentioned that your father was strict so your father's archetype is a teacher archetype, which wasn't suitable for the little girl you were. At the root cause level, we

work with the Movie Technique to get to the issue and address it.

- C. Step 3: Thumb Hold Do it every day and close it with positive tapping. Additionally, you can explore inner child work to heal the childhood trauma, re-set the past by changing the vibration, and embed it in the body-mind with heart meditation. We recommend a connection with the heart because it changes the internal and external flow.

**16. What path could work best for me given my experience with modalities, temporary relief followed by worsening emotional pain, and my background in cognitive training and coaching?  
(Sanchita Grover)**

Yes, you can eventually start teaching EFT (Emotional Freedom Techniques) to others, but there is a structured path you need to follow:

- A. Become a Practitioner: Initially, you need to train and qualify as an EFT practitioner. This involves completing a certification course and gaining experience in applying EFT techniques.
- B. Become a Facilitator: Once you are a certified practitioner with adequate experience, you can become a facilitator. Facilitators can teach EFT for personal development purposes.
- C. Become a Trainer: After gaining substantial experience as a facilitator, you can further train to become an EFT trainer.

Trainers are qualified to teach EFT to others who wish to become practitioners.

To proceed, you should get in touch with a qualified trainer or facilitator who can guide you through the process.

For instance, you can get in touch with our assists. If you are available today, they can provide you with further details on how to proceed.

**17. Who is the awarding body? I am currently with the BABCP. (Stacey Saul)**

I am connected with EFT International, which is based in the UK and is part of the Charities Commission. This organisation offers accreditation for EFT practitioners. I am also accredited by the Continuing Professional Development (CPD) Association. As a Master Trainer and Master Trainer of Trainers, I certify other trainers as well.

Please get in touch with our assists, and I will have a conversation with you about it.

**18. Can you please explain the finger tapping sequence in EFT again? Specifically, is the little finger tap different compared to the rest of the fingers, excluding the ring finger? (Simi)**

In Emotional Freedom Techniques (EFT), the finger tapping sequence involves tapping on specific points on the body with your fingertips. Here's how it typically works:

Karate Chop Point: This is not a finger tap but the starting point. It's located on the fleshy outer edge of your hand, between the wrist and the base of the small finger. You tap here while repeating a setup statement that acknowledges the problem you want to address, using affirmations of self-acceptance.

#### Tapping Points:

- A. Top of Head: Tap with your fingertips on the crown of your head, at the center.
- B. Eyebrow: Tap with your fingertips at the beginning of your eyebrow, near the bridge of your nose.
- C. Side of Eye: Tap with your fingertips on the bone near the outer corner of your eye.
- D. Under Eye: Tap with your fingertips on the bone directly under your eye.
- E. Under Nose: Tap with your fingertips in the space between your nose and upper lip.
- F. Chin: Tap with your fingertips in the crease between your lower lip and chin.
- G. Collarbone: Tap with your fingertips on the junction where the breastbone, collarbone, and first rib meet.
- H. Under Arm: Tap with your fingertips on the side of your body, about four inches below the armpit.

Here is the 7 steps EFT video where you can see how to do the tapping, <https://youtu.be/LIMWFiORUdc>.

The little finger tap in EFT is performed on the same point as the ring finger tap. You use the side of your hand to tap on the KC point at the start, but during the sequence, each specific finger tap (including the little finger) is typically used for one set of tapping.

### **19. Would EFT blend well with my practice as an art therapist?**

**(Rakovszky Gyöngyvér)**

Yes, EFT (Emotional Freedom Techniques) would blend well with your practice as an art therapist. Art therapy has a somatic and creative base, which makes it an effective way to address various emotional and psychological issues. However, because it can sometimes lead to strong emotional responses, incorporating EFT can provide a trauma-informed, safe method for managing these emotions. EFT allows for a structured and gentle way to process and release emotional trauma, making it a valuable complement to the expressive and exploratory nature of art therapy.

### **20. Can we start teaching EFT to others, and which track would be suitable for becoming a trainer? (Deepali Nayak)**

Yes, you can eventually start teaching EFT (Emotional Freedom Techniques) to others, but there is a structured path you need to follow:

- A. Become a Practitioner: Initially, you need to train and qualify as an EFT practitioner. This involves completing a certification course and gaining experience in applying EFT techniques.
- B. Become a Facilitator: Once you are a certified practitioner with adequate experience, you can become a facilitator. Facilitators can teach EFT for personal development purposes.
- C. Become a Trainer: After gaining substantial experience as a facilitator, you can further train to become an EFT trainer. Trainers are qualified to teach EFT to others who wish to become practitioners.

To proceed, you should get in touch with a qualified trainer or facilitator who can guide you through the process.

### **21. As a student, I'm curious if EFT can help with academic performance, such as acing exams. (Aarthi Natarajan)**

Yes, EFT (Emotional Freedom Techniques) can be beneficial for students in the context of education, particularly in terms of acing exams. Working one-on-one with an EFT therapist can help address underlying issues that might be hindering academic performance. For example, I recently worked with a student from Southeast Asia who had failed twice in her attempts to get into a university in the United Kingdom. During our sessions, we uncovered a memory from her school days where she had failed a small test, which led to self-sabotage in her later academic pursuits. By addressing and working through this memory with EFT, she was able to shift her mindset to



believe in her potential. As a result, she successfully got into a university in Leeds.

EFT helps students by reducing anxiety, increasing confidence, and removing emotional blocks that may be affecting their academic performance, leading to better results in their exams and overall educational journey.

## **22. Can EFT help me deal with bipolar disorder? (Shilpa Das)**

Bipolar disorder, formerly known as manic-depressive illness, is a mental health condition characterised by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). These mood swings can affect energy levels, concentration, sleep patterns, behaviour, and the ability to carry out daily tasks.

EFT can be used as a complementary approach to help manage symptoms of bipolar disorder by reducing stress, anxiety, and emotional triggers. It may aid in stabilising mood swings and promoting emotional regulation. However, it is essential to use EFT in conjunction with medical treatment and under the guidance of healthcare professionals experienced in both EFT and bipolar disorder management.

## **23. Can EFT help with anxiety, gas buildup in the chest, pain in the chest and back, and fear? (Nazima)**

The clinical evidence proves that EFT is effective in lowering anxiety,

chest pain, back pain, depression, and past pain; thereby leading to good health and happiness.

You may consider doing the following to handle the anxiety:

- A. Step 1: Work on surface symptoms.** If you want to work on yourself for anxiety, you can continue doing what was taught in the 'Boosted Program Sessions'.
- B. Step 2: Getting to the root cause.** If you want to work on the root cause, you'll have to work on the memory, too. For example, as you mentioned your father was strict so your father's archetype is a teacher archetype, which wasn't suitable for the little girl you were. At the root cause level, we work with the Movie Technique to get to the issue and address it.
- C. Step 3: Thumb Hold** Do it every day and close it with positive tapping. Additionally, you can explore inner child work to heal the childhood trauma, reset the past by changing the vibration, and embed it in the body-mind with heart meditation. We recommend a connection with the heart because it changes the internal and external flow.

#### **24. Can EFT help with self-healing and also help people overcome financial blockages? (Jagdeep Kaur)**

EFT (Emotional Freedom Techniques) can indeed be a powerful tool for self-healing and overcoming financial blockages. By tapping on

specific meridian points while focusing on negative emotions or limiting beliefs, individuals can release emotional trauma and stress, leading to improved mental and physical health. This process helps in self-healing as it addresses underlying emotional issues that often manifest as physical symptoms. Additionally, EFT can be effective in overcoming financial blockages by targeting and transforming deep-seated beliefs about money and abundance. By releasing these limiting beliefs, individuals can shift their mindset towards financial success and attract opportunities that align with their newfound positive outlook.

**25. How can I use EFT for deep sleep and waking up early, and how can I use it to stay energetic throughout the day? (Aarthi Natarajan)**

EFT can help improve sleep quality and waking early by addressing underlying emotional stressors. Begin with a setup statement like “Even though I struggle to sleep deeply and wake early, I deeply accept myself.” Tap through specific points (e.g., head, eyebrow, collarbone) while focusing on the issue and affirmations (“I sleep deeply and wake up refreshed”). For sustained energy throughout the day, repeat a setup (“Even though I feel tired, I accept myself”) and tap while affirming (“I am filled with energy”). Consistency in these practices can enhance sleep, wakefulness, and daily vitality.

## **26. Is there any exercise to relieve eye strain? (Swarnika Prakash)**

Yes, EFT can help relieve eye strain by tapping on acupressure points around the eyes and forehead. Start with a setup statement like “Even though I feel tension in my eyes, I deeply and completely accept myself.” Tap through points like the eyebrows, sides of the eyes, under eyes, and forehead while repeating phrases about your eye strain. This can promote relaxation and reduce discomfort.

## **27. How can I avoid suppressing my emotions? (Shreya)**

To avoid suppressing your emotions, it's important to cultivate awareness and acceptance of what you're feeling. Start by paying attention to your emotional responses without judgment or criticism. Acknowledge your feelings, whether they are positive or negative, and allow yourself to experience them fully. Find healthy ways to express your emotions, such as talking to someone you trust, writing in a journal, or engaging in activities that help you process what you're feeling. Practice mindfulness to stay present with your emotions, rather than pushing them away or ignoring them. Be kind to yourself throughout this process, recognising that it's normal and healthy to feel a range of emotions. Finally, seek support from friends, family, or a therapist who can provide guidance and encouragement as you navigate your emotional experiences.

**28. Do we get a handout or e-book as part of the free resources?**

**(Karthiyayini Mano)**

You can visit this link for more knowledge and free resources regarding EFT <https://vitalitylivingcollege.info/eft-resources/>.

**29. Can EFT help with Functional Neurological Disorder (FND)? (Lily S)**

Functional Neurological Disorder (FND), also known as Conversion Disorder, is a condition where individuals experience neurological symptoms that cannot be explained by traditional neurological or medical conditions. These symptoms may include motor or sensory dysfunction, such as weakness, tremors, gait abnormalities, numbness, or non-epileptic seizures (formerly known as pseudoseizures).

EFT does help in the context of healing emotions and reducing issues like stress. Giving you some points below to explore.

- A. Stress Reduction: EFT can help in reducing stress and anxiety levels, which are often associated with FND.
- B. Emotional Support: It provides a tool for managing emotional triggers that may exacerbate FND symptoms.
- C. Non-Invasive: EFT offers a gentle, non-invasive approach to complement traditional medical treatments.

- D. Personalised Approach: Effectiveness varies among individuals; it's important to explore under professional guidance.
- E. Consultation: Discuss integrating EFT with a healthcare provider specialising in FND for a tailored treatment plan.

### **30. Can we perform EFT on family members who don't want or believe in it? (Smita S Cherieth)**

Performing EFT (Emotional Freedom Techniques) on family members who don't want or believe in it can be sensitive. Here's a thoughtful approach:

- A. Respect Their Choices: Respect their beliefs and choices regarding EFT or any alternative therapies.
- B. Share Information Gently: If they express curiosity, share information about EFT calmly and without pressure. Offer resources or personal experiences if they're open to learning more.
- C. Lead by Example: Demonstrate how EFT benefits you through your own practice. Showing positive changes in yourself may pique their interest naturally.

- D. Listen and Validate: Listen attentively to their concerns or skepticism about EFT. Validate their perspective without trying to convince them otherwise.
- E. Consider Professional Help: If family issues or emotional challenges arise that could benefit from support, consider seeking professional help together. This approach respects their preferences while offering supportive options.

Approaching EFT in this manner fosters understanding and respect within family dynamics, ensuring that everyone feels heard and supported in their own beliefs and preferences.

### **31. How can EFT help with Tinnitus and OCD? (Lucie)**

Tinnitus is a condition characterized by the perception of noise or ringing in the ears when no external sound is present. The sound can be continuous or intermittent and may vary in pitch and intensity. Common sounds perceived include ringing, buzzing, humming, or hissing.

OCD is a mental health disorder characterized by intrusive, unwanted thoughts (obsessions) and repetitive behaviors or mental acts (compulsions) aimed at reducing anxiety or preventing perceived harm.

There are people who have overcome obsessive-compulsive disorder (OCD) with EFT. With OCD, the person is not able to stop a particular habit that makes them feel safe. The benefit of EFT is that

it can provide safety and it's a healthy habit. Overcoming OCD with EFT can take a little time. There was a case where the person used the EFT technique on herself daily for nine months to clear the triggers that made her feel unsafe.

With OCD, the themes to tackle are:

- A. Emotions of fear, anxiety and helplessness.
- B. Any physical symptoms depending on the OCD habit, for example, excessive washing can result in wrinkled skin.
- C. Beliefs about the world not being safe or not feeling safe.
- D. Root memories, for example, a young person who had the label OCD had a root memory that dates back to when he was seven years old and his father forgot to pick him up from school. He was all alone and developed beliefs of not being wanted, which later developed into OCD.

### **32. Can EFT help with migraine, neck pain, and back pain? (Hironmoyi)**

Yes, EFT Tapping can help you with your neck pain, back pain or migraine. We have to work in the following steps:

- 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 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?

If you would like to explore using EFT Tapping with any kind of pain problem, we would recommend two things:

- A. Learn the EFT Tapping and use it on yourself.
- B. Work on it with one of our Practitioners

### **33. How much does a one-on-one EFT session typically cost?**

**(Priyanka)**

You can get the treatment done with the help of a professional and qualified EFT Practitioner. There are three levels of qualified practitioners:

A. The Basic Level: They call themselves EFT Practitioners. They can work with stress, phobias, cravings, physical tension, fears, as well as any past negativity.

B. EFT & Inner Child Matrix Practitioners (i.e., working with the past child): They can work with deeper problems such as allergies, PTSD, hormonal imbalances, chronic physical pain, and we have had quite a few clients who recovered from PCOS as well.

C. The EFT Advanced Practitioners: They have also done the Inner

Child Matrix. They can work with many mental as well as physical issues. It can range from helping people boost their confidence, to resolving financial issues, to helping clients with depression, auto-immune illnesses, and even working with kids who have high levels of anxiety and trauma. The treatment costs can vary depending on what level the practitioner is at:

A. Certified EFT Practitioner: INR 18,000 – INR 25,000 for 6 sessions (USD-303, GBP-231.5)

B. Senior Practitioner with Advanced EFT & Inner Child Matrix: INR 30,000 – INR 45,000 for 6 sessions (USD-546, GBP-423.5)

C. Highly Experienced Practitioners: INR 50,000 – INR 75,000 for 6 sessions (USD-911, GBP- 705)

#### **34. How can I attend EFT training? (Vasavi)**

My team can help you do the following: Attend EFT training to get professional training and become internationally certified as a Clinical EFT Practitioner. Learn and Master Clinical EFT to use it on yourself for personal healing and development. Personal one-to-one sessions for self-healing. Here is the link to book your complimentary **Discovery call**:

<https://vitalitylivingcollege.info/community-resource/follow-up-fromthe-introduction-to-eft/>.

#### **35. Can EFT help with PCOS, weight loss, and gut health? (Samreen Sadique)**

PCOS stands for Polycystic Ovary Syndrome. It is a common health condition that affects people with ovaries, particularly during their reproductive years.

Emotional themes related to PCOS often include:

- A. **Body Image:** Managing weight fluctuations, acne, and hirsutism can impact self-esteem and body confidence.
- B. **Fertility Concerns:** Anxiety and stress about difficulties conceiving or concerns about future family planning.
- C. **Hormonal Impact:** Mood swings, irritability, and emotional sensitivity due to fluctuating hormone levels.
- D. **Chronic Condition:** Coping with the long-term nature of PCOS, its unpredictable symptoms, and the need for ongoing management.

Yes, EFT can help with period-related issues like endometriosis, weight loss, PCOS, or even irregular periods. You should also get medical help in addition to EFT Tapping. Here is the link with more information: <https://vitalitylivingcollege.info/how-to-reverse-pcos-with-eft-tapping/>

### **36. What are the prices for the EFT course? (Jenny Manjooran)**

The prices for EFT certification courses can vary depending on the program, level of certification, and the institution offering the

training. Typically, these courses are seen as an investment in personal and professional growth.

To determine if a course is suitable for you, filling out an application is the next step. This application process includes discussing your goals, financial considerations, and existing qualifications with advisors like Yogesh or Harshita.

During these discussions, you'll receive detailed information about course fees, timings, accreditation duration, certification authority, and more. It's important to act promptly as spaces for these courses can fill up quickly, often being offered only once a year.

You can book a FREE Discovery call,

<https://vitalitylivingcollege.info/community-resource/follow-up-fromthe-introduction-to-eft/>.

**37. Why am I getting tingling and shivers since doing this exercise?  
(Stacey Saul)**

These sensations can actually be positive signs like energy shifts, emotional release, nervous system activation, and increased blood flow. It eases out soon.

**38. Can we use the same statement for multiple issues in one EFT session? (Jagdeep Kaur)**

It's generally more effective to address one issue at a time to ensure you are fully focusing on and resolving that specific concern.

However, there are ways to handle multiple related issues in a single session by using broader or more inclusive statements. Here's how you might approach it: Example: "Even though I feel overwhelmed by anxiety, stress, and low self-esteem, I deeply and completely accept myself."

**39. How do I script the EFT process? How many times should the tapping be done, and how many rounds? (Aarthi Natarajan)**

Here is the 7 steps EFT video where you can see how to do the tapping, <https://youtu.be/LIMWFiORUdc>

**40. Should EFT be done only to convert negative emotions to positive ones, or can it be used to enhance positive emotions? For example, can EFT be done to boost self-esteem and belief? (Aarthi Natarajan)**

EFT (Emotional Freedom Techniques) is a versatile tool that can be used for both converting negative emotions to positive ones and enhancing positive emotions. While it's commonly associated with alleviating negative emotions such as anxiety, stress, and trauma, EFT can also be used to boost positive emotions and qualities, like self-esteem, confidence, and belief in oneself.

#### **41. Why don't we tap the ring finger in EFT? (Aarthi Natarajan)**

So in terms of the finger tapping first tap on the side of the thumb, then tap on the index finger, then the next finger, then the next finger.

Here is the 7 steps EFT video where you can see how to do the tapping, <https://youtu.be/LIMWFiORUdc>.

#### **42. Do you need to use both hands to tap on both sides in EFT? (iPhone)**

Yes, in EFT (Emotional Freedom Techniques), tapping can be done on either side of the body, or using both hands simultaneously, depending on what feels comfortable and practical for you. The effectiveness of EFT is not dependent on which hand or side you tap; what matters more is the focus on the specific meridian points while addressing your emotions or issues. So, whether you choose to tap with one hand or both hands, both approaches are perfectly acceptable and can yield positive results.

#### **43. While tapping, why does it hurt when I press my finger point? (Yashaya Kaur)**

When tapping in EFT (Emotional Freedom Techniques), it's important to apply gentle pressure to the specific meridian points rather than pressing forcefully. Applying too much pressure can

cause discomfort or even pain, especially if the points are sensitive or if you have tender areas on your body.

Here are a few reasons why pressing too hard may cause discomfort:

- A. **Sensitivity:** Some meridian points on the body can be more sensitive than others, especially if you have underlying tension or stress in those areas.
  
- B. **Skin Sensitivity:** The skin on certain parts of the body, such as the face or collarbone, may be more delicate. Gentle tapping ensures you don't irritate or bruise these areas.
  
- C. **Energy Flow:** EFT is based on the principle of balancing the body's energy system. Gentle tapping stimulates this flow without needing to press hard.
  
- D. **To avoid discomfort while tapping:**
  
- E. **Be Gentle:** Use light to moderate pressure when tapping on the meridian points. The goal is to stimulate, not to cause pain.
  
- F. **Adjust Pressure:** If a particular point feels tender, adjust the pressure accordingly or choose a nearby point that feels more comfortable.
  
- G. **Focus on Relaxation:** The tapping process should feel soothing and relaxing. If you experience pain, ease off the pressure or take a break.

By being mindful of how much pressure you apply during EFT tapping, you can enhance the effectiveness of the technique while ensuring a comfortable experience.

**44. Is EFT not helpful for students in terms of education or exams?**

**(Aarthi Natarajan)**

Yes EFT can be helpful for students. It does help with Education and Exams as well. It can also help to increase concentration and reduce anxiety in students.

**45. Is this EFT program not suitable for beginners? I don't have any clients but want to learn EFT. (Swar)**

This program is absolutely for beginners as well who don't have any clients but want to learn EFT.

**46. Would we need to tap to address the belief that "I don't want to hurt other people"? (Priyanka)**

The belief "I don't want to hurt other people" can indeed be a significant and deeply held one. In EFT (Emotional Freedom Techniques) tapping, addressing this belief can be beneficial if it is causing you distress or limiting your actions in ways that are not serving you well.

**47. Will it be possible to get a recording of the master class?**

**(Himshikha)**



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 along with slides and Questions & Answers documents. Here is the link to the feedback form- <https://bit.ly/EFTMasterclassFeedbackForm>

**48. In which category would the death of a parent and grief trauma be included? (Deepali Nayak)**

ACE Score +4

**49. Is EFT useful for people who have had a stroke? (Shreya Jhavar)**

It will depend on what kind of stroke it is whether it is brain or heart-related. cannot say that EFT Tapping is there to cure it, it has to be in coordination with the medical team as well because stroke can be life-threatening.

**50. Is this EFT Masterclass session for 2 or 3 hours? (Emma)**

The EFT Masterclass session typically lasts for 3 hours.

**51. How can EFT be used for Borderline Personality Disorder and ADHD? (Nuri)**

Borderline Personality Disorder (BPD) is a mental health condition

characterised by pervasive instability in moods, behaviour, self-image, and functioning. People with BPD often struggle with managing emotions and maintaining stable relationships.

EFT (Emotional Freedom Techniques) can be utilised as a complementary approach for managing symptoms of Borderline Personality Disorder (BPD) and ADHD (Attention-Deficit/Hyperactivity Disorder).

For BPD, EFT can help individuals regulate intense emotions and reduce impulsivity by tapping on acupuncture points while focusing on specific emotional triggers or distressing thoughts. It can aid in processing traumatic experiences and improving emotional stability over time.

Regarding ADHD, EFT can assist in managing symptoms such as hyperactivity, impulsivity, and inattention by promoting relaxation and reducing stress levels. It can also address underlying emotional issues, such as frustration or low self-esteem, which often accompany ADHD symptoms.

While EFT can offer relief from symptoms and support emotional regulation for both conditions, it's essential to integrate it with comprehensive treatment plans tailored to each individual's needs, including professional guidance from healthcare providers experienced in treating BPD and ADHD.

## **52. Can EFT help with anxiety, fear, chest pain, thyroid issues, high blood pressure due to anxiety, and overthinking? (Minal)**

The clinical evidence proves that EFT is effective in lowering anxiety, chest pain, back pain, depression, and past pain; thereby leading to good health and happiness.

You may consider doing the following to handle the anxiety:

- A. Step 1: Work on surface symptoms.** If you want to work on yourself for anxiety, you can continue doing what was taught in the 'Boosted Program Sessions'.
- B. Step 2: Getting to the root cause.** If you want to work on the root cause, you'll have to work on the memory, too. For example, as you mentioned your father was strict so your father's archetype is a teacher archetype, which wasn't suitable for the little girl you were. At the root cause level, we work with the Movie Technique to get to the issue and address it.
- C. Step 3: Thumb Hold** Do it every day and close it with positive tapping. Additionally, you can explore inner child work to heal the childhood trauma, re-set the past by changing the vibration, and embed it in the body-mind with heart meditation. We recommend a connection with the heart because it changes the internal and external flow.

### **53. Will this session explain how to do EFT? (Anjana)**

Yes, this session explains how to do EFT. Here is the 7 steps EFT

video where you can see how to do the tapping,

<https://youtu.be/LIMWFiORUdc>.

#### **54. How can we use EFT to release limiting beliefs about ourselves and customise the script for our own self? (Swar)**

To effectively use EFT to release limiting beliefs about ourselves and customise the script, start by identifying the specific beliefs that you want to address. These beliefs might include doubts about your abilities, fears of failure, or negative self-perceptions. Once identified, create a setup statement that acknowledges the belief while affirming self-acceptance and openness to change. For instance, you could say, "Even though I have this belief that I'm not capable of success, I deeply and completely accept myself." Next, develop short reminder phrases that encapsulate the essence of your belief, such as "This fear of failure" or "I'm not worthy of success." Customise your tapping sequence by using these phrases while tapping on the EFT points—starting from the eyebrow point and moving down to the top of the head. Throughout the tapping process, remain mindful of any emotions or memories that arise. Allow yourself to feel these emotions fully as you tap, aiming to release the emotional charge associated with the limiting belief. Finally, integrate positive affirmations that counteract the limiting belief, such as "I am capable of achieving my goals" or "I deserve success." Regular practice of this customised EFT script can help

shift your mindset and promote self-confidence and empowerment.

**55. How many times should I tap each EFT point? (Himshikha)**

Here is the 7 steps EFT video where you can see how to do the tapping, <https://youtu.be/LIMWFiORUdc>.

**56. Do we need to keep sipping water throughout the tapping process? (Priyanka)**

Drinking water during an EFT session is significant because it can help facilitate the release of toxins from the body. It is believed that emotional toxins can sometimes be released into the bloodstream and subsequently eliminated through urine. By staying hydrated and drinking water, one can support the body's natural detoxification processes during the EFT session.

**57. Can EFT help to increase concentration? (Anjana)**

Children often have trouble concentrating on schoolwork when they lack interest in their studies. They get easily distracted as they are not engrossed in what they do. But being able to focus on things is essential in their growth. Concentration can be improved by many activities. Certain techniques or games such as chess can be effective to imbibe these in children. You can also use EFT for

focus and concentration, especially for children and teens. However, for adults, you need to check what's going on with them. Explore if there are limiting beliefs that are coming in the way of focus and concentration or recalling. If it's limiting beliefs or memories, EFT Tapping can help.

**58. Could you please suggest a book for reference on EFT? (Naina Johar – Admissify)**

The book, titled "The Journey" by Brandon Bays, explores healing techniques like EFT.

**59. What regime did you follow to cure your cancer? (Shreya Shet)**

According to the American Psychologist Association, 85% of illnesses is stress-related! I was in Florida when I got a call from my gynaecologist saying I had been diagnosed with cancer. Ironically, I have a PhD in cancer research from Oxford University and I have a published journal on the same cancer cells I was diagnosed with. I was 29 when I got this call and I wish I had known of this statistic at that time. Stress is a leading cause of divorce, weight gain, obesity, and addictions. Therefore, it is crucial to relieve stress in yourself and others before it becomes a bigger health problem. In fact, your emotional thoughts determine your physical well-being. One of the largest psychological studies was conducted in California which revealed that if as a child you have unresolved emotional upsets, later on in life, it can result in heart-diseases, cancer, lung disease,

low self-confidence and addictive patterns. Therefore, illness and stress are closely related. There are some cases including mine where there is nothing wrong with your physical body. Therefore, managing stress and calming yourself down works effectively in managing the illness. Suppressed emotions such as swallowing anger and hidden guilt increase the risk of cancer by 70% and heart disease by 47%. Be mindful of your surroundings. Empowering Transformation. In fact, unexpressed anger is also known to be linked to cancer, therefore, you need a mechanism to let anger out of your system. It has also revealed by studies that when patients work on emotional states, they not only feel calmer and more balanced but also get to reverse the illness and diseases.

#### **60. What is Non-specific EFT? Please elaborate. (Priyanka)**

Non-specific EFT involves using more general phrases rather than specific ones tailored to the client's current situation. For instance, in a group session on breathing techniques, general statements might include 'constricted breathing,' 'deep breathing,' or 'shallow breathing,' whereas in a session specifically tailored to an individual, the phrases used would be customised to their exact experiences and needs. Here's how Non-specific EFT generally works:

- A. Tapping Sequence: It follows a basic tapping sequence on acupressure points such as the top of the head, eyebrow, side

of the eye, under the eye, under the nose, chin, collarbone, and under the arm.

- B. General Statements: Instead of addressing a specific problem or emotion, practitioners might use general statements or affirmations during tapping. These statements could focus on general well-being, relaxation, or positive affirmations.
- C. Holistic Approach: Non-specific EFT is sometimes used as a daily practice to promote overall emotional and physical balance, rather than addressing acute or specific issues. It aims to balance the body's energy system and promote a sense of calm and well-being.
- D. Adaptability: It can be adapted based on the practitioner's needs or the client's preferences, allowing for flexibility in its application.

Non-specific EFT can be beneficial for general stress relief, promoting relaxation, and supporting emotional resilience. It's often used as a complement to specific EFT sessions where targeted issues are addressed more directly.

### **61. How do I count the breathing and for how long should I do it after one round of EFT? (Vasavi)**

After one round of EFT, the breathing typically involves a gentle breath in through the nose and one gentle breath out. Usually, one



round of gentle breathing in and out is sufficient. However, if you feel you need more, it's entirely your choice.

## **62. Is EFT effective for hypochondriac clients? (Garima)**

Hypochondria, also known as health anxiety or illness anxiety disorder, is characterised by excessive worry or fear about having a serious illness, despite medical reassurance and lack of evidence to support such concerns. People with hypochondria often misinterpret normal bodily sensations as signs of severe illness, leading to persistent anxiety and preoccupation with their health. It can provide a sense of safety through:

- A. Control and Reassurance: Monitoring health to feel in control.
- B. Avoidance of Uncertainty: Managing fear by focusing on potential health issues.
- C. Attention and Support: Seeking validation and care from others.
- D. Distraction: Using health concerns to avoid underlying emotional issues.

Emotional Themes Associated with Hypochondria:

- A. Anxiety: Persistent worry and fear about health conditions, despite reassurance from healthcare professionals.
- B. Obsessive Thoughts: Intrusive thoughts about illness and bodily sensations, often leading to compulsive behaviours like

checking symptoms online or seeking medical consultations frequently.

- C. Fear of Death or Disability: Concerns about the potential consequences of imagined illnesses, including fear of dying or becoming disabled.
- D. Seeking Reassurance: Constantly seeking reassurance from healthcare providers, family, or friends about health concerns.
- E. Impact on Daily Life: Difficulty functioning normally due to preoccupation with health worries, which can affect work, relationships, and overall quality of life.

When evaluating the effectiveness of EFT for clients labeled as hypochondriacs, the first step is to establish what they might be gaining from their behaviour and to identify its root cause. If it's evident that there's a secondary benefit and the client is open to exploring and potentially stopping this behaviour, then we can consider how EFT can assist. However, the client must be willing to make this change. Sometimes, individuals labeled as hypochondriacs engage in this behaviour because it provides them with a sense of safety.