

EFT Masterclass Questions & Answers

Section 1: About Emotional Freedom Techniques (EFT)

1. What is Emotional Freedom Technique?

Emotional Freedom Technique (EFT) Tapping is an alternative therapy that is used to overcome physical and mental issues that people experience. It involves tapping on specific energy points on the body – primarily on the head and the face.

This therapy restores the balance and flow of energy to resolve or overcome physical and emotional issues.

You can find out more about EFT Tapping in the following link:

<https://vitalitylivingcollege.info/what-is-eft-tapping/>

2. How does EFT Tapping work?

EFT Tapping works on the meridian points to restore balance in your body's energy system, which consists of interconnected pathways that run throughout your body and through all major organs.

Disruptions in the energy system result in physical discomforts, negative emotions and behaviours. When you tap on these points and repeat specific phrases loudly, it clears the energy system to give relief from emotional or physical distress.

Here is the link for more information on EFT Tapping:

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

3. What are some things that one should know before using EFT?

There is nothing in particular that you need to know before using this therapy. Whenever I conduct sessions or teach students about Emotional Freedom Techniques, the one thing I make sure they know, is that, this is the only touch-and-talk technique.

In EFT, you will need to touch or tap meridian points on your hands, face, fingers, as well as below the collar bone and under arms while saying certain statements out loud.

4. Who is EFT for?

EFT is helpful for anyone going through issues like stress, emotional eating, phobias, fears, health issues, emotional imbalance, acidity, IBS, trauma, abuse, heartbreak and even for fitness freaks.

EFT is also helpful if:

- You want to learn about emotional wellness or therapy.
- You heal from within and free limits.
- You want to help yourself and others.
- You are seeking a new profession to help others heal and transform.
- You want to boost your career and emotional balance.

5. What is the clinical evidence for EFT Tapping?

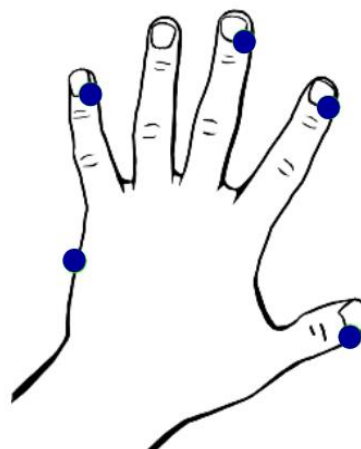
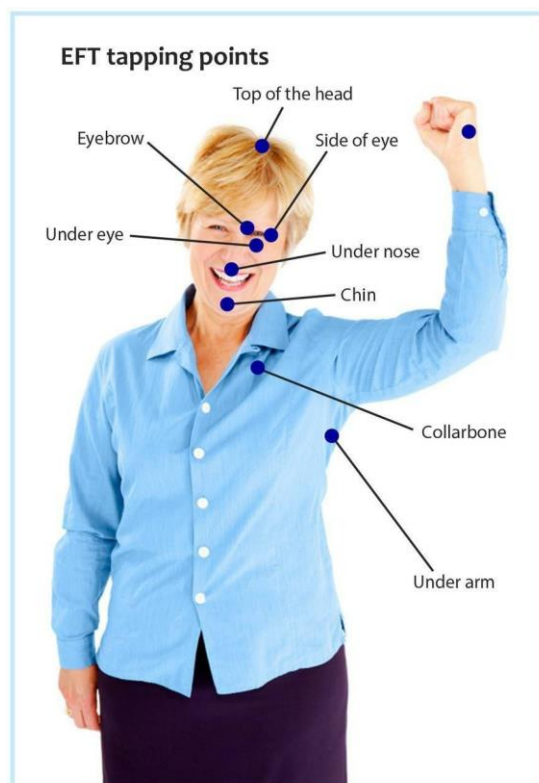
There are many clinical studies with evidences, which prove EFT to be effective in lowering stress, anxiety, depression and past pain; thereby leading to good health and happiness.

Here is a list with clinical studies for your reference:

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

6. What are the EFT Tapping Points?

In EFT Tapping, you will need to touch or tap specific points on your hands, face, fingers, as well as points below the collar bone and under arms, as shown below.



7. How do I frame the EFT Tapping sentences?

Begin with, *“Even though”* and then *“I have this problem.”*

Replace the word, *“problem”* with whatever 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 deeply and completely love and accept myself.”*

That is how you frame it three times and then use the middle part (examples: number 5 and in my head) on the facial points.

8. What actually happens when we do the tapping?

When we do the tapping, we are basically opening up the meridians or the subtle energies, which allows energy to start flowing freely in the body. We're also using statements to create a change and a shift in thinking.

There are physiological markers that change as a result of EFT Tapping, as shown below:



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

9. What is the Japanese Tapping Technique called and how many times should I practice it, in a day?

The Japanese Tapping Technique is known as the Jin Shin Jyutsu. I recommend you to start practicing every morning and evening and top up as needed.

10. Does Jin Shin Jyutsu need to go on for 20 minutes each time? How many times could you do it in a day?

The reason to go with 20 minutes is because SH Cedar, an associate professor and reader in Human Biology did an experiment to determine 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 time you need to hold it for is 20 minutes. The minimum time you need to hold it for is until the pulse in one hand synchronises with the pulse in the other hand. This can take seconds to a minute, or 2 – 5 minutes, or a maximum of 20 minutes.

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

No, it doesn't make a difference. You can hold either left or right.

12. Do we need to tap on one hand or both?

You can tap on either. You could even do one round with one hand and the other round with the other.

13. When you start tapping on the head, the forehead or on the side, does it make any difference?

No, there is no specific order. Pick the point that works better for you.

14. How many times do we need to tap on the side of the hand?

In terms of the Karate Chop, begin with tapping 3 times for the statement and 7 times on the upper body and facial points.

15. Can we tap on any side of the face?

Yes, you can do it on any side of the face, using two hands together or even one hand.

16. Can we change the hand for the Karate Chop Point during the session, or do we use one hand throughout the session?

Yes, you can change the hands for the Karate Chop Point during the session or after a round of tapping.

17. Do we have to tap on one side of the face and the opposite hand?

Yes, you can do that.

18. When you are working on releasing physical tensions, you ask questions about colours, shapes, and sensations. How do you define these colours, shapes, and sensations?

When you are working on releasing physical tensions, one of the reasons for asking colours, shapes and sensations is because we want to uncover the details of the pain stored in your body. For example, it can be sensations like it's a throbbing pain or shapes with colours like a big round red ball.

However, there is no particular rule for defining colours, shapes, or sensations. You could use anything that comes to your mind at that point of time.

19. Can we cross our legs during the EFT Tapping Process?

Yes, you can cross your legs during the process. It depends on your belief system and convenience.

20. When you repeat the EFT Tapping for the second time, can you say the statements on Karate Chop only once?

For beginners, it is recommended to repeat those statements 3 times, whereas individuals at an advanced level can change it according to whatever works for them.

21. When do we shift the tapping from one point to another (ex: from forehead to side of eye)?

You can shift the tapping point when it's time to say the other part of the phrase.

For example,

- Eyebrow: *This anxiety...* (shift)
- Side of the eye: *So anxious...* (shift)
- Under the eye: *Anxious in my chest...* (shift)
- Chin: *It's at a number...* (shift)
- Collarbone: *So rough...* (shift)
- Under the arm: *This anxiety...* (shift)
- Thumb: *I feel it in my chest...* (shift)
- Index Finger: *So anxious...* (shift)
- Middle Finger: *Really anxious...* (shift)
- Little Finger: *The colour red...* (shift)

22. How do you know what the underlying emotional issue is for a surface issue or pain?

Questioning helps in identifying the underlying issue. You need to learn how to ask the right questions to help you explore the underlying emotional issue.

23. How can you create the statement for the root cause and not the surface pain?

Learning to ask the right questions is the key to explore and identify the root cause. Working on the surface pain and then questioning deeper will help you zero down to the root cause.

24. How do I frame the sentence for work-related stress?

You need to first explore where you feel the stress and what the intensity is, on a scale of 1-10.

You can use the following tapping process:

- Tap on the Karate chop while saying, *“Even though I have this work-related stress in the back of my neck and it makes me feel stressful and it’s at a number 7, I love and accept myself anyway.”*
- Tap on the facial points - *“the throbbing stress, is really throbbing, so throbbing, it’s really throbbing, throbbing in my neck.”*
- Tap on the Karate chop again, to close the sequence - *“Even though what I’m really scared of, is losing money and I don’t want to lose money, I love and accept myself.”*

25. The picture of EFT Tapping Points mentions the top of head but why didn’t we use it?

The top of the head point has 1,000 meridians going through it and is a very powerful point which is also connected to the crown chakra. Tapping on these points releases one’s inner critic and lack of focus while allowing wisdom, clarity, spiritual discernment, intuition, insight and focus to flow through it.

Tapping on the crown is very powerful for manifestation and abundance. When you tap on the head, energy directly manifests there. So, we don't tap there while saying negative statements. I teach positive tapping with the head only in the advanced sessions. It is included in the end of the tapping sequence to enforce positivity after clearing the distressing negative emotions.

26. How does one rate a goal?

While working on goals, ask questions like:

- What prevents you from not achieving the goal?
- How does that make you feel?

Using these answers you can rate the goal. So, if the answer was it makes me feel helpless, then measure the helplessness on a scale of 1 to 10 for rating it.

27. How do we phrase the issue or goal? I would like to understand the flow.

Identify the problem and how it makes you feel. Also measure the intensity of the problem. After identifying these aspects, use the following sequence:

*"Even though I (**name problem**), it makes me (**how do you feel**), and it's at (**intensity**), I deeply and completely love and accept myself."*

For 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.

28. Is EFT a permanent relief for a problem?

EFT is a clinically-proven technique that provides relief to many problems

such as stress, cravings, emotional eating, phobia, fear, past negativity, and distressing memories.

You can read about the clinical studies and evidences that show the efficacy of EFT Tapping here:

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

29. What is the difference between EFT and Cognitive Behavioral Therapy (CBT)?

CBT focuses on changing your thought patterns and behaviour in order to improve your emotional regulations. CBT is based on the idea that learning healthy coping mechanisms and information processing techniques will allow you to deal with the problem in a better way. It's a talk therapy and takes quite a lot of time to administer.

Whereas, EFT sees emotions as something to be explored and experienced, rather than something to be controlled. They believe emotions are important and can lead towards personal growth for ourselves as well as our relationships. It takes less time to administer it, and is very effective and long lasting when compared to CBT.

30. Are Acupuncture and EFT related?

While Acupuncture and EFT aim to improve the flow of energy and balance the energy flow in our bodies, they are different from each other. Acupuncture makes use of needles, while EFT uses finger tips to apply pressure on certain energy points in the body. EFT is a better alternative for people who are not comfortable with the usage of needles.

31. How do Acupressure and EFT differ?

The main difference here is that while Acupressure does work on problems people face, it does not resolve issues from the past. EFT, on the other hand, focuses on resolving problems from the root cause and works on them from there.

32. How is EFT different from Energy healing or Pranic healing or Quantum Healing? Are the fundamental principles same?

Energy healing modalities, 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 on uncovering and clearing the psychological root cause of an issue.

Section 2: About EFT Trainings

1. I would like to learn EFT, to be a practitioner. Could you guide me on that?

You can book a discovery call through this page and we will be happy to guide you:

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/eft-practitioner-training/>

2. How does one get certified in EFT?

In general, the EFT certification process includes:

- Completing the required EFT trainings from certified EFT trainers.
- Passing a written assessment test.
- Conducting the required one-to-one EFT sessions under the guidance of EFT trainers or mentors.

- Preparing and submitting written reports with case details.
- Attending mentoring and supervision group sessions.

Finally, your submissions are reviewed and you are certified after you successfully pass the relevant competencies and standards.

3. Where can one get EFT done and how much will it cost?

You can get the treatment done with the help of a professional and qualified EFT practitioner. There are 3 levels of qualified practitioners:

- **The Basic Level - They call themselves EFT Practitioners:** They can work with stress, phobias, cravings, physical tension, fears, as well as any past negativity.
- **The one's trained in EFT as well as the Inner Child Matrix (i.e., working with the past child):** They can work with deeper problems like allergies, PTSD, hormonal imbalances, chronic physical pain and we have had quite a few clients who recovered from PCOS as well.
- **The EFT Advanced Practitioners:** They have also done the Inner Child Matrix. They can work with many mental as well as physical issues. It can range from helping people boost their confidence, to resolving financial issues, to helping clients with depression, auto-immune illnesses and even working with kids who have high levels of anxiety and trauma.

The **treatment costs** can vary depending on what level the practitioner is at. A session can be around Rs. 3,000/- per hour with a qualified practitioner up

to Rs. 5-10,000/- depending on their level of experience. Some practitioners, particularly the ones' we have trained and we know, are so experienced that their clients' issues get resolved within 6 sessions.

4. Do you do physical EFT workshops experiential weekends?

Yes, we have had EFT workshops in the past. It's not possible right now due to Covid-19 restrictions, but our trainers will conduct these in the future.

Section 3: EFT and Children

1. Would you recommend EFT Tapping as part of a daily routine for children?

We have EFT Certified Practitioners sharing EFT Tapping 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.

2. While tapping on my daughter, does she need to say the phrases or I can do that?

While tapping on your daughter, it would be more helpful if your daughter says the phrases because the language is connected to the neurology of the person. Using her words can unlock whatever is stored in the nerve cells.

3. My daughter has undergone multiple congenital surgeries and she's been ventilated for months and has been in the hospital since really long. I feel really stuck and I think she's gone through a lot already. What do I do?

First thing for you is to focus on yourself. Self-care is vital and you need to have a very honest conversation with yourself.

With your daughter, you can do Opposite Fingers and Toes Technique since it will start getting the energy moving in her body. This technique will also help clear fatigue and allow relaxation.

The Opposite Fingers and Toes Technique is a part of Jin Shin Jyutsu, which is a touch therapy that involves holding energy centres within the body in specific sequences, known as flows.

Given below is the link for the technique:

<https://vitalitylivingcollege.info/community-resource/jin-shin-jyutsu/>

You can also fill in an intake form and have a conversation about it. You can also work surrogately on your daughter through a practitioner who can help you with that.

Section 4: What Does EFT Help You With?

1. Does EFT Tapping really work on anyone suffering from physical pain or emotional issues?

Yes, EFT Tapping helps anyone who is suffering from physical and emotional issues. You can either learn it professionally and become trained as an EFT Practitioner or for Personal Development. You could also consult a qualified EFT Professional for one-to-one sessions.

Given below are the clinical proofs for the same:

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

2. Does EFT Tapping work only for breathing or for all problems?

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

- Releasing negativity
- Managing anger
- Healing grief
- Overcoming Depression

- Post-Traumatic Stress Disorder
- Healing heart-break, divorce and separation
- Physical pain
- Defeating phobias

You can refer to:

- The list of clinical studies, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>
- A manual on EFT Tapping, on this page that gives more information on what EFT Tapping can be used for, <https://vitalitylivingcollege.info/follow-up-from-emotional-wellness-with-eft/>

For example, you can use EFT Tapping for 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.

3. How will EFT release unexpressed emotions?

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

- The 7 steps of the EFT Tapping Process, which you will find here: <https://vitalitylivingcollege.info/community-resource/follow-up-from-the-introduction-to-eft/>

For example, you can start the tapping by using the statement: *“Even though I have this suppressed emotion, I deeply and completely love and accept myself.”*

Then, keep peeling away the deeper layers and 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:
 - i. Place the fingers just below the collar bone and start tapping.
 - ii. Keep tapping and make an ahh sound to express out the emotion.
 - iii. Then stomp the feet as if having a tantrum to release any emotion.

4. How do I process emotions like guilt or anger with EFT? Could you give an example?

If you are experiencing anger or feeling guilty you can use the following steps:

- Begin by asking yourself, “What are you feeling angry and guilty about?”
- Once you have information to tap on that, use “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, you can explore whether 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 ways of working, we explore shadows. In shadow work, we explore into the unaccepted parts of ourselves and unconscious patterns that make us angry, when triggered.
- 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 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 is to resolve it, it is better to learn how to use the technique on yourself by getting professionally trained as part of a Personal Development Program or to receive sessions from a professionally Certified Practitioner.

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

EFT can help not only eliminate strong emotions, but it also helps to get to the root cause of the emotion so that way even if the emotion is suppressed, it can be let go of in an organic and healthy way.

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. Can EFT Tapping help in reducing my hair fall?

Yes, EFT Tapping is very helpful for hair fall, because sometimes, hair fall and emotional problems are related.

The first step is to make peace with the hair fall – accepting that you are having this problem. Check your vitamin levels and also use some oils that are helpful.

You can also tap on your head and say, *"I'm so lucky. I have such gorgeous hair. I am just so grateful that my hair is strong. I love my hair."*

When I was facing this issue, what I did was, I wrote down *"healthy happy hair"* on a sheet and put it on the boiler that heated the water that I used for bathing so that it would help me manifest that belief.

Dr. Masaru Emoto researched on how water transforms when it is exposed to human words, thoughts, sounds and intentions. You can read about it here: <https://thewellnessenterprise.com/emoto/>

7. How can stress lead to illness?

Chronic and/or unconscious stress upsets the natural balance of the nervous system, which disturbs the body's natural ability to maintain and repair itself.

This renders the body vulnerable to the effects of a poor diet, environmental toxins, and microbes. This might result in disease and illnesses.

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

8. Does EFT help for empaths?

Yes, EFT Tapping helps empaths to not take on other people's problems as much. For empaths, it might be unresolved issues or vows of the past life that they have come to resolve in this life. People are often drawn to empaths and get hooked on to them. So, with the help of EFT, empaths can learn to distance themselves from their clients in a way that they don't leech onto them.

Additionally, sensitivity can make empaths doubt themselves, so EFT can help them with heightening their intuition and believing in themselves.

9. Can I use EFT Tapping to lower my sugar levels?

Yes, you can and I do have an Endocrinologist in Mumbai who is using it on her patients for diabetes. I also have another practitioner in Mumbai who 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 of them have found positive results.

10. Can EFT Tapping helps in 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.

EFT can help with the emotional aspects. I also recommend a technique known as secondary gain to support the client 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.

11. Does EFT Tapping help to relieve addictions?

Sometimes, you tend to suppress emotions with the help of items like food, alcohol, cigarettes, or drugs, which make you feel good temporarily.

So, every time a negative emotion gets triggered, you look out for that comfort item to help you feel better. Suppressing and sedating these emotions repeatedly through food, alcohol, cigarettes, drugs, or any other item, leads to addiction.

Discovering root causes and releasing suppressed emotions plays an important role to break free from addictions. EFT helps in uncovering the root cause. Tapping on root memories and releasing these pent-up emotions help you process your emotions effectively.

Advanced EFT Practitioners are trained to work on addictions. For addictions, we would need detailed history of the person, details about the addiction, what happened to them, what they want, and more details to work with them.

12. Can EFT Tapping heal chronic constipation - piles and fissures?

I had a client once who was very constipated and she would go for colonic irrigation. 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

13. How do I use EFT to reduce obesity?

EFT focuses on the emotions, beliefs and memories associated with weight gain or the inability to lose weight and helps you uncover and clear the root cause of the reason they started to put on weight in the first place.

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/>

14. Does EFT Tapping work for acidity?

Yes, it does work wonders for acidity, because the problem takes place due to stress. You always need to start working with the symptoms associated and then on the root cause.

However, if it is frequent and severe, you must get a proper diagnosis and treatment plan from a professional.

15. Can EFT Tapping help us deal with panic attacks?

Yes, EFT Tapping can help for panic attacks.

Sometimes, your client would not want to talk about what's going on, so you have to work on it metaphorically. When I say metaphorically, it means you can first ask them to draw using colours or paints about how they feel about the panic attack. Then, use the EFT Tapping Process to get the panic out of them through the piece of art work they have created.

Sometimes, there can be a root cause attached to panic attacks that needs clearing. In my case, there was memory in my mother's womb that had to be

cleared. So, in panic, generally, there's something that happened quite early in your life that needs clearing.

You can also read about how to use EFT for anxiety issues here: <https://vitalitylivingcollege.info/what-is-anxiety-how-to-use-eft-tapping-for-anxiety-relief/>

Additionally, you can hold the index finger using the Jin Shin Jyutsu technique, since it is linked to the energy of fear. You can watch this video for more information: <https://youtu.be/Z2gBh972ebc>

16. Will EFT Tapping help me to cure liver problems?

EFT Tapping can help in handling stress and anger issues which impact the liver. Since issues with the liver are usually associated with anger, EFT can help you work on the anger. The liver begins to have problems when it isn't able to get rid of toxins, so EFT can also help with clearing out the stress in the body.

17. Can EFT help with forgiveness?

Yes, EFT Tapping can definitely help with forgiveness.

You need to explore:

- a) Who needs forgiving or what needs forgiveness?
- b) Why do they need forgiveness?
- c) Past memories associated with this person or with forgiving.
- d) The Inner Child Matrix process to cure past memories.
- e) Self-forgiveness.

You can also read about using EFT Tapping for forgiveness here: <https://vitalitylivingcollege.info/forgive-and-move-on-with-eft-tapping/>

18. Does EFT Tapping work on peri-menopausal symptoms?

EFT Tapping does work on peri-menopausal symptoms. However, there are reasons for these symptoms coming up and it depends on what's going on with you emotionally, spiritually, and in your belief system. I would recommend herbs and proper nutrition.

However, EFT Tapping can be used to overcome the stress related to peri-menopause.

19. I am suffering with lower back pains, severe headaches, nausea, anxiety, fear and I'm in an unhappy/unstable marriage, I want to move on but I'm worried about financial issues. What do I do?

You need to consult a professional, since there are multiple things that require healing. Please fill up an intake form and send it to us. Working on one-to-one sessions with a practitioner will be helpful.

20. How do I work on chronic dry cough?

Chronic dry cough depends on what's going on in the immune system and what's emotionally attached to it. We need to explore deeper and work accordingly.

Try doing the EFT Tapping procedure and see how that feels.

21. My daughter is 17 and has had allergic problems since birth. She has premature greying of hair and has been learning Reiki and using ayurvedic medicines. How can we do anything for her hair with EFT?

I would suggest doing the Inner Child Matrix processes for allergic problems because they need to be worked on in layers with gentler techniques. It

requires a trained Advance EFT and Inner Child Matrix professional to work slowly and gently to uncover the emotional aspects and clear past memories that might have triggered the allergies.

However, I do not want to give a false promise, and the first thing for your daughter is to feel confident.

I worked with someone having skin pigmentation. We did the EFT and Journey work and the spots on her face began reducing. She was really worried that no one would want to marry her and since she wasn't confident in herself, she wasn't able to move ahead with the proposals she received.

3 months later, she found the perfect partner who loved her for who she was. She was able to find a partner because of her self-confidence and self-acceptance. On her wedding day, she decided not to wear makeup because for the first time, she wanted to be who she was and felt confident in herself.

So, you can try using EFT processes and see if there are any reversals. I haven't personally worked with premature greying, so I can't give you any guarantees. But I can tell you that self-acceptance will help your daughter feel good about herself.

22. Can EFT help with thyroid problems, obesity and menopause?

Yes, EFT Tapping can help you with these problems.

You can find more information about how EFT helps with weight loss in the following article, which also touches upon thyroid:

<https://vitalitylivingcollege.info/how-to-unlock-weight-loss-with-emotional-freedom-techniques-eft-tapping/>

23. How will EFT work if someone is diagnosed with Covid-19?

If someone is diagnosed with COVID-19, it is recommended to follow the doctor's advice. In terms of EFT, they can do the Immune booster procedure, as demonstrated here: <https://youtu.be/VGYSkNghoSk>

24. I feel really guilty about my mother's illness and demise. Can EFT help me work on it?

You can explore the following options:

- Use Inner Child Matrix to work on the trauma of losing your mother. You can learn more about it in the given link: <https://vitalitylivingcollege.info/training-seminars/inner-child-matrix/>
- Explore more about your guilt by asking questions such as, "What's the reason for you feeling guilty?" Questioning will help you to identify the root cause and then you can use EFT Tapping to tap and clear them accordingly.

25. Can EFT be used for focus and concentration / recall?

You can use EFT for focus and concentration, especially for children and teens. However, for adults, you need to check what's going on with them. Explore if there are limiting beliefs that are coming in the way for focus and concentration or recalling? If it's limiting belief or past memories, EFT Tapping can help.

26. Can EFT be used for PCOS?

Yes, EFT Tapping can be used for PCOS. Since there can be multiple issues starting from the root cause, I recommend doing the Inner Child Matrix first.

You can find more information about how EFT helps with weight loss in the following article, which also touches upon PCOS:

<https://vitalitylivingcollege.info/how-to-unlock-weight-loss-with-emotional-freedom-techniques-eft-tapping/>

27. I am trying to apply for my dream job but something always stops me from going ahead with it. How do I plan for it or go for it?

Firstly, you can work on your confidence level. You can also ask more questions to explore what really prevents you from achieving your goal.

If you think there are limiting beliefs around money, working, or about yourself, you can use EFT Tapping to eliminate the beliefs.

You can read more about tapping away from limiting beliefs here:

<https://vitalitylivingcollege.info/how-to-increase-your-personal-power-eliminate-limiting-beliefs-with-eft-tapping/>

28. I have Herpes in my left eye which is really painful and is now also active in my right eye. Can EFT help me with that?

You can do a couple of things to help your eye get better:

- a) Firstly, you need to be very careful with touching your eye.
- b) You can use the Immune Booster process, imagining the virus moving out, as follows:

Make a soft fist with both your hands and gently keep tapping below the collar bone on your chest. Simultaneously, imagine the virus is moving away from the eye. Watch the Immune Booster process here:

<https://www.youtube.com/watch?v=VGYSkNghoSk>

- c) Learn the EFT Tapping process and work on the root cause of the problem and clear the tiredness out of you. This will make your eye less susceptible to infections.

d) There has been work with EFT for eye sight. There is an eye protocol that you can follow. Given below is the link to the eyesight protocol: <https://vitalitylivingcollege.info/community-resource/follow-up-from-the-introduction-to-eft/>

29. I have this knee problem where I'm able to do anything I want to, but it pains when I go to get up, after sitting. How do I fix this?

EFT Tapping can help you with your knee pain. We need to be able to work in layers.

The first step is to explore the surface symptoms. The colour, the texture, the size, the shape, and the sensations associated with the knee pain.

Once the surface symptoms are cleared, you can then move on to the root cause. You start to explore what is really going on by asking deeper questions.

Examples of questions include:

- When did the pain start?
- When does the pain begin in the day and when does the pain stop in the day?
- How does the pain make you feel?
- When have you felt like that before?

If you would like to explore using EFT Tapping with any kind of knee problem, we would recommend two things:

- i. Learn the EFT Tapping and use it on yourself.
- ii. Work on it with one of our practitioners. We could send you an intake form with a free consultation call.

30. I have work-related stress, glaucoma and BP problems. Will EFT help me with this?

EFT Tapping can definitely help you with stress.

You can learn EFT for yourself, as part of a personal development tool, which will help you with work-related stress. It will also help you unlock a lot of the other things that are going on in your life.

There has been work with EFT for eye sight. There is an eye protocol that you can follow, to help you with glaucoma.

Given below is the link to the eyesight protocol:

<https://vitalitylivingcollege.info/community-resource/follow-up-from-the-introduction-to-eft/>

31. I have been having anxiety issues along with body pains and sleep problems. How could I fix these problems?

EFT Tapping is clinically proven to reduce anxiety. In this article, you can read a detailed article where you will learn what anxiety is and how to use EFT Tapping for anxiety and the clinical evidence behind EFT Tapping:

<https://vitalitylivingcollege.info/what-is-anxiety-how-to-use-eft-tapping-for-anxiety-relief/>

For more details on all the clinical studies in EFT Tapping, including EFT Tapping for anxiety:

<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

Additionally, you can use Jin Shin Jyutsu Technique, as shown in this video:

<https://youtu.be/Z2gBh972ebc>

You must hold your thumb and notice the soft pulse beats. Focus your attention on the pulse while holding your thumb. Just keep breathing in and out. This will harmonize the anxiety and worry. The longest you can hold it, is for 20 minutes.

We say 20 minutes because it takes the body 20 minutes for a breath to go in and a breath to come out. So, this is something that you can do straight away. It will help you calm down so that you could continue exploring the root cause for anxiety.

32. Can EFT help with Diabetes?

Yes, EFT can help with diabetes, particularly to clear the stress that may have contributed to the illness and compliment medical treatments along with a change in behavior and lifestyle.

Diabetes is a chronic metabolic disorder which causes high blood sugar levels as a result of one of the two conditions:

- The pancreas does not produce any or enough of the hormone insulin.
- Insulin is being produced but your body can't use it effectively.

Its inadequate presence or ineffective use causes the blood sugar levels to rise, which if left untreated, can cause serious harm to your nervous system, eyes, kidneys, and other organs.

So, I have an Endocrinologist in Mumbai who is using EFT on her patients who have diabetes. I also have another practitioner in Mumbai who uses it with her diabetic clients. They combine intermittent fasting with lowering carbohydrates and encouraging movement with using EFT Tapping, to lower stress and increase immunity. Both of them have found positive results.

What are the different types of diabetes?

Depending on the conditions stated above, there are various types of Diabetes.

- **Type 1 Diabetes:** It is a chronic condition in which the pancreas produce little or no insulin.
- **Type 2 Diabetes:** It is a chronic condition which affects the way the body processes blood sugar.
- **Gestational Diabetes:** This is when you have high blood sugar during pregnancy.

Now, Type 2 Diabetes is the most common condition and can be treated with lifestyle changes in combination with following the recommendations of a medical doctor. With any kind of medical condition, always contact a medial health professional for diagnosis and treatment.

According to US qualified Endocrinologist Dr Roshani Sanghani, at the medical level, there are two things that are really important at the start, that is:

- **Nutrition:** To halve the number of carbohydrates consumed and to double the amount of vegetables and lentils.
- **Sleep:** To be able to sleep a minimum of 8 hours a day since sleep reduces the body's stress levels and would make it easier for the body to reverse a label like diabetes.

Now, where EFT comes with supporting the medical treatment plan is to help the person diagnosed to come to terms with the diagnosis, reduce the stress that could have agitated the condition and to enable a quick transition to a healthier lifestyle.

Our Practitioners who combine EFT with the recommended lifestyle changes and medical advice, have found positive results with reversing Diabetes.

Here are the clinical studies where EFT reduces the blood glucose in Diabetic patients' blood, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/> (Scroll to pain and physical symptoms). Plus EFT is very effective in reducing cravings and weight. These will be symptoms associated with diabetes and support in the transition to health.

One of our attendees of the EFT Masterclass Seema Khaire shares how when she worked with a VLC Certified EFT Practitioner, Urvi Khaire and her sugar levels came down. In her testimony, Seema shared, "The tapping you had helped me with has been really helpful for my eyes and diabetes, especially with respect to my test reports. All my reports are now normal and my HbA1c test went down from 12 to 8.5. I used to manage my diet and exercise as well, but EFT helped me relax and feel better; it has really worked."

As we know 85 % of illness is stress related. Work on reducing the stress and there can be a tangible medical benefit too.

With EFT the different phases of treatment are as follows:

- Phase 1: Clearing the initial shock and fear about receiving the diagnosis. There can be confusion and fear of the future.
- Phase 2: Releasing the anger and any resistance due to lifestyle changes. For example, there can be resistance to lower the intake of carbohydrates which can worsen the medial condition.
- Phase 3: Shift from putting others first to putting yourself first. With diabetes when there is a shift to valuing the self-first and taking decisions that support one's own health, there can be a rapid shift from having a medical label to reversing it. So in phase 3, we recommend exploring ho

to value the self and make health a priority. In this phase, there can also be a secondary gain and resistance to making the shift, so this needs to be explored with tact and sensitivity.

- Phase 4: Focus on self-love. The deeper work begins in this phase as what is common with medical labels is there is a lack of self-love. There can be deep rooted negative beliefs or low self-esteem. The Inner Child Matrix which combines it's healing with EFT is effective to uncover and clear any trauma related to feeling unloved and unworthy. In many cases there are unconscious memories which once cleared, allow the energy of the body to reset and become healthy. In Phase 4, the Body and Mind is a program for health and vitality, using a heart meditation and re-imprinting process.
- Phase 5: Empowering yourself and staying strong to the lifestyle changes you have made. Once the health starts to improve, it can be easy to slip back into old ways. The temptations of french fries or going out for carbohydrate madden restaurant meals may increase. So this phase is about connecting with your body's own wisdom to make choices that amplify health.
- Phase 6: Sharing what you have learnt, with other people. Once you have reversed the condition, one of the most powerful ways to empower yourself is to share your story. It inspires others to change and it lets people in a similar past situation know, that there is hope.

33.What is the tag line that we can use for Diabetes Type 2, during the EFT Tapping process?

I would recommend customized work, over tags, since tag lines do not uncover the root cause of illnesses. Real results require proper questioning to uncover the root cause and working with the inner child and resetting the vibration of ill health to positive health.

As shared in the seminar, EFT is not a quick fix or a magic pill. Like in my case, I did not heal cancer with a tag line, but instead, I used deep inner work to reverse it, without chemo or surgery.

34. Can EFT help with Diabetes Types 1 as well?

Since Diabetes Type 1 is more complex than Type 2, it is a longer process to work on. EFT would help in handling the emotional side for and embedding the readiness to change. However, changes in lifestyle, diet and sleep do not impact Type 1 as much.

Our main results are with Type 2, which is the bulk of the population where changes in diet and sleep also have a positive effect.

35. How do I work on hypertension?

For hypertension, you need to explore on what triggers it for them and what else is happening in their life.

Usually, it's the external triggers and negativity that is not being resolved for them. I do the negativity release because sometimes, some people don't want to express what's going on to keep peace, so they keep it inside. So, they need a system to really express what's going on and discover the root belief of what's happening. Unlock that and your hypertension will go.

If you are working with a client, after you have the client's intake form, you need to notice when they are feeling tensed or pressured and what is happening in their life. Explore using more questions to help them in a better way.

36. Is arthritis in the knee a part of Fibromyalgia? Can EFT help?

No, arthritis in the knee cannot be included with Fibromyalgia.

However, I have worked with a case on Arthritis. In this case we tapped on her using the colour, texture size, and shape of the physical pain. She described that her foot was hot like a rod. As we tapped, she said it was cool as cucumber, and I noticed her foot unfurl. The leg relaxed, it was quite contorted. Then, we worked on her arm and elbow. As I asked her deeper questions, there were memories of grief related to her dad and as we tapped more on that, it got better and she was able to move around.

So, with Arthritis, you can first start tapping on the physical pain and tension and notice the outcome of it. You can't overpromise that it's going to be gone forever. However, you can work on the physical and emotional aspects. As you work with different body parts, explore the following:

- a) What is the emotion coming up?
- b) When have they felt that before?
- c) What does it remind them of?

37. Can EFT Tapping help with cancer?

With the medical label cancer, the focus on the treatment plan with EFT Tapping, I focus on the emotional aspects of the person diagnosed with cancer. With this illness, we are not treating the cancer but we're working on the emotions during the different stages. The EFT Tapping process is very helpful in various stages, starting from diagnosis to post-recovery:

- **Phase 1:** Using EFT to work on the shock and the horror of getting diagnosed for cancer. You can also tap on the stress, fear and anxiousness that can come up. When we work on those emotions and the body is calm, it is more likely to heal itself. You might first have to accept the fact that you're being diagnosed and also prepare yourself.

Note: Cancer is usually connected to many factors that include, stress, resentment, not being able to forgive, anger, and so on. So, you can ask yourself:

- When in my life have I been so stressed?
- What has made me so very stressed? Work, relationship, etc.
- Where in my life have I been so very angry?
- Where in my life have I not forgiven anybody?

These are the three areas we first explore (stress, anger, not able to forgive). These questions will bring up memories and other emotions that you can explore and clear through EFT, one at a time.

- **Phase 2:** After diagnosis, deciding on the treatment can be quite exhausting as different doctors have different opinions and making a decision on which one you would want to move forward with, can be confusing and draining. EFT can again be helpful here to clear your mind and help you stay calm and focused.

- **Phase 3:** Doubting your decisions is common and very natural since questions like, “Have I made the right decision?”, or “Should I have chosen the other treatment plan?” arise. Relaxation techniques play a huge role in helping you during this stage. You can use EFT Tapping processes and also the Jin Shin Jyutsu technique for relaxation in this video: <https://youtu.be/Z2gBh972ebc>

- **Phase 4:** During treatment, EFT can be very helpful in keeping you calm and composed.

You can tap on yourself while saying, *“The treatment is going only to the cells that need to die. The treatment is keeping my healthy cells well and alive. The treatment is so safe. I’m so lucky the treatment is only going to*

the cells that need to be taken out of the body. I'm so grateful the treatment is keeping my healthy cells, healthy."

- **Phase 5:** After the treatment, it is important to focus on your emotions and be ready to deal with and face consequences the treatment might bring. You can use EFT Tapping for all the emotions that come up while you are in this stage. You can also embed positive tapping affirmations.
- **Phase 6:** The outcome is bound to impact your lifestyle and bring in major changes. During this stage, EFT Tapping will help you accept and rebuild your life.
- **Phase 7:** Usually, overcoming cancer is also like a wake-up call. It helps you realize what really is important and what you really want for yourself. EFT Tapping will help you deal with this life changing process and transformation.

You can read more about EFT Tapping for cancer here:

- <https://vitalitylivingcollege.info/cancer-and-i-how-to-make-eft-tapping-carry-you-through-the-worst/>
- <https://vitalitylivingcollege.info/breast-cancer-the-what-how-and-what-now/>

38. How many times or for how many days do we need to use EFT Tapping for phobias or to gain confidence?

We have seen in our EFT Practitioner's trainings that 20 minutes of EFT

Tapping clears many fears and phobias. You can read more about it here:

<https://vitalitylivingcollege.info/what-are-the-common-fears-and-phobias-eliminate-them-for-good-with-eft-tapping/>

You can also watch one of our practitioners step out of balloon phobia

here: <https://youtu.be/l6WQx-6nY94>

39. How can we use EFT for letting go of limiting / disempowering beliefs?

EFT Tapping is very helpful in letting go of limiting / disempowering beliefs.

You can read more about how to tap away from limiting beliefs here:

<https://vitalitylivingcollege.info/how-to-increase-your-personal-power-eliminate-limiting-beliefs-with-eft-tapping/>

40. Does tapping on a teddy bear assuming it's a surrogate tap on someone else help? If I do it daily, will it change their behaviour?

You can do surrogate tapping to help someone, but remember to always intend for the highest best of the person and not what you want.

I had a client, who was a mother and did surrogate tapping for her son. The boy needed help in his academics and the mother wanted to help him. She

did surrogate tapping with the intention of empowering him and helping him without focusing on what she wanted. Her tapping helped him immensely and he went on to perform well academically and grew up into a successful individual.

41. Does EFT Tapping work on pain in the feet and spine (back)?

Yes, EFT Tapping is very effective for pains. For feet and back, you must also explore the emotional aspects.

- a) It can be asking questions to explore deeper like:
- b) What's stopping you from moving?
- c) Is there a fear of moving forward?
- d) Is there a fear of money or fear with respect to security?
- e) Has someone stabbed you in the back?

42. Would EFT Tapping help with Insomnia problem?

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

When using EFT Tapping for insomnia explore the root cause of the sleep disorder because 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.

43. Can EFT Tapping treat Autism?

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

For example, they:

- Can experience something known as a meltdown due to 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:

- In supporting parents, because parents of 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 feels stressed and experiences anxiety.

- In providing structure, safety and routine for a child with the label Autism.

I do have a few practitioners who specialize in 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.

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

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
- Exercising

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. A Certified Practitioner can help in peeling away the layers to uncover the root memories associated with the imbalance and heal them using EFT Tapping.

45. Can we use EFT Tapping for skin allergies?

I don't recommend EFT for skin allergies since it can cause reactions. I would suggest doing the Inner Child Matrix since allergies need to be worked on, in layers.

46. How is EFT helpful for hyperpigmentation and other skin-related allergies?

It's always good to get proper medical diagnosis for all skin-related problems.

Skin-related problems require gentler techniques like Inner Child Matrix and Advanced EFT. It requires a trained EFT and Inner Child Matrix professional to work slowly and gently to uncover the emotional aspects and clear past memories that have triggered the allergies.

47. I noticed critical comments by peers, parents and teachers from childhood constantly coming up? It limits me and disempowers me. Will continuous EFT Tapping help me?

Continuous Tapping might not help you unless you look at the root cause. You can handle one step at a time:

- Start with questions to unpeel the layers and discover the root cause.
- After identifying the cause, you can use EFT tapping to clear associated memories.
- Explore if there is a belief in place and clear it using the limiting belief process while embedding choice.
- Explore inner child work to heal the inner critical voice and re-set the past by changing the vibration and embed it in the body mind with a heart meditation. We recommend connection with the heart because it changes the internal and external flow.

You can read more about the Inner Child matrix here:

<https://vitalitylivingcollege.info/inner-transformation-program-with-eft/>

48. Can EFT be used for animals?

Yes, EFT Tapping can be used for animals.

Example: The first thing is, you can tap on your cat's head, chin and down their spine and say, *"You're safe now, it's safe now, everything is safe now"*.

You could also use the following:

- Jin Shin Jyutsu finger holds for you to relax yourself.
- Surrogate tapping where you could either breathe as the cat or feel as the cat. After that, you have to tap on yourself.
- You could also describe what's happening on the cat:

For example, *"Even though (cat's name) was very afraid and anxious today, angel is a beautiful and great cat. (Cat's name) was just anxious. (Cat's name) was really anxious. Just so anxious. Very anxious. So anxious. Really anxious."* When you're done with the surrogate tapping, you need to shake your hands and the cat energy from yourself.

Section 5: About Our Other Trainings

1. What is Journey that so many are referring to?

Journey is a technique where you can heal physical and emotional issues by letting go, working on forgiveness and accessing the infinite healing potential, known as "source" with The Journey.

You can read more about it here:

<https://vitalitylivingcollege.info/journey-seminars/>