

Emotional Freedom Techniques

Masterclass Companion Manual

Well-being skills for health, happiness and confidence



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EFT Practitioner, Master Trainer and Trainer of Trainers



VitalityLIVING

— College *Empowering Transformation*



■ They Are All Using EFT Now

Emotional Freedom Technique, EFT, is now used worldwide by millions and is clinically shown to reduce depression, anxiety, PTSD, phobias, pain, cravings, negative emotions (for example anger, sadness, grief, fear, hurt, guilt) as well as traumatic memories, creating a feeling of well-being and calm.

The following celebrities have been reported to have used EFT:

- The Duchess of Cornwall has used it to help reduce her fear of flying.
- Olympic athlete Bralon Taplin uses it before races.
- Actress Whoopi Goldberg has talked about using EFT tapping for many different aspects in her life including to help her overcome her fear of flying.
- Singer Lily Allen talks about how she has used EFT to help her overcome her addiction to chocolate after other therapies failed. It is documented there is an 80% success rate for overcoming chocolate addiction.
- Madonna is also said to be a big fan of EFT.
- Michael Ball has also spoken out about how he uses EFT to overcome performance anxiety.
- The late Stephen Gately also used EFT for anxiety before a show.

EFT combines tapping on acupressure points while repeating specific phrases to clear negativity and move towards health, wellness and peak performance.

EFT is also a powerful skill to add to your 'tool box' if you are already in the caring profession, for example doctors, nurses, counsellors, therapists, coaches, trainers, nutritionists as well as alternate practitioners. It is also used by professionals, home-makers, children and adults alike to feel happier, healthier and more confident.

I wonder how feeling happier, healthier and more confident will help you? How will your life improve as a result?

■ Addressing the Cause

Emotional Freedom Technique is probably one of the most powerful healing techniques in the world today! It can be taught by a skilled trainer and is easy to learn, providing stress relief within seconds. Once learnt, EFT is extremely powerful as a self-help tool or when used with client as a practitioner.

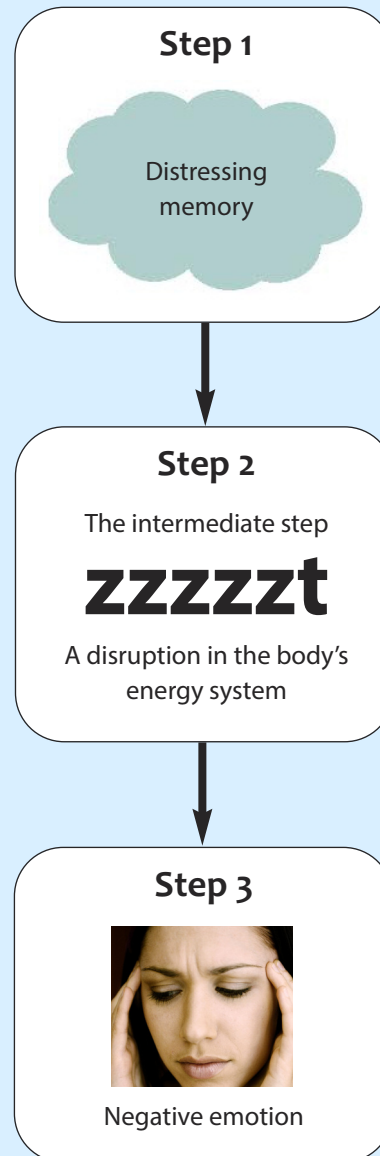
Based on discoveries involving the body's subtle energies, EFT has proved over 80% clinically effective for stress, fears, depression, traumatic memories, addictive craving, weight loss and many other physical symptoms.

It is rapid, long-lasting and gentle. No drugs or equipment are involved. It can be self-applied as well as applied by a professionally-trained practitioner. We have already trained almost 1,000 people around the world to use the technique as a self-help tool or to become a practitioner to work with others to create life transformations.

The basic theory behind EFT is that all negative emotions and behaviours (including those caused by stress), and many of the physical discomforts that they cause, are the result of disruptions to our body's energy system.

*EFT can clear
negative emotions
and memories
creating a feeling
of calm*

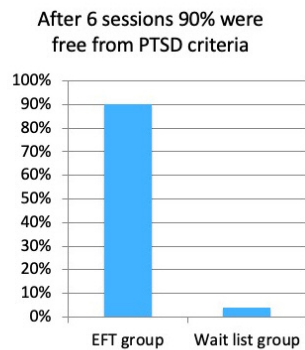
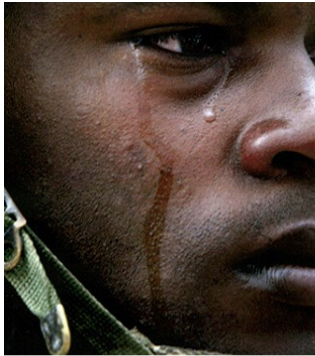
How a Negative Emotion is Caused



The energy system refers to the meridians, which are used in Chinese Acupuncture. These are energy channels that are connected to all of your major organs that run throughout your body. When an acupuncturist works on a patient, they adjust the energy with the use of needles. In EFT, the same thing is done without the needles. Instead, your fingers are used to tap on certain points.

EFT is clinically proven to relieve stress and past trauma. The technique has been researched in more than ten countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals.

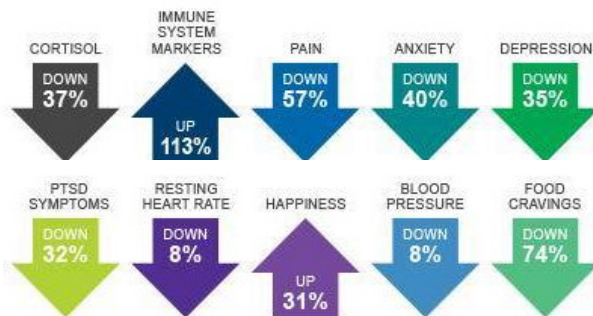
PTSD Study in Veterans (2010)



EFT Clinical Studies

- Reduction in test taking anxiety, versus progressive muscle relaxation technique.
- Reduction in depression by 73% in college students.
- Athletic performance improves (free throws) by 26%.
- Improvement in pain and emotional distress and cravings in 216 healthcare workers.
- Improvement in pain, depression, anxiety and mental health in fibromyalgia patients.
- Reduction in phobias and fears of small animals, versus breathing techniques or discussing fears.

The Effect of EFT on Markers of Health



The studies show EFT to be effective for combating:

- Stress
- Post-Traumatic Stress Disorder (PTSD)
- Anxiety
- Depression
- Emotional eating
- Obesity

EFT can be used in combination with other therapies such as psychotherapy and counselling, as well as coaching and healing modalities.

How does EFT Work?

EFT appears to affect the amygdala (stress centre in the brain) and hippocampus (memory centre), and both play a role in the decision process when you decide if something is a threat.

This unique and fast acting therapy has also been shown to lower cortisol levels, which is the stress hormone. Too much cortisol can result in lowered immune function and ultimately affect our physical health.

Because EFT is a tool which is practical, hands-on and easy to apply, it is a powerful way to assist people from all walks of life. It has an immediate calming effect and can be used with children as young as 3-4 years of age.

Identify and measure the problem then start tapping

■ The 7 Steps of the EFT Process: Let Go and Feel Good

Below is a step-by-step guide to direct you through easily integrating EFT as a part of your daily routine.

1. Identify the problem by asking yourself:

- What am I stressed about? What is upsetting me? Who is upsetting me?
- How does that make me feel? How does that really make me feel?
- Where in my body do I feel this stress or upset? What kind of a sensation is it? How does that make me feel?

2. Measure the problem by asking yourself:

- Where 10 is high severity and 1 is low severity, how severe is the stress?
- Where 10 is high severity and 1 is low severity, how severe is the emotional upset?
- Where 10 is high severity and 1 is low severity, how severe is this negative feeling?

3. Tap the Karate Chop of one hand (refer to diagram) gently with the middle three fingers of the other hand, and say and believe the following quote three times:

“Even though I am faced with... (state specific, detailed problem – what/who is the, how/what you feel, the severity number), I deeply and completely accept myself.”

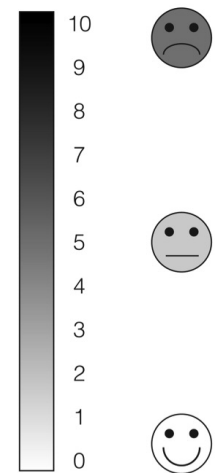
Example: *“Even though I am really stressed because I have too much work and it makes me feel anxious and it’s a 10/10, I deeply and completely accept myself.”*

4. Tap each point seven times as you say a phrase from each problem’s statement. Repeat key phrases out loud while tapping on the following points.

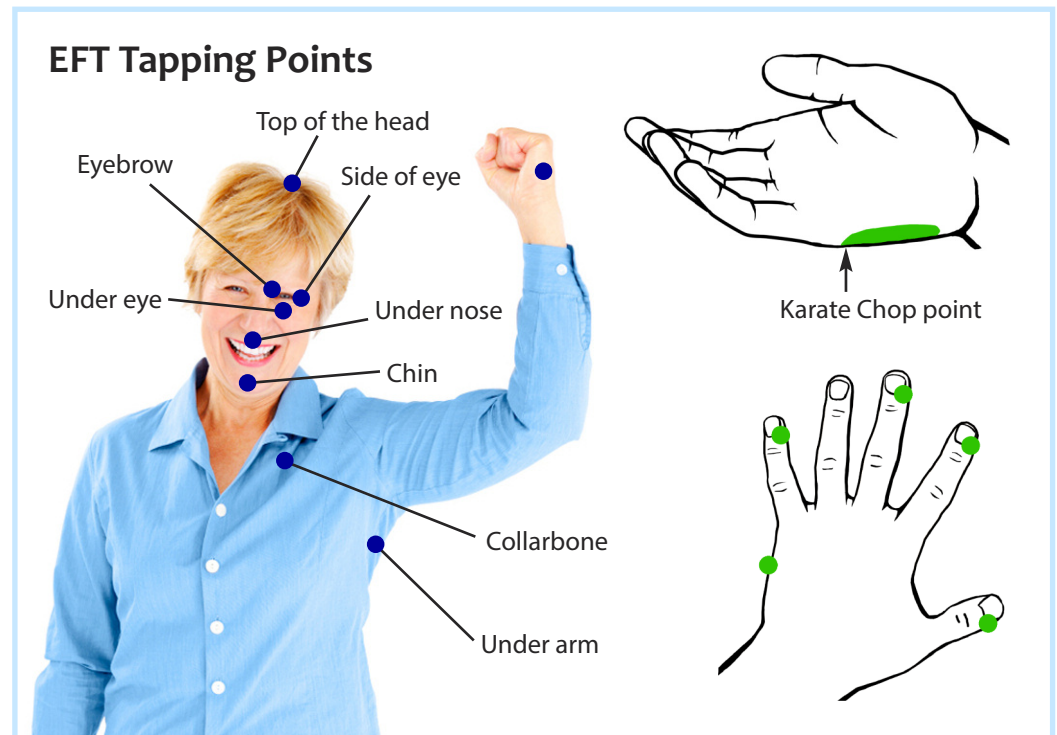
Repeat key phrases out loud from the problem, for example the emotion of specifics about the problem, while tapping on the points shown below.

- **Eyebrow** – at the edge of the eyebrow just above the nose
- **Beside the eye** – on the bone bordering the outer corner of the eye
- **Under the eye** – on the bone just under the eye
- **Under the nose** – between the bottom of the nose and the upper lip
- **Chin** – midway between the point of the chin and the middle of the lower lip
- **Shoulder** – at the junction where the collarbone and first rib meet
- **Under arm** – under the arm about 10cm from the armpit
- **Thumb** – on the outside of the thumb, level with the base of the nail
- **Index finger** – on the side of the index finger closest to the thumb, level with the base of the nail (refrain if pregnant)
- **Middle finger** – on the side of the middle finger closest to the index finger, in line with the base of the nail
- **Little finger** – on the side of the little finger closest to the ring finger
- **Karate Chop** on the edge of the hand (refer to diagram)

Intensity meter



*Tap on facial, chest
and finger points
to clear negativity*



5. To begin the **final clearing stage**, repeat step 3.
6. **Relax.** Inhale gently, then exhale gently. Take a sip of water. It is important to drink water to flush out the toxins that this treatment will release.
7. **To test the results**, measure the problem again from 1 to 10. Notice how the problem and associated emotions have been altered in severity. If any emotional charge persists, repeat all steps until you feel liberated.

OPTIONAL TAPPING POINT: Top of the head. There are 1,000 meridians that meet on the top of the head. This is particularly recommended for positive tapping.

■ Stress Relief Through EFT

Stress, particularly emotionally related stress, is a known silent killer. A recent report indicated those suffering from emotional stress were more susceptible to cardiac issues. The Medical Journal JAMA reports:

“Stress can cause a heart attack, sudden cardiac death, heart failure, or arrhythmias (abnormal heart rhythms) in persons who may not even know they have heart disease. Individuals with congestive heart failure, coronary heart disease, known arrhythmias, or



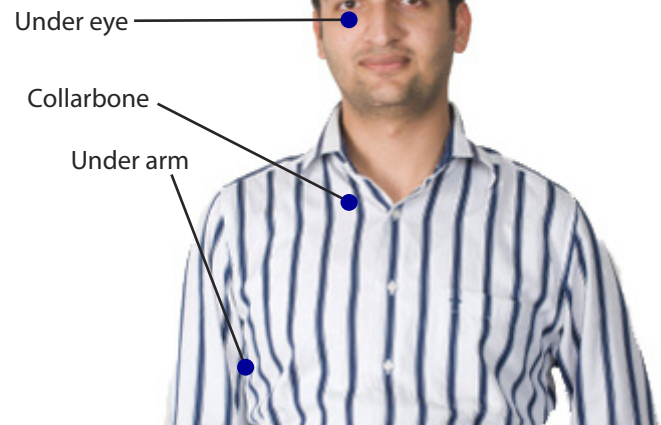
“EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour.”

Bruce Lipton, Author of *The Biology of Belief*

“Number of sessions needed reduced from 10-12 with counselling to 2-3 with EFT.”

The Triple Point Calmer

When emotionally hijacked, you can quickly calm down by tapping under the eye, just above the collarbone and under the arm. Keep tapping until the emotional overwhelm reduces.



other heart or blood vessel diseases should avoid emotional stress whenever possible and learn to manage the effects of stress.”

Stress triggers the hormone ‘cortisol’, which causes havoc within the body’s circulatory, hormonal, immune, and digestive systems. For example, Irritable Bowel Syndrome (IBS), which is a disorder of the digestive system, has now been confirmed as an effect of stress.

The good news is that studies have shown a regular practice of exercises – breathing, physical exercise, meditation, and emotional release – can reduce cortisol levels, resulting in a feeling of calmness and well-being. In particular, EFT has been clinically shown to reduce stress, and as a consequence, cortisol levels. A recent clinical study in War Veterans has shown EFT to be effective in reducing Post Traumatic Stress Dis-order (PTSD).

EFT comes in handy when you need quick relief from sudden stress or overwhelming emotions. Just tap gently under the eye, collarbone, and under the arm.

To experience EFT more thoroughly, it is recommended that you either attend an EFT training course [www.vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/] with an experienced & Internationally Certified Trainer or take sessions under a skilled and certified EFT practitioner – both of which Vitality Living College would be happy to provide.

■ Faster Therapeutic Results and Happier Clients with EFT

EFT is found to give faster results compared with more traditional methods or when combined with counselling or psychotherapy, with increased incomes and more fulfilment with happier clients. What often happens when patients start therapy is that there is an impatience to see results. Most tools do not work quickly.



According to Chanchal Gupta, a Counsellor from Delhi, *“It takes about 10-12 sessions for signs of improvement to become obvious.”* This leads to clients becoming dejected after the first few sessions. She explains:

*Emotional stress is
a silent killer and
Emotional
Freedom
Technique can
help*

EFT For a Range of Challenges

PERSONAL PERFORMANCE

- Abundance
- Weight loss
- Business and career goals
- Self realisation/spiritual growth

EMOTIONAL CHALLENGES

- Children's behavior
- Relationship Issues
- Anger management
- Depression
- Insomnia
- Severe trauma (PTSD)
- Addictions
- Sexual abuse
- Phobias

PHYSICAL DISEASE

- Allergies
- Migraines
- Pain management
- Chronic fatigue syndrome
- Multiple chemical sensitivities
- Hypertension
- Fibromyalgia
- Cancerous cells
- Muscular Dystrophy
- Parkinson's Disease
- Cystic Fibrosis

OTHER

- Animal healing
- Surrogate applications

"Clients become disheartened when they do not see immediately tangible results. They usually end up either leaving therapy or switching therapists. This is also demotivating for the counsellor because the expected results have not been delivered."

But, EFT helps circumvent this problem:

"When one introduces EFT with counselling, the client changes their perspective on their issue much faster. This is because tapping clears energy blocks and causes cognitive shifts. This reduces the required number of sessions to just 2-3!"



Even Divya Srivastava, a Counsellor with Silver Lining Wellness, has noticed that EFT enables faster results. *"It helps me in my counselling practice to help clients overcome trauma in a short span of time."*

As the patient is able to recognise the positive changes during the session, they are more likely to see the course of treatment through, which makes the therapist's job much easier. Thus, the results from EFT are not only rapid but also palpable within the session time itself, even for deep-rooted trauma. Emotional Wellness Therapist Srivastava elaborates, *"The client is aware of the transformation, especially when the SUDs (Subjective Units of Distress) come down after even just 15 minutes of tapping."*

What's more, EFT works for a range of issues. Ms Srivastava further says, *"EFT is a great tool when working with anxiety issues, fears, phobias, eating disorders, and PTSD (Post-Traumatic Stress Disorder). It is wonderful for healing inner children."*



"I frequently use EFT with my patients with great results."

Eric Robbins, MD

“Self-confidence is knowing that we have the capacity to do something good and firmly decide not to give up.”

HIS HOLINESS
THE DALAI LAMA



Singapore based Clinical Psychologist, Mahima Gupta Didwania, confirms, *“EFT combines cognitive, emotional, and somatic work to cut through layers of trauma effectively and address the underlying patterns keeping problems in place. For me as a counsellor, its fluidity, flexibility, ease, and tangible real-time experiential relief is very helpful because it appeals to people across spectrums. It makes it easier for me to equip them with a powerful tool for change and emotional release.”*



Father Leo, who has a busy psychotherapy practice, found that EFT reduced the number of sessions needed:
“I've been practicing as a counsellor with many other therapies. This is the first time I discovered a therapy that is so effective in a short duration to bring out the core issues of people. To help them to be in touch with themselves and to discover the areas that they need to become aware to grow and to make a change in their life, to acquire this new freedom that this technique gives to all of us.”



The EFT treatment process is also helpful for children and helps them get rid of small upsets or even big traumas. Consultant Psychologist Nalini G explains her experience, *“As EFT starts with Truth Tapping, the truth itself becomes non-threatening. It easily gets to the root cause since it is a non-threatening process, hence the remedial intervention becomes easy.”*



School Counsellor Jigna Gadia supports this view. She believes, *“EFT is quick and gives instant results, it must be inculcated in children at an early stage.”*
As a therapist, the tools one uses to direct clients can be the difference between delivering tangible results or not. Most often, personal and professional problems arise when individuals hold on to limiting emotions such as anger, fear, and hurt. These feelings can make it impossible for them to achieve optimum success in their desired personal and professional fields. Integrating a technique like EFT not only cuts down the time to delivering results, it can also be very fulfilling for the therapist in terms of higher profits and job satisfaction.



Anushri Shah, Counselling Psychologist, agrees. *“EFT is a great therapy. It is quick as it works by balancing the client's energy system. Negative emotions are released much faster and through a safe mechanism, which provides the client much relief in just a couple of sessions. I have been using it with my clients and they have all found it to be an effective technique; most of them see immediate results. It is highly recommended.”*

In summary, combining EFT with traditional therapy:

- Delivers faster results for the therapist and patient – even within 15 minutes the charge from a deep rooted trauma can reduce.
- Saves the patient time and money as a result fewer sessions – for example reducing the number of sessions from 12-10 to 2-3.
- Motivates the patient to finish the course of therapy – as they can experience the tangible results within the session.
- Increases monetary profits for the therapist – the quicker results means the therapist has the option to charge more per session, see more patients and will naturally get more referrals.
- Enhances the quality of life for the therapist – the requirement for fewer sessions frees up time for the therapist to focus on other areas of their life.
- Makes for happier patients, thus enhances job satisfaction – the reduction of sessions compounded with real time results means patients leave happy, proving to be rewarding for the therapist too.

*From healing
back pain to
weight loss and
resolving panic
attacks, EFT works!*

■ Case Studies and Testimonials for EFT



I healed my back pain in 17 minutes and now help others

Dr Rajesh CM healed his back pain completely after attending EFT training and now routinely helps his patients heal from body pain with results in only a single sitting.

"After attending EFT Training with Vitality Living College I became even more powerful and effective in my private practice. I now have 5 to 6 patients daily and every patient is satisfied through EFT. For any kind of pain, for example in the knee, back or head I am getting good results. The best part is, in a single sitting my patients get more than 70% and sometimes 100% relief. In my own case before attending EFT Training I used to have severe back pain and through attending the EFT Training session it has gone completely."



From having a phobia of balloons to celebrating

"I had a very bad fear of balloons. Because of the violence where I lived, every time a balloon would burst, I thought I would die. I'm not scared anymore. When there is a celebration with balloons I'm going to say 'OK, come over'." – Elsa Buló, Trainer



My panic attacks dissolved, and I experienced peace

Shaliny Booluck suffered from frequent and acute panic attacks. With EFT, she revisited the first time she found herself paralysed with fear.

"Time seemed to freeze as I felt all the fear melt away. For a moment I felt like there was nothing there – no thoughts, no emotions. I felt like I was reborn as a totally new person. The first emotion that came up after that was love, total love for myself and this is something I haven't experienced before. This love hasn't left me from that moment and I feel like a child willing to discover life for the first time."



I motivated myself to shed 20kg in 12 weeks

Even though London based working professional, Avni Radia wanted to lose weight, she found it hard to adhere to a regular exercise and nutrition regime, until EFT.

"After learning EFT, I motivated myself to commit to a health nutrition, diet and exercise program and I lost 20kg in 12 weeks."

Overcoming past emotional pain and being able to confidently speak in public are a few of the many transformations experienced with EFT



After 28 years of pain, I felt set free

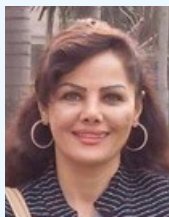
Corporate Trainer and Consultant Sreekumar Rajagoplan cut through years of pain with EFT and liberated himself from his obstacles.

"I've never attended a training session where the trainer was able to cut through layers so quickly and reach my real pain issue and the underlying cause in the way she did. On both Day 1 and Day 3 I had cathartic breakthroughs which helped me relieve the problems I had been carrying for the past 28 years. She helped me connect the dots in a non-linear way to help me understand where the root cause lay in my recurring problems. Most of us just try and apply the linear root-cause analysis which is so lame and limited. Not Rangana. Her intuition helped her cut right through the layers and save so much time to help us achieve breakthroughs."



My fear of public speaking eliminated

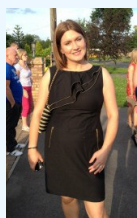
Software Engineer, Uma Anguraj, overcame her fear of public speaking and spoke from the heart to the EFT class at the end of the Fears and Phobias Sessions. Way to go Uma!



I am no longer haunted by my traumatic past

EFT Practitioner Sadhna Batouri Singh was able to rid herself of anger and irritability and is now free from unwanted feelings and emotions.

"Today, while I was cleaning the book shelf, I found some old letters and photos from years ago which always made me feel agitated before and used to remind me of the very bad days. But this time while I was looking at them, I didn't feel that way. Actually now, there comes a smile on my face by remembering those days. A few months before I worked on my memories, by using EFT, to release the anger and annoyance related to those painful experiences. I was really surprised today as I saw those old pictures, that there was no more pain or anger while remembering those days... I have really tappend them away! I am now free from unwanted feelings and emotions. It's really due to the Emotional Freedom Technique, I thank dear Rangana for that."

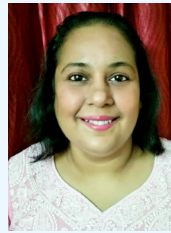


I gave up my chocolate and biscuit cravings

Business owner Emma Voss gave up her chocolate cravings after Day 1 of EFT Training.

"Just a quick email to thank you for a fantastic day. I learnt so much and feel very positive. Still no Galaxy (a chocolate bar) and I feel in CONTROL of that. I don't even want a hot chocolate, which is what I normally go for if I'm trying to not to have a bar of chocolate. I have come home and done all the work I have been putting off, with regards my website and I did not even think about it. I am so happy that after just 1 day of EFT training I feel so good. I feel in control and I feel better!!"

Live cases of where EFT has helped to overcome swelling in the body to fears to intolerances and allergies to boosting self esteem and living the life of dreams



37 year old fear of gas cylinders eliminated

"I had a fear of gas cylinders. It was so serious that if I saw cylinders in tempos or trucks I'd freeze. The hissing sound of gas would get me into cold sweats. Then after 37 years, 12 minutes of the EFT fears and phobias process changed all of that. I ended up hugging the cylinder. I went home and changed a gas cylinder." – Donita



From being lactose intolerant to eating kheer

"After my dad passed away I realised that every time I had milk or curd, I would have a massive diarrhea. Later, once I had done EFT, my mom made kheer at home and I could eat the kheer. My body didn't react. I could eat curd." – Reena Singh, Counselling Psychologist and Founder of Khushi



From having low self-esteem to helping others

"I have had issues with self-confidence and self-esteem. I have been using EFT for the past two years to help people and it has brought a lot of changes in my personal life." – Srikanth T, Manager, pharmaceutical company



I could quit my job and do what I always dreamed of

"My date to quit my job and become a full time coach is 20th November 2020. With goals in my heart and dreams in my eyes and faith in my mind. I am so grateful to you. It all started with doing the EFT course with you. Thanks for all the motivation and support. May God bless you." – Paramjit Kaur



I was totally shocked, my edema disappeared

Professor in Pharmacy, Dr Purnima D Amin from NDCT (institute of Chemical Technology) was shocked to discover her edema disappeared after the EFT session during a free seminar. After being diagnosed with Cushing Syndrome and retorting to surgery and radiation therapy, she did EFT course and she found that her edema totally disappeared within 3-4 days.

"My husband forcibly took me to attend one seminar of EFT conducted by Dr Rangana. It was raining very badly and I was not at all interested in attending. Nevertheless I attended half heartedly. I learnt a bit of tapping which I practiced back home on the same night as well as next day. On the third day I had a shock of my life and I found my edema totally disappeared."

Freedom from grief, fibromyalgia, claustrophobia, learning difficulties and unhappiness experienced by those who attended EFT Training



Overcoming grief to come to terms with loss

"I was personally dealing with a lot of grief inside, with the loss of a dear, dear one. I was able to come to terms with it and bring myself to peace and acceptance". – Mridula Nair, Healer and Coach & Founder of Redesigned Thinking



I felt so happy, that I was able to empower myself to counsel others

Smita Pande found a cure only in EFT, and now has become qualified to help others in similar situations.

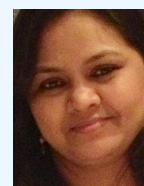
"I have had a good life, however I never felt genuinely happy inside as the only thing I wanted to do in life was to recognise my potential. I didn't find the answer for my inner voice until I attended the EFT Seminar in Bangalore with Rangana. When the EFT Training session ended I sensed a complete emotional transformation which uplifted me and I finally felt healed and happy. Right after the workshop I then started following a different road in my life and now I work professionally as an EFT Practitioner."



I overcame my claustrophobia

Nihal was able to get over claustrophobia after the section on how to clear fears and phobias during a 3 day EFT Training. Social worker and translator, Marie

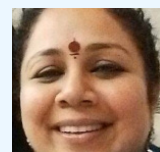
Christie, overcame fear of confined places and was comfortable with sitting in a cupboard with the door closed after only 15 minutes of EFT during a 3 day EFT seminar.



My Fibromyalgia disappeared and I slept peacefully

Sejal Mehta, a very accomplished trainer and therapist, resolved her ongoing edema and fibromyalgia, after only two days of EFT training.

"...the last two days of attending EFT has brought huge physiological, temperamental and attitudinal changes in my life. I have become not only sympathetic but more empathetic. My edema and fibromyalgia (debilitating pain that can takes years to treat) of 7-8 months has disappeared miraculously and after months I have slept so peacefully."



I helped my son defeat his learning difficulties

Working mom Daisy Anand learnt EFT to become professionally qualified. She noticed her son's grades dropping. A teacher also pointed out he had become aggressive and was experiencing learning difficulties.

"After EFT he was better able to concentrate and we no longer even remember that teacher. even saw him use EFT on his own before a cricket match! Using EFT has brought us closer together and be ourselves with each other."

*EFT Professionals
making a
difference to their
clients with EFT,
from corporate
clients to parents*

■ How EFT Trained Professionals Help Their Clients Heal and Transform

In the hands of our Certified Practitioners, EFT is effective in:

- Releasing physical tension
- Clearing past negativity, for example heartbreak and past stressful events
- Shifting limiting beliefs
- Working with fears and phobias
- Addressing emotional challenges, for example anger, sadness, hurt, grief, rejection, guilt and disappointment
- Addressing relationship hurt, betrayal and divorce, to feel in control



Rapid and sustainable results produced

"I have been on a quest to find something that actually can produce sustainable results. Is it really possible to produce results with rapidity and precision? An opportunity that guarantees sustainable design in every single area. I was exposed to many technologies but nothing came close to what I am going to share with you. The experience I had when I came across EFT. I could see a sure shift in the way I think, the way I speak. This one was producing results in a very short span, as short as a few minutes. It works for everyone, even skeptics. – Neeraj Kumar, CEO and Corporate Trainer



I help parents be even better parents

"I call it like a parenting thing. I say, 'EFT and parenting,' because people love the word 'parenting'. I called the parents and when we did the shadow, the parents understood that it was their shadow which they had not accepted, which they were projecting on their kids." – Reena Singh, Occupational Therapist



Becoming unstuck very fast

"EFT has helped me gain insight very fast while understanding my counselling clients' emotions. It is been most helpful in shifting the thought processes of most of my clients who have stuck feelings and wish to become unstuck. The EFT treatment process is also helpful for children and helps them get rid of small upsets or even big traumas." – Smita Pande, Counsellor

*Our Certified
Practitioners
confidently
helping kids and
adults be and feel
confident*



Clients overcome limiting beliefs

"I work with clients who have emotional issues and I help them to overcome these issues and feel more in tune with themselves. I have built up my business and I'm in the process of building my business further by helping people who coach therapists to set up their own businesses and use EFT to help them overcome limiting beliefs. It's a fantastic approach. You are helping yourself and others too. You feel more in tune with yourself and more balanced. It's much better than holding on to negative feelings, behaviours, and traits. I highly recommend it."

– Wolfgang Matejek, IT Consultant and Training



Healing anxiety in kids with special needs

"I work with special children, mainly autism. I learnt EFT mainly because I thought it would involve some kind of tapping so I can tap on those kids and help them. Then I later realised that it has a counselling element to it. This, along with the tapping, is very important. I have been using EFT with the kids and I'm seeing great results."

– Reena Singh, Occupational Therapist



I gained confidence to take my first client

"I had just been to UK and heard about EFT. I started to look for where I could learn this technique. Luckily, I came upon Vitality Living and Rangana Rupavi Choudhuri. She is an amazing coach. By the time you finish the workshop, you are actually confident to take on your first client. Thank you Rangana."

– Mridula Nair, Healer and Coach and founder of Redesigned Thinking

Transformational EFT Sessions

At times all it takes is one session for clients to see results. Below are examples of transformations with Dr Rangana Rupavi Choudhuri (PhD) after one session.



After only one session, I could focus on finding my man

"After one session with Dr Rangana, I felt totally free from that old issue and able to focus on creating the ideal relationship for me."

– Jessica T, Counsellor

Panic attacks arrested

"After one session of EFT, Rangana not only arrested the panic attacks but took me to the root of the problem. I had lost my mother through cancer, my best friend through leukaemia and I had narrowly missed catching HIV. Not only had I felt a failure because I could not save them, I found I was afraid of dying myself, which came as a big surprise as I work with the spiritual realm all the time. Another EFT session soon put that right. I felt amazing and grateful for the beautiful life I had been given."

– Alva Gilmour, Detox Consultant

EFT not only helps with physical challenges like pain, but can also empower and boost self confidence

■ EFT for Self Confidence

Limitations, limiting beliefs, fears, doubt and low self esteem can hold us back and keep us small resulting in low self-confidence. Low self-confidence can hold people back from:

- Living the life we want
- Overcoming an illness
- Dealing with relationship issue
- Going out on a date
- Asking for a raise
- Being fulfilled at work
- Increasing business income

All these issues can be effortlessly resolved with Emotional Freedom Technique. The first step is to uncover what is holding us back and what is limiting us. These can be blocks or limitations and can be uncovered by listening to our self-talk. Some examples of self-talk are as follows:

- I am too scared I will fail
- No one wants to talk to me
- I am not attractive
- I find it hard to sell
- I am scared of rejection
- It is so much safer playing small
- If I become successful people will take advantage of me
- I feel stupid
- People will laugh at me
- I do not want to get hurt again
- Life is too hard – not enough time
- I am too fat
- It will never change
- I cannot do it
- I am stuck in a rut
- I feel lost
- What's the point

It is natural for us to want better in every aspect of our lives. Better health. More money. More enjoyment from our work. Greater spiritual fulfilment. Increased connection with others. More of everything.

Sometimes fear holds us back from actively going after what we want. Tapping away the fears taps away the limitations and enables a new way of being to emerge – more confident, self-assured and empowered. As our self-talk changes our life changes for the better.

Imagine what your life would be like without the limiting self talk? There are specific skills to lower self talk which are taught during the live and on-line trainings.

*Tap on yourself
daily to boost your
confidence, health
and vitality*

■ Daily Tapping Sequence for Confidence and Success

The following are some general tapping sequences to overcome blocks and limitations to being successful and abundant:

- "Even though I feel scared to go after what I really want, I deeply and completely love and accept myself. I choose to be kind to myself, taking it in baby steps to steadily do what I enjoy."
- "Even though I am scared to try what I'd like to do (as I may not be good at it) I deeply and completely love and accept myself. I choose to understand 'not being good at it' is part of the learning process."
- "Even though I'm afraid I'll look foolish and be judged by others for what I try to do, I deeply and completely love and accept myself. I choose to put my needs first – and not worry about the judgements of others."
- "Even though I don't want to make any mistakes, I deeply and completely love and accept myself. I choose to know it is more important to attempt fearlessly than to do nothing."
- "Even though I don't want to be different from my family and friends by honestly wanting a lot of money, I deeply and completely love and accept myself. I choose to stand up for what I feel is right for me regardless of what those close to me think."
- "Even though it feels safe and familiar being poor and there is a comfortable companionship, I deeply and completely love and accept myself. I choose to step out of my comfort zone and accept I will be alone for a bit until I attract more like-minded people who understand me."
- "Even though I feel terribly alone and all by myself in my wanting more money, I deeply and completely love and accept myself. I choose to feel uncomfortable for the time being and accept my initial discomfort."
- "Even though I have a burning desire to change but I just can't, I deeply and completely love and accept myself. I choose to push through my discomfort and seek new experiences."
- "Even though I am comfortable in my unhappiness, I deeply and completely love and accept myself. I choose to be open to being happy as my natural state."
- "Even though I don't know how to initiate change, I deeply and completely love and accept myself. I choose to trust the first step will be made known to me if I listen."

■ EFT Can be Learnt

EFT is one of the few treatments that combines talk and touch and is taught by EFT International approved trainers. These trainers have been through rigorous testing to deliver the best training. EFT can help:

- ✓ Transform negative emotions
- ✓ Reduce food cravings
- ✓ Reduce pain



- ✓ Heal trauma
- ✓ Gain and improve health
- ✓ Manage stress effortlessly
- ✓ Implement positive goals
- ✓ Increase confidence
- ✓ Detach from limitations
- ✓ Develop self confidence
- ✓ Cultivate freedom and joy and more

Once learnt with a skilled trainer, EFT stays with you for life. You can use it as part of a daily health routine or as and when required. Its benefits are long-lasting and provide rapid results in moments of emotional distress and anxiety. I wonder how learning this technique will help you in your daily life as well as enabling you to move towards you goals?

■ EFT Training for Life

Learn the clinically-proven technique for well-being, health and happiness with a skilled trainer. Once learnt it stays with you for life and can enable stress relief in seconds. It is simple and easy to learn with an approved trainer.

EFT Foundational Course for Well-being and Relaxation

EFT Level 1 Training

The approved curriculum includes:

- How to use EFT as a self-help tool and with friends and family
- Origins and background of EFT
- The full EFT tapping sequence as developed by founder Gary Craig
- Shorter tapping sequence
- EFT for stress relief and anxiety
- How to eliminate physical pain
- EFT for negative events/memories
- Tapping away dis-empowering emotions
- EFT for cravings and fears
- A 60 page manual with background information
- Certificate to use EFT as a self-help tool and with friends and family



“EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school.”

Donna Eden, Author, Energy Medicine expert

EFT Training is ideal for those who want to become professionally qualified or as part of a self-healing or personal development program

EFT Advanced Course for Health, Happiness and Confidence includes Practitioner Certification

EFT Level 2 Practitioner Training

The approved curriculum includes:

- How to use EFT with clients
- Building rapport, trust and a safe environment
- Using EFT safely for trauma and phobias
- Getting to the heart of the problem or issue
- Daily EFT practice to remove limiting beliefs and negative events
- EFT for addictions, allergies and pain
- Borrowing benefits by group tapping
- Asking questions to get to the root cause
- Tapping on a specific issue to eliminate the problem
- Identifying different aspects of an issue
- Testing the effectiveness of EFT
- Additional tapping points
- EFT and telephone sessions
- Using EFT with children
- Surrogate tapping and using EFT with animals
- Practitioner Certificate on completion of case studies and multiple choice test

EFT Advanced Practitioner Course to Feel Empowered and Claim Your Power Back

EFT Level 3 Advanced Practitioner Training

The approved curriculum includes:

- Identifying core issues and resolving them
- Ways to work with the inner/wounded child
- Uncovering and integrating limiting parts
- Awareness of sub-personalities and archetypes
- Creative use of language
- Re-framing old issues and pre-framing
- The value of forgiveness and love
- How to use intuition and creativity
- Working with serious diseases, psychological issues and impairments
- Advanced rapport, calibration, questioning, dissociation/association and choices
- Unstructured tapping transitioning from science to art
- Self-monitoring and supervision
- Peak performance and abundance
- Tapping for business success and energy marketing

Training is offered from becoming a Practitioner and Advanced Practitioner, to presenting EFT to groups of people as an Ambassador, Facilitator and Trainer

■ Courses and Training with Vitality Living College

Emotional Freedom Techniques

Emotional Freedom Techniques (EFT) is an alternative therapy method devised specifically to release emotional blocks that hinder individuals from reaching their full potential.

What's more, this technique has been clinically proven to lower stress, anxiety, tension, and depression to enable health, happiness and vitality.

At Vitality Living College we offer:

- EFT Foundational Training (Level 1) for stress relief and wellness
- EFT Practitioner Training (Level 2) for health, happiness and vitality
- EFT Advanced Practitioner Training (Level 3) for manifesting abundance, confidence and wholeness
- EFT Master Practitioner (Level 4) for mastering practitioner skills
- EFT Facilitator (Level 5) to facilitate group courses and seminars
- EFT Presenter (Level 6) to facilitate retreats, large seminars and workshops
- EFT Trainers Training (Level 7) to train others in the technique

Attending these courses not only enables personal development and self-healing but is also the first step to becoming a qualified Practitioner and earning a living while you make a difference to other people's lives. With EFT, you can not only successfully reach your own goals but also help others fulfill theirs.

The training does not end there. After completing training you become part of the Vitality Living College EFT Alumni and continue to learn more through the on-line support groups as well as use the tools learnt as part of a personal development program.

Inner Child Matrix

After completing EFT Practitioner training, you may attend Inner Child Matrix Training to:

- Get to the root cause of powerlessness and trauma
- Clear shock as a result of trauma
- Combine the law of attraction with EFT
- Re-programme past limitations to create a compelling future



"EFT is destined to be the top healing tool for the 21st century."

Cheryl Richardson, Author



*In addition to EFT,
you can
experience deep
physical healing
with The Journey
and create the life
you want with
Breakthrough
Coaching*

- Root out limiting beliefs creating empowering beliefs
- The training program is part of a self development plan or to become professionally qualified as a Practitioner and help others transform.

The Journey Seminars

The Journey is a method of cellular healing that unearths the root cause of an issue and enables the resolution of any physical and emotional challenges that arise from it. It is effective in eliminating a variety of problems, including:

- Fear, worry, stress, and anxiety
- Depression
- Low self-esteem and lack of confidence
- Chronic anger and rage
- Physical illnesses and diseases
- Addictions and unhealthy behaviors
- Past traumas and hurts
- The effects of verbal, physical, and sexual abuse
- Relationship problems
- Dissatisfactory career performance
- A lack of a spiritual awakening

At Vitality living College in collaboration with The Journey, we offer:

- The Journey Intensive with Advanced Skills to clear emotional and physical issues while forgiving and accessing 'source'
- The Conscious Abundance Retreat to manifest fulfilment in finances, relationships, health and career
- The No Ego Retreat to eliminate 'karmic' programs and experience enlightened freedom
- Healing with Conscious Communication to communicate with integrity and impact
- Life Transformation Week to learn skills to heal and transform illness and life issues

Breakthrough Coaching with Neurolinguistic Programming (NLP)

Imagine a life where everything you want to achieve is within your power. A life where you are the master of your actions. All your goals are achievable, all your fears are beatable, and all your dreams are your reality.

Breakthrough Coaching with NLP is a set of powerful coaching skills and tools, that help people design and live the life they truly want to lead. The skills learned culminate in qualifications that will enable you to work and earn a living as a professional coach.

It can be applied to business, work, and relationships, as well as creating personal satisfaction.

This course is ideal for:

- ANYONE on a personal development and self-help journey and want to create the life they want
- Managers and leaders who wish to coach themselves and their staff at work
- HR professionals, trainers, consultants and coaches who wish to add a coaching system to their existing programs

*Limitless Living
and Soul to Soul is
our newest
offering for those
who want to
learn their mission
in life and spread
it as a charity or
commercial
enterprise to create
financial
independence*

- Entrepreneurs, business owners, and ambitious, success-oriented professionals
- Healers, practitioners, therapists, medical health professionals, doctors, nurses, and counselors
- Those wanting to work professionally as life coaches, trainers, therapeutic coaches, corporate coaches, or business coaches

At Vitality Living College we offer a seven-day program with five International Qualifications:

- NLP Diploma
- NLP Practitioner
- Breakthrough Coaching
- Hypnosis Practitioner
- Timeline Technology

Limitless Living

Our newest seminar, Limitless Living, helps you to unlock your limits so you can unleash abundance, purpose and passion.

Soul to Soul Business and Marketing

My heart would just sink as I noticed these amazing therapists, healers and coaches who had no idea to market themselves. Highly talented and skilled professionals were struggling to make ends meet because they did not know how to attract new clients.

This led me to develop Soul to Soul Business and Marketing, targeted only at therapists, healers and coaches. It helps them to create a thriving businesses and financial independence.



Testimonials: EFT training and sessions with Dr Rangana Choudhuri

“Rangana is a great facilitator and teacher of this work. Her passion really shines through. She is very open for questions and always has time for you. She made EFT come alive for me. She is very experienced and a real pleasure to work with.” – NG, HR Manager and Journey Practitioner

“Wonderful. Thank you for creating a light hearted atmosphere where participants seemed to be comfortable to open up all.” – BR, Telecommunications Company Manager

“She was very open and understood.” – RP, Business Owner & Entrepreneur

“Wonderful, firm and flexible.” – VS, Practitioner in training

“I appreciated her warmth and loving approach combined with delivery of the course material in a very proper, informative and fun manner.” – SF, Reiki Practitioner

“After one session of EFT Rangana not only arrested the panic attacks but took me to the root of the problem. I found I had fear of dying myself, which came as a big surprise . . . another EFT session soon put that right. I felt amazing and grateful for the beautiful life I had been given.” – AG, Detox Consultant

“When I got the message that my cancer had recurred, with all the emotions coming at me your calmness, your warmth and professionalism gave me certainty that everything would be OK. We worked through big issues and seemingly small issues that turned out to be core issues, deep rooted trauma that you elegantly led me through and cleared.” – AH, Scientist

“I am feeling good and happier than I have ever been without. I’m not scared and I don’t feel like a victim any more, hooray!! Its amazing and brilliant. I am more loving, patient, understanding and, above all, I am not angry any more. Wow!” – YM, Social Worker

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Next Steps

- Tap on yourself using the attached tapping protocol
- Read up on how emotions are linked to stress and the value of emotional therapy in this free booklet, *Heal Your Emotions To Heal Your Life*, at www.vitalitylivingcollege.info/how-to-gain-emotional-freedom-and-peace
- Let friends and family know about the free EFT booklet at www.vitalitylivingcollege.info/how-to-gain-emotional-freedom-and-peace so that they can also benefit from this powerful technique
- Attend the EFT Practitioner Training as part of a program to become a Certified EFT Practitioner, or as part of a self healing or a personal development program
- To become a Practitioner, book a no-obligation Discovery Call and find out all the modules involved. See www.vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training
- For more private session questions or to book a session, please email help@vitalitylivingcollege.info. We have Practitioners in the US, UK, India and Europe

We were the first EFT international approved Trainers with satellites in India, South East Asia, the Middle East, the UK, the USA, Canada, Europe, Africa and Australia. We provide training in EFT and Inner Child Matrix and we offer the following levels:

- EFT Ambassador
- EFT Facilitator
- EFT Presenter
- EFT Trainer



EFT Trainings

Anyone who wants to learn a technique to help themselves feel better or work with others as a Practitioner can attend. Our attendees range from medical doctors, dentists, ophthalmic doctors, dieticians, counsellors, working professionals, parents, teachers, coaches, trainers, holistic practitioners as well as healers. They come to learn the technique to feel better themselves, to work with others or to earn a living.



“EFT produces great healing benefit.”

Deepak Chopra MD, Author, mind body spirit expert

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About the Author and Trainer



Rangana Rupavi Choudhuri (PhD) is passionate about motivating people – about boosting their confidence and helping them to achieve their true potential. Her clear and proven coaching style has encouraged audiences around the world to move out of their comfort zones – inspiring them to meet and exceed their personal and professional goals, over and over again.

She has personally driven businesses valued at \$1bn during her 15 years' experience in the medical industry, while coaching global teams to lead with confidence and deliver measurable results. Her work as an international speaker, trainer and entrepreneur continues to take her around the world.

As Founder and CEO of Vitality Living College, Rangana Choudhuri is committed to creating successful coaches and practitioners. We train people in NLP, EFT, Hypnosis and Timeline therapy. Training is ideal for those who want to learn self-help tools or work with others to help them feel happier, healthier and more confident. She helps clients in the UK, US, Europe and Asia to deliver results and achieve their dream goals.

She holds a PhD in Cancer Research from Oxford University, is a Senior Leader Coach for Robbins Research (a Tony Robbins Company) and a qualified trainer, coach and practitioner of the latest techniques that enable powerful business and life transformations.

About Vitality Living College

Vitality Living College was formed in 2007 and is a member of the Vitality Group Companies. It is the only global therapeutic skills and coach training college that:

- Teaches therapeutic and coaching skills to create for health and wellness, peak performance and spiritual development
- Mentors coaches, practitioners and trainers to be successful with clients and in building their business
- Takes delegates through a step-by-step approach from foundational courses to more advanced techniques
- Brings the latest advanced techniques in peak performance, health and spiritual development for the first time in India
- Uses accelerated learning techniques and experiential learning to enable you to use the skills learnt straight-away
- Trains, mentors and empowers professionals, leaders, business owners, therapists, coaches, students and consultants to boost their life, work, relationships and well-being

It is a unique college that is committed to training and development empowering all its delegates, coaches and trainers to reach their highest potential effortlessly and easily.

www.vitalitylivingcollege.info

Disclaimer: This book is for educational purposes and does not replace medical advice in any way. Please seek medical advice and diagnosis for any concerns or questions you may have about your health.