

Questions & Answers from Emotional Wellness Seminar

1. How to process that emotions (e.g: anger/ guilt with someone) with EFT. Could you present the specific example?

We speak the truth of the emotion use the tapping process I love and accept myself. For example, if someone feels anger and guilt here are the steps:

- Begin by asking yourself, "What are you feeling angry and guilty about?"
- Once you have to information to tap on that, *"Even though I am feeling anger and guilt about [ADD INFORMATION] I deeply and completely love and accept myself."*
- The next step is to work on the memories associated with anger and guilt. In some cases we work directly with a technique in EFT, known as the movie technique.
- Then to explore if there are limiting beliefs associated with the guilt and anger. For example, sometimes we can judge ourselves for getting angry or have beliefs to avoid conflict.
- In some of the Advanced way of working we explore shadows which unaccepted parts of ourself and unconscious patterns when triggered to feel angry
- The final step is to create a tapping sequence that conditions the new behaviour and repeat daily for 30 days, *"Even though I get angry, I deeply and completely love and accept myself."*

You have to work in layers peeling away one layer at a time. To learn more, watch the video <https://www.youtube.com/watch?v=secY9vqm-ZM&t=1501s> Forward to timestamp 1.14.00.

Here are some articles that you might find useful:

- How to work with anger? <https://vitalitylivingcollege.info/how-to-release-anger-with-the-help-of-eft-tapping/>
- Why do people get angry and how to handle it? <https://vitalitylivingcollege.info/people-get-angry-handle/>

What I would say it to resolve it, it is better to work to learn how to use the technique on yourself by getting professionally trained as part of a Personal Development Program or to receive sessions with a professionally Certified Practitioner.

2. You mean to say with EFT you deactivated the cancer cell?

I didn't use EFT to deactivate the Cancer cell, what happened is I used a process called The Journey by Brandon Bays. With Journey Work I was able to open up to my deep emotions and go through a process of forgiveness that meant the Cancer came out of my body over a period of 28 days.

What EFT helped me with was to restore general health and wealth and release the intense daily headaches and migraines.

What EFT is good for is for:

- Stress, tension, pain, past negativity, fears and phobias
- Resolving past trauma, accidents and limiting thoughts
- Emotional Wellness and a process of daily love and acceptance.

What The Journey is good for is:

- A process of healing for medical labels
- Those on a spiritual and healing path

I use both in my private practice. EFT is like a daily clean as well as a deeper cleaning - like using a washing machine to clean clothes. It's ideal for clients with stress, tension, pain, emotional patterns and past negative events. The Journey is like a dry clean and creates a space for the body's own healing potential known as source to heal the body from within.

Both processes clean at the root cause and it depends on personal preference. Many of our clients and students have trained in both processes.

To learn more about The Journey, here is a Complementary copy of the book, <https://vitalitylivingcollege.info/get-my-free-journey-book/>

3. How did you handle the regret?

So with regret you can:

- Begin with, *"Even though I have this regret I love and accept myself."*
- Tap till the emotion of regret comes down.
- Then ask yourself, *"Where in the body do you feel regret?"* and *"When have you felt like that before?"*

4. That's all-good theory and good words, but please illustrate the technique

So to get an illustration of the technique watch the replay video, <https://www.youtube.com/watch?v=secY9vqm-ZM&t=1501s>, from 56.10 which includes the following in order:

- The 7 steps of EFT.
- Group demonstration on breathing.
- Finally, a live demonstration on how to work in layers with a surface challenge to the deeper levels.
- To get to the root cause keep peeling away the layers. There comes a time when the root cause unlocks. Training is needed to understand how to get to the deeper layers through questions, intuitive listening and compassion.

5. What is the reason suppressed emotions are harmful to health?

So here is an article that will give you a background, <https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/>

6. How can stress lead to illness?

Here is an article that will give you some background, <https://vitalitylivingcollege.info/how-emotional-stress-can-make-you-sick/>

7. What is the clinical evidence for EFT Tapping?

There are many studies for EFT where it is proven to lower stress, anxiety, depression, past pain to feel health and happy. Here are a list of many of the studies, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

8. Which emotion do I have unexpressed?

Sometimes we do not know which emotions we have not expressed or have suppressed.

A good place to begin is to start a “MOOD” diary and start to document during the day your feelings:

- On Waking
- When triggered by another
- When triggered by yourself
- Throughout the day and when you feel more relaxed or versus more emotional

Ask yourself:

- What or who triggers you?
- What has to happen to experience negative emotions
- What behaviours do you indulge, for example over use of social media, emotional eating, shutting down or distraction? These behaviours are usually a sign of hidden emotions.

Once you uncover emotions that might be getting suppressed you can start using the tapping process. In many cases emotions emerge spontaneously during an EFT Tapping process.

As EFT Tapping is the only touch and talk process it allows the body mind to relax and reveal hidden layers while feeling safe and supported. The trick is to learn how to give yourself a session or work with a professional.

9. How to release unexpressed emotion?

Once you uncover suppressed or unexpressed emotions you can use the following methods to release it:

- The 7 steps of EFT Tapping Process to release it. For example, *"Even though I have this suppressed emotion, I deeply and completely love and accept myself."* Then keep peeling away the deeper layers the root cause of suppressing the emotion. Once the root cause is known there is no need to suppress emotions anymore. In many cases we suppress emotions because it's not safe to feel it or there are conditioned beliefs from our parents.
- The Tantrum Tapping Process, which you will find in this video, <https://www.youtube.com/watch?v=secY9vqm-ZM&t=1501s> at 1.22.24. The 3 steps to the Tantrum Process are as follows:
 - Place the fingers just below the collar bone and start tapping
 - Keep tapping and make an ahh sound to express out the emotion
 - Then stamp the feet as if having a tantrum to release any emotion

10. Where do I feel it in my body?

The best way to work out what emotion you are feeling in the body is to:

- Close the eyes and scan the body
- Notice if there's any tightness or tension anywhere in the body
- Get a sense or knowing of where you experience that emotion in the body by asking yourself, "Where in the body is the emotion?"

11. Which hand to tap on?

So, you can tap on the right or left hand. Plus you can use the right and the left hand to tap on the facial body points and finger points.

12. How do I shut my logical mind!!

So you have a couple of options to shut your logical mind:

- To tap on it, *“Even though I want to shout my logical mind down because [add the reasons], I deeply and complete love and accept myself.”* Keep peeling away layers till you feel calm and rested
- The other technique I recommend is Jin Shin Jytsu finger holds, where you hold each finger one by one. You will find more details on this link, <https://vitalitylivingcollege.info/follow-up-from-emotional-wellness-with-eft/>.

Finger holds for Relaxation - This simple method is based on an ancient medicine from Japan, known as **Jin Shin Jhytsu (JSJ)**. All it involves is to hold the fingers to feel relaxed.



Hold the fingers one by one and keep breathing noticing yourself coming into stillness and just this moment. Breathe in for 6 and breathe out for 6.

A great way to remember which finger has which emotion is **CLEAR Worry FAST**:

- Thumb = Worry (sucking the thumb as a child),
- F-Fear
- A-Anger
- S-Sadness
- T-Trying Too Hard.

13. Is this technique only for breathing or for all problems

This technique can be used for a variety of different things:

- Released negativity
- Managing anger
- Healing grief
- Overcoming Depression
- Post-Traumatic Stress Disorder
- Healing heart-break, divorce and separation
- Physical pain
- Defeating phobias

Here are the list of clinical studies, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

On this page you will also find a manual on EFT which give more information on what EFT can be used for, <https://vitalitylivingcollege.info/follow-up-from-emotional-wellness-with-eft/> For example, from achieving goals like making more money, attracting the right partner, deepening in one's spiritual practice, emotional wellness to solving challenges like healing past disturbing memories and healing emotional and physical pain.

14.How to frame these statements?

Begin with, "Even though and then I have this problem." Replace the problem word with whatever it is you're working on:

- I am angry at myself for shouting at my daughter
- I feel guilty for not following through on my promises
- Tension in my head at a number 5

So for example if you've got a headache, "*Even though I have this headache it's a number five it's in my head I love and accept myself.*" So you that's how you frame it three times and then you use the middle part on the facial points

15.How many times it has to be repeated?

Repeat the initial phrase, "*Even though I have this [problem], I deeply and complete love and accept myself*", 3 times on the side of the hand at the start of the sequence. Repeat the full sequence as many times as you need till the problem comes down. Tap on the facial points for about 3-5 times. To review the 7 steps you can have a look at them here again, <https://vitalitylivingcollege.info/follow-up-from-emotional-wellness-with-eft/>

16.Can I do it for lowering sugar level?

Yes, it can and I do have a Endocrinologist in Mumbai who is using it on her patients for diabetes I also have a practitioner in Mumbai as well who's uses it with her clients for diabetes. They both combine intermittent fasting with lowering carbohydrates and encouraging movement with using EFT Tapping to lower stress and increase health. Both have found positive results.

17.Can EFT help personality disorder?

So with personality disorder there can be so many things going on where rigid thinking and inflexibility can be at the forefront. In addition, there can also be mood swings, depression and past trauma.

Where EFT can help is with the emotional aspect. I also recommend a technique known as secondary gain to support the client to want to relax the rigid thinking. We need to give them a strong enough why to want to change.

EFT is not a cure for any kind of mental health disorder, and it is recommended to get advice from a qualified mental health professional. If the client wants relief from any stress or negative emotions or is motivated to change their thinking, then EFT Tapping is a good solution.

Here are some options for personality disorders:

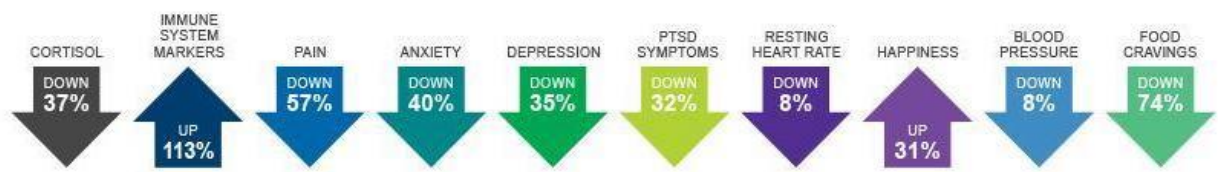
- **Learn about the condition** - knowledge and understanding can help empower and motivate.
- **Get active** - physical activity and exercise can help manage many symptoms, such as depression, stress and anxiety.
- **Join a support group** of others with personality disorders.
- **Write in a journal** to express your emotions.
- **Try relaxation and stress management** techniques such as EFT
- **Stay connected** with family and friends; avoid becoming isolated.

If there are symptoms of depression, then EFT Tapping can definitely help with that. Sometimes the deeper work that combines inner child with EFT Tapping is needed.

18. What actually happens when we do the tapping?

When we do tapping we are basically opening up the meridians or the subtle energies in the body to allow energy to start to freely flow in the body and then we're also using statements to create a change and a shift in thinking.

There are physiologically markers that are change as a result of EFT Tapping:



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

19. How much is it connected with acupressure?

Acupressure and EFT are related and in fact EFT is known as acupuncture without needles because EFT is stimulating the acupressure points or the acupuncture points, so they are related together.

20. Can EFT treat Autism?

I wouldn't say autism is something that is there to be treated it is it is to do with someone's Neurological makeup so I don't see autism needing treatment. It is a it is a label that someone can be given based on the way they process information.

So for example they:

- Can experience something known as a meltdown because they can have extreme anxiety
- Want order in how things are put together
- Can be frighteningly intelligent as well and able to process some things like technical problem solving very quickly

Where EFT can help is:

- Number one with the parents, because parents of or an autistic child can experience extreme stress because the child might be over stimulating, they might be hard to pacify and they may not be able to understand them. An autistic child is hypersensitive which means they will pick up on the emotion of the parents and if the parents feel stressed then the child feeds stressed and they experience anxiety.
- Provide structure, safety and routine for a child with the label Autism

I do have a few practitioners who specialize with working with children and Autism but they do use a combination of different therapies, including EFT tapping, where they are also training them and teaching them on how to be understood, understand and communicate.

21. Would EFT help with Insomnia problem?

So we do have practitioners who have helped clients with sleep problems recover. Many cases those who attend training report they had a good night's sleep. This is because letting go of the past can make one feel lighter.

Couple of things to bear in mind when using EFT Tapping for insomnia:

- Explore the root cause of the sleep disorder, there can be disturbing or root memories that consciously or unconsciously surface

I recommend the finger holds on walking and going to sleep for insomnia.

22.What is this Japanese technique called?

It's called Jin Shin Jyutsu.

23.Is it 20 minutes each time, how times could you do it in a day?

Reason it is 20 minutes, is there was a scientist who did an experiment as to how long a breath takes to travel in the body and be expelled as carbon dioxide. The study showed it takes 20 minutes.

So the maximum you need to hold it for is 20 minutes. The minimum you need to hold is for is when the pulse in one hand becomes synchronised with the pulse in the other hand. This can take seconds to a minute to 2 – 5 minutes to a maximum of 20 minutes.

24.Does it make a difference whether we hold fingers of left hand or right hand?

It doesn't. You can hold either left or right.

25.How many times in a day?

Depends on you like with Jin Shin. So I recommend morning evening and top up as needed.

26.Will you give these in the notes?

Yes here it is. If you have more questions please message on EFT Tapping Heals, <https://www.facebook.com/groups/EFTatVitalityLivingCollege>

27.How is EFT different from Energy healing or Pranic healing or quantum healing - are the fundamental principles the same?

So energy healing modality like Pranic healing are basic on the concept of energy that can be transmitted and received. With EFT there is a touch and talk component and it's based uncovering and clearing the psychological root cause of an issue.

28.Can EFT heal chronic constipation - piles and fissures?

I had a client once who was very constipated and she would go for colonic irrigation okay colonic irrigation and she would use EFT Tapping at the same time and her colonic irrigation therapist found a marked difference in the physical release my client experienced with EFT versus without.

Of course, with constipation diet plays a major role and having foods that support digestion and easy bowel movement versus those that irritate the bowels. Some themes to explore with constipation:

- Being inflexible and rigid versus flexible
- Need for control and holding onto things for safety

29.Would you recommend this tapping technique as part of a daily routine for children?

We have EFT certified Practitioner sharing EFT in Schools in assemblies for children. We also combine it with another technology that I teach, named Energy Yoga. It's a 15-minute routine which ends with a tapping meditation to embed positivity for the child.

30.Is it safe for young children?

So for young children we recommend tapping on the child or working surrogately. There are 2 method of working surrogately:

- Breathe and feel as the child and tap
- Describe the child's experience and tap

We can also use EFT Tapping for pets, animals and those in coma and unable to communicate.

31. I am struggling to make peace with 4 people in my life... who hurt me.

I would recommend use the EFT Tapping process to clear the surface, accept the situation, forgive from the root cause, clear any limiting beliefs and step into personal power and peace.

First, we have to empty out the hurt and pain and then we have to clear the root memories and finally reset the body – mind for health. I teach this technique in Inner Child Matrix with EFT.

32. How do I use this technique to reduce obesity?

Have a read of an article on EFT and weight loss,
<https://vitalitylivingcollege.info/how-to-unlock-weight-loss-with-emotional-freedom-techniques-eft-tapping/>

33. How can I frame the sentence for lowering the blood sugar levels?

So I would first recommend to learn the technique to clear the root cause of the blood sugar problem and the associated challenges like:

- Having to control diet
- Do exercise

Then once those areas have been explored you can complete a daily positive affirmation tapping. I used this process on my client diagnosed with Cancer. We first completed the deeper work and then a daily sequence, *'Even though my blood sugar levels are at an X, I choose for them to be at a Y.'*

From our studies we have found a lack of self-love and self-care at the root cause of an imbalance of sugar levels. What a Certified Practitioner can take is peel away the layers to uncover the root memories associated with the imbalance and heal them using EFT Tapping.

Disclaimer: The information on this website is purely for educational purposes and does not in any way replace the requirement for medical and psychological diagnosis and treatment. Please do seek professional medical

and psychological diagnosis and advice for all medical and mental health conditions. It is advised to always book any consultations with qualified professionals.