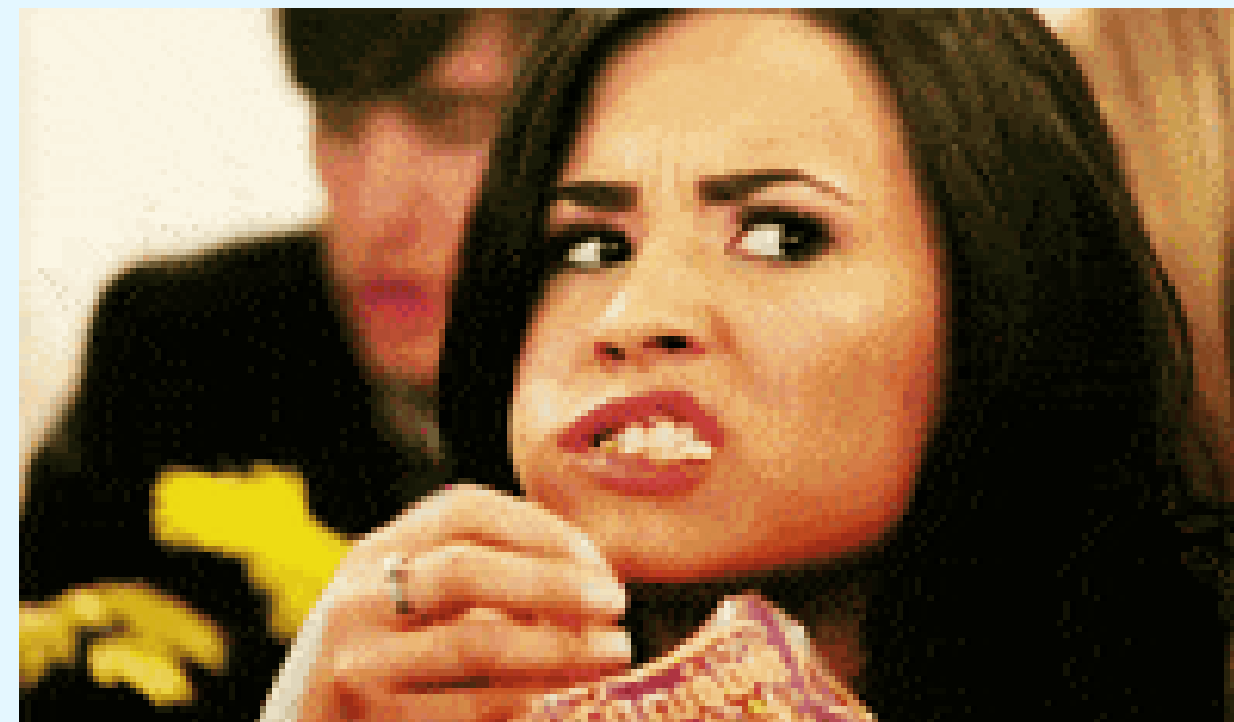
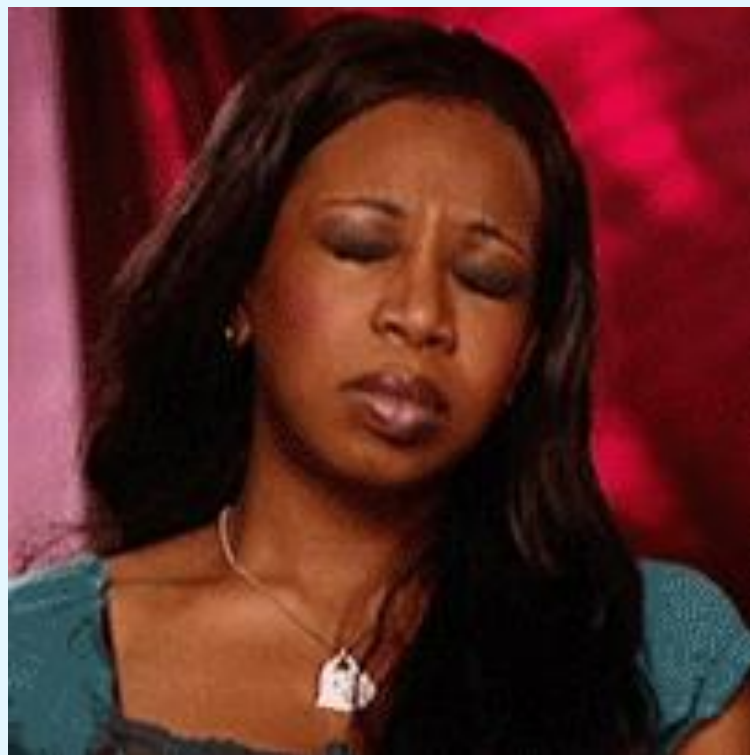


EMOTIONAL WELLNESS

F R E E D O M F R O M S T R E S S

Feel happy, at peace & relaxed

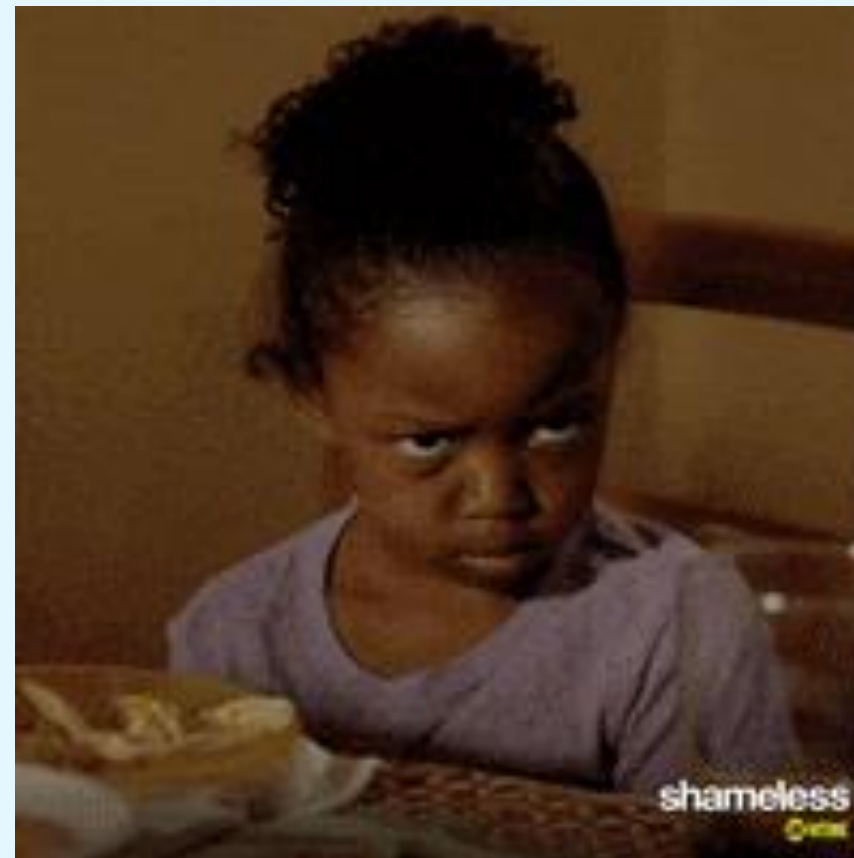
Who is this for?



Who is this for?



Who is this for?



Who is this for?



In Our Time Together

1. What is emotional wellness and why is it important?
2. What is the reason feeling negative emotions is harmful to health?
3. What is Emotional Freedom Techniques (EFT) and how does it work?
4. How can EFT help to lift negativity & clear the past to welcome health, happiness & peace ?
5. How to use EFT on yourself as part of a daily practice on the path to health, wellness & spirituality?

Emotional Wellness

- Self-care, relaxation & stress reduction
- Development of inner strength
- Attention to both positive and negative feelings
- Understand how to handle these emotions
- Ability to learn and grow from experiences
- Encourages autonomy and proper decision making skills

**Everything You Need To Know To
Relieve Negativity in Yourself &
Others Before It Becomes a Bigger
Health Problem To Feel Peace, Calm
& Emotionally Balanced**

House Rules for Today's Masterclass

- This is NOT “A coaching & therapy session but a training”
- This is NOT “Do nothing and feel calm and at peace”
- This is NOT “How to take a magic pill and feel ok ”
- You must be able to learn and put the work in

85% of illness is stress

[*https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/](https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/)

90% of doctor visit are stress related

[*https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/](https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/)

Stress is one of leading causes of divorce,
addictions and weight gain/obesity

Unresolved emotional upsets lead to illness

[*https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/](https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/)

Suppressed emotions can lead to disease

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

Suppressed emotions increased the risk of cancer
by 70% and heart disease by 47%

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

Unexpressed anger is known to be
linked to cancer

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

Holding onto unforgiveness can lead to
diabetes, pain and heart attack

[*https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/](https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/)

So What Can You Do?

1. Figure out a way that works to release emotional stress to feel calm
2. Use a clinically proven method to free suppressed emotions
3. Learn a method to let go of the past upsets and trauma

Emotional Freedom Techniques



Overcome Stress



Eliminate Pain



Heal the Past



Defeat Phobias



Heal Past Trauma & Accidents



Stop Cravings



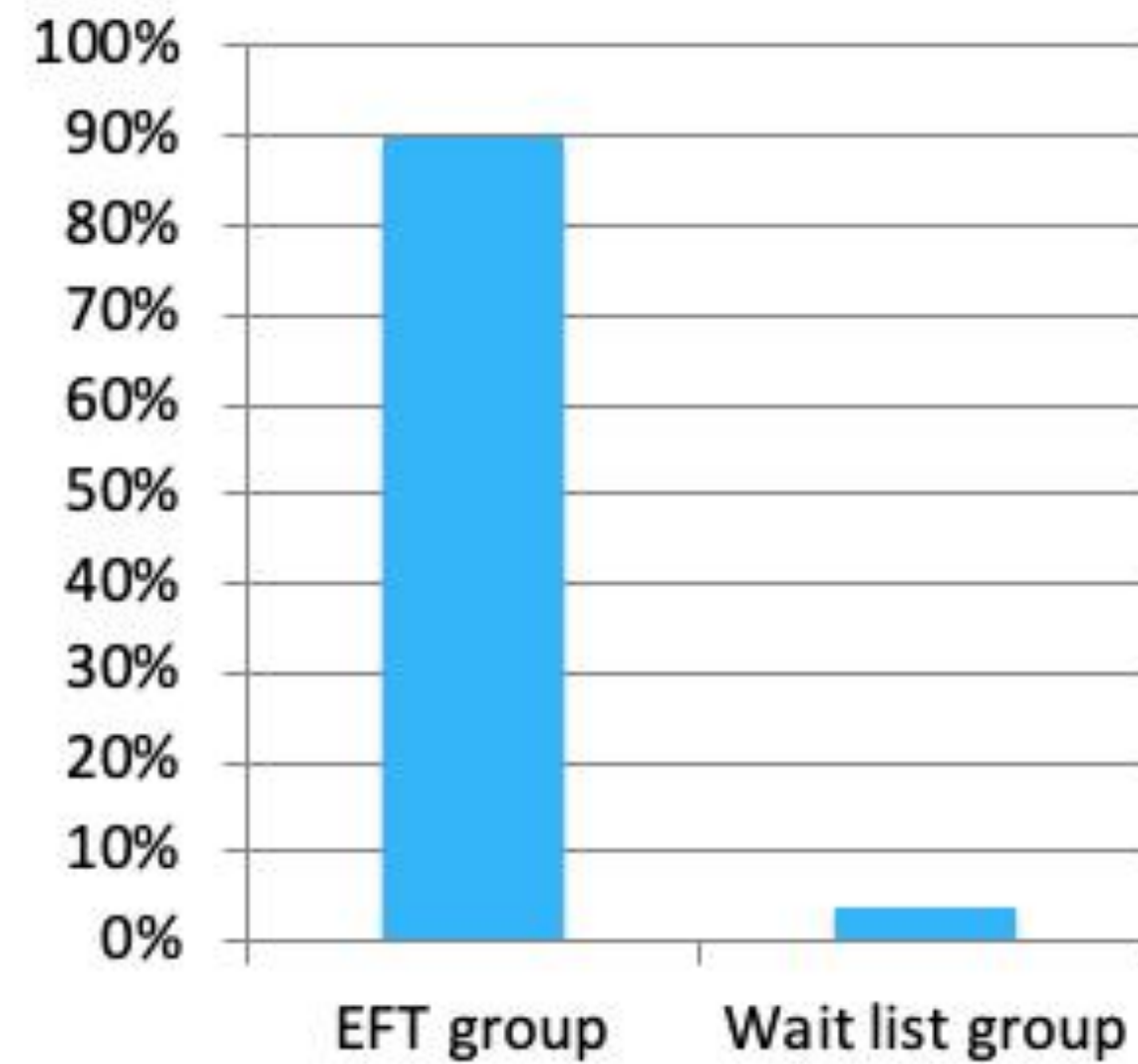
Breakthrough Limits



Work with Children



After 6 sessions 90% were
free from PTSD criteria





HELP YOURSELF & OTHERS HEAL WITH EFT



EFT clinically shown to reduce stress as well as anxiety, depression, performance, pain, cravings, emotional distress, fears and phobias



Reduction in test taking anxiety versus progressive muscle relaxation



Reduction in depression by 73% with EFT in college students



Athletic performance improves (free throws) by 26% with EFT



Improvement in pain and emotional distress and cravings in 216 healthcare workers

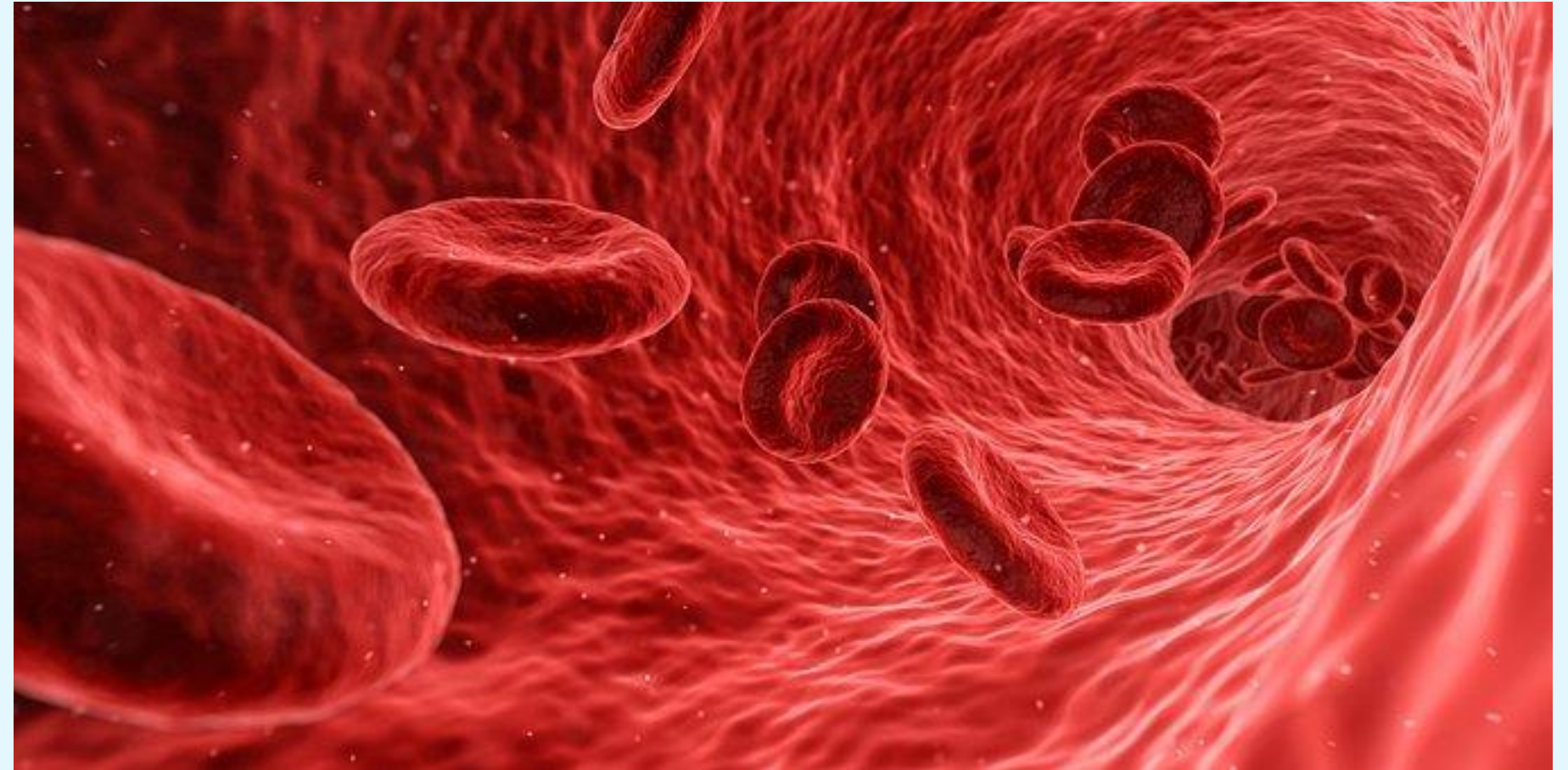


Fibromyalgia patients improve in pain, depression, anxiety and mental health



Reduction in phobias and fears of small animals with EFT (versus breathing or discussing fears)

HELP YOURSELF & OTHERS HEAL WITH EFT



HELP YOURSELF & OTHERS HEAL WITH EFT



Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.



Lilly Allen for Weight Loss



Madonna is a fan of EFT



Michael Ball for
Performance Anxiety



Camilla Parker Bowles for
fear of flying

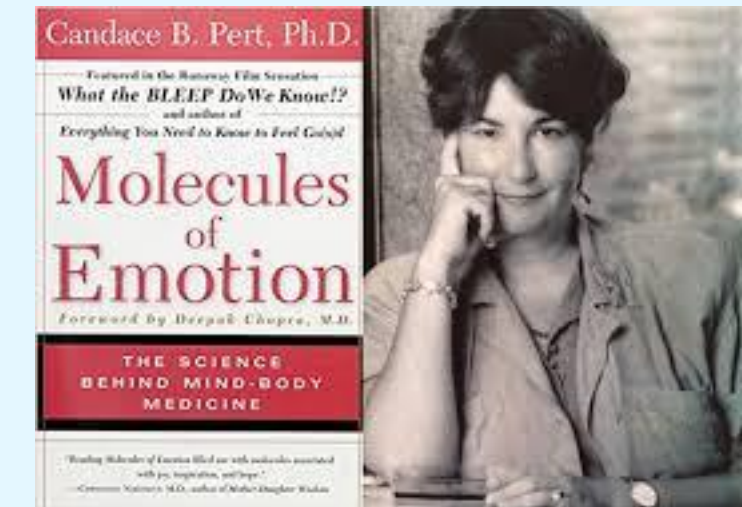


Barlon Taplin before races



Whoopi Goldberg for
fear of flying

HELP YOURSELF & OTHERS HEAL WITH EFT





*“As our feelings change,
this mixture of peptides travels
through out your body and your
brain and they are literally changing
the chemistry of every cell in the
body.”*

Dr Candace Pert

But there is EFT, and
then there is clinical EFT!



- Diagnosed with Cancer in 2001, then self healed with alternate therapy and coaching
- Used to get daily migraines, debilitating pain in the neck and shoulders
- Learnt a clinically proven technique, EFT Tapping, which calms down stress in seconds to have no more migraines
- Have coached & supported 1000s of people in one-to-one session and trained over 20000 people to feel calm, healthy, happy and at peace

Age-Old Back Pain Gone In 20 Minutes



“My age-old back pain healed on Day 1 of the EFT training within 20 minutes during the physical tension session and now even a year later, it has gone completely.”

Dr Rajesh CM, Naturopathic Doctor

Body Pain and Swelling Disappeared



“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.”

Sejal Mehta, Trainer & Therapist

Edema Totally Disappeared



“My husband forcibly took me to attend the EFT seminar. I had a shock of my life as I noticed that the Edema had totally disappeared.”

Dr Purnima Amin, Professor in Pharmacy

Motivated To Shed 20 kgs in 12 weeks



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

Avni Radia, Working Professional

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. Testing

Identify

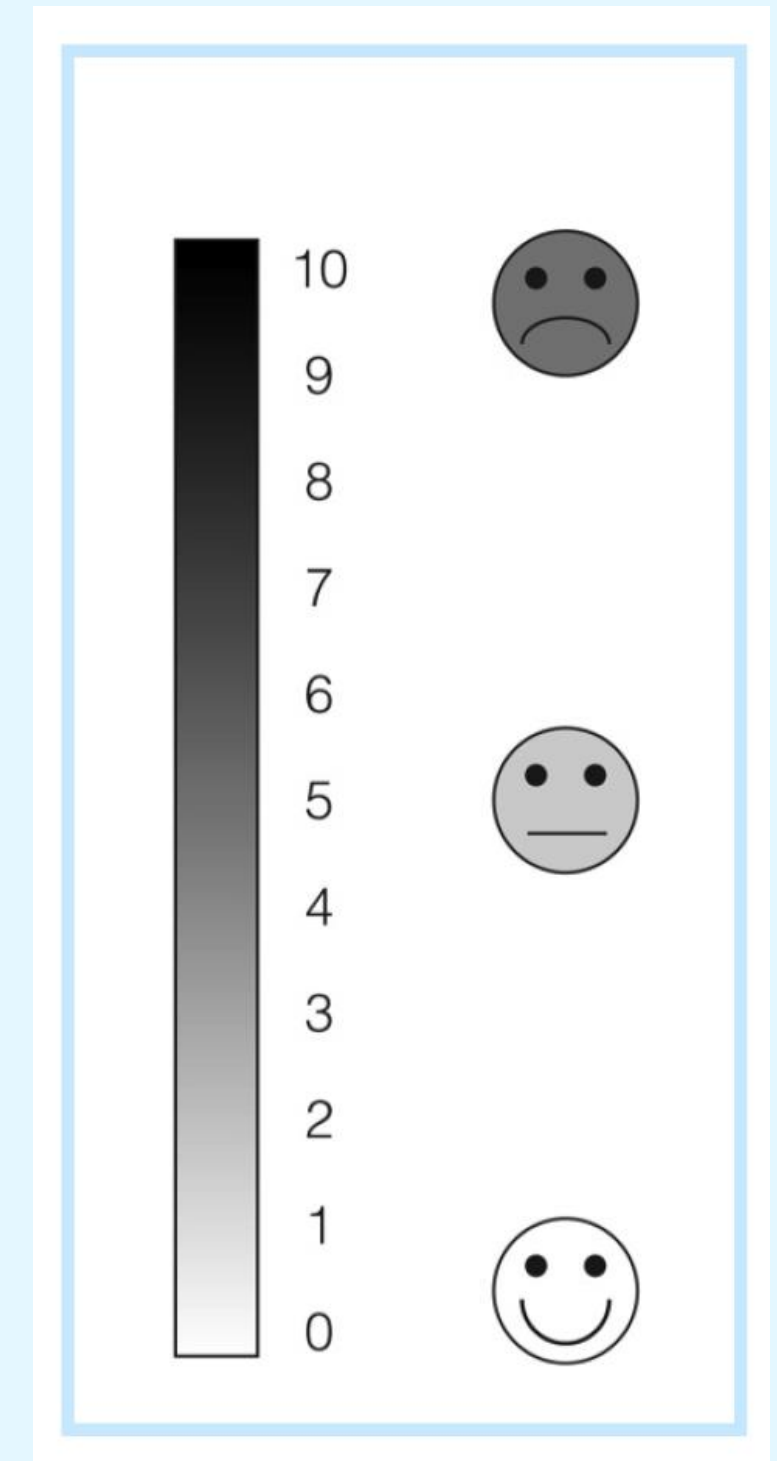
1. Identify the goal or the problem

1. What do you want?
2. What issue do you want to solve?
3. How does it make you feel?

Measure

2. Get a measure for it

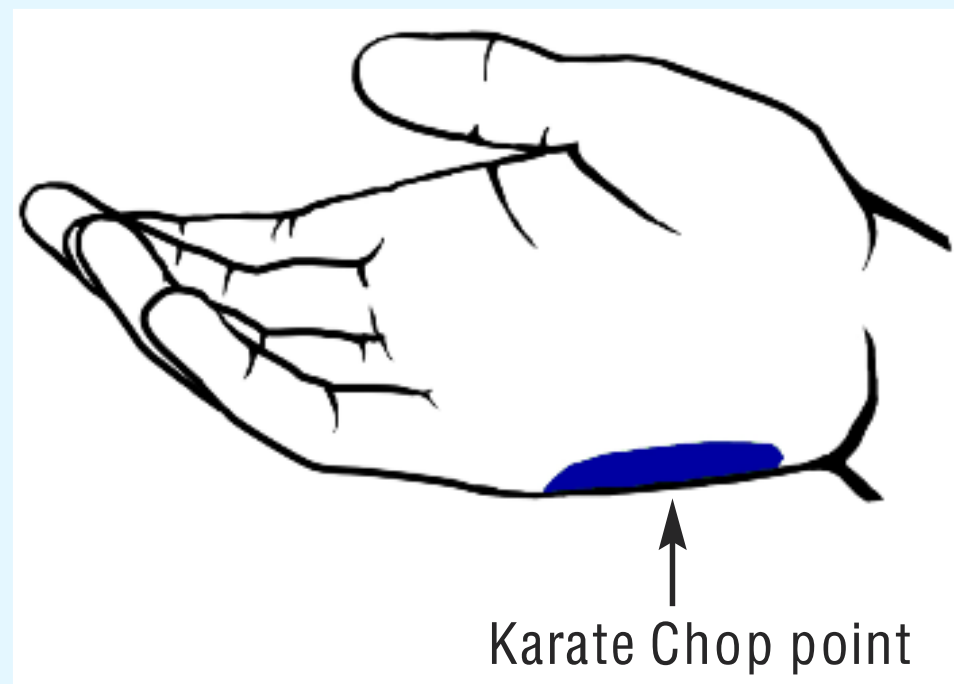
- On a scale of 1 to 10 what number would you give it
- Where 10 is uncomfortable or 1 is not uncomfortable at all



Start

3. Start tapping on the side of the hand

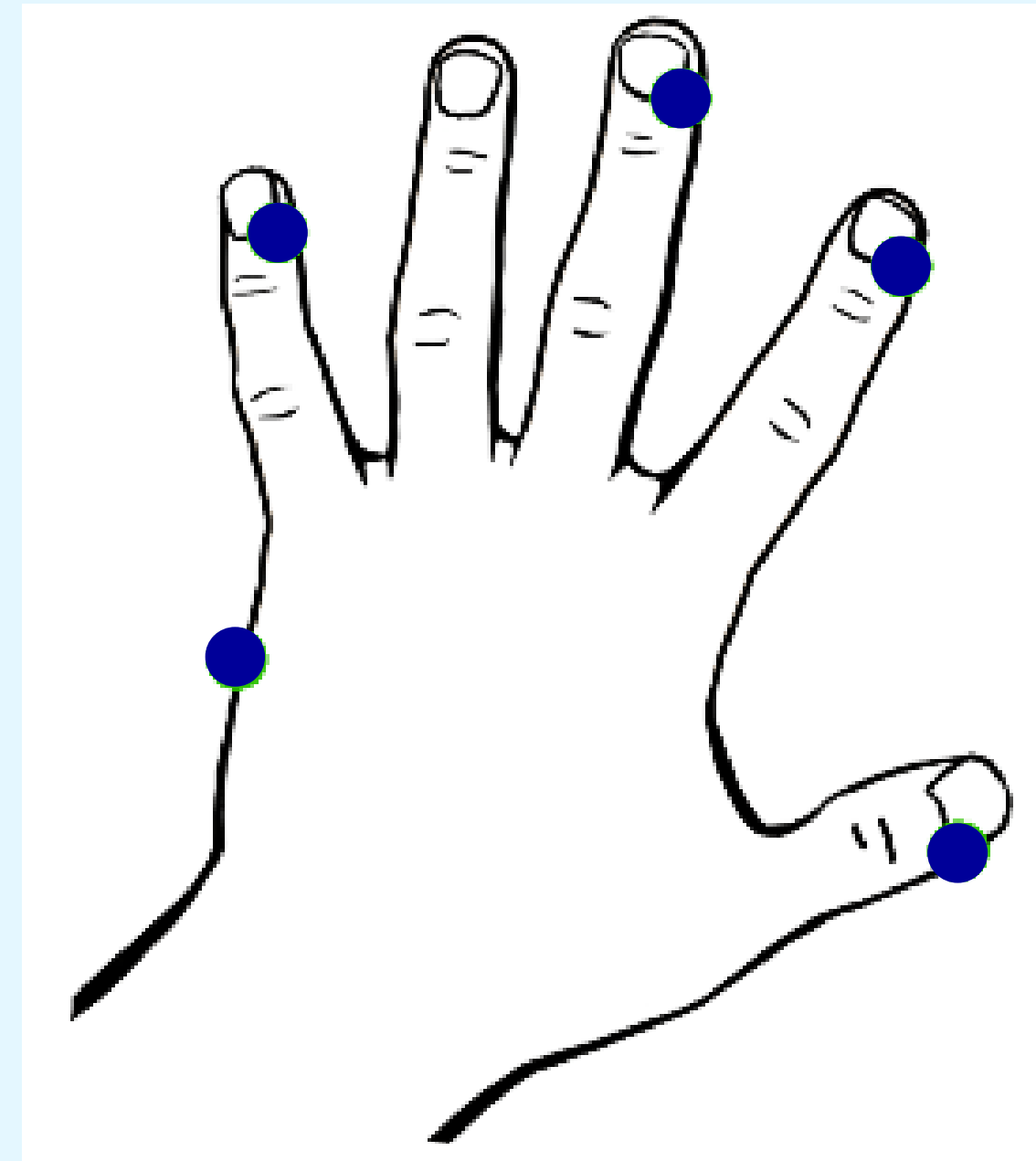
“Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”



Repeat 3 times

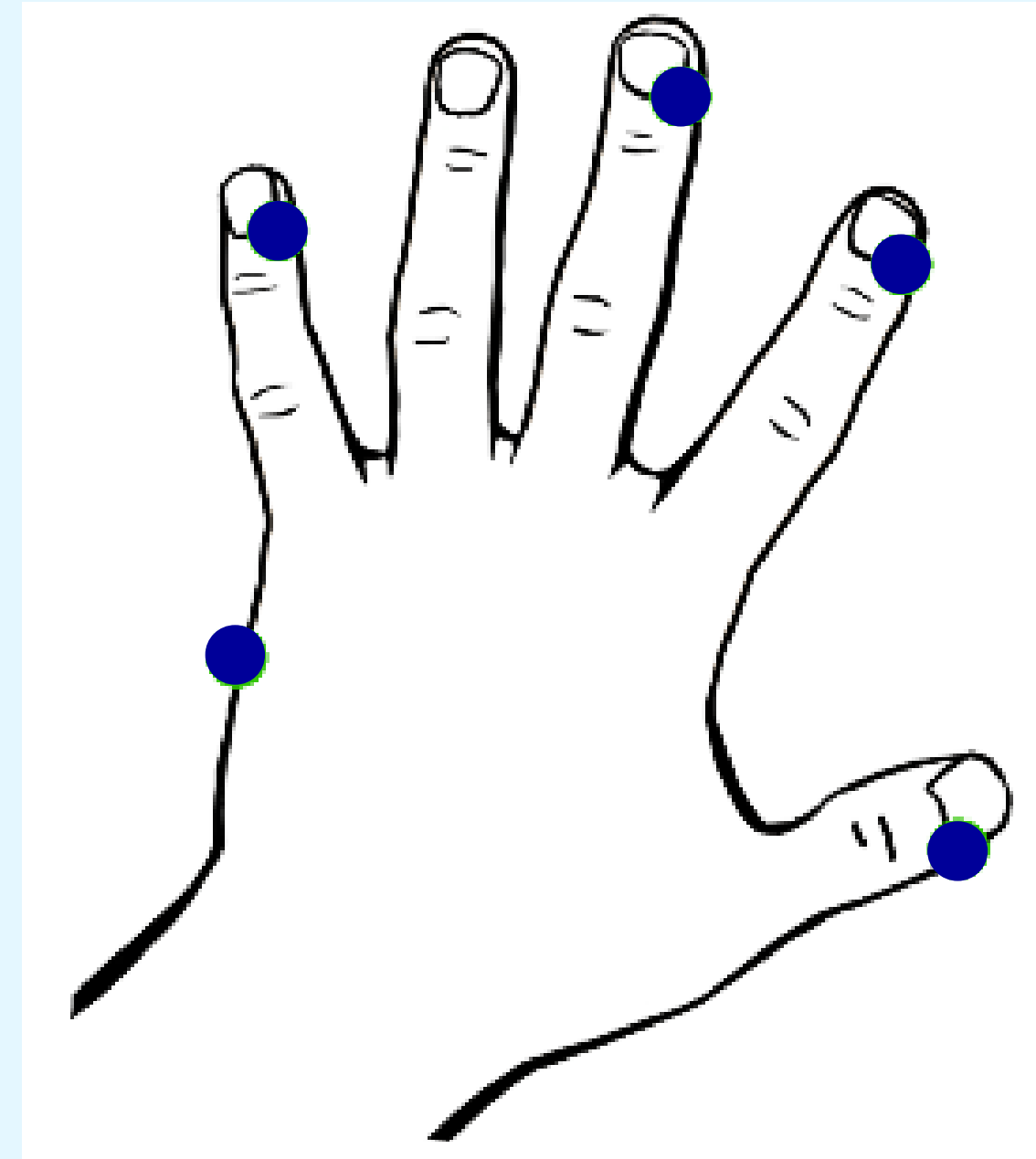
Tapping

4. Then Tap on the Upper Body & Finger Points



Tapping

While saying the words from the problem “out loud”

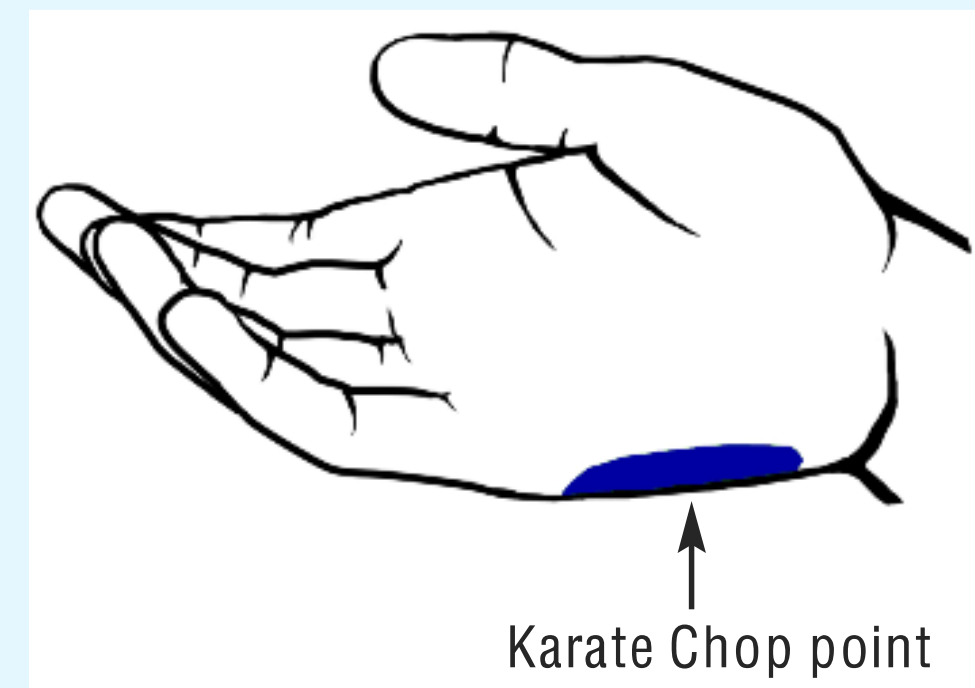


Close

5. Closing the sequence

Come back to the side of the hand also known as the karate chop point and say the starting phrase out loud again.

“Even though I have [THIS PROBLEM], I deeply and completely love and accept myself.”



Relax

6. Relax

- Breathe
- Take a sip of water
- Reflect on how you are feeling

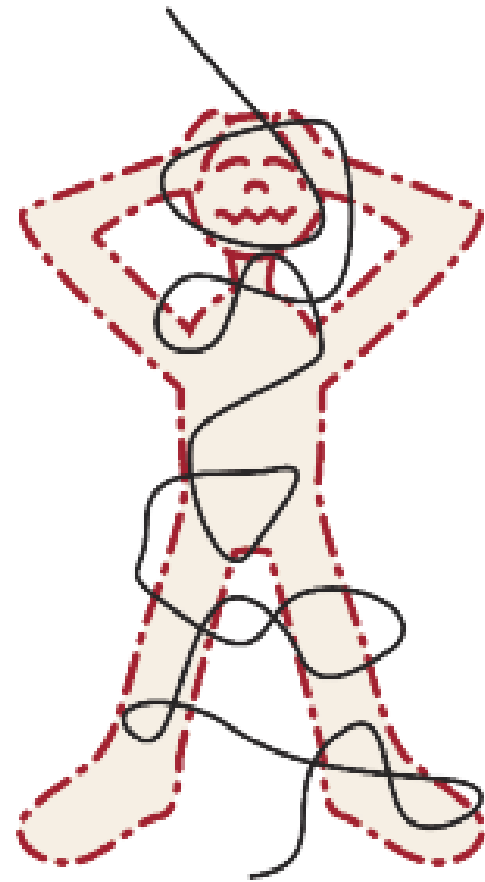


Testing

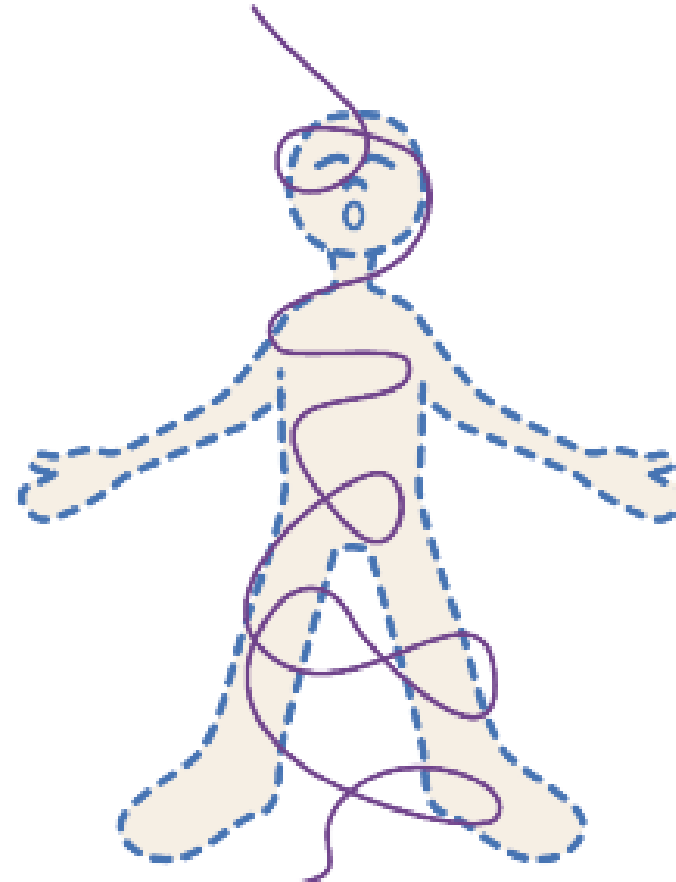
7. Testing

- Ask yourself:
 - How are you feeling?
 - What happened?
- Say great if the response if
 - Worse
 - Same
 - Better

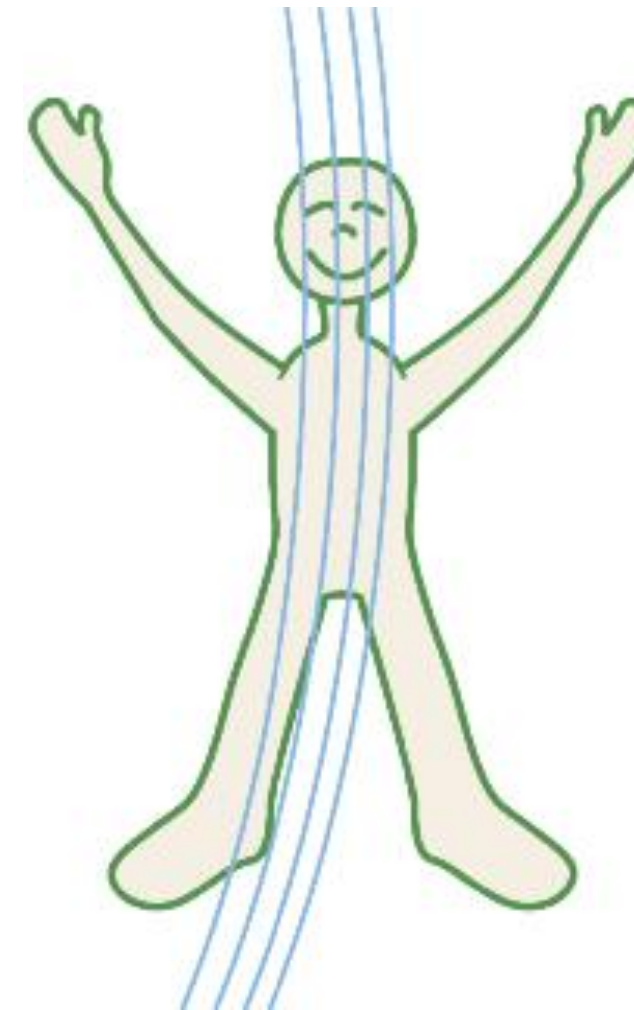
HELP YOURSELF & OTHERS HEAL WITH EFT



Energy disruption

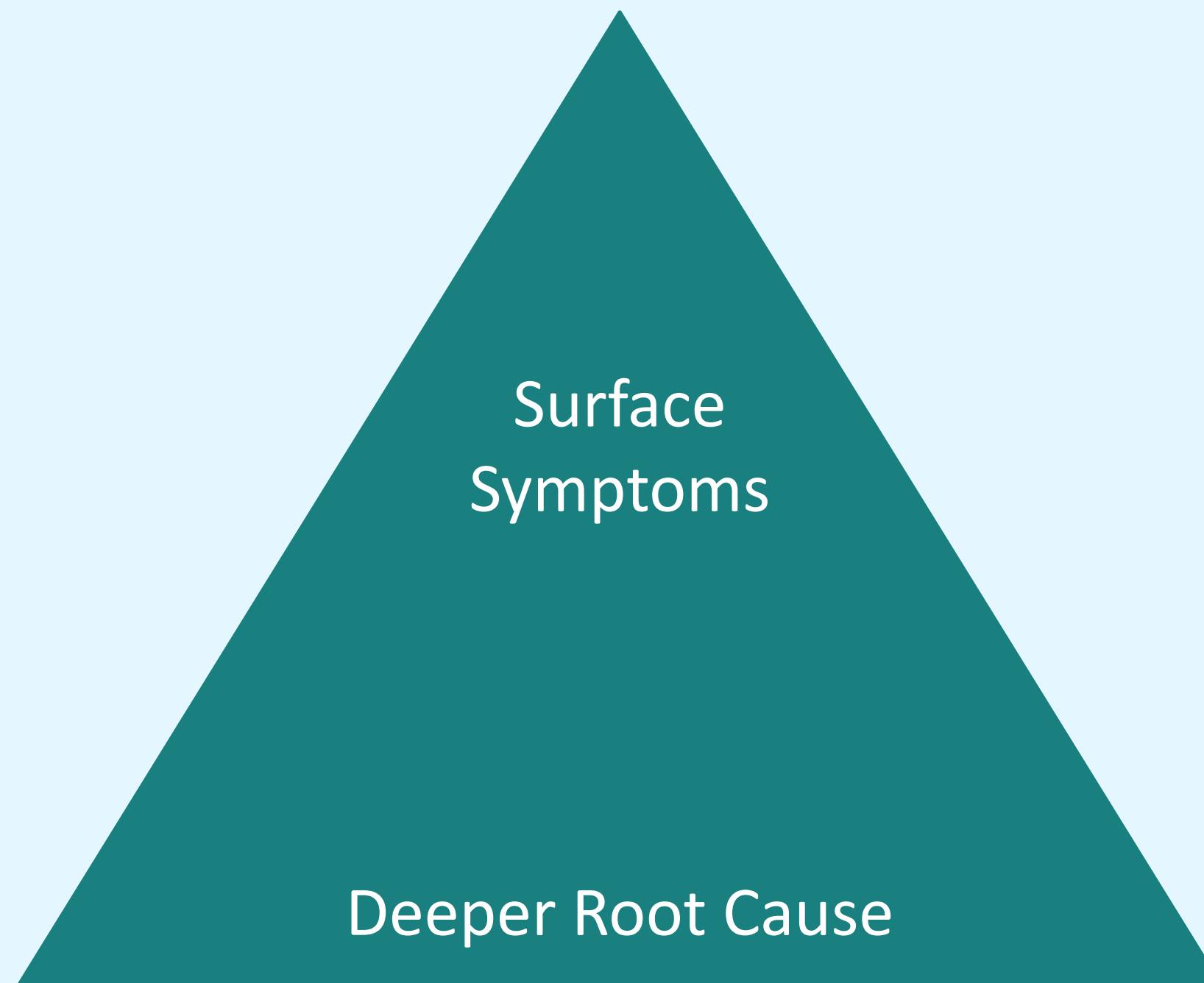


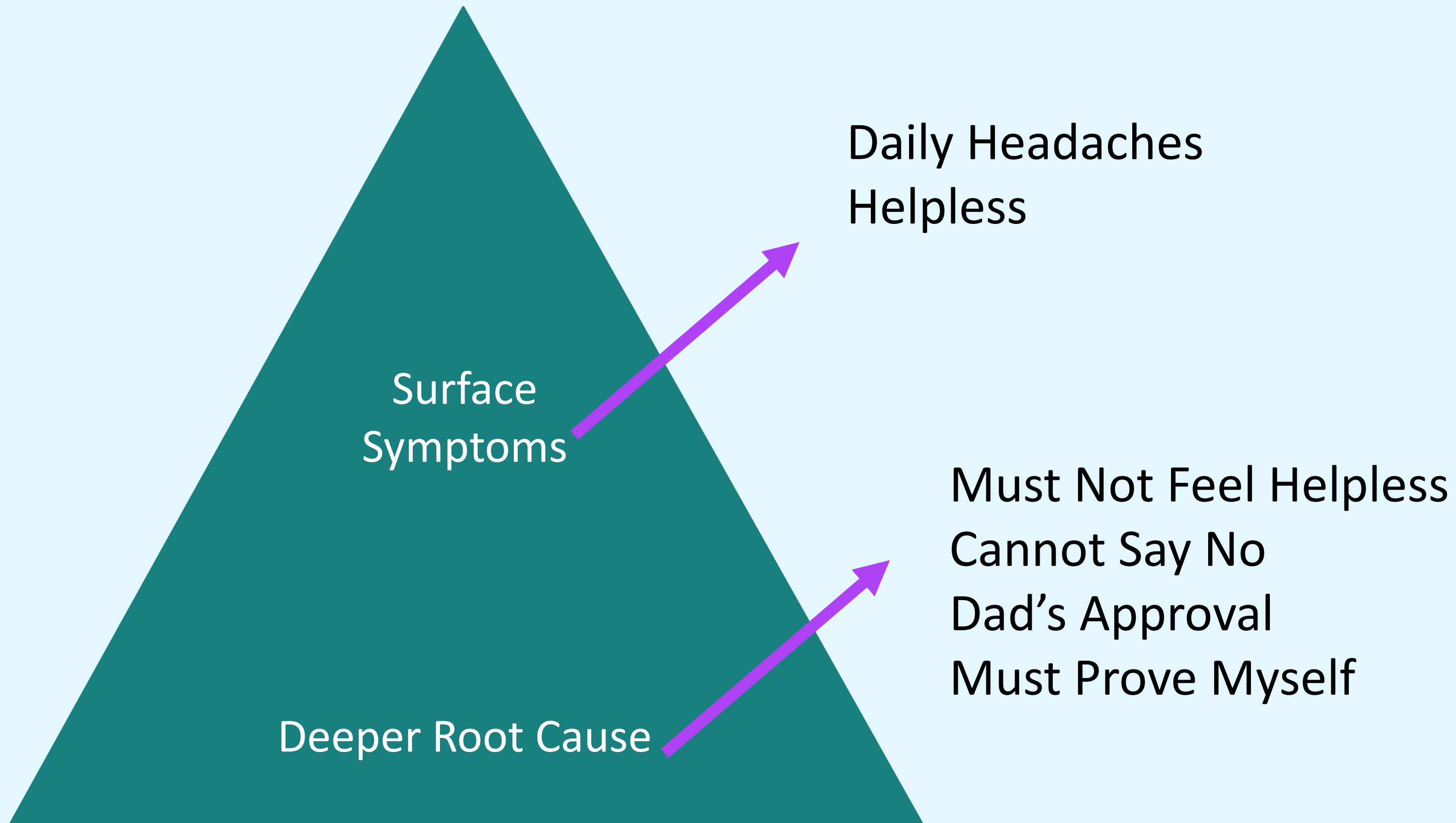
Using EFT

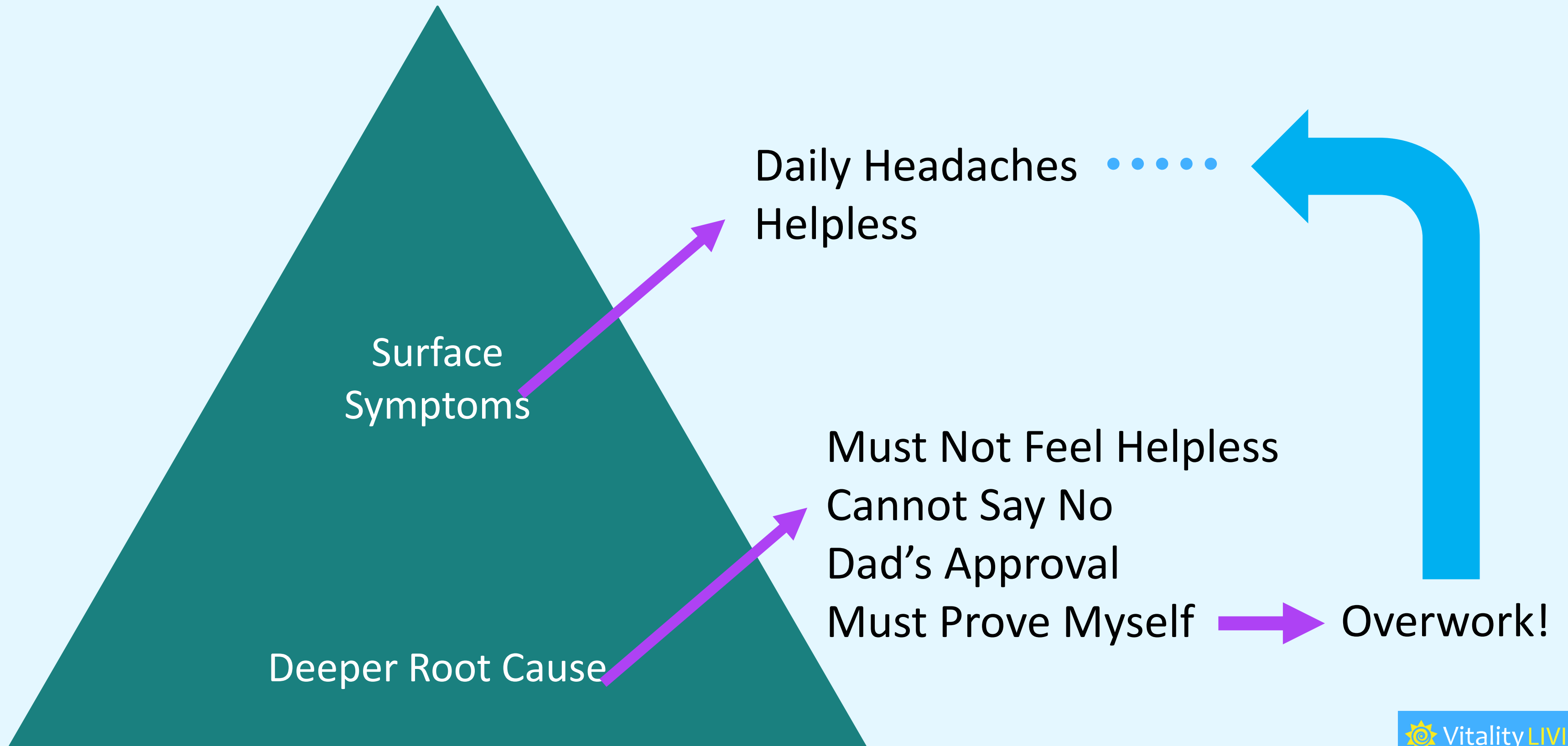


Relief!

Surface Symptoms Versus Root Cause







Son's Learning Disability Helped



“I noticed that my son’s grades had dropped. After EFT he was better able to concentrate and we no longer even remember that teacher. I even saw him use EFT on his own before a cricket match!”

Daisy Anand, Working Mom

Chocolate Cravings Completely Gone



*“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 chocolate.”*

Emma Voss, Business owner

Cut Through 28 Years Of Emotional Pain



“I’ve never attended a training session, where the trainer was able to cut through layers so quickly and reach the real issue for my pain I got full relief of the problem I had been carrying for the past 28 years.”

Sreekumar Rajagopalan, Corporate Trainer & Consultant

Healed & Happy Finally



“I have had a good life however I never really felt happy inside. I sensed a complete emotional transformation which uplifted me and I finally felt healed and happy.”

Smita Pande, EFT Practitioner

Emotional Pain Released



“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 TAPPED THEM AWAY! I am now free from unwanted feelings and emotions.”

Sadhna Batouri Singh, EFT Practitioner, Reiki Master and Yoga Master

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

Fear of Public Speaking Eliminated



“Uma overcame her fear of public speaking and spoke her heart out to the EFT class at the end of the fears and phobias session.”

Uma Anguraj, Software Engineer

Panic Attacks Gone



“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.”

Shaliny Booluck, HR Administrator, London, UK

Fear of Confined Spaces Gone in 15 Minutes



Marie overcame fear of confined spaces and got into a cupboard, and was comfortable with the door being closed after only 15 minutes of EFT during a 3 day EFT seminar.

Marie Christie, Social Worker and Translator

Symptoms of Thyroid Gone



“I started tapping – starting from surface issues, persisting through all what came up. After some weeks, I noticed that the symptoms of Thyroid had come down. A medical examination confirmed that I was free.”

Appoorva Pandit, Facilitator and Therapist

Anxiety

Auto Accident

Boredom

Claustrophobia

Depression

Grief

Guilt

Headache

Insomnia

Limiting Beliefs

Love Pain

Physical Pain

Panic attack

Sadness

Shame

Stress

Self Image

Sexual Abuse

Sports Issues

Trauma

War memories

Weight Loss

Phobias/Fears

—Public Speaking

—Dentist

—Rats

—Spiders

—Roaches

—Needles

—Driving

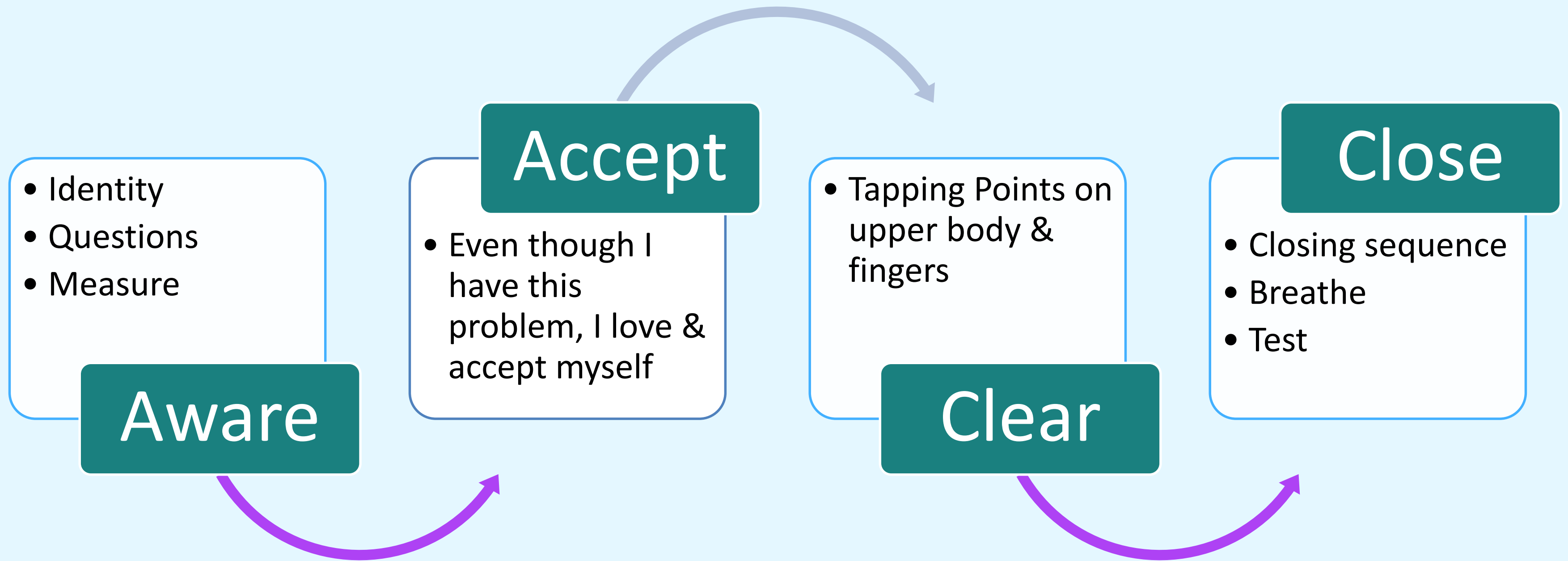
—Snakes

—Heights

—Water

Summary

- Emotional Wellness is about acceptance & inner freedom
- Stress can lead to disease and illness
- Unresolved emotional upsets can cause disease
- Suppressing emotions is harmful to health
- By releasing stress, freeing suppressed emotions & resolving past upset you can create health & wellness
- How EFT helps to relieve stress & create emotional balance
- The steps to the EFT Process



Next Steps

1. Refresh: Watch the replay and read the manual – R
2. Help Others: Become an EFT Practitioner or learn it for Personal Development or to help your family – P
3. Self Heal: Embark on a 21day self healing to release negativity, doubt & the past to feel love & peace - S

Next Steps

1. Drink Water to flush out toxins
2. Breathe in for 6 and out for 6
3. Finger hold relaxation
4. Daily tapping

Refresh

1. <https://bit.ly/EmotionalWellnessPortal>
2. We will provide the replay to those who requested
3. Fill in feedback form, you will get access to even more resources that we provide to our alumni,
<https://bit.ly/FeedbackFormEmotionalWellness>

Help Others

Book a Discovery Call with one of our EFT Coaches,
<https://vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/>

Self Heal

Self healing program, Freedom Taphon,
<https://vitalitylivingcollege.info/eft-taphon/>

Next Steps

- Friend me on facebook and say hi,
<https://www.facebook.com/ranganarupavi/>
- Join the EFT Tapping Heals facebook community,
<https://www.facebook.com/groups/EFTatVitalityLivingCollege>
- Practitioner or Personal Development?
<https://vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/>
- Self healing program, Freedom Tapathon, CODE SPECIAL
<https://vitalitylivingcollege.info/eft-tapathon/>