

VITALITY LIVING COLLEGE

QUESTIONS MASTERY PROGRAM

*HELP CLIENTS BREAK THROUGH BLOCKS FASTER, GO
DEEPER QUICKER, AND CREATE LASTING CHANGE*

Module 5

WITH DR RANGANA RUPAVI CHOUDHURI (PHD)



SUMMARY

1. Questions practice exercise
2. Trauma-informed questioning principles
3. Types of trauma-informed questions
4. Next steps

NEXT STEPS

1. Update: Your personal development log, <https://vitalitylivingcollege.info/wp-content/uploads/2025/08/Questions-Mastery-Program-Personal-Development-Log-04.08.2025.pdf>

2. Practice:

- Silence
- Safe presence
- Intuition self-check ritual
- Empty vessel meditation
- Infinity loop visualisation

5

TRAUMA INFORMED EXPLORATIONS

CONTENTS

1. Rapport-building questions
2. Timeline-based questions
3. Parts integration questions
4. Sub-modality questions
5. Metaphor & symbolic language questions
6. Somatic awareness questions
7. Next steps



TYPES OF TRAUMA- INFORMED QUESTIONS

TYPES OF TRAUMA-INFORMED QUESTIONS

- Rapport-building questions
- Timeline-based questions
- Parts integration questions
- Sub-modality questions
- Metaphor & symbolic language questions
- Somatic awareness questions

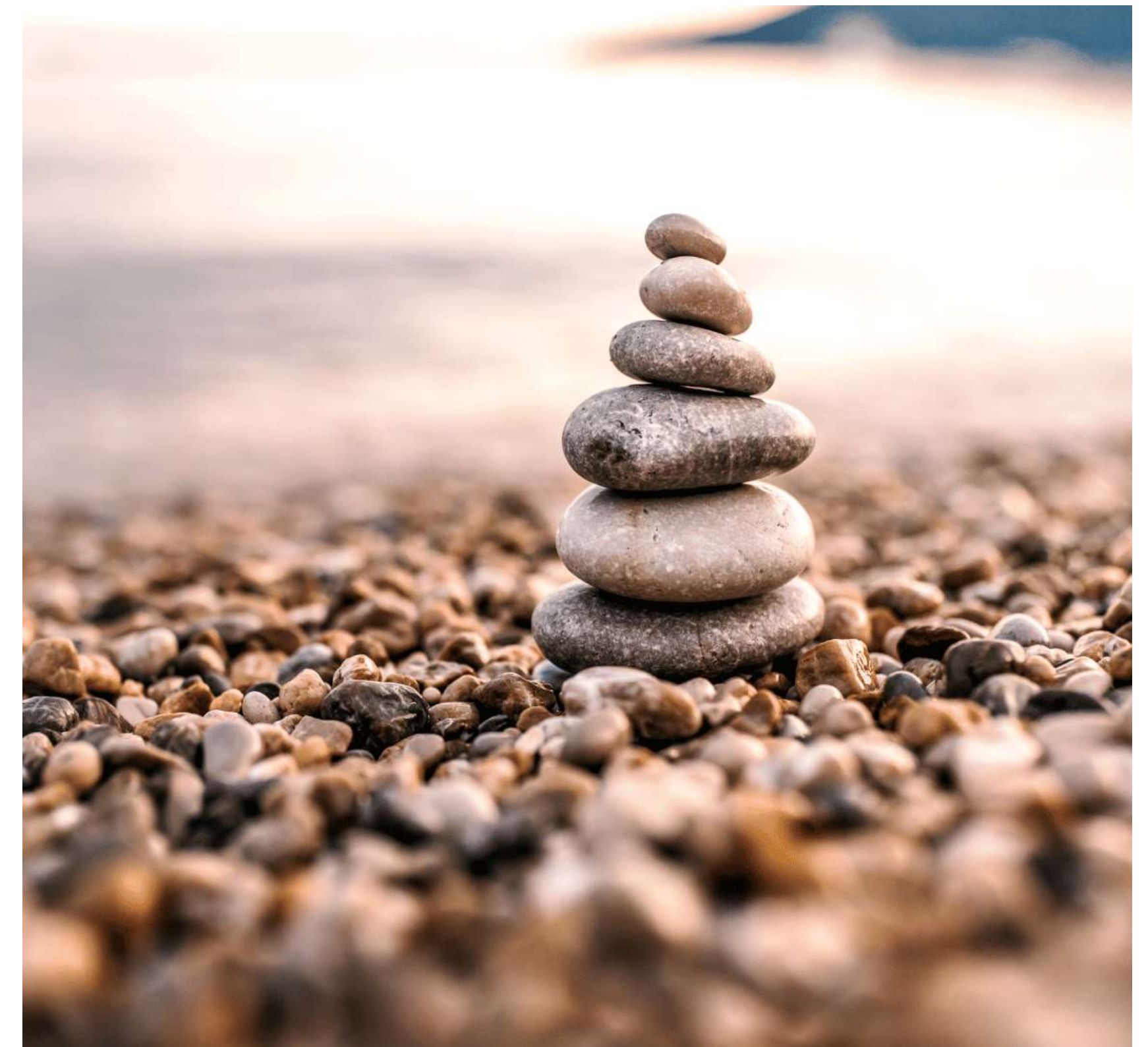




RAPPORT BUILDING QUESTIONS

RAPPORT-BUILDING QUESTIONS

- Helps the client feel seen, heard, and safe.
- Builds trust and openness at the start.
- Creates a gentle pace for the session.
- Useful for new clients or after emotional release.



RAPPORT-BUILDING QUESTIONS EXAMPLES



- *What is happening in your world?*
- *How is it going?*
- *How was your holiday?*
- *What feels important for you to share today?*
- *How are you feeling in your body right now as we begin?*
- *Is there anything you'd like me to know before we get started?*



RAPPORT BUILDING QUESTIONS EXERCISE

RAPPORT-BUILDING QUESTIONS EXAMPLES

Read the rapport building question examples and discuss which ones you like and do not prefer.

Gentle openers

- *How are you feeling about being here today?*
- *What was it like for you to reach out for support?*
- *Is there anything you'd like me to know about you before we begin?*

RAPPORT-BUILDING QUESTIONS EXAMPLES

Getting to know the person

- *What does a typical day look like for you?*
- *What do you enjoy doing when you're not busy?*
- *Who are some important people in your life?*
- *What helps you feel calm or supported?*

Comfort and preferences

- *Is there anything I can do to make you feel more comfortable in our sessions?*
- *Do you prefer talking freely or having some questions to guide us?*
- *Would you like to go slowly today, or dive into what's on your mind?*

BREAKOUT ROOM

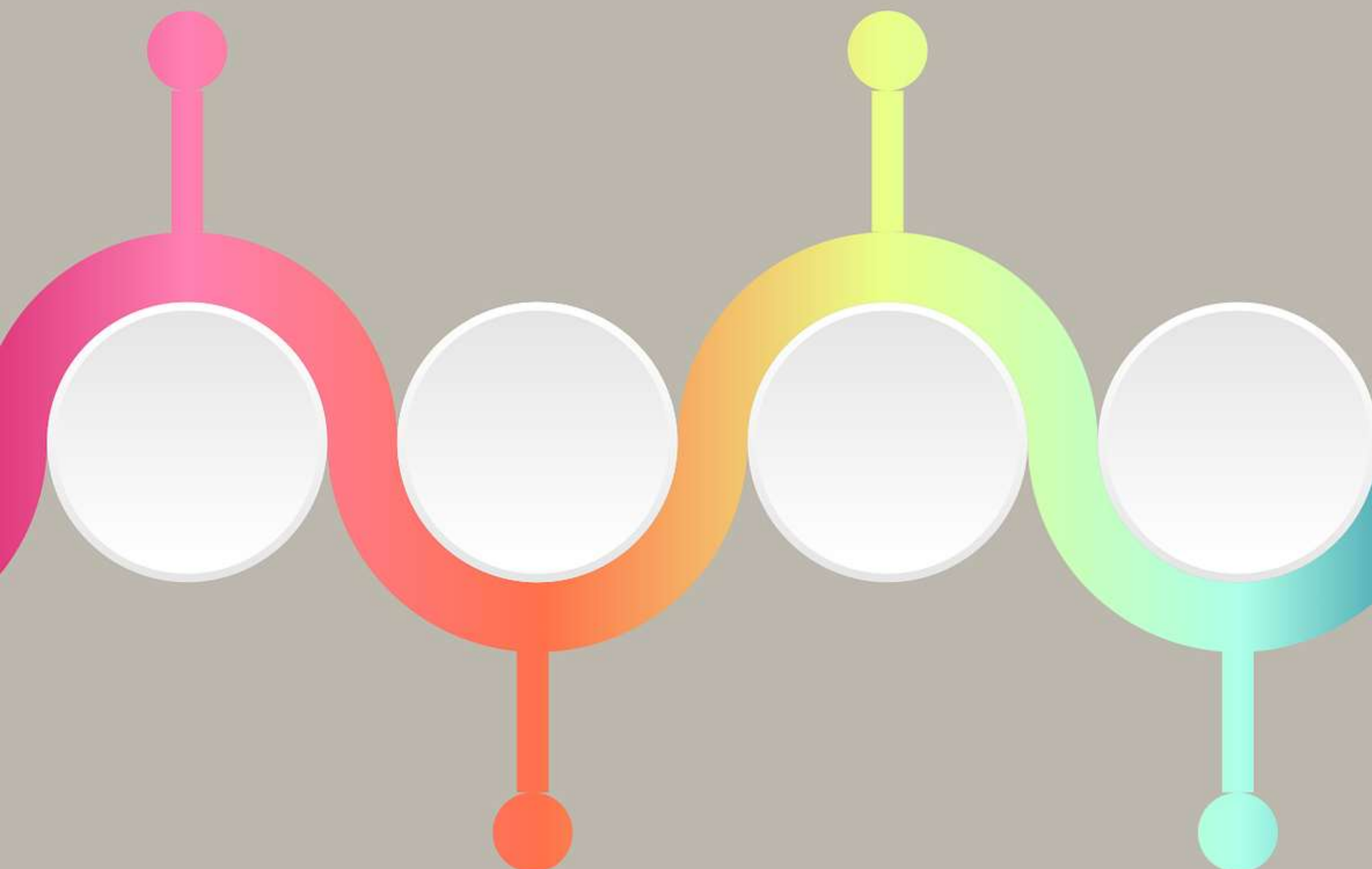
RAPPORT QUESTIONS EXERCISE

- Discuss the questions and which ones you prefer and do not prefer.
- 5 minutes.
- Pairs

TYPES OF TRAUMA-INFORMED QUESTIONS

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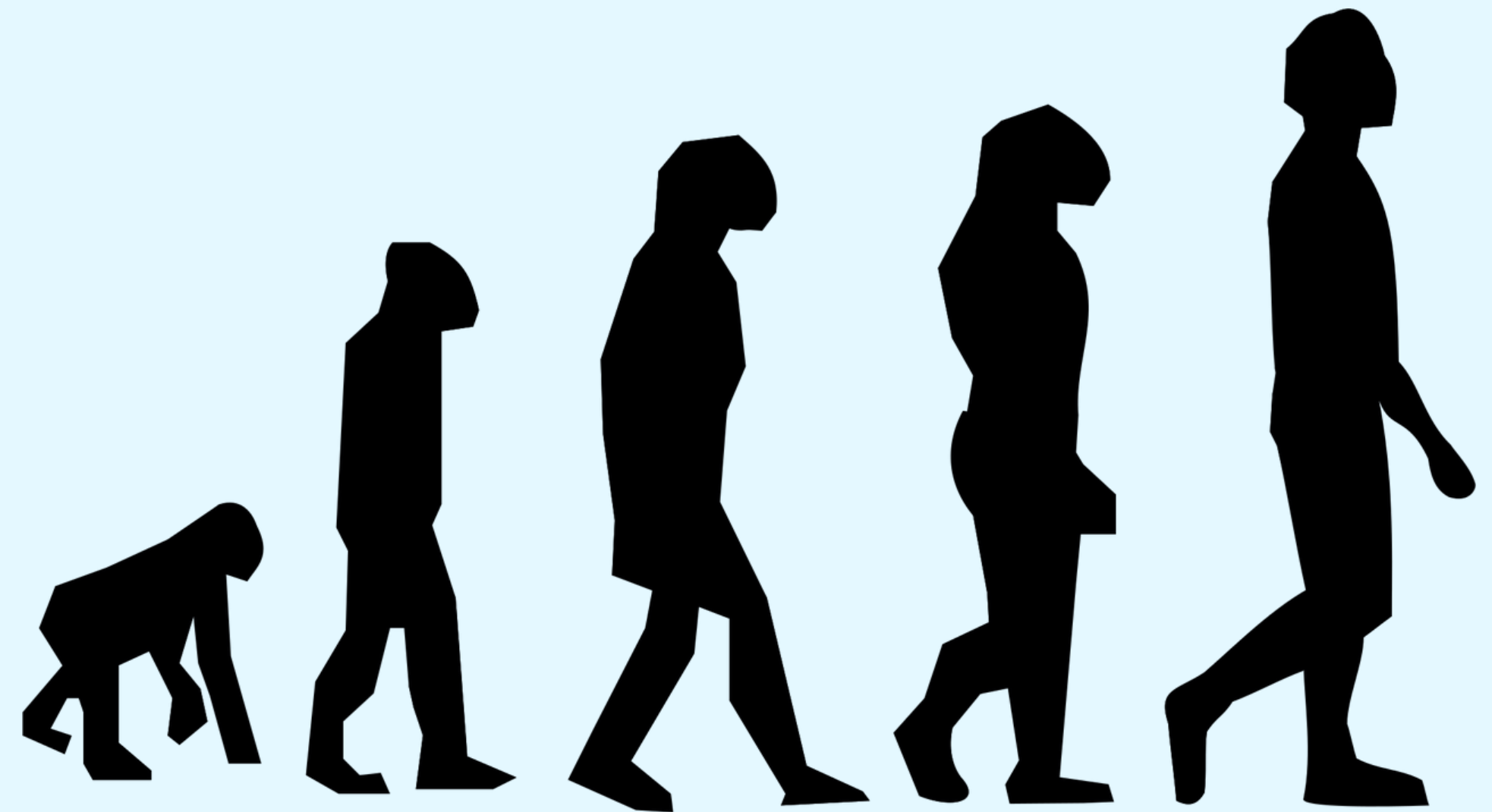




TIMELINE BASED QUESTIONS

TIMELINE BASED-QUESTIONS

- Healing often requires context. Time reveals patterns.
- They help track the origin and progression of an issue across the client's life, whether in linear or intuitive sequence.
- Examples:
 - *When do you first remember feeling this way?*
 - *What was happening just before this symptom began?*
 - *Has this feeling shown up in other stages of your life?*



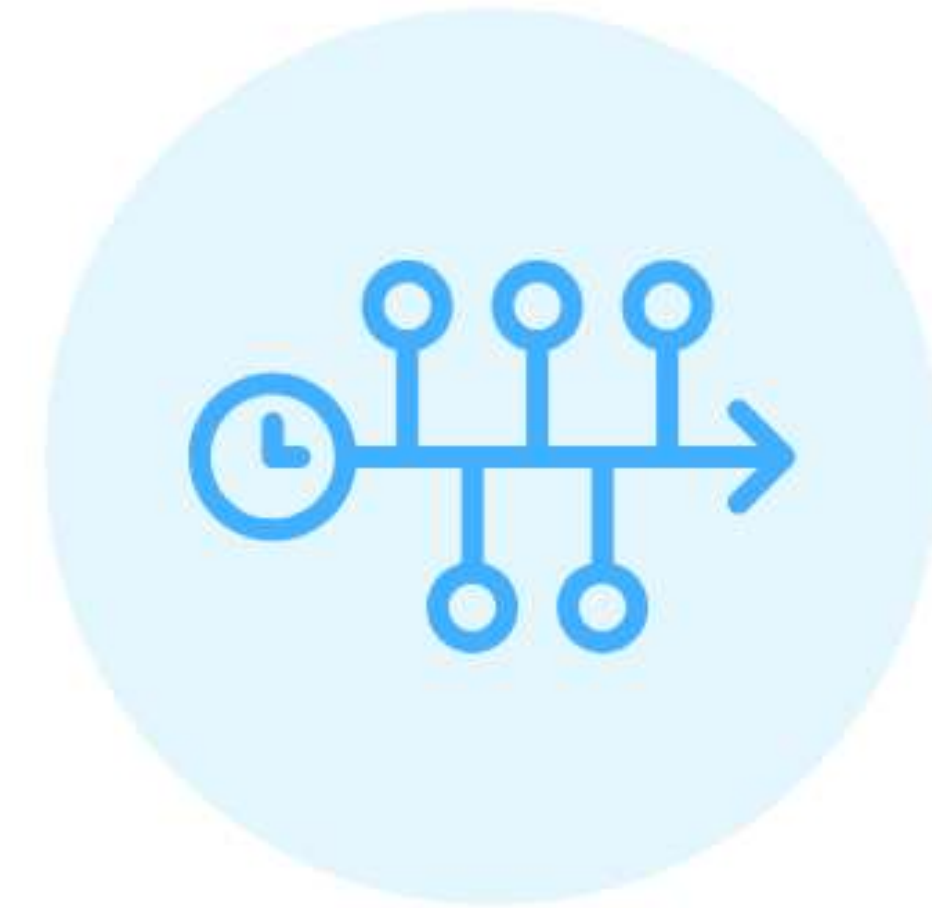
TIMELINE BASED-QUESTIONS



Uncovering
root causes



Working with
recurring patterns




Establishing
emotional timelines

TYPES OF TRAUMA-INFORMED QUESTIONS

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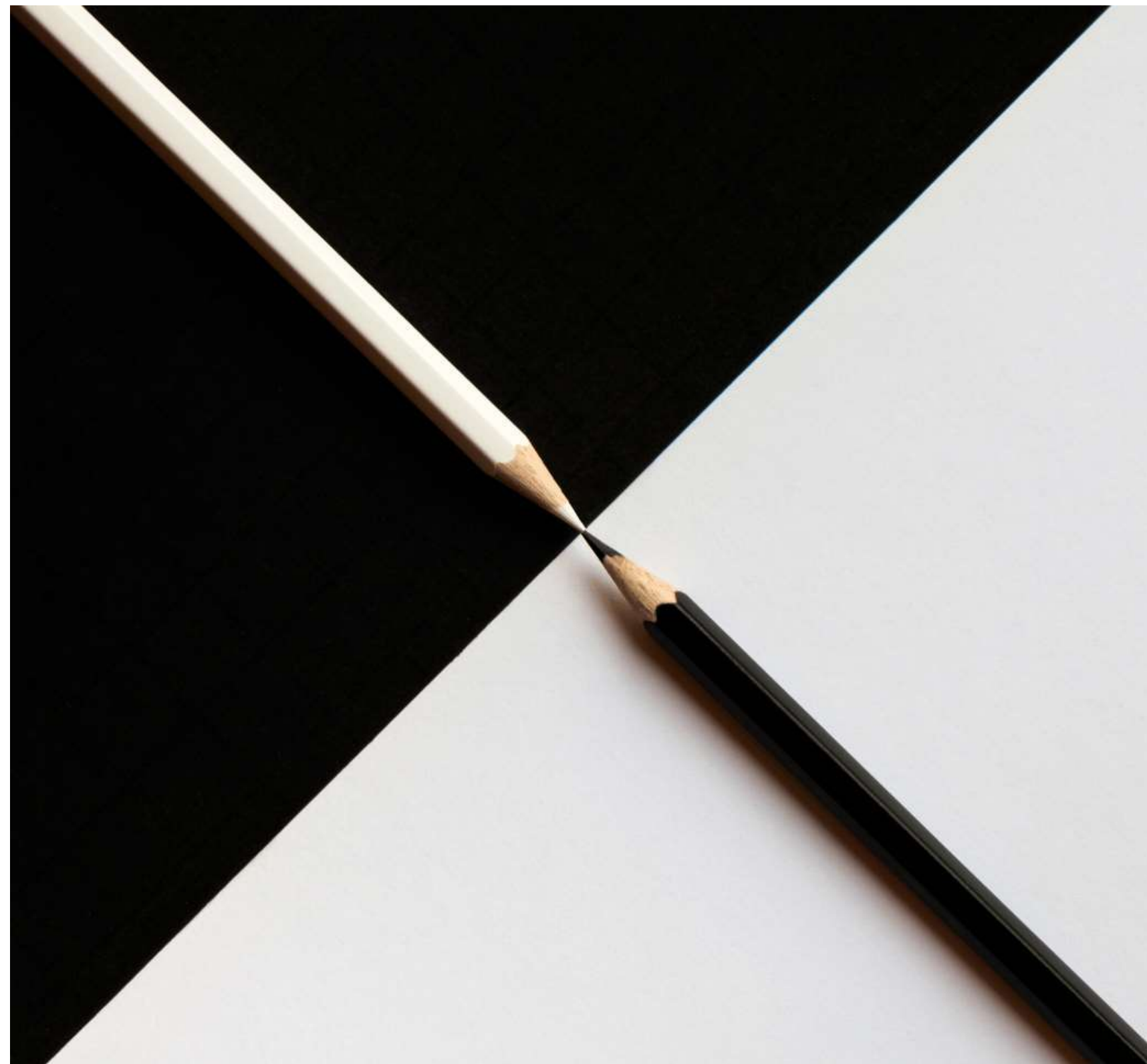
PARTS INTEGRATION QUESTIONS

PARTS INTEGRATION QUESTIONS

- We are made of many parts—some in harmony, some in conflict.
- These questions support clients in dialoguing with inner parts that hold different needs, beliefs, or emotions.
- Use when clients feel stuck, ambivalent, or self-sabotaging.



PARTS INTEGRATION QUESTIONS



Examples:

- *Can you notice if there's a part of you that wants this... and another that doesn't?*
- *If that inner voice had a name, what would it be?*
- *What would that part need to feel safe enough to shift?*

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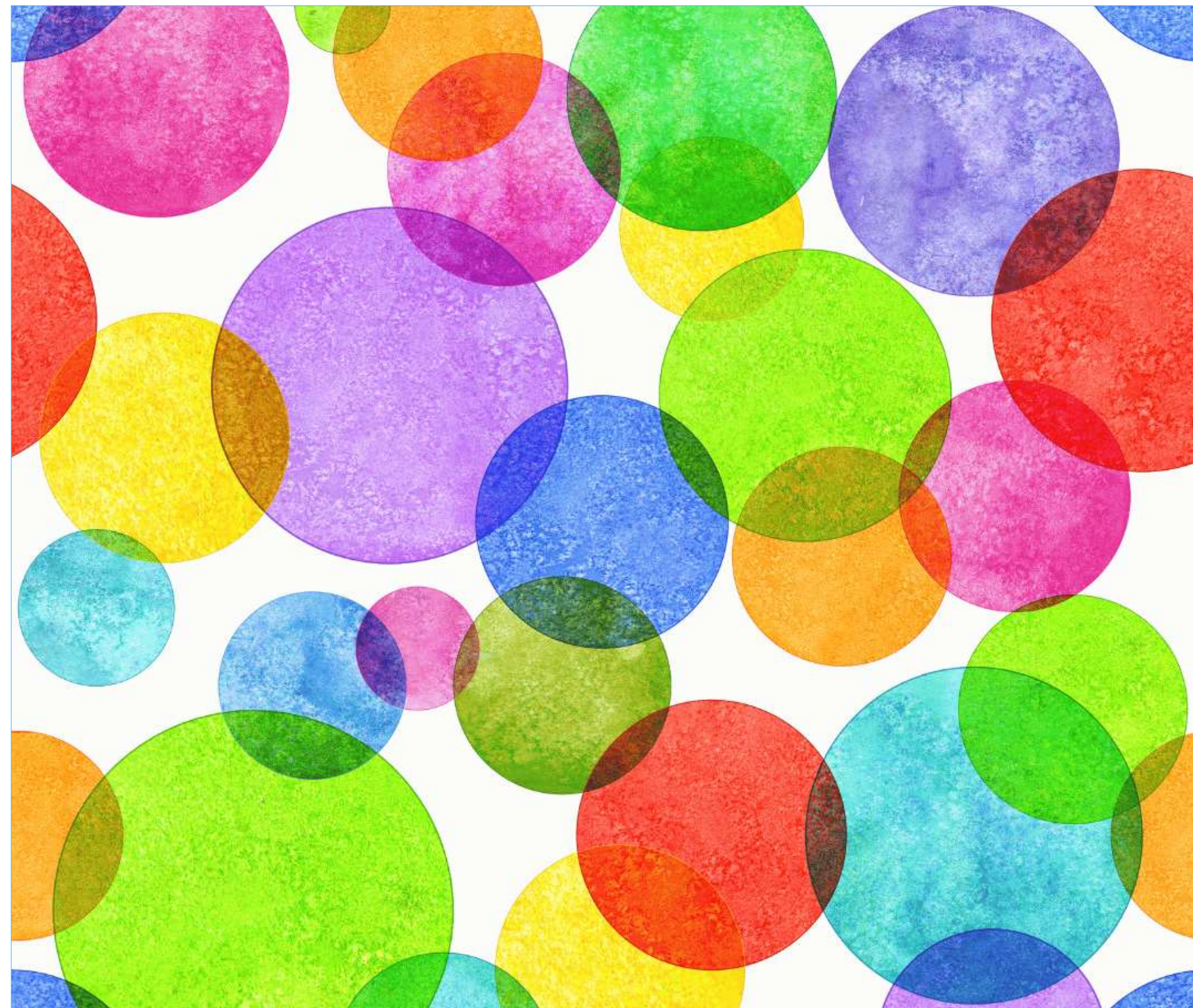
SUB- MODALITY QUESTIONS

SUB-MODALITY QUESTIONS

- Help shift how an experience is felt internally.
- Focus on sensory details like image, sound, feeling and location.
- Changing these qualities can reduce or intensify emotional responses.
- Useful for exploring internal representations and emotional patterns.
- Can help anchor new, more resourceful emotional states.



SUB-MODALITY QUESTIONS



Examples:

- *Where in your body do you feel that?*
- *If that emotion had a colour or shape, what would it be?*
- *Is the image near or far, bright or dim, still or moving?*

TYPES OF TRAUMA-INFORMED QUESTIONS

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BREAKOUT ROOM

RECAP

- Recap the different types of trauma informed questions shared.
- 5 minutes.
- Pairs

TYPES OF TRAUMA-INFORMED QUESTIONS

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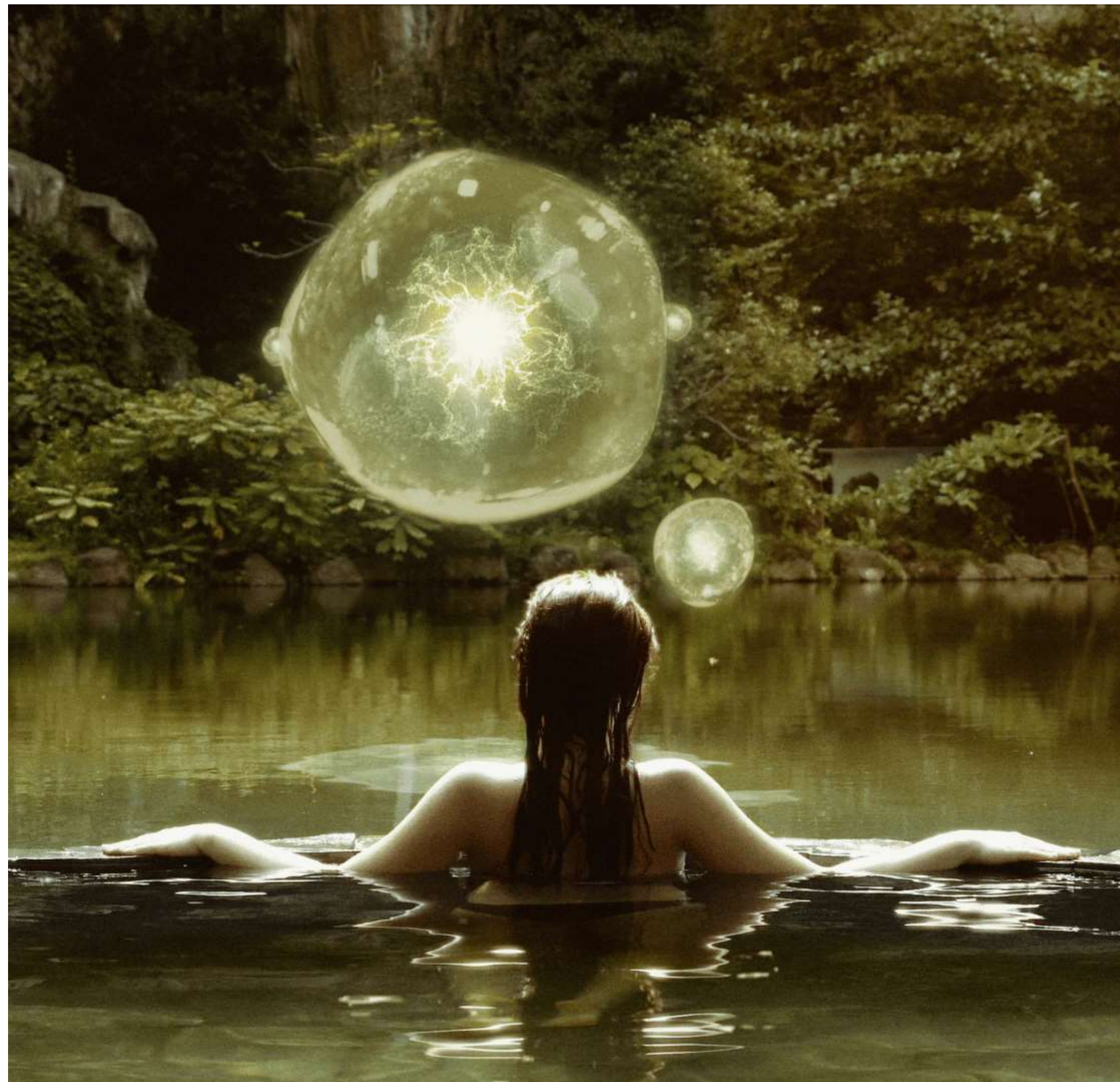
METAPHOR & SYMBOLIC LANGUAGE

METAPHOR & SYMBOLIC LANGUAGE QUESTIONS

- Help express what may be hard to put into words.
- Allow access to subconscious, emotional or abstract material.
- Useful with creative or sensitive clients who connect well with imagery.
- Helpful for accessing archetypes, deeper layers of meaning or unconscious content.
- Effective when working around resistance, shame or emotional defenses.



METAPHOR & SYMBOLIC LANGUAGE QUESTIONS



Examples:

- *If this emotion were an animal or object, what would it be?*
- *What's the image that comes up when you think of that situation?*
- *If your healing had a shape, what would it look like?*



IMAGERY FOR HEALING EXERCISE

IMAGERY FOR HEALING EXERCISE

Objective: To access and express emotions, thoughts, or experiences through metaphors, which can bypass resistance and encourage deeper exploration.

1. Set the intention:

- Begin by inviting the client to settle into a relaxed, open space, either through breathing or a grounding technique. Encourage them to be open to whatever images or metaphors come to mind, knowing that there's no right or wrong way to experience this.

2. Introduce the metaphor:

- Ask the client to bring a particular emotion, challenge, or feeling into their awareness. You could guide them by saying something like:
 - *Think about a recent challenge or emotion you've been grappling with. It might be something that feels heavy, confusing, or difficult to put into words. What's the first thing that comes to mind when you focus on it?*

IMAGERY FOR HEALING EXERCISE

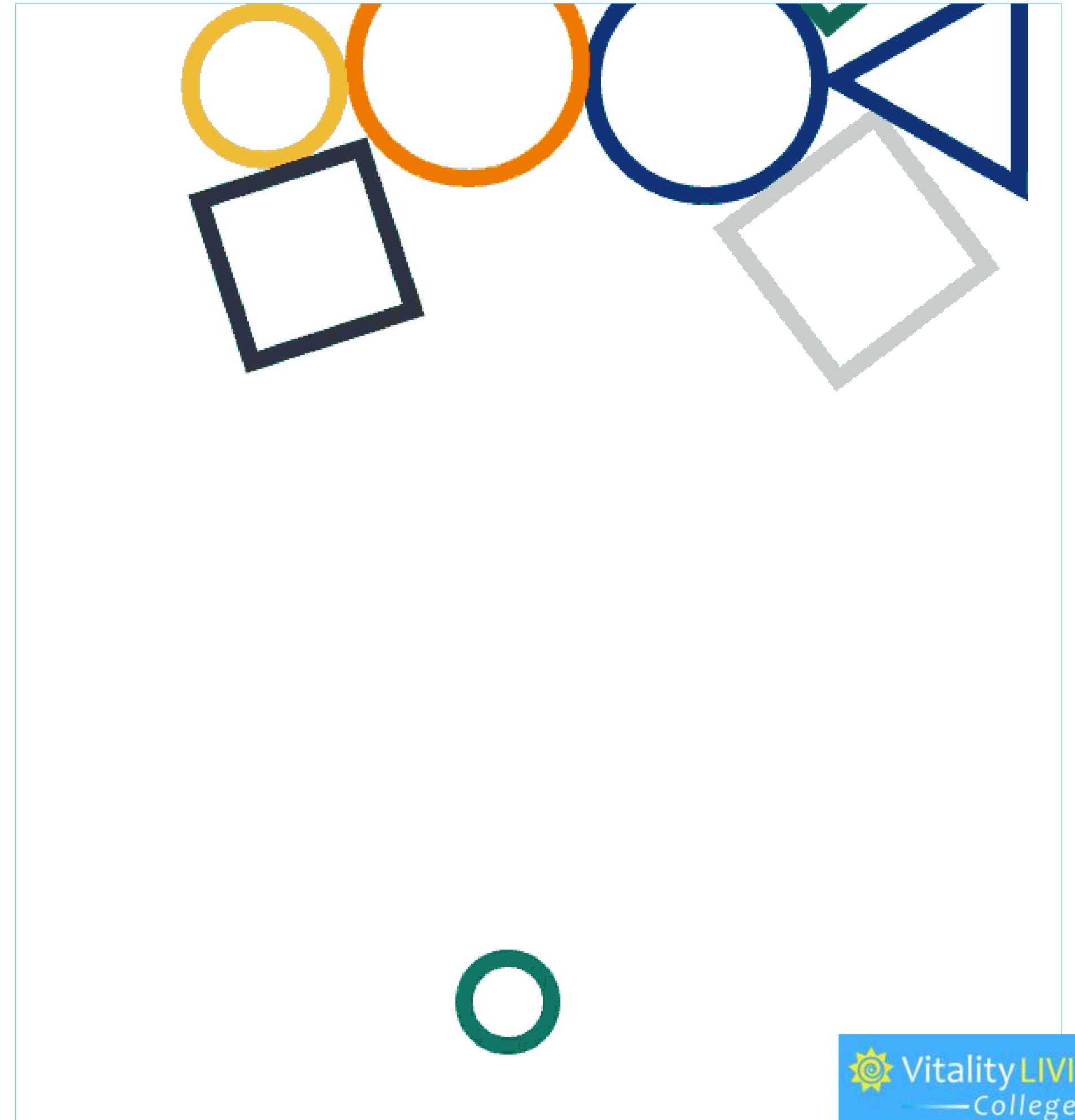
3. Begin with metaphor-based questions:

- Encourage the client to explore their emotion or experience using metaphor.
- You can ask the following questions to prompt different layers of understanding:
 - *If this emotion were an animal, what kind of animal would it be?
What is the reason you chose this animal?*
 - (Helps to personify the emotion and explore its traits or characteristics.)
 - *If this emotion or feeling had a shape, what would it look like?
Would it be jagged, smooth, soft, heavy?*
 - (Provides a physical representation of an abstract experience.)
 - *If this emotion were a colour, what colour would it be?*
 - (Encourages a sensory exploration that can reveal unconscious layers.)



IMAGERY FOR HEALING EXERCISE

- *What's the image that comes up when you think about this situation?*
 - (A way to access the mental picture the client holds around an experience.)
- *If your healing process had a shape or a symbol, what would it be?*
 - (Helps clients reflect on how they perceive their progress or journey.)
- *If this feeling were a place, where would it be located? Is it hidden, visible, vast, or confined?*
 - (Encourages exploration of internal spaces, helping clients see how they relate to their emotions.)



IMAGERY FOR HEALING EXERCISE

4. Follow the exploration:

- Allow the client to describe their responses in detail, and encourage them to explore any further images or emotions that come up. You can ask follow-up questions like:
 - *What do you notice about the animal/object/place? What does it need?*
 - *How does it feel to connect with this image?*

5. Reflection:

- Once the client has fully explored their metaphor, guide them to reflect on what it may reveal about their emotions or situation. You can ask:
 - *How does this metaphor help you understand your feelings or your experience more deeply?*
 - *Is there a message or insight that this image offers for your healing?*

IMAGERY FOR HEALING EXERCISE

6. Wrap-up:

- As you bring the exercise to a close, encourage the client to consider how they can integrate what they've learned from the metaphor into their conscious awareness or daily life.
- *Now that you've connected with this image, is there anything you can do to shift or change how it feels? How can you move toward healing?*



IMAGERY FOR HEALING EXERCISE EXAMPLE

Client's emotion: Anxiety

Therapist: *If your anxiety were an animal, what kind of animal would it be?*

Client: A fox, darting around quickly and unpredictably.

Therapist: *What does the fox need?*

Client: It needs a sense of calm and a place to rest, instead of running around all the time.

Therapist: *If your anxiety had a shape, what would it look like?*

Client: It would be jagged, like sharp rocks that feel uncomfortable to touch.

Therapist: *How does it feel to connect with this image?*

Client: It feels overwhelming, but I see that the fox needs space to rest. Maybe I need to give myself space to rest too.

BREAKOUT ROOM

IMAGERY HEALING EXERCISE

- Give and receive
- 10 minutes each.
- Pairs



STORY TELLING EXERCISE

STORY TELLING EXERCISE

Objective: To encourage the client to tell a story using metaphors, allowing them to explore their emotions, challenges, and personal growth through narrative.

1. Set the stage:

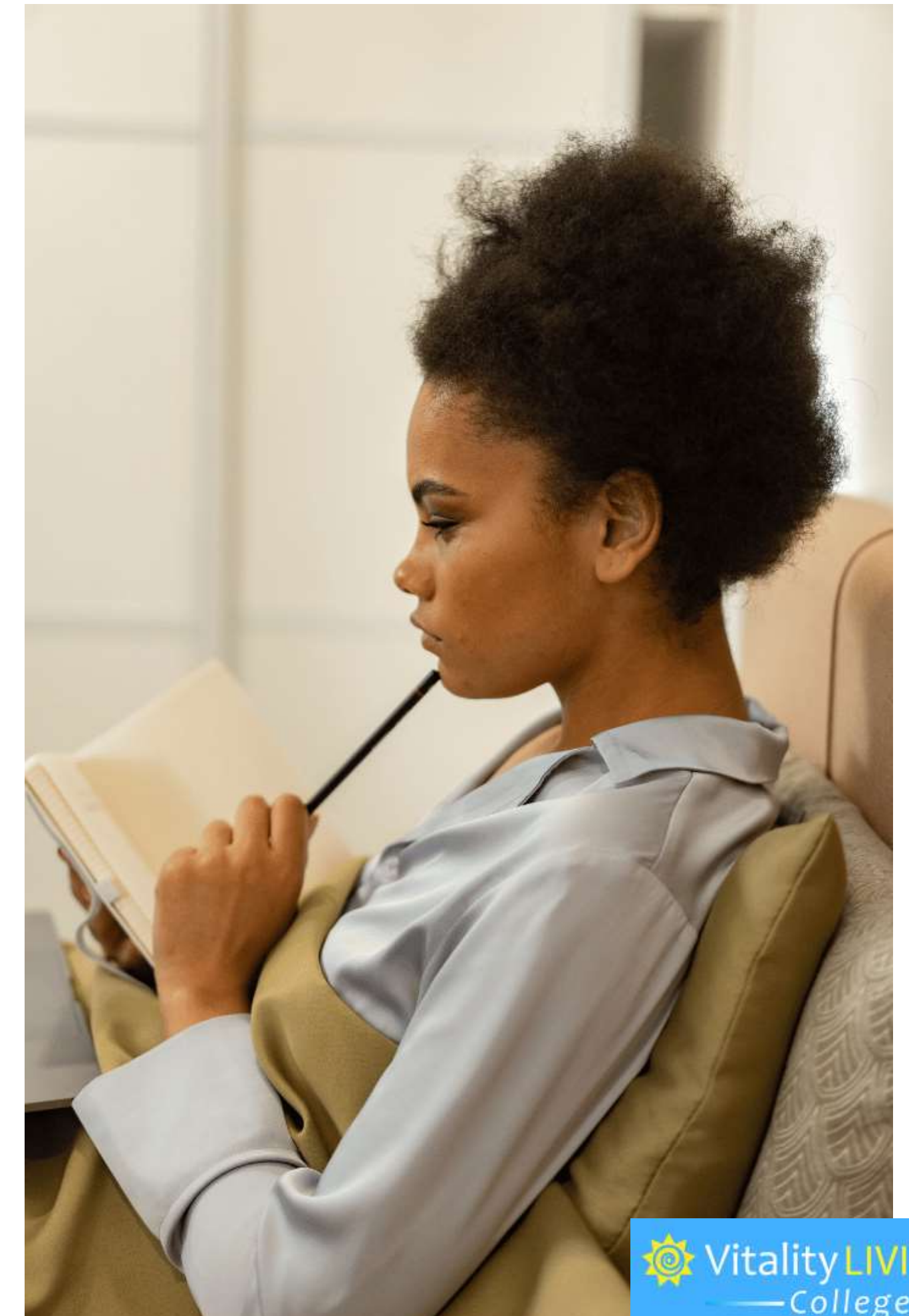
- Begin by creating a safe and open space for your client. Encourage them to relax and approach the exercise without any pressure. Reassure them that this is about creative expression and exploration. You might say:
 - *This exercise will invite you to tell a story using metaphors. Stories can help us make sense of complex feelings and experiences. We'll use imagery to create a journey that reflects what you're going through.*



STORY TELLING EXERCISE

2. Introduce the metaphor:

- Ask the client to think about their current emotional state or a challenge they are facing. You can offer some initial prompts to guide them:
 - *Think about a situation you're struggling with right now. What's a metaphor or image that comes to mind when you think about this challenge? It could be an animal, a place, or even a weather condition.*



STORY TELLING EXERCISE

3. Create the story:

- Once the client has an image in mind, invite them to weave it into a metaphorical story. Here are some guiding prompts for the storytelling process:
 - *Imagine this challenge you're facing is a journey. What kind of landscape or environment are you in?*
 - *Who or what accompanies you on this journey? Is there a guide, a companion, or even a foe?*
 - *What obstacles do you encounter on the path? How do you overcome them? Or do they force you to pause and reflect?*
 - *What is the ultimate destination or goal of this journey? Is there a resolution? Or is the journey more about learning and growth?*
 - *How does the landscape change over time? Does it shift in response to your actions or feelings?*



STORY TELLING EXERCISE

4. Encourage detail and emotional exploration:

- As the client begins to tell their story, encourage them to go deeper into the emotional and sensory details. Invite them to describe not only what's happening in the story but also how it feels and what it means for them.
- *What emotions come up as you walk through this landscape? Do any particular details stand out to you?*
- *What does the character (the metaphor) learn along the way? How does it change or evolve through the journey?*



STORY TELLING EXERCISE

5. Reflection:

- After the client has shared their story, take time to reflect on what the story reveals. You can ask them the following reflective questions:
 - *What does this story tell you about your current situation or feelings?*
 - *How do you feel about the path you took in the story? Do you see parallels with your own life?*
 - *What does the journey teach you about your challenges? What insights can you take from this story that might help you in real life?*
 - *What might the character in your story need next? What would you tell them if you were their guide?*

6. Integration:

- Encourage the client to reflect on how the metaphorical journey relates to their real-world struggles. Help them explore any action steps or shifts in perspective that may have emerged from the exercise.
- *Are there any lessons from this journey that you can apply in your own life? What would it look like to take one step towards your goal, just like the character in your story?*

STORY TELLING EXERCISE EXAMPLE

Client's emotion: Feeling overwhelmed with work.

Story:

"I feel like I'm walking through a dense forest. It's dark, and the trees are so tall that I can't see the sky. Every step feels heavy, like the ground is made of mud. I keep hearing rustling around me, but I don't know what it is. I'm lost, and I feel like I'll never find my way out."

"I try to push through, but the branches keep grabbing at me. I'm stuck, and I can't seem to move forward. There's a small clearing ahead, but I don't know if I'll reach it."

"The forest seems to be pushing back. But eventually, I notice a small path I hadn't seen before. I step onto it, and the trees open up just enough to let in a little light. I feel a sense of relief as I begin to walk that path, unsure of where it leads, but trusting it's better than staying where I was."

STORY TELLING EXERCISE EXAMPLE

Reflection:

“It feels like I’m caught between the heaviness of all my responsibilities and a desire to find a way out. The path is there, but I’m afraid I won’t be able to follow it.”

“Maybe this path represents the small steps I can take to handle things instead of trying to manage everything at once. I don’t need to clear the whole forest today; I just need to find the way to the next step.”

ONE
STEP
AT A
TIME

BREAKOUT ROOM

STORY TELLING EXERCISE

- Give and receive
- 10 minutes each.
- Pairs



PARABLE OF INNER JOURNEY

PARABLE OF INNER JOURNEY EXERCISE

Objective: To introduce a metaphorical story that helps the client explore their emotions, subconscious beliefs, or past experiences in a way that makes them feel safe to reflect on difficult feelings.

1. Set the intention:

- Let the client know that you will share a story. Reassure them that this story is a metaphor, not directly about them, but it may resonate with their situation. This reduces any pressure to immediately relate to the story personally.
- *I want to share a story with you. It's a metaphor, not about you directly, but it may speak to something in your life. Just listen and see what comes up for you.*

PARABLE OF INNER JOURNEY EXERCISE

2. Tell a story:

- Choose a simple, symbolic story that reflects a theme relevant to the client's current emotional state or situation. The story should be structured in a way that it mirrors the client's internal struggle, challenges, or transformation process.
- Here's an example of a metaphorical story you might share:
 - **The Story of the Traveler and the Storm:**
 - “Once there was a traveller who embarked on a long journey through a vast, open desert. The path was long and lonely, and sometimes the traveller didn't know which direction to take. One day, a storm came, powerful and unexpected. The wind howled, and the sand stung the traveller's skin. The traveller didn't know which way to turn or how to survive the storm. But as the storm raged, the traveller noticed something—they could still hear a soft voice within, telling them to find shelter. It was a quiet, persistent voice that felt like an inner guide. The traveller followed that voice and found shelter in a small cave. The storm passed, and the traveller emerged stronger, wiser, and more confident in their ability to listen to their inner compass, no matter how loud the storm became.”

PARABLE OF INNER JOURNEY EXERCISE

3. Engage the client in reflection:

- After telling the story, allow the client to reflect on the narrative. Ask questions to help them connect it to their own experiences.
- *What part of the story stood out to you the most?*
- *Do you see any connections between the traveller's journey and your own struggles or experiences?*
- *If you were the traveller, what would be your 'storm' right now? What is the voice or guidance you might need to listen to more closely?*
- *How did the traveller deal with the storm? Is there something you can learn from their response?*

4. Explore symbolism and metaphors:

- Ask the client to explore the symbolic aspects of the story in relation to their own subconscious processes. This is where the deeper layers can be accessed.
- *If we think of the storm as a metaphor for your current challenges, what kind of storm do you feel like you're facing right now?*
- *What would 'shelter' look like for you in this situation? Where can you seek refuge or support?*
- *The inner guide the traveller heard in the story was subtle but persistent. Do you have an inner voice or feeling that is guiding you, even if you haven't been able to listen to it fully?*

PARABLE OF INNER JOURNEY EXERCISE

5. Use the story to invite action or insight:

- After reflecting on the story, guide the client toward potential insights or actions they can take, just like the traveller did. The story offers an indirect way to examine their feelings, thoughts, and actions.
- *What can you learn from how the traveller handled the storm? How might you bring that into your life when you feel overwhelmed?*
- *The traveller chose to trust their inner guidance—what might it look like for you to start trusting your own inner wisdom more?*

6. Incorporate the metaphor in future sessions:

- The beauty of using storytelling is that it can become an ongoing metaphor. The client can return to this story or metaphor during later sessions to track their progress, understand new challenges, or recognise recurring patterns.
- *Remember the traveller we talked about last time—how do you think they would respond to this new challenge in your life?*

BREAKOUT ROOM


PARABLE OF INNER JOURNEY EXERCISE

- Give and receive
- 10 minutes each.
- Pairs

TYPES OF TRAUMA-INFORMED QUESTIONS

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- Parts integration questions
- Sub-modality questions
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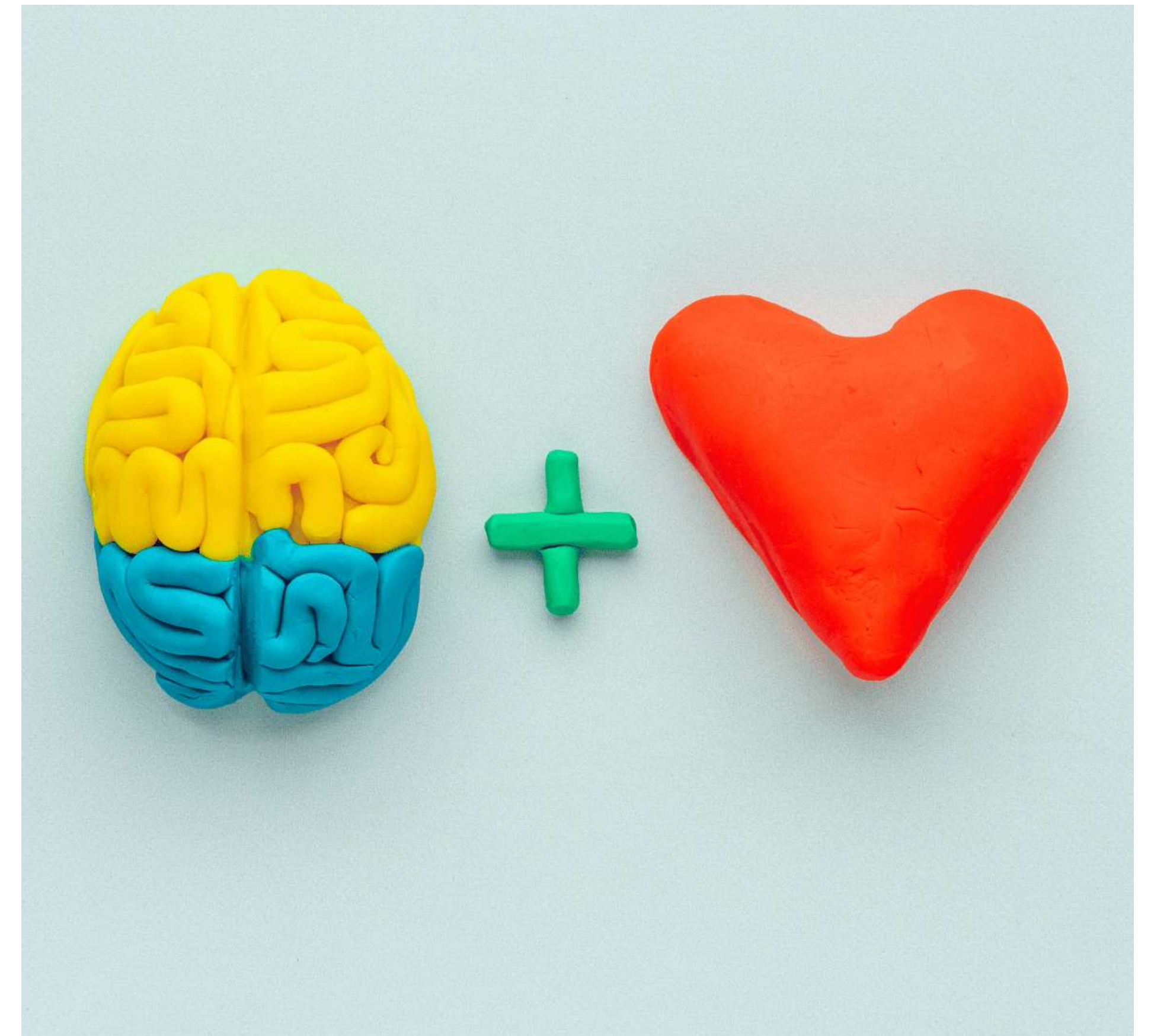




SOMATIC AWARENESS QUESTIONS

SOMATIC AWARENESS QUESTIONS

- Connect emotional states with physical sensations.
- Help clients track and interpret the body's messages.
- Useful for regulating overwhelm and accessing buried emotion.
- Encourage embodied insight and deeper self-awareness.
- True mastery = sensing the right question to ask in the moment, not just having a list.



SOMATIC AWARENESS QUESTIONS

Examples:

- *What's happening in your body right now as you say that?*
- *Is there a sensation that wants your attention?*
- *Can you breathe into that area and ask what it wants you to know?*

Breathe in



SOMATIC AWARENESS EXERCISE

SOMATIC AWARENESS EXERCISE

Objective: To help the client tune into their body, track physical sensations, and connect them with emotions or thoughts. This will facilitate emotional regulation, release of buried emotions, and enhance self-awareness.

1. Create a grounded, calm space:

- Start by guiding your client to take a few deep breaths to settle into the present moment. You can invite them to close their eyes if that feels comfortable or to simply soften their gaze.
- *Take a moment to centre yourself, breathing in deeply, and slowly releasing the breath. Feel the weight of your body in the chair, your feet grounded, and notice any tension or ease in your body. Allow yourself to become aware of the sensations in your body.*



SOMATIC AWARENESS EXERCISE

2. Set the intention to listen to the body:

- Let the client know the goal is to connect with and listen to what their body is communicating to them in this moment.
- *As we continue, I'd like you to focus on your body. We'll explore any physical sensations that might be tied to emotions or thoughts you've been holding onto. There's no need to analyse or judge—just notice what's present.*

3. Explore the current emotional state:

- Ask your client to tune into what they are feeling emotionally right now. It might be something they've been processing in the session, or it might come from their present state. Then, invite them to locate this emotion in their body.
- *What emotion are you noticing right now? Can you connect this emotion to a specific sensation in your body?*
- *For example, if you feel anxious, can you locate it in your chest, throat, or stomach? Is it a tightness, pressure, warmth, or something else?*

SOMATIC AWARENESS EXERCISE

4. Focus on the sensation:

- Now, guide the client to explore this physical sensation more deeply. Help them pay attention to the texture, size, shape, temperature, or movement of the sensation.
- *Where do you feel that sensation in your body? Is it a sharp pain, a dull ache, tightness, or something else? Does it have a colour, texture, or temperature? Can you describe it in any way?*
- *Does it feel heavy, light, expansive, or contained? What are you noticing?*

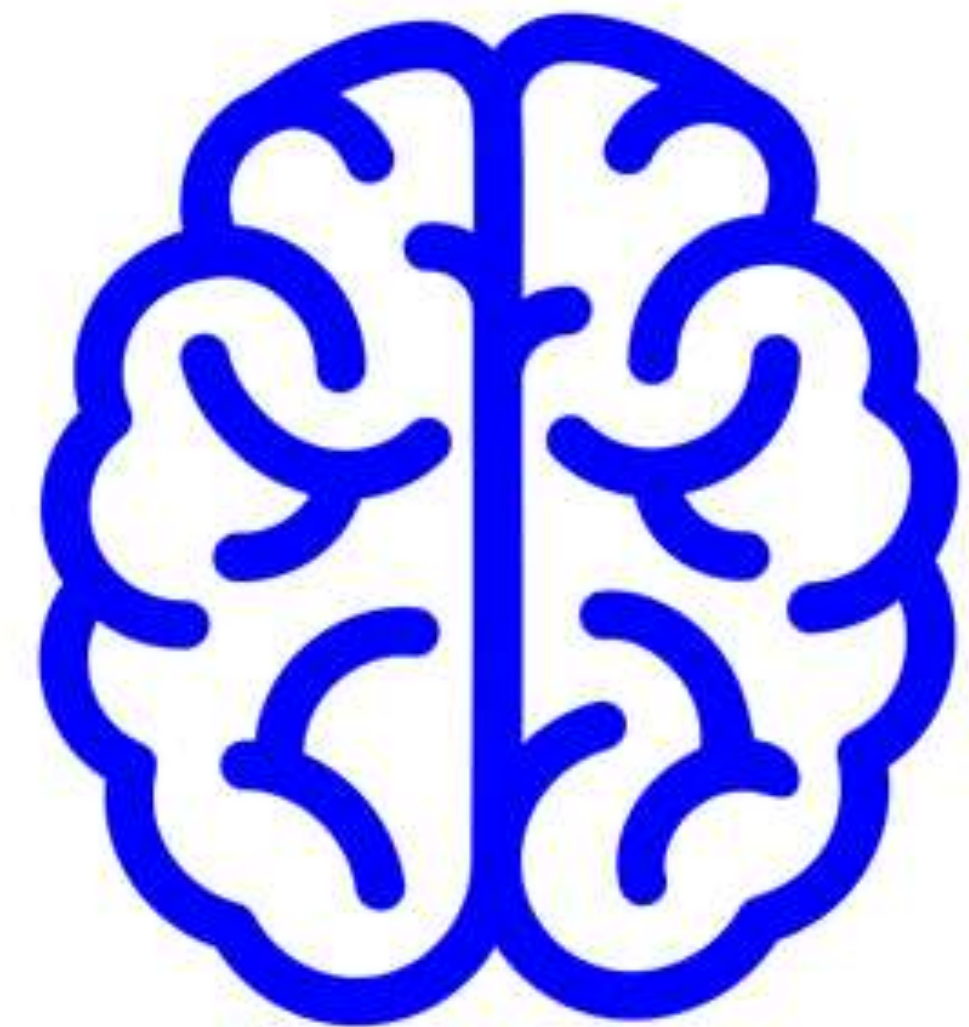
5. Invite dialogue with the sensation:

- Encourage the client to engage with the sensation, almost as if it's a separate entity that is trying to communicate something. You can use this method to help them access deeper emotional or unconscious material.
- *Can you ask that part of your body what it wants you to know? What is it trying to tell you right now?*
- *If this sensation could speak, what would it say about what you're feeling or what you've been carrying?*
- *Take a moment to breathe into that area and see if you can understand its message.*

SOMATIC AWARENESS EXERCISE

6. Deepen the exploration:

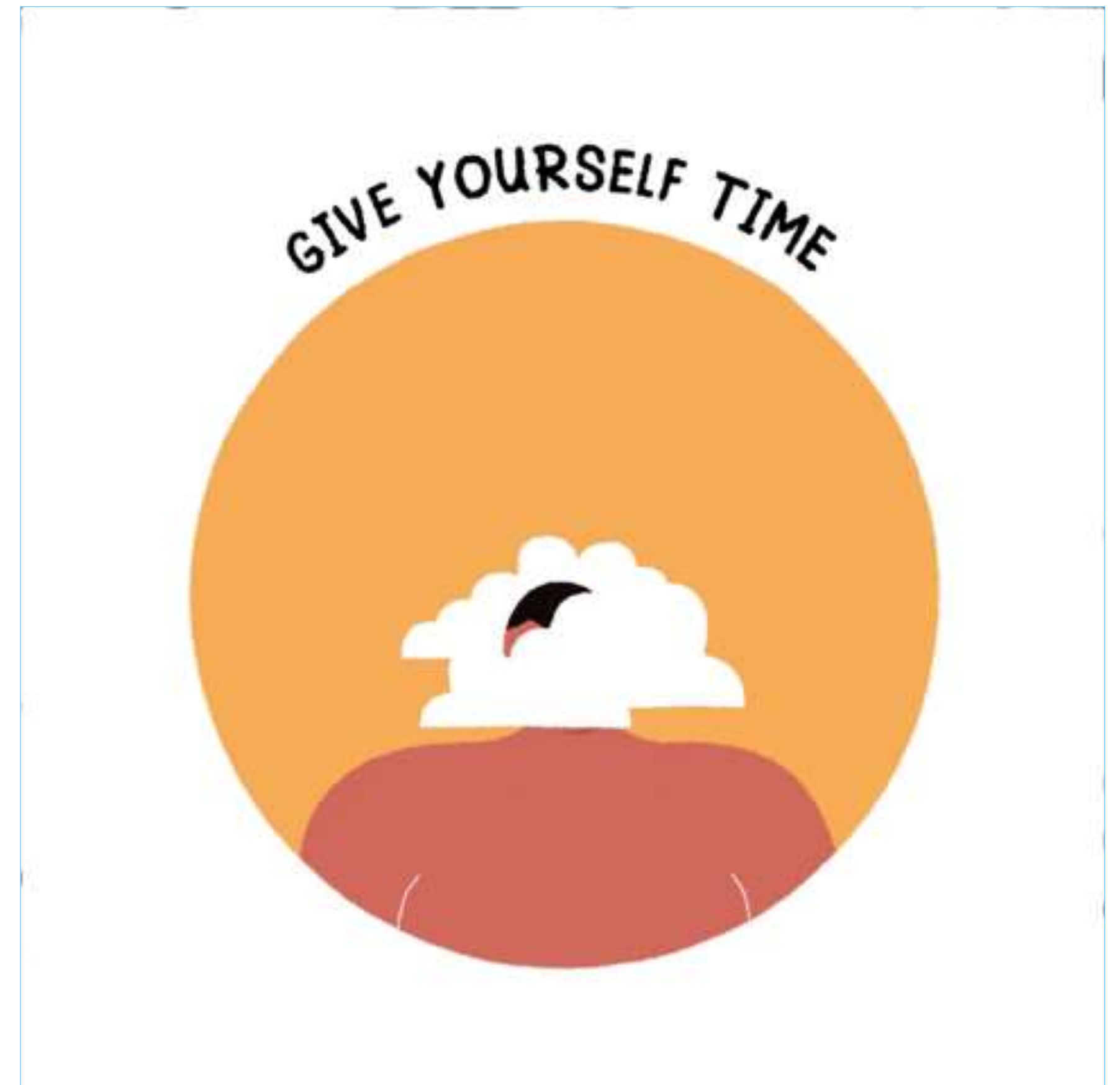
- As the client continues to focus on the sensation, encourage them to stay present and explore any shifts that happen as they breathe into the sensation. This can help uncover buried emotions or past experiences that are held in the body.
- *What happens to that sensation when you breathe into it? Does it change? Does it stay the same? Does it move or grow?*
- *Is there a memory or feeling that arises as you pay attention to this area? Sometimes the body holds on to past emotions or experiences. Let yourself explore without judgment.*



SOMATIC AWARENESS EXERCISE

7. Regulating overwhelm (if needed):

- If at any point the client begins to feel overwhelmed by the sensation or emotion, guide them to gently focus on grounding or shifting attention to another part of the body.
- *If this feels too overwhelming, let's return to your breath for a moment, gently noticing the rise and fall of your chest. Or you can shift your attention to a part of your body that feels more neutral or comfortable.*
- *You can always come back to the sensation when you feel ready. It's important to stay within your comfort zone.*



SOMATIC AWARENESS EXERCISE

8. Reflect on the experience:

- After the client has explored the sensation, guide them to reflect on the experience. This can help them gain insight into what the body is trying to communicate, and what actions or changes might support their emotional wellbeing.
- *What did you learn from connecting with this sensation? Does it provide any insights into what you've been feeling or thinking?*
- *How do you feel after bringing awareness to this part of your body? Is there a shift in how you perceive the emotion now?*

9. Closing the exercise:

- End the exercise by helping the client gently return to their full awareness of the present moment. This can help them feel more grounded and integrated.
- *When you're ready, begin to bring your attention back to the room, noticing the sensations of your body as you breathe. Slowly open your eyes, and let yourself take in the space around you. You can carry this awareness with you.*

SOMATIC AWARENESS EXERCISE EXAMPLE

Client's emotion: Anxiety

Client: I feel a lot of anxiety right now, like something is choking me.

Therapist: *Where do you feel that sensation? Can you describe it a bit more? Is it tight or constricted? Is there a specific part of your throat, chest, or stomach where it feels strongest?*

Client: It's in my throat, like a lump, and it feels tight.

Therapist: *Let's focus on that sensation in your throat for a moment. Can you breathe into it and ask it what it wants you to know?*

Client: I feel like it's saying that I'm not able to speak my truth.

Therapist: *That's very powerful. What do you think your throat might need in order to feel more open?*

Client: Maybe it needs permission to speak, to say what I've been holding inside.

Therapist: *That's a great insight. Is there anything you'd like to do to give yourself that permission?*

SOMATIC AWARENESS EXERCISE BENEFITS

- **Embodied insight:** The body often holds unconscious emotions or repressed experiences. This exercise helps bring those hidden layers into conscious awareness.
- **Emotional regulation:** By tuning into the body, clients can learn to recognise and manage intense emotions like anxiety, anger, or fear, helping them stay grounded in overwhelming moments.
- **Self-awareness:** This practice helps clients develop a deeper understanding of their internal states and how their body responds to emotional triggers.
- **Releasing buried emotions:** The physical body holds onto past experiences, and connecting with physical sensations can allow for the release of stored emotions.

BREAKOUT ROOM

SOMATIC AWARENESS EXERCISE

- Give and receive
- 10 minutes each.
- Pairs

NEXT STEPS: 6 KEYS TO SUCCESS

1. Update: Your personal development logs and submit them by 21st August 2025.

NEXT STEPS: 6 KEYS TO SUCCESS

- 1. Update:** Your personal development logs and submit them by 21st August 2025.
- 2. Congratulate:** Congratulate yourself on completing the training and share your certificate on social media with your experience and tag us.

2. CONGRATULATIONS

CERTIFICATE OF ATTENDANCE QUESTIONS MASTERY PROGRAM

THIS CERTIFICATE IS PROUDLY PRESENTED TO

This can be you!

who has attended the Questions Mastery program and completed XX hours of training and mentoring. They have also completed all of the required assignments as laid down in the Vitality Living College's regulations.



Dr Rangana Rupavi Choudhuri (PhD)

CEO & Founder Vitality Living College
Master Trainer of Trainers EFT International
Awarded on: XXth August 2025



NEXT STEPS: 6 KEYS TO SUCCESS

- 1. Update:** Your personal development logs and submit them by 21st August 2025.
- 2. Congratulate:** Congratulate yourself on completing the training and share your certificate on social media with your experience and tag us.
- 3. Self practice:**
 - Silence
 - Safe presence
 - Intuition self-check ritual
 - Empty vessel meditation
 - Infinity loop visualisation



SILENCE



SAFE PRESENCE EXERCISE

SAFE PRESENCE

1. Feet on ground.
2. Hand on head.
3. Hand on heart.
4. I am safe, I am here, I am now.
5. I am present.
6. My presence is enough. The healing belongs to them.



INTUITION SELF-CHECK IN RITUAL

INTUITION SELF-CHECK IN RITUAL

1. Close your eyes. Take three slow breaths.
2. Place a hand on your heart or belly and check in.
3. Ask: *Am I present right now?*
4. Ask: *Does this moment need a question—or silence, reflection, or presence?*
5. If question, ask: *Is this question coming from love, curiosity, or control?*
6. Let the question arise naturally, or let the space breathe.



EMPTY VESSEL MEDITATION

EMPTY VESSEL MEDITATION

1. Relax the body.
2. Empty out any toxicity, emotions and beliefs that are no longer needed.
3. Come into the moment as an empty vessel.
4. No thoughts of past and future.
5. Just this moment.



INFINITY LOOP VISUALISATION

INFINITY LOOP VISUALISATION

- 1. Ground yourself:** Take a deep breath in through the nose, out through the mouth.
- 2. Visualise the figure eight:** Picture an infinity symbol with two distinct loops.
- 3. Place yourself:** See yourself standing in one loop, representing your own energy.
- 4. Place the attachment:** Put the person, situation, or pattern (e.g. client) in the other loop.
- 5. Sense & acknowledge:** Notice any sensations or intuitive reactions to confirm the focus.
- 6. White light (your loop):** Visualise white light moving clockwise around your loop.
- 7. White light (other loop):** See white light moving anti-clockwise around the other loop.

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- 4. Refresh:** Watch the Questions Mastery videos on the VLC portal.

QUESTIONS MASTERY



LEARN HOW TO CREATE FASTER, LASTING RESULTS USING POWERFUL QUESTIONS

FACILITATED BY DR RANGANA RUPAVI CHOUDHURI (PHD)

0% Complete ⓘ

▼ 24. Live Demonstrations with Inner Child Matrix 2022-2023

1. Past Healing Process, June 2023

2. Past Healing Process, June 2022

3. Past Healing Process, June 2023

4. Working with Resistance, June 2023

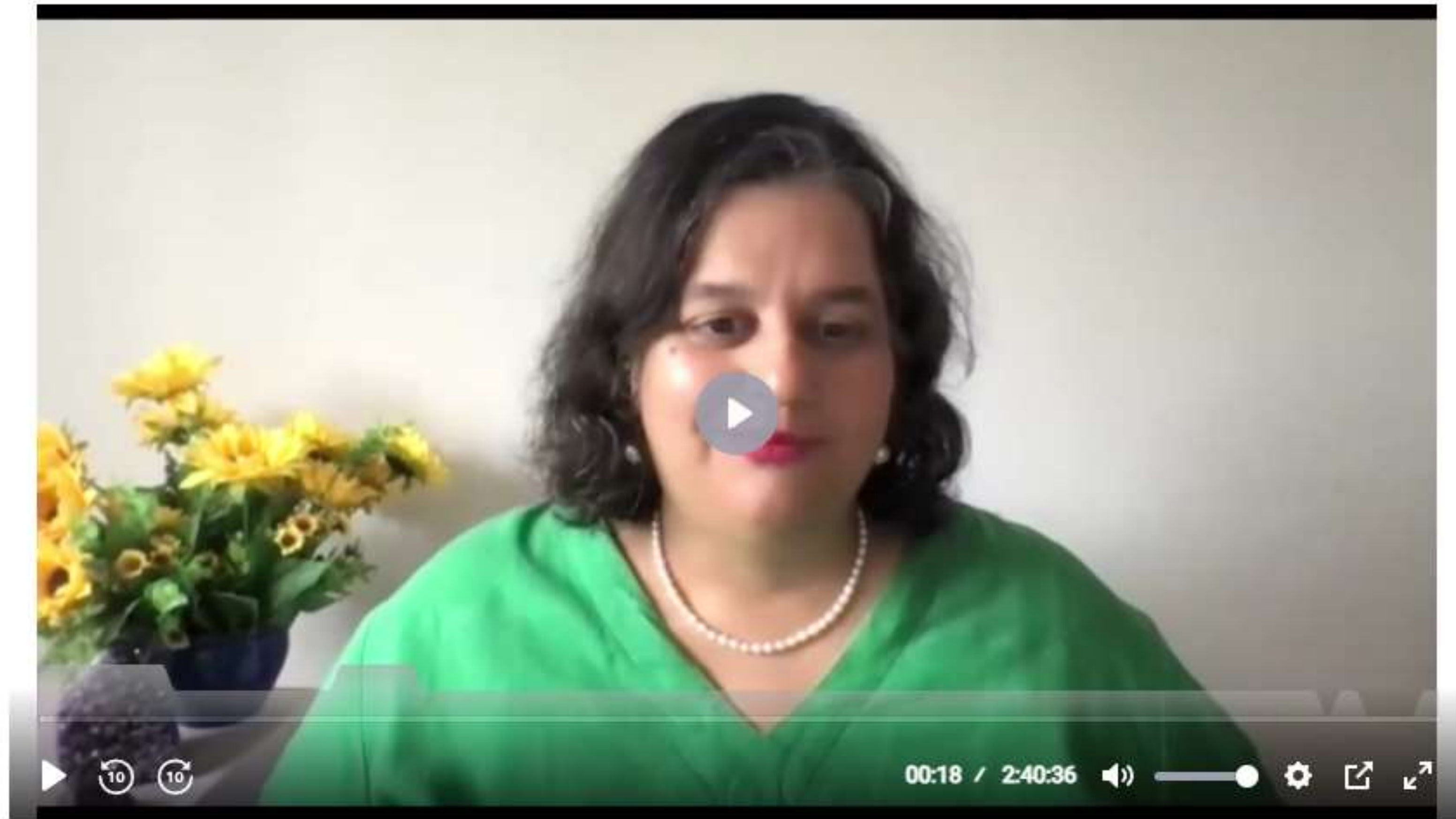
5. Past Healing Process, December 2022

6. Past Healing Process, December 2022

7. Past Healing Process -

1. Module 1: Why, Questions? (Full Video)

Mark As Complete

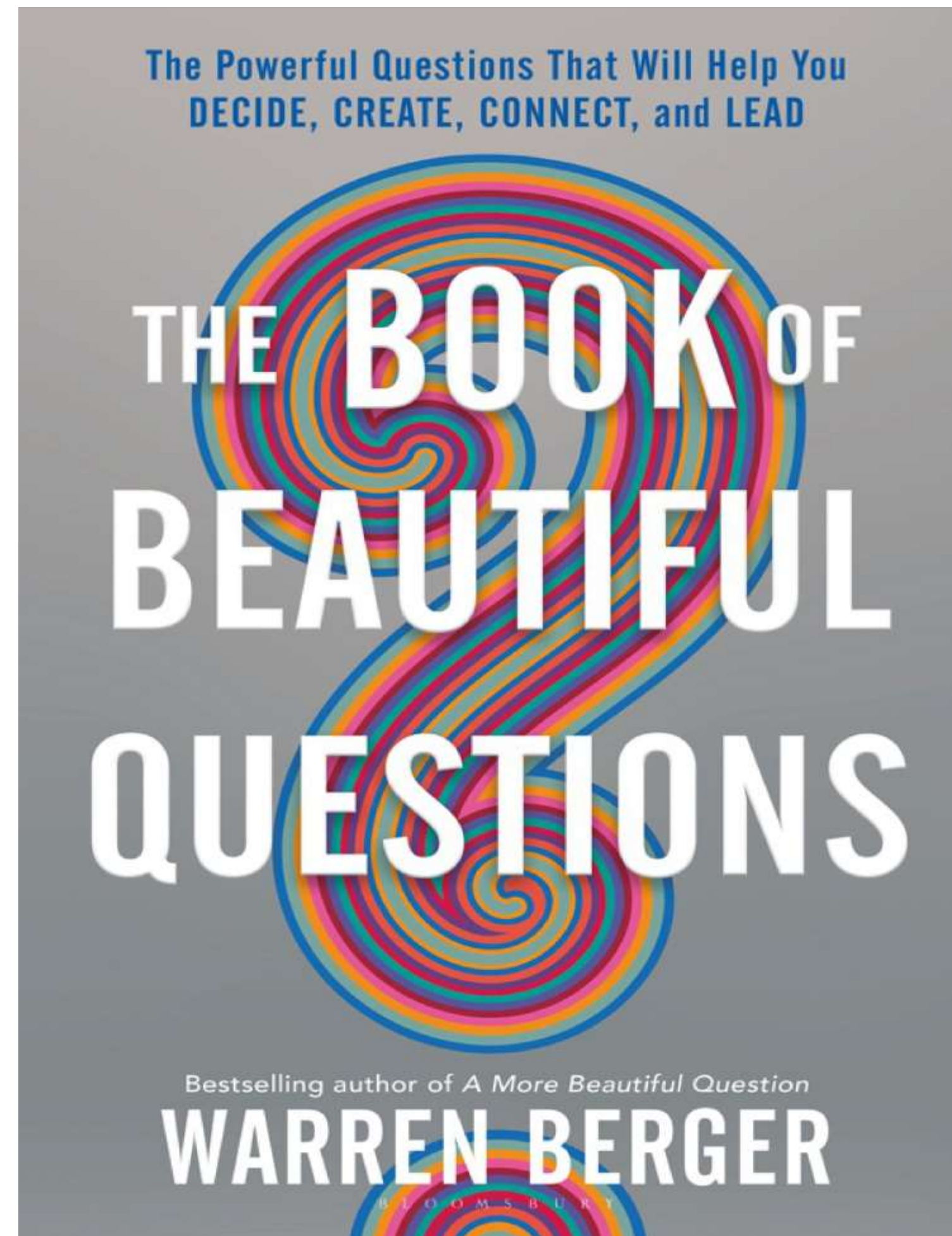


Next Lesson >

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- 5. Get your gifts:** Fill in the Feedback form and get your gifts, <https://bit.ly/QuestionsMasteryProgramFeedbackForm>.

5. GET YOUR GIFTS



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- 6. Attend:** The Supervision & Mentoring sessions.

6. ATTEND

- **Dates:** 18th - 22nd August 2025 (Monday - Friday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India / Sri Lanka

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TRAUMA REVERSE PRACTITIONER TRAINING

- **Trauma Reverse Practitioner:** 1st - 5th September 2025 (Monday – Friday)
- **Trauma Reverse Supervision & Mentoring:** 21st - 25th September 2025 (Sunday - Thursday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India / Sri Lanka

CONTENTS

1. Rapport-building questions
2. Timeline-based questions
3. Parts integration questions
4. Sub-modality questions
5. Metaphor & symbolic language questions
6. Somatic awareness questions
7. Next steps

VITALITY LIVING COLLEGE

QUESTIONS MASTERY PROGRAM

*HELP CLIENTS BREAK THROUGH BLOCKS FASTER, GO
DEEPER QUICKER, AND CREATE LASTING CHANGE*

Module 5

WITH DR RANGANA RUPAVI CHOUDHURI (PHD)



EFT FACILITATOR

- **Week 1:** 5th - 9th October 2025 (Sunday - Thursday)
- **Week 2:** 12th - 16th October 2025 (Sunday - Thursday)
- **Timings:** 10 am - 2.30 pm BST UK, 5 am - 9.30 am EDT US, 11 am - 3.30 pm CEST EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 12 pm - 4.30 pm EEST Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India / Sri Lanka

BODY VITALITY

- **Dates:** 10th - 13th, 17th - 20th November 2025 (Monday - Thursday)
- **Timings:** 9 am - 1.30 pm GMT UK, 4 am - 8.30 am EST US, 10 am - 2.30 pm CET EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 11 am - 3.30 pm EET Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India/ Sri Lanka

EFT TAPATHON

- **Dates:** 1st - 21st December 2025 (Monday - Sunday)
- **Timings:** 1.30 pm - 3.30 pm GMT UK, 8.30 am - 10.30 am EST US, 2.30 pm - 4.30 pm CET EU, 8.30 pm - 10.30 pm ICT Thailand, 5.30 pm - 7.30 pm GST UAE, 3.30 pm - 5.30 pm EET Egypt, 4.30 pm - 6.30 pm AST Saudi Arabia, 9.30 pm - 11.30 pm SGT Singapore, 11.30 pm - 1.30 am AEST Australia, 7 pm - 9 pm IST India/ Sri Lanka

ENERGY FLOW® PRACTITIONER TRAINING

- **Energy Flow® Foundational:** 12th - 15th January 2026 & 19th - 22nd January 2026 (Monday - Thursday)
- **Energy Flow® Practitioner:** 26th - 29th January 2026 (Monday - Thursday)
- **Supervision & Mentoring:** 2nd - 5th February 2026 & 9th - 12th February 2026 (Monday - Thursday)
- **Timings:** 9 am - 1.30 pm GMT UK, 4 am- 8.30 am EST US, 10 am - 2.30 pm CET EU, 4 pm - 8.30 pm ICT Thailand, 1 pm - 5.30 pm GST UAE, 11 am- 3.30 pm EET Egypt, 12 pm - 4.30 pm AST Saudi Arabia, 5 pm - 9.30 pm SGT Singapore, 7 pm - 11.30 pm AEST Australia, 2.30 pm - 7 pm IST India/ Sri Lanka
- **More:** <https://vitalitylivingcollege.info/energy-flow-program>