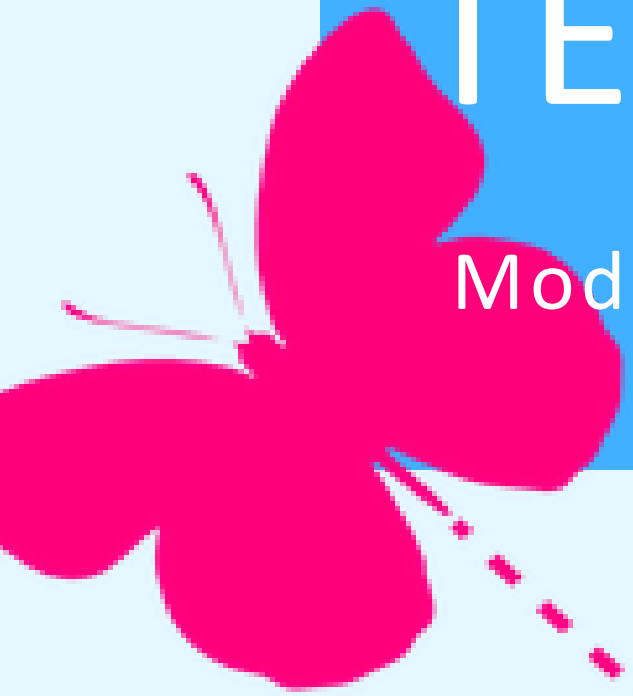


EMOTIONAL FREEDOM TECHNIQUES (EFT) FAST TRACK

Module 2



CONTENTS

1. Who are we?
2. Housekeeping
3. Introductions and our agreement
4. Parts of the program
5. Root cause of illness
6. Clinical evidence for EFT
7. Basic Recipe and Relaxed Breathing
8. Simplified EFT and Relaxed Breathing
9. Next steps



**VIDEO
ANNOUNCEMENT**

EFT FAST TRACK REVISION WHATSAPP GROUP



EFT Fast Track April 2025





**USE THEIR
WORDS**



LEADING

SIMPLIFIED EFT: THE 7 STEPS OF EFT

1. Identify the issue or goal
2. Get a measure for It
3. Start EFT Tapping on the side of the hand
4. Tap on the upper body points
5. Close sequence
6. Relax
7. Test

NEXT STEPS

1. **Update:** Your personal development log, <https://portal.vitalitylivingcollege.info/course/eft-fast-track/4-personal-development-log/lesson/1-personal-development-log-67ec93450de62>.
2. **Practice:** The following Energy Flow® exercises:
 - Tantrum Release
 - Immune Boosting
3. **Self Practice:** Breathing with Simplified EFT.
4. **Optional:** If you have not already, fill in the intake form, <https://bit.ly/EFTSeniorPractitionerIntakeForm>
5. **Check out:**
 - The VLC code of conduct, <https://vitalitylivingcollege.info/vlc-code-of-conduct/>.
 - The article on EFT Tapping Meridian Points, along with the EFT Upper Body Meridian Table, <https://vitalitylivingcollege.info/eft-tapping-meridian-points/>.
 - The clinical information on EFT, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

RELAXED BREATHING WITH THE BASIC RECIPE WORKSHEET

[Click here for the Google Doc](#)

BREATHING WITH THE BASIC RECIPE SELF PRACTICE WORKSHEET

1. Begin by taking a gentle breath in and out.
2. Notice what number your breathing is at, where 10 is really tight or constricted and 1 is free flowing and easy. Write that down: _____
3. Then, notice the words you would use to describe your breathing, for example: tight, heavy, easy. Write that down: _____
4. Start tapping on the side of the hand or karate chop point. *“Even though my breathing is at a number _____ and it feels _____, I love and accept myself anyway”*. Repeat 3 times.
5. Tap on the facial, upper body, and finger points using the reminder phrase:
 - Eyebrow: Number _____
 - Temple, Side of eye: Feeling _____
 - Under the eye: Number _____
 - Under nose: Breathing _____

UPPER BODY MERIDIAN TAPPING POINTS

Location	Picture	Meridian	Releases	Allows
Top of Head		Governing & Bladder Meridian	Inner critic, lack of focus and 'hamster wheel' thinking	Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity
Eyebrow Point		Bladder & Stomach Meridian	Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread	Inner peace and emotional healing
Side of Eye Point		Gallbladder, Triple Warmer, & Small Intestine Meridian	Rage, anger, resentment, fear of change and muddled thinking	Clarity, compassion and understanding
Under Eye Point		Stomach Meridian	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe – 'All is well'

UPPER BODY MERIDIAN TAPPING POINTS

Location	Picture	Meridian	Releases	Allows
Under Nose Point		Governing Vessel & Large Intestine Meridian	Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals	Self-empowerment, self-acceptance and compassion
Chin Point		Conception Vessel (Central Meridian) & Stomach Meridian	Confusion, uncertainty, embarrassment, shame and in-decisions	Certainty, clarity, self-confidence and self-acceptance
Collarbone Point		Kidney Meridian	Psychological reversal, worry, indecision, feeling stuck and general stress	Ease in moving forward, confidence and clarity
Under Arm Point		Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self-esteem	Clarity, confidence, relaxation and compassion for self and others

2

PHYSICAL TENSION & TELL THE STORY

CONTENTS

1. Physical tension
2. Calibration
3. Tell the Story
4. Next steps

PHYSICAL TENSION WITH SIMPLIFIED EFT



1. Locate The
Tension

Say, *“Take a gentle breath in & out.”* Pause and take a breath with them. Then say, *“Just scan your body now and ask yourself where in the body is there any tension or physical discomfort. Once you have a sense or knowing of it, focus all your energy there; and let me know the location.”*

2. Measure
the SUD

Repeat their words back to them, *“Thank you for sharing. The tension or discomfort is in [BODY PART].”* Now ask, *“Can you measure it on a scale of 1 to 10, where 10 is high intensity and 1 is low intensity or discomfort? Let me know the number.”* Optional: Ask for feeling.

3. Start Tapping
– Karate Chop

“Even though I have this tension, and it’s in my [BODY PART], and it’s at a number [NUMBER], and it makes me feel [FEELING], I love and accept myself”. You can also lead with number and then body part.

4. Reminder
Phrase

Tap on the face, upper body, and finger points using the reminder phrase: *This [BODY PART], This [FEELING], This [LOCATION], and repeat.*

5. Close

Close by tapping on the Karate Chop. *“Even though I have this tension, and it’s in my [BODY PART], and it’s at a number [NUMBER], and it makes me feel [FEELING], I love and accept myself”.*

6. Breathe

Pause and say, *“Take a gentle breath in & out, and take a sip of water.”* Do it along with them.

7. Test

Ask, *“What happened?”* or *“What is the number at now?”*. Listen to what they have to share. At times the tension can move, this is known as chasing the pain. Get a measure of the original and new location.

8. Ask more questions

Explore further and ask, *“Are there any colours, shapes, sounds, textures, sensations, and feelings associated with the tension or discomfort? If yes, describe it to me.”* No need to mention each one. You can pick whatever comes intuitively.

9. Listen

Carefully listen to the descriptions and make notes. It's always better to make shorter notes in order to keep your focus on the client; not on the notes. For example, *"Pain, SB, 7, Red"* (where SB stands for *Shoulder Blade*).

10. Start Tapping Again

Start tapping using the client's specific words. *"Even though I have this tension and it is in my [BODY PART], and it's at a number [SUD], and it's a [COLOUR, TEXTURE, SIZE, FEELING, SENSATION, SOUND], I love and accept myself"*.

11. Reminder Phrase

Tap on the face, upper body and finger points using the reminder phrase: *This [BODY PART], This [FEELING], This [LOCATION], This [COLOUR], This [TEXTURE], This [SOUND], This [SENSATION], and repeat.*

12. Close

Close by tapping on the Karate Chop. *"Even though I have this tension and it is in my [BODY PART], and it's at a number [SUD], and it's a [COLOUR, TEXTURE, SIZE, FEELING, SENSATION, SOUND], I love and accept myself"*.

13. Breathe

Pause and say, *"Take a gentle breath in & out, and take a sip of water."*
Do it along with them.

14. Test

Ask, *"What happened?"* or *"What is the number at now?"* You can even ask, *"How does it make you feel?"*: At times the pain can move, this is known as chasing the pain. Get a measure of the original and new location.

15. Breathe

Pause and say, *"Take a gentle breath in & out, and take a sip of water."*
Do it along with them.

16. Test

Ask, *"What happened?"* or *"What is the number at now?"* You can even ask, *"How does it make you feel?"*

17. Reassure

No matter what they share thank them and say, “Great!”

18. Continue

Repeat with them. Continue tapping using the client’s specific phrases with any changes that they describe, until the SUDs come down to 3 or below.

19. Step by Step

Work on one part and then test that and check where that is at. Then work on the next part and test where that is at.

20. Remaining

When the SUD comes down, tap on, *“Even though I have this remaining tension, and it is at a number [SUD], this remaining number [SUD] tension, I deeply and completely love and accept myself.”*

21. Close

Say, *“Take a gentle breath in & out, and take a sip of water”* Pause and do it along with them. Then ask, *“How are you feeling?”* Let them know what they did well. Reassure, thank them, and close.

**DEMONSTRATION
PHYSICAL
TENSION**

PHYSICAL TENSION

1. Location and number
2. Medical check
3. Location, number, and tap
4. Test, breathe, water
5. Location, number, feeling, and tap
6. Test, breathe, water
7. Colour, texture, sound, sensation, texture, feeling, and tap
8. Test, breathe, water
9. Tension can move location; test the original and work with what the client wants
10. Test, breathe, water



BREAKOUT ROOM

PHYSICAL TENSION

- Ask for partner's location and number.
- Use exact words for tapping.
- In the second round, ask for colour, texture, size, shape and feeling.
- When the SUD's comes down use the words remaining tension.
- Pairs
- 15 mins each way; 30 minutes total

**SELF
PRACTICE
WORKSHEET –
PHYSICAL
TENSION**



0% Complete ⓘ

▼ 9. Self-Practice Worksheets

1. Breathing with the Basic Recipe
2. Relaxed Breathing with Simplified EFT
3. Physical Tension with Simplified EFT
4. Physical Tension with Deeper Exploration
5. Tell the Story
6. Addictive Cravings
7. Movie Technique
8. Tearless Trauma
9. Fears & Phobias
10. Limiting Beliefs

► 10. Next Steps

► 11. EFT Fast Track Certification Requirements

3. Physical Tension with Simplified EFT

Mark As Complete

< Previous Lesson

Next Lesson >

About This Lesson

Resources

The Physical Tension process can be used to release any minor body tensions. For example: neck pain, headache, or stomach discomfort.

The Physical Tension with Simplified EFT Worksheet can be found in the Resources section.

SELF-PRACTICE: PHYSICAL TENSION WITH SIMPLIFIED EFT

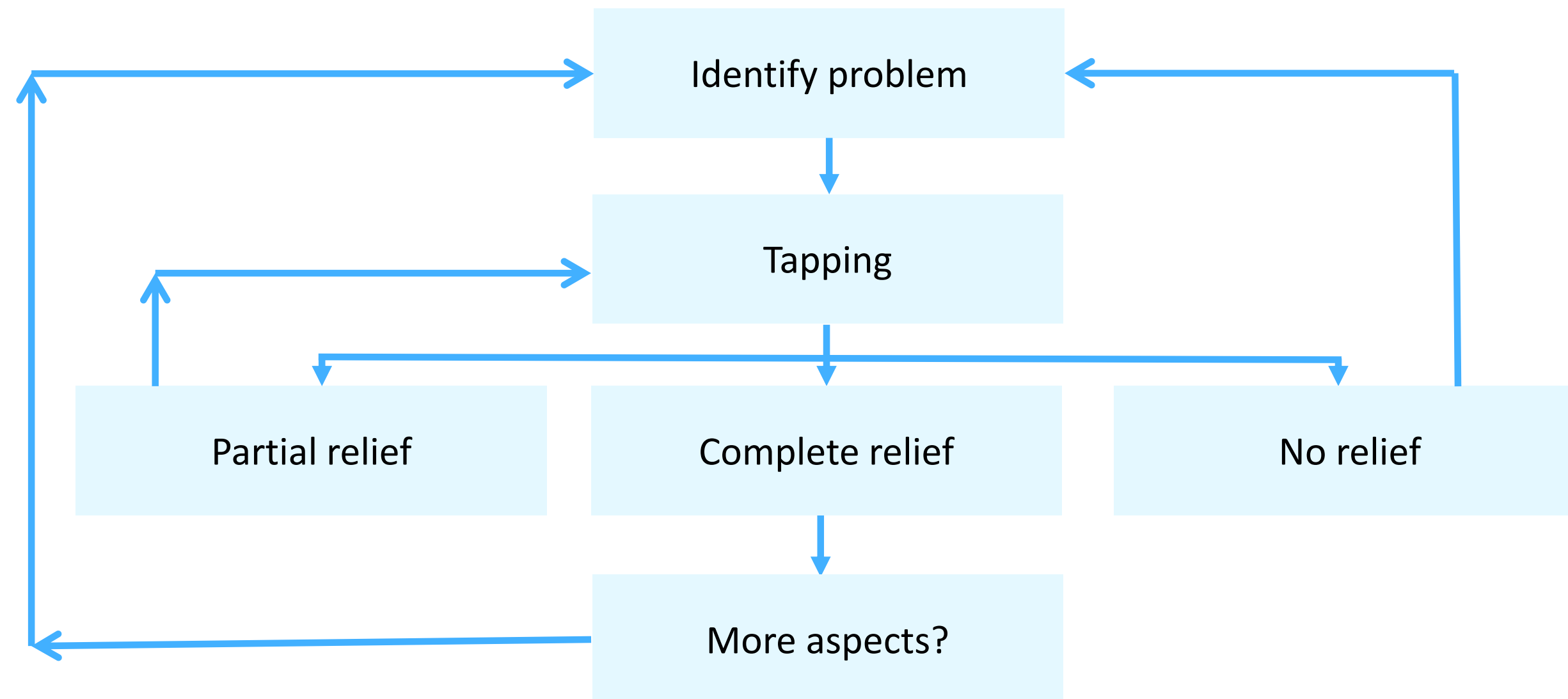
[Click here for the Google doc](#)

PHYSICAL TENSION WITH SIMPLIFIED EFT SELF-PRACTICE WORKSHEET

The Physical Tension process can be used to release any minor body tensions (for example: neck pain, headache, or stomach discomfort).

1. Begin by locating where in the body you feel any physical tension or discomfort. Make a note of the location: _____
2. Rate the physical tension or discomfort on a scale of 0 – 10; with 10 being the highest level of discomfort, and 0 being no discomfort at all. Make a note of it: _____.
3. Then enquire with yourself, “How does the physical tension make me feel?” Make a note of the feeling: _____.
4. Now start tapping on the side of the hand (Karate Chop point) while saying your statement out loud: “Even though I have this pain/tension/discomfort in my _____ (location) and it’s at a number _____ (add number), and it makes me feel _____ (add feeling), I love and accept myself.”
(Repeat three times.)
5. Then tap on the facial and upper body points, using the reminder phrase (the phrase that includes information on the pain/tension/discomfort, number and feeling) while saying it out loud:

BASIC EFT FORMAT



”

Remember
the Mantra!

For results that are TERRIFIC
It's best to be SPECIFIC

WHAT IS CALIBRATION?



- Observing and picking up on cues while being sensitive to verbal and non-verbal behaviours.
- Calibration involves not just picking up on words but everything going on with a person.
- Words constitute only 7% of communication, the body accounts for 55% and the voice conveys 38%.

CALIBRATION

- Overall impressions
- Posture

CALIBRATION - POSTURE



CALIBRATION

- Overall impressions
- Posture
- Facial expression

CALIBRATION – FACIAL EXPRESSION



CALIBRATION

- Overall impressions
- Posture
- Facial expression
- Inconsistencies
- Movement
 - Head/neck
 - Torso
 - Eyes
 - Hands
 - Feet
 - Shoulders

CALIBRATION

- Overall impressions
- Posture
- Facial expression
- Inconsistencies
- Movement
 - Head/neck
 - Torso
 - Eyes
 - Hands
 - Feet
 - Shoulders

- Skin
 - Tone
 - Colour
 - Temperature

CALIBRATION – SKIN COLOUR



CALIBRATION – SKIN TONE



CALIBRATION

- Overall impressions
- Posture
- Facial expression
- Inconsistencies
- Movement
 - Head/neck
 - Torso
 - Eyes
 - Hands
 - Feet
 - Shoulders

- Skin
 - Tone
 - Colour
 - Temperature
- Breathing
 - How deep?
 - Where from?
 - Regularity/Irregularities

CALIBRATION – BREATHING



CALIBRATION

- Overall impressions
- Posture
- Facial expression
- Inconsistencies
- Movement
 - Head/neck
 - Torso
 - Eyes
 - Hands
 - Feet
 - Shoulders

- Skin
 - Tone
 - Colour
 - Temperature
- Breathing
 - How deep?
 - Where from?
 - Regularity/Irregularities
- Voice
 - Tone
 - Pitch
 - Volume

CALIBRATION – VOICE



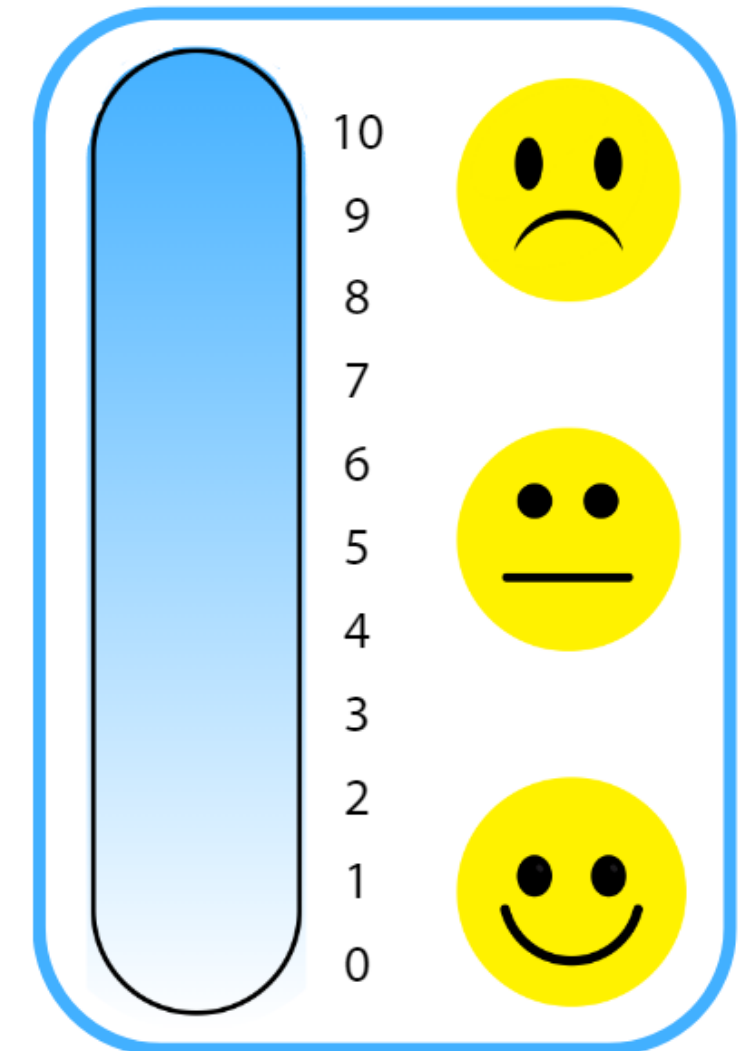
”

Most of our
emotional and physical problems
are caused (or contributed) by
our unresolved events.

PAST EVENTS

- Type of events
 - Negative
 - Disempowering
 - Traumatic
- Can cause
 - Limiting beliefs
 - Fears
 - Phobias
 - Addictions
 - Illness

Intensity meter



TELL THE STORY



TELL THE STORY

1. Give the story a name (be specific) and measure the intensity.
2. Using simplified EFT, complete as many rounds of tapping as needed.
3. Bring down the SUDs to a manageable level.
4. Then, begin telling the story of the event, uncovering specifics.
5. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using exact words. For high emotional disturbance, use the Triple Point Calmer.
6. Test by re-telling the previous part of the story.
7. When it feels calmer, continue telling the rest of the story.
8. Stop and tap whenever an emotional disturbance is detected.
9. Finally, test by telling the entire story; from start to finish.
10. Stop when the story can be told fully; while remaining calm.

BREAKOUT ROOM

TELL THE STORY

- Be specific
- Aspects
- Change in thinking
- Test the story
- Pairs
- 20 minutes each; 40 minutes

I am so calm!

How did you do that?

COOL!! 😊

I feel pity instead of anger.

I was NOT responsible for the tragedy. I was just there.

Now I understand how I could do that.

I feel more love inside.

I CAN'T THINK ABOUT IT ANYMORE!

I feel sooo relaxed.

I can see it happening, but I can't feel it anymore.

The problem looks distant.

If I were not experiencing this, I'd never believe it.

I thought of a solution

The BAD feeling is gone!

TELL THE STORY: SELF-PRACTICE WORKSHEET

[Click here for the Google doc](#)

TELL THE STORY SELF-PRACTICE WORKSHEET

The Tell the Story Technique is for a past negative memory that has a Subjective Unit of Distress (SUDs) of 7/10 or lower.

1. Begin by giving your story a name. Write down the name of your story:
_____.
2. On a scale of 1-10, measure the intensity / emotional charge / SUD associated with the memory, where 10 is the highest charge and 1 is the lowest charge. Write down the intensity: _____.
3. Ask yourself, "How does the this memory make me feel, and where in the body do I feel it?" Write down the feeling or sensation
_____ and the location of the feeling in the body
_____.
4. Start the tapping protocol by tapping on the Karate Chop point, saying:
"Even though I have this story _____ (name of the story) and I can feel it in my _____ (body part location) and it's a _____ (number) on 10, and it makes me feel _____ (feeling or sensation), I love and accept myself." Repeat 3 times.

PERSONAL PEACE

- Make a list of your 100 past events.
- Tap on at least one per day using Tell the Story method.
- Keep tapping on one memory a day.
- Go on to the next memory.
- In one year, you have resolved as many as 365 memories.



NEXT STEPS

1. **Hydrate:** Drink more water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax till we meet next time.
3. **Update:** Your personal development log.
4. **Explore:** The following Energy Flow® exercises:
 - Tantrum Release
 - Immune Boosting
5. **Self Practice:**
 - The Relaxed Breathing with Simplified EFT process
 - Physical Tension
 - Tell the Story
6. **Optional check out:** The following articles on EFT Tapping:
 - EFT Tapping For Pain: Transforming Your Wellbeing, <https://vitalitylivingcollege.info/how-to-use-EFT-on-physical-pain/>
 - EFT Tapping For Headaches: A Path To Overcoming Migraines, <https://vitalitylivingcollege.info/how-to-overcome-migraines-with-EFT-tapping/>

SUMMARY

1. Physical tension
2. Calibration
3. Tell the Story
4. Next steps

EMOTIONAL FREEDOM TECHNIQUES (EFT) FAST TRACK

Module 2

