

EFT (Emotional Freedom Techniques)

Level 3 Training Manual

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EFT 
International

Disclaimer and Release Agreement

Emotional Freedom Techniques (EFT) is part of an evolving new discipline of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, therapists, nurses, physicians, psychologists and lay people worldwide, use these techniques successfully. To date, Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems. They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. We did not experience any adverse side effects when applying these techniques when the treatment protocols and suggestions were followed. This does not mean that you or your clients will not experience or perceive any side effects. If you use these techniques, download the audios mentioned, and/or try the Sequences on yourself or others, you agree to take full responsibility for your own well-being, and you advise your clients to do the same. Before beginning any new health regimen, i.e. diet, exercise, yoga, martial arts, meditation or *Emotional Freedom Techniques*, check with your doctor or primary care physician.

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About EFT International

EFT International is a registered not for profit professional association, with clearly defined aims and objectives. They are committed to maintaining strong codes of ethics and practice and to establish itself as the lead training provider of Emotional Freedom Techniques.

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Introduction and Review of EFT Approaches

This course is designed for serious students and dedicated therapists who want to use EFT to resolve deep-seated projects for themselves and with clients on a professional basis. This Manual is a compilation of exploratory exercises, research signposts, concepts, suggestions and guidelines to take your EFT practice to the next level. The potential healing depth and width of EFT is extraordinary.

The aim of this workshop is to take you towards excellence in using EFT. If you are using EFT as a tool with others, it is assumed that:

- You have good knowledge and understanding of the basic recipe and the shortcuts
- You have demonstrated competent use of the movie technique, the tearless trauma technique and tell the story technique
- You are familiar with the 'caveats' of EFT
- You are working on yourself to develop self-awareness and heal your own issues proactively and as they come up
- You engage in self-reflection and supervision
- You are willing and able to seek extra help
- You welcome feedback from others and learning partnerships
- You appreciate that all life is in a continual process of emergence and are comfortable unknowing
- You know your personal and professional limitations and are able to refer appropriately

In order to be certified as an EFTi practitioner, you will need to complete all the requirements as outlined by EFT International.

Emotional Freedom Techniques (EFT) has been developed at a time it could be instantly transmitted around the world via the internet. The internet enabled extensive and often 'real time' discussion by practitioners and users of the techniques. This added immense value to the techniques by allowing modifications to be proposed and tested, and has ultimately enhanced the techniques and their efficacy. In this workshop we introduce and present some of these modifications that have been widely accepted as enhancements.

Summary of EFT Approaches



Some of these approaches you will have been taught and some you will have seen in action, in demonstrations or on DVD sets. All of the approaches described here have either come directly from the work of Gary Craig or have been developed from his original work by other therapists. When working in the intuitive, free flowing style that comes with experience and developing the art of delivery some or many of these approaches may be used without lengthy analysis. However, it is useful to

break down the intuitive work and identify each approach as they do form an important part of your EFT toolkit. You may find the list below useful to help you identify exactly what you did during a session and how well that approach worked at that time.

Remember that you are not limited to any one approach during a session. You may begin a session with one approach, and then switch to another which is more appropriate as the session proceeds. Sometimes you may use several, sometimes only one. Let your client lead you by their language, body language and the content of what they say and do. Relax, trust yourself and get your agenda and attachments out of the way and the impact of the therapy can be astonishing. You will amaze yourself at some of the insights which come to you; the phrasing and creative reframes which come out of your mouth. This is when EFT therapy becomes artistry in action and a real privilege to be part of. Knowing which approach to use and when will help your client experience their own potential. It has been described by many a client as MAGICAL!!

Direct Approach (Learnt at EFT Level 1)

This is used when the issue is very clearly defined by the client; the problem is obvious and so you can work with this in a straight forward manner.

Suitable cases would include:

- Clear, specific physical pain for e.g. Headache, Aching leg...
- Simple phobias where the source of the phobia is clear and the client is happy to work directly with their phobia in a real life situation.
- Cravings such as chocolate or junk food cravings

- Often used as an introductory technique to work with presenting issues before exploring the cause.

Testing in real life is frequently possible.

Tearless Trauma Technique / Tell the Story/ Narrated Movie Technique (Learnt at EFT Level 1 and Level 2)

These are linear approaches for working with specific events.

These can be used when a specific traumatic past event is identified. They rely upon a stepwise approach to defuse the intensity related to an event. At first the client is asked to guess their emotional intensity and then this is gently cleared by working directly on the emotional zzzt. Later the client relates the story or the movie, stopping to tap when any part of their movie/story distresses them. In this way, the issue is carefully dissected into bite-size pieces along a linear sequence and therefore keeping the client safe. The full intensity of the event is never felt as each step deals with a smaller part of the whole thing.

It is unlikely that the incident could be recreated in reality, so testing is usually done by asking for a vivid recreation of the scene by imagining the event using all of the sensory modalities to check if the emotional intensity returns. If the client feels calm and the issue presented feels like it is now in the past then the event is clear of negative intensity. It is worth challenging the client with pointed questions or strong statements at the testing phase to uncover any aspects which may have been missed.

Touch and Breathe Method (Introduced at EFT Level 2)

This approach may be used when the client does not want or like to tap, or when a client is experiencing high emotional intensity. It is another method of stimulating the Meridians in the EFT process.

Private Approach (Learnt at EFT Level 1 and Level 2)

- Used where the client is unwilling to voice the problem because of embarrassment or it is just too personal. This may happen quite often within a Group Tapping or Borrowing Benefits session. This is easily tackled by working with just “this problem”, or perhaps “this terrible problem”. Even though the problem is not clearly and specifically stated, the client will know in their own mind exactly what they mean. The real problem may never be voiced but quite often once certain aspects have

been tapped down the client finds that they can then talk about the real problem.

- Another way of using this is to have the client hum the words rather than voice the exact phrase. This often works well and the client is able to talk about the problem after this initial work has been done.

[Chasing the Pain Approach – Working with Physical Pain \(Learnt at EFT Level 1 and Level 2\)](#)

Used when there are only physical symptoms apparent or where there are both emotional and physical symptoms but the client is struggling to access the emotional components. By beginning work with the physical symptoms (chasing the pain) it is usually possible to progress to working with the underlying emotional drivers with one of the other approaches.

[Working with the “Big” Issues, “Sneaking up” on the Problem, “Stepping Stone” Approach \(Introduced at EFT Level 2 and Explored at Level 3\)](#)

This approach is a way of dealing with more complex issues. It may be used:

- For an issue has been part of a client’s life for so long that it has become an integral part of it and also an integral part of the life of everyone around them. A sudden, fast removal of the problem would cause significant disruption to those lives and could even provoke issues which are just as bad as or worse than the ones which are being removed. Even the prospect of the issue being resolved might be enough to cause major stress and fear. This “stepping stone” approach is particularly useful for Secondary Benefit Syndrome.
- When the issue is a huge challenge for your client; it seems “too big” to handle at one time. For example, Agoraphobia –you could use a stepwise progression from looking out through a window, opening the front door, standing on the doorstep for a few minutes, walking to the gate etc. Gradually the steps become larger as confidence builds and the whole issue disappears. With this approach care should be taken that all the aspects of each step are handled and cleared before progressing to the next one. Testing here involves finding out whether the client is completely congruent i.e. happy, with the change achieved. If there is

still some resistance operating more work needs to be done before progressing. Otherwise the behaviour may relapse back to what it was before. While breaking down the aspects of the challenge you will find the underlying core issues which are driving the problem. These can then be dealt with by any approach which is relevant.

Non-Directive, Non-Specific Approach, Simply Tapping (Introduced at EFT Level 2 Explored at Level 3) the Meditative Approach

This approach is suitable where a person cannot focus on anything specific to tap on. The Setup is done for an unspecified problem:

“Even though -leave blank -, I deeply and completely accept myself”

The tapping sequence is gone through without a Reminder Phrase. The subconscious mind does not like blank spaces and will soon supply a suitable issue to be tapped on.

- This approach may be used when **a person is not aware of any emotional disturbances or limiting beliefs**. In the absence of a strong issue to work with, the subconscious will pick one from the host of minor issues available. As even minor emotional upsets cause zzzt effects and we would be better off without them, it is worth trying this approach to increase the level of Personal Peace.
- **This Approach can also be used when the number of issues is overwhelming and it is difficult to know where to begin.** Non-Directive tapping (also called **Non-Specific tapping** by some practitioners) can be used to bring a client down from an emotional high to a level where they can interact with and respond to treatment. (**Non-specific tap down**) Add in reassuring phrases designed to bring the client back to the safety of here and now e.g. “You’re safe, it’s ok, and you are in a safe space now”. When used to bring down emotional intensity it is not necessary to use a Setup – the client is already focused and the aim is simply to reduce the excessive emotion.
- Non-Directive EFT can also be used to isolate whatever the client needs to work on and reveal **unconscious dynamics**. As you tap ask “*Can you tell me what comes into your mind?*” Usually, the subconscious will

present an issue to work on very quickly. Further non-directive rounds may allow the various aspects of that issue to surface

Picture Release Approach, Clearing Triggers (Introduced at EFT Level 2 and Explored at Level 3)

This approach is useful where the problem is not clearly understood by the client, but seems to be triggered by a particular image or situation. It seems as if the picture or recall of that situation has come to represent the whole problem in the clients mind. Or the client has seen a picture and is triggered by it. An **odour** could also function in the same way.

Keyword Approach (Introduced at EFT Level 2 and Explored at Level 3)

A specific Keyword is chosen by the client to represent a problem that is devastating, embarrassing or frightening that they cannot bear to talk or think about it directly. The keyword may or may not relate directly to the problem – it can be anything at all.

The Setup is then created using the Keyword and the problem is not mentioned. For e.g. a traumatic incident could be labelled “*this potato problem*”. You can use that phrase with EFT until the client feels safe to reveal more. Any emerging aspects can also be given keywords. The aim of the keyword approach is similar to that of the Tearless Trauma Technique. It can also be used for any kind of overwhelm.

Tap as you Talk Approach (Introduced at EFT Level 2 and Explored at Level 3) Also known as Continual Tapping, the Garbage and the Gold; Follow the Story and Tap Approach

This method has been developed by Gary Craig, EFT Masters and many experienced practitioners. It ignores the usual Basic Recipe structure or the shortcut version and is much more flowing and freeform. The therapist taps continuously on the EFT points, sometimes in no particular order, going just where intuition directs while the client talks about their problem.

The therapist picks up on anything which seems relevant and weaves related phrases into rambling Setups and Reminder Phrases, all the while watching intently to see which phrases “land”(the Gold) and which are ignored by the client or firmly rejected (the Garbage). The ones which resonate are then

focused upon and all aspects arising from them are dealt with by any of the other approaches mentioned here.



A therapy session conducted like this can be very dynamic, with very few pauses for assessing SUDS levels. The therapist relies on their intuitive assessment of the client's condition. Once the practitioner senses that an aspect is resolved they will then test and check the results. Alternatively, the conversation may proceed to a new topic with all testing left till the end of the session.

This is perhaps the most skilful approach to use as it requires that you trust your own intuition and observations. Because of the freeform nature of the approach it can be difficult to recall the twists and turns of the session. Some practitioners develop a shorthand code so that they only need to jot down keywords or symbols at the critical points. The session can then be reconstructed from these notes for case studies.

Discussion and Research

"What do you do?" (How do you promote your practice?)

The Evolution of Energy Psychology

Working with the Major Modalities (Visual, Auditory and Kinaesthetic modes of working)

Working with Sub-modalities

Approaches from *LiberatingTouch®* that Support and Enhance the Art of Delivery



Energy Psychology and EFT has been evolving at a dramatic rate in the last 20 years. There are many professionals exploring it from many angles, stretching its boundaries, and discovering new and exciting ways to use this incredible modality. As we evolve and grow so does Energy Psychology. Many AAMET Trainers now specialise in more than one psychotherapeutic field and when teaching the EFT Level 3 they include their varied expertise to demonstrate EFT's possibilities. Eddie and Ranjana specialise in *LiberatingTouch®* and EFT. *LiberatingTouch®* has some useful procedures and concepts that will support your EFT Level 3 Training.

LiberatingTouch® is rooted in the integration of ancient vedantic wisdom and healing touch, it comes under the umbrella of Energy Psychology. Energy Psychology (EP) has progressed since its conception in the 1970's. EFT (Emotional Freedom Techniques) one of its EP's offspring was conceived in the 1980's. *LiberatingTouch®* is part of this evolution and came into being in 2009. *LiberatingTouch®* focuses on healing by investigating the mind, energy balancing, and Self-awareness. *LiberatingTouch®* is a dynamic process that incorporates the principles of EFT (Emotional Freedom Techniques), Jin Shin Jyutsu, common sense, explorations in subtle energy, investigations into the way the mind stores suffering and the transformative power of Love. We will draw from the EFT components of *LiberatingTouch®* for the purposes of this advanced EFT training.

Responsibility and Rapport

Throughout this training we would like you to be aware of:

- What is the best way for you to keep yourself and your client safe?
- Why is safety important?
- How can you build bridges and create a rapport with your client?
- Do you have good observational and calibration skills?
- How do you utilise intuition to empower your client?

Meditative Inquiry & Unconditional Listening

Most experienced therapists will agree that having finely tuned investigative and listening skills are vital for creating rapport with our clients. By listening well, you can create a space of safety and also enhance the experience of deep healing for your client and yourself. How well we listen to our clients and our own inner dialogue determines how present we are in sessions, how relevant our questions are and how effective, efficient and enlightening we can be. Meditative Inquiry & Unconditional (Intuitive) Listening is at the heart of *LiberatingTouch®* and can be immensely valuable in EFT.

As energy therapists or creative professionals we often speak of getting ourselves out of the way. What we are really getting out of the way is our agendas, expectations and judgements. We focus, become present, and follow our intuition and inspiration to guide us (and our clients) through what can seem like a maze of “stuff”. Unconditional (Intuitive) Listening can be a deeply moving experience for the client and practitioner. It is also a way to circumvent the subconscious’ underlying resistance. This skill is valuable for everyone (especially couples and parents), as it can bring peace to the most turbulent of relationships.



So what is the Art of Meditative Inquiry & Unconditional (Intuitive) Listening?

Meditative Inquiry is a contemplative Truth seeking process where the questions are asked in rhythm with the breath, with compassionate intent. There is no requirement of an immediate answer. Instead it requires us to listen with patient love. We call this method of listening unconditional because we suspend judgement, expectation and avoid making assumptions. It is not personal and we need to be present in every way. It is deeply intuitive because you are constantly connecting to the highest source of wisdom, the truth within you, to receive answers, hints or clues.

Unconditional Listening creates within us the willingness to meet all of life. It is patient listening from the heart (imagine your heart has ears). It requires the practitioner to drop their awareness from “the figure it out” way of thinking, to expansive heart centred clarity. **Here are 4 steps to Unconditional Listening and Meditative Inquiry:**

1. **Loving acceptance** – being open to whatever is showing up and not making any assumptions.
2. **Creating space** – engaging the energy body, the Intuitive-Self and slowing down the mental chatter.
3. **Investigate** whatever is showing up with kindness. Is it real? Is it true? Is it confusing? What is the story that supports the issue? Let the questions arise from the heart, from the deep yearning to know the Truth.
4. **Listen to the body language** as well as the answers the mind presents. Notice all the nuances with undivided awareness and curiosity. Notice your own responses while at the same time constantly tuning in to the voice of wisdom. Meet all “suffering” with openness, love.

Both Meditative Inquiry & Unconditional Listening apply INTUITION and OBSERVATION SKILLS

Inquiry can feel confrontational for the ego, especially to the parts of us that are attached to our thinking. You may need to sneak up with the truth. For some clients this kind of inquiry can be destabilising. It is very important to develop Unconditional Listening, which is like love, embracing and healing. Sometimes

all we need is to be heard, acknowledged, and honoured for generations of pain to dissolve away.

Once you have asked the question, it is important to listen without judgement. The more you listen with your intuition, the more you begin to perceive how stored emotions and memories are locked or frozen in the energy system, or how easily they can be discharged. The frequencies of hurt can be transformed (restored) into balanced resonances when suffering is met with compassionate awareness. When practising Meditative Inquiry and Unconditional Listening answers arise naturally from the heart and this clarity dispels the fog of emotional turmoil. The practice of inquiry and listening sharpens your observational skills with intuition and you become aware of the triggers that affect you or your client in minute detail. In effect, you can now help yourself and your client become more aware and this is enlightening.

Inspired Intuition and Environmental Intuition

A closer look at the role of Intuition in EFT

Intuition plays an important role in EFT. We rely on our intuition to ask good questions, get to core issues and to have a deeper understanding about ourselves and the world around us. It is the key to Meditative Inquiry and Unconditional listening.

Some people have been trained to ignore their natural intuitive abilities by focusing only on the use of reasoning and logic. Reasoning and logic are even more valuable when combined with intuitive skills.

But what is Intuition?

Intuition can take many forms:

- A "feeling" that something is good or bad
- A feeling that we need to pay attention
- A person's words that seem to vibrate with special meaning for us
- The ability to visualize a future event
- Setting a future goal and programming our mind to visualize the experience of achieving that goal
- A nagging hunger to pursue something different
- A sense of knowing what another person is thinking or feeling, or what they are about to say

- Thinking about someone when they are having a personal crisis
- Feeling that something is wrong with someone, and then learning they are ill or have died.
- A sense of *deja-vu* (a sense of being here before)
- Thinking of someone just before they call on the phone or show up at our door
- A sense of peace or "knowing" that everything is OK, even though everyone else is confused
- Signs and symbols that speak to us
- A sense of energy that grabs our attention
- A flash of inspiration - the "Ah Ha!/Eureka" experience
- A "loving voice" that we hear when we are in danger
- Dreams that affect us deeply or that provide a "message" we feel is important
- Seeing/ hearing/ sensing communication with God (for example when you experience dreams or mediations with your chosen name and form of God conversing with you)

"Our bodies have five senses: touch, smell, taste, sight, and hearing. But not to be overlooked are the senses of our souls: intuition, peace, foresight, trust, empathy. The differences between people lie in their use of these senses; most people don't know anything about the inner senses while a few people rely on them just as they rely on their physical senses, and in fact probably even more." – C. JoyBell C.

Philosophers, saints, scientists have all alluded to the power of intuition. Successful business people are often described as having a "sixth sense," "gut feel" or an "intuitive" feeling about their business, career, industry trends or stock market trends. What is it that makes them so successful and so in tune? Usually, they have consciously strengthened their natural intuitive abilities and learned to make those abilities work for them in the business world.

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift. We will not solve the problems of the world from the same level of thinking we were at when we created them. More than anything else, this new century demands new thinking: We must change our materially based analyses of the world around us to include broader, more multidimensional perspectives." – Albert Einstein

In *LiberatingTouch*® we describe Intuition as the ability to –

Access information about ourselves, the people around us and our world using empathy, extra or extended sensory perception and gut feeling or what we describe as **Environmental Intuition**

And

Be guided by divinely inspired hints and clues (often unexpected). This is described as **Inspired Intuition**.

Here are some descriptions of Environmental Intuition -

- Empathy
- Instinct
- Gut feeling
- Clairvoyance
- Clairaudience
- Psychic information
- Extra sensory perception
- Extended sensory perception
- Deja vu

Environmental intuition is what we sense from the world(s) around us, whether it is an instinctive gut response or receiving information from those in other realms of existence. These emerge from our interactions with the many layers of the mind and creation. They are useful but most times are relative truths and are not indications of spiritual development or awakened consciousness. This information can be easily contaminated by fear or those who would like to control their environment. It is important to pay attention to environmental intuition as there is much to learn from this form of information. It is equally important to act on Environmental Intuition with discrimination and loving common sense.

Here are some descriptions of Inspired Intuition -

- Eureka moments
- Dreams, inner views with a God form
- A flash of inspiration that fills you with joy
- During meditation suddenly receiving an answer
- Repeated hints and clues that point to deeper understanding
- Understanding that emerges from devotional practice and joy

Inspired Intuition is the inherent ability to connect with our inner God self or "Higher (Universal) Self". It is that part of us that knows everything we need to know and helps guide us through our existence in the created world. It emerges from our interactions with the spiritual heart, from a place of Truth and Love. These messages always take into account the highest good of all. Inspired intuition inadvertently creates the perfect situation and circumstance for us to awaken and Self Realise. It is equally important to act and trust Inspired Intuition with discrimination.

Making a distinction between Environmental Intuition and Inspired Intuition

For many it is difficult to discern between Environmental Intuition and Inspired Intuition. This distinction is vital in *LiberatingTouch®*. For those that have a devotional spiritual practice or a name and form of God that they relate to, it will be much easier to discriminate between these two forms of intuition. As that name and form will confirm your inspiration.

Environmental Intuition is associated with the mind, desires, creation while Inspired Intuition connects us to the divine. Both play an important role in our understanding. Yet Inspired Intuition is what propels us to make the giant leaps.

Another way of distinguishing between the two is that Environmental Intuition is often focused on finding solutions that will help you achieve a degree of control, knowledge and power, it may also provide answers and reassurance, while Inspired Intuition will help us open to what we cannot control, it will provide us with deeper understanding, Truth and Loving acceptance. It will present clues, illuminate pathways, opportunities and questions that precede wisdom, but it is rarely definitive or fixed. The healing that emerges from paying attention to Inspired Intuition is in harmony with our essential nature and allows us to experience unity within the mystery.

"The man whose inner vision is bathed in an illumination of his consciousness at once realizes the spiritual unity reigning supreme over all differences. His mind no longer awkwardly stumbles over individual facts of separateness in the human world, accepting them as final. He realizes that peace is in the inner harmony which dwells in truth and not in any outer adjustments." – Rabindranath Tagoreⁱⁱ

In brief:

1. **For Meditative Inquiry** – Connect to the Intuitive-Self, become aware of your breath, pause and then allow a question to surface or ask for a question to bring understanding to the issue.
2. **Unconditional Listening** – Listen with your heart, listen using common sense, listen with all your senses, listen from a place deep within, listen from the place of wisdom, pay attention to the details, observe with loving acceptance, BE the silence.
3. **With the insight you now have, hold the EFT tapping points** while tuning in with words, sound, pictures, imagination, colour, descriptions, smell and feelings.
4. **Check for clarity**, inspiration, cognitive shifts, forgiveness, willingness, gratitude and openness. Introduce reframes as the issue begins to change.



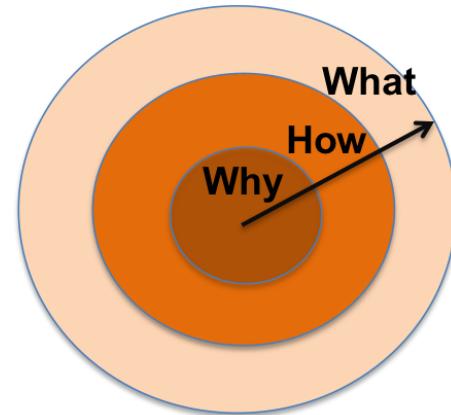
Below are some sample questions for Meditative Inquiry. You can take any one of these questions and use them to practice the skills that we have been studying:

- *Who Am I?*
- *How do I perceive my Self?*
- *What are the core beliefs running my life?*
- *What story have I created about me? The world?*
- ***What do I want?***
- *What is real?*
- *Is this True? Forever?*
- *Who would I be if I was not afraid?*
- *What really dies?*

- *Is this my idea or did I adopt it?*
- *Why do I have this belief?*
- *Does this belief empower me?*
- *What would I have to give to alter this belief?*
- *What resentments, anger, and regrets do I carry in my heart?*
- *Who in my life have I been unwilling to forgive?*
- *What needs to happen for me to forgive others and myself?*
- *What is missing in my life?*
- *What do I hate in my life?*
- *What am I most afraid of?*
- *What aspects of my life need transforming?*
- *What am I most afraid of that someone else will find out about me?*
- *What am I most afraid of finding out about my life/myself?*
- *What could stop me from transforming my life?*
- *What's the biggest lie I've ever told someone else?*
- *What's the biggest lie I've ever told myself?*
- *What do I really really want?*

Now try these questions while looking in the mirror -

- *Who are you?*
- *What would you rather not have in your life?*
- *What would you rather have?*
- *When was the last time you cried and why?*
- *What is your biggest sadness or regret?*
- *What is missing in your life?*
- *Will you be going to heaven?*
- *What do you wish you had never done?*
- *What do you feel guilty about?*
- *What are you ashamed of?*
- *Where are you hurting?*
- *Are you punishing yourself?*
- *What happened when you were born?*
- *What advice do you give others?*
- *What advice would you like to give?*
- *What advice would you like to receive?*
- *What if you had all the money and resources that you desired, wanted, needed, what would you do (want to do) with your life?*



- **What do you want?**
- **And more questions:**
- *What if you knew you were going to die in 6 months and you were going to be healthy till the last moment...How would you spend those 6 months? What would you want to do with your life?*
- *What legacy would you want to leave behind? How would you want to be remembered?*
- *What is stopping you? What holds you back?*
- *What are your belief systems? What limits you?*
- *What is the first/worst/last time you remember feeling this feeling?*
- *What does having this problem mean about you?*
- *Who taught you (to think/feel) this?*

Here are further experiments for self-exploration with Meditative Inquiry:

EFT students are advised to work through this section

1. Knowing what you want

What do you want? (Something that is within yourself and within your control to affect)

How will you know when you are getting what you want?

What will you be looking for, sensing for, that will let you know that you are on the right track?

What (in yourself) stops you from getting what you want?

Say more about that... (use your intuition to focus on the statement that points to the core issue)

2. Using your body to learn how you know what you want

Where do you experience that _____ feeling in your body? How do you know that?

If those tears/that feeling had a voice, what would they/it be saying?

If your (shoulder/back/throat) could talk, what would it say?

Ask a metaphorical question involving the body part.

What do you notice in your body, your thoughts, your feelings when you are...?

3. Finding limiting beliefs

Tell me about a time when

What was the worst aspect of that experience?

What did that (experience/tone of voice/trauma) lead you to believe about yourself?

What did that mean about you?

How is that a problem for you?

What emotion do you feel when you say that belief to and about yourself?

4. Finding the positive intention

What is the positive intention of that emotion/behaviour/symptom?

If the part of you that is running that behaviour were trying to get something for you, what would it be? So if you got that, what would it get for you that is even more important?"

If that part of you could have access to other, more powerful and much more effective strategies for getting what it has been trying to get for you, would it be interested? "Tell me about other times in the past when you felt yourself acting positively, with strength and purpose and clarity - even tiny experiences count."

Fill in the blank using Meditative Inquiry skills

Meditative Inquiry requires patience, love and tenderness. It has the power to dismantle all our mental defences. *Student Facilitators are required to work through this section*

If I expressed who I really am _____

When I was a child I couldn't express myself because_____

They always said I was too _____

That made me feel_____

Thinking that way about myself made me feel_____

But what I really yearn for is_____

I am_____

I am not_____

I have_____

I have not_____

I must_____

I must not_____

I should_____

I should not_____

I can_____

I cannot_____

Here's another style of asking questions

- *Why is this day so fabulous?*
- *Why do people love me so much?*
- *Why do I attract the best customers?*
- *Why is life so good to me?*
- *Why am I attracting the love of my life?*
- *Why am I attracting the answers to so many of my problems?*

Here are some further guidelines for Meditative Inquiry & Unconditional Listening

- Hold the EFT tapping points in silence. Give yourself a moment to connect with yourself or the client within that silence.
- In the middle of a session, you can hold your own EFT tapping points silently while you wait for your client to articulate what they need at that moment. Wait for your intuition to guide you. Stillness is often the precursor to the 'eureka' moment.
- To the often asked question, "How do I get the right question, how do I get the right words?" Be willing to get it wrong. Try out different words and questions. Check in with your client as you dance between their words and your intuitive insights and then of course be as specific as possible.
- Constantly check your own feelings, your personal response to the client's feelings, words and movements.
- Be aware of your own body sensations, if they seem unusual to you there may be clues to what is happening for your client.
- See what happens when you repeat their story back to them with similar descriptive feelings and emotions paraphrasing as you go along.
- Ask them to describe what happened and watch for the emotional moment, then you describe what they have just shared about what happened in your words and see what happens.
- Don't worry about getting it wrong, if you are constantly checking in you can remedy as you go along. If you felt you got it wrong, admitting it with loving awareness is freeing.
- If you do not know where to begin you can always ask your client what do they want?
- Take your clients through a visualisation while tapping; imagine that you are with them on this inner journey, what images do you get? Check in with your client and see if they correlate.

- Instead of asking about a past memory, ask your clients to imagine a future nightmare situation - the worst thing that can happen, ask them to rate/guess the fear intensity, listen intently, walking alongside them as they allow this fear to come into the light.
- The only way to get good at this is practice, practice and practice.



The most important “signs” to lookout (listen to) for are:

- Words, what is said and how the words are spoken
- Body language, posture, pain and/or sensations
- Environmental Intuition (your gut response) and Empathy
- Inspired Intuition (your Heart response)

Discussion and Research

Origins and Evolution of Problems

Transference

During transference, a therapist may be “triggered”. A nerve is struck when someone says or does something that reminds you of your past. This creates an “emotional time warp” that transfers your emotional past and your psychological needs into the present. In other words, a transference reaction means that you are reacting to someone in terms of your needs or history.

Projection

Some people refer to transference as a “projection.” In this case you would be projecting your own feelings, emotions or a motivation into another person without realising your reaction is really more about you than it is about the other person. As a therapist, you may also be the object of your client’s projections. For example, you may remind your client of all the irritating questions their mother asked when they were growing up.

Appropriate Disclosure

Outcome Attachment

The Power of Patience and Detachment

Protective Distancing (for trauma work, for creating rapport, for self-care etc.)

Creating a Safe Space

An exercise for fun:

The Sequence for When You Can't...

One of the common issues that show up with clients and in workshops is the statement: I CANNOT...

It often seems like an unobtrusive statement, and most people accept this as normal and rarely challenge or trace the origins of this belief system. Depending on the situation, this general sweeping statement **can** (:-)) be disempowering and it denies what we are truly capable of. Sometimes it is said as a defensive measure, as protection, sometimes it is a conditioned way of thinking passed down by parents, social mores and so on. What I have noticed is that the statement in itself is not the problem. It is the emotional tag of incapacity, incapability, inability and all the corresponding emotions that go along with these labels that are the problem.

I cannot relax...

I cannot sleep...

I can't sing...

I can't write...

I can't cope...

I can't love myself...

I can't stand up for myself...

I can't afford...

I can't....

How many “I cannots” do you have in your repertoire? But more importantly how disempowered are you when you give voice to this? Do you say to yourself, “I cannot until I...”

Success and Confidence Coaches teach us how to find positive reframes and positive language when meeting our *cannots*, for example:

Instead of I cannot relax...I am learning to relax...

Instead of I cannot sleep...I can rest...

Instead of I can't draw...I can doodle and squiggle with style...Etc.

This is very useful. But for some this works only as a temporary measure, despite flicking oneself with a plastic band or using other aids to remind ourselves of our potential and authenticity, the energy of “I cannot” **can stay** with us like a shadow. One of the ways I help my clients release this pattern is to sneak their “I cannot” gremlins into the light with *LiberatingTouch*®.

Through experience we discover that **balance and honesty** are the keys to transformation, equanimity and self-actualisation. Balance and honesty helps us find that **we can**. We have been taught to focus on what we cannot for so long, that it has become our reality and this is an imbalanced belief. It is a partial picture. Imagine you are holding the scales in your hands, in one side lies the words I cannot, in the other I can, which one is heavier?

The energy of “cannot” stems from limited belief systems, probably stored messages in the subconscious mind, while “can” comes from possibility, openness, from the heart... It is so much easier to “can” when love is involved. For example, try these phrases and notice where they seem to originate from for you, which of these phrases seems loaded with “history”. This level of recognition requires awareness and honesty because sometimes we are quick to defend our stories and pull away from facing them.

*I cannot give this up,
 I cannot accept this flaw
 I cannot cope*

Now try:

*I can give this up
 I can accept this flaw
 I can cope*

The easiest way to transform the heaviness of the “cannot” energy is to throw the mind into disarray, not to give it linear connections or linear reframes. But to make the mind think of something else unrelated to “the story of cannot” and so bring in an unconnected element and change the balance of power that “cannot” has in our lives to “can”. By doing this we remind ourselves that *I cannot* and *I can* are simply stories that we have identified with and become attached to.

So here is the Self-help for this:

Step 1: Make a list of at least 10 “I cannot....” for eg.

I cannot keep up with all my emails

I cannot make time for...

I cannot live without...

I cannot relax

Step 2: Now make a list of 10 things that you can do that have nothing to do with what you cannot for eg.

I can tickle my toes

I can arch my eyebrows

I can enjoy chocolate

I can love my.... (boss??)

Step 3: Then randomly mix and match the phrases and TAP!!

*I cannot keep up with all my emails **and** I can tickle my toes*

*I cannot make time for myself **and** I can arch my eyebrows*

More egs.

*I cannot afford a holiday **and** I can brush my teeth*

*I cannot express myself **and** I can wash my hands*

Step 4: Notice what happens. Do this a few times and you may even enjoy it. Our clients love it and somewhere along the way it opens the door to laughter and who knows what will happen when our whole being resonates with *I can laugh, I can cry, I can laugh..., I can be effortlessly grateful.*

Letting go of Limiting Beliefs & Adopting Life Enhancing Beliefs

“Reality is always [but only always] kinder than the story we tell about it.” –Byron Katie

Research and Discussion

What would happen in your life if you looked forward to undoing your thinking, your beliefs, instead of defending them?

Attachment to past experience, disappointment, despair, frustration...

Why do we invest so much of our energy into belief systems that belittle us?

Secondary Benefit and Subconscious Sabotage

INNER CONFLICT and confusion – The Inner Saboteur

VOWS, Decisions old and new, choices

Uncreate or create “your” story -- seeing the belief (story) with impersonal eyes

The judgements we carry are like shadows. We can clear memories, traumas, even imprints, but beliefs can prove to be extremely difficult to shift. It is like a habit, like a gesture we have used for so long and have invested so much energy in, that we are no longer conscious of the effects.

A common stuck belief is, “I am not good enough” this is quite literally Scarcity Consciousness about the Self

Comparison and competition, puts ourselves above or below someone and keeps us from Truth and Love.

I am safe, I am worthy, I deserve, NOT!! – Here lies the holy trinity for the not good enough software

Disempowering beliefs can be the effect of habitual, learned behaviour patterns. Blaming yourself or anyone else simply keeps it in place. Ask yourself while breathing with awareness, *which foot do I put into my shoe first? When do I brush my teeth – before or after breakfast? Does it help or serve me, to berate myself for these habits? Does it truly serve me or anyone else to disparage myself?*

Every belief system has a story attached to it. Like every story it has a beginning (the specific incidents, origins), a middle (action and reaction), a moment of Magic, Truth (revelation) and an end (redemption and release). Most stuck belief systems occur because consciousness is stuck in reaction. To experience freedom we need to unravel these stories and the corresponding beliefs allowing them to complete. At first this can seem exhausting, but as the energy is freed from each story, this process becomes exhilarating and you begin to see the world through clear eyes.

We can also utilise positive triggers and the five senses to change the emotional patterns which keep our limiting beliefs reiterating. As the emotional state shifts it becomes easier to change our stories, memories, beliefs and the way desires and attachments affect us.

Here are some common beliefs to investigate

- Nothing I do will ever be good enough
- People shouldn't lie
- My mother/father should have supported/encouraged/loved me
- It is not safe for me to be vulnerable
- I am stuck/blocked
- I should never make mistakes
- I must be in control at all times

Universal Beliefs and Common Issues

You can use the process above to work with any of these common belief systems (BS)

- Life isn't fair
- I need to know what to do
- There is too much to do and not enough time
- I missed my chance, my opportunity
- People should keep their promises
- The world is not a safe place
- I have to work hard, no pain no gain
- There shouldn't be war in the world
- I'm too fat, too thin, too tall, too short...
- I need --- (what) ----- to be happy
- Rich people are selfish
- Young people are disrespectful

- Men are _____
- Women are _____
- I'm not good enough
- _____

“Those who do not have the power over the story that dominates their lives, power to retell it, rethink it, deconstruct it, joke about it, and change it as times change, truly are powerless, because they cannot think new thoughts.” – Salman Rushdie

What are your thoughts, emotions, beliefs, stories about these pictures?



Encountering “I don’t know”

Reframing and Opening to Shifts in Cognition

In *LiberatingTouch*® a reframe is the ability to see the world and ourselves through the eyes of Love and Truth, with the vision of the Intuitive-Self. There is a difference between constructing a reframe from a mental point of view (for e.g. creating an affirmative statement and setting a positive intention) and being inspired with a reframe that arises by connecting to the Intuitive-Self, expanding consciousness and allowing a deeper truth to surface. This kind of reframe brings with it the joy of knowing, remembering and a sense of reclaiming power.

Being able to open to shifts in cognition, reframe, detach from our stories and continually move our attention away from circular thinking to expansive awareness helps us cultivate SELF CONFIDENCE.

“Everyone has multiple talents and everyone can dream. If you don’t acknowledge your ability to dream because you think you can’t, it will not diminish the dreamer within you.” – Ranjana

Probably the most common obstacle to reframing is resistance, the refusal to be open to a world of possibility, safety, goodness and joy.

Emotional problems often persist because of habitual behaviour and belief systems. When we gain a new perspective, and see with fresh eyes, or get the bigger picture from an expansive viewpoint, then we can think and feel differently. Like a picture frame arranges perimeters around a painting, ‘the lenses’ that you see your life through can set boundaries to things you consider as conceivable. Adjusting one’s frame of reference is called reframing.

The purpose of reframing here is to help an individual look at their responses, situations and issues from an expansive frame of reference. It would make it much more purposeful, and the individual will experience more choices in the way he or she perceives life. Puns can be reframes. You are steered to consider one frame of reference and then the pun changes the meaning or conditions. Fairy-tale stories or metaphors are another example of reframing. They often employ reframes to aid children in realising positive outlooks or results.

Here is an old Chinese Taoist story which is a good example of a reframe. It is about a farmer in a poor country village. He was considered very well to do because he owned a horse, which he used for ploughing and for transportation. One day his horse ran away. All his neighbours exclaimed how terrible this was. But the farmer simply said, “Maybe”. A few days later the horse returned and

brought two wild horses with it. The neighbours all rejoiced at his good fortune. But the farmer just said, "Maybe". The next day the farmer's son tried to ride one of the wild horses. The horse threw him and he broke his leg. The neighbours all offered their sympathy at this misfortune, but the farmer again said, "Maybe". The next week conscription officers came to the village to take young men for the Army. They rejected the farmer's son because of his broken leg. When the neighbours told him how lucky he was the farmer replied "Maybe".

The meaning that any event has depends on the 'frame' in which we perceive it. When we change the frame we change the meaning. Having two wild horses is a good thing until it is seen in the context of the son's broken leg. The broken leg seems to be bad in the context of peaceful village life. But in the context of conscription and war it suddenly becomes good. So reframing is not new. In fairy tales and in fables which include behaviours or events that change their meaning when the frames around them change, is reframing. The different looking chick seems to be an ugly duckling but he turns out to be a swan. Reindeer Rudolph's funny looking red nose becomes useful for guiding Santa's sleigh on a foggy night. These stories are examples of reframing. Learning to use them is an important part of Self-development.

Prerequisites for Reframing:

- Meditative Inquiry and Unconditional Listening
- Good rapport and attitude of empathy, acceptance and non-judgement
- Never make assumptions
- Ability to look at issues from an impersonal point of view
- A sense of humour
- And occasionally forgiveness ;)

An exercise for meeting resistance:

A *Liberating Touch*® Sequence for Healing Resistance

For most of our clients', resistance to acceptance, healing and/or change shows up regularly as part of their healing journey. Resistance can be a useful energy that can propel us forward if we are aware of what is keeping it in place. Once we understand resistance, why it is showing up and what aspects within us need this, we can give ourselves the choice, to resist or not.

- **Setup Phrase** to be repeated while stimulating the back of the head or by gently stimulating the thymus area:

“Even though I get stuck/ feel blocked and am ‘unhappy’ with my life/ situation/ finances/ relationship/ thinking/ body. I am willing to understand and release the pattern within me – whatever it may be, that is creating this condition. I deeply and completely accept all of me.”

- **1st Round of Touch** or percussive stimulation with the Phrase:

“I feel _____ (fill in the blank with your words) _____”

- **2nd Round of Touch** or percussive stimulation with the Phrase:

“I am willing to release the pattern within me – whatever it may be, that is creating this condition.”

- **Next Setup Phrase** to be repeated while stimulating the back of the head or by gently stimulating the thymus area or by bilateral tapping:

*“Even though my body-mind is resisting me, I am resisting feeling free, and my thoughts about this hurt, I am willing to understand the **need** for the resistance. I deeply and completely accept all of me.”*

- **1st Round of Touch** or percussive stimulation with the Phrase:

“This resistance, this energy of resistance.”

- **2nd Round of Touch** or percussive stimulation with the Phrase:

“I am willing to release the constriction and restriction of resistance.”

- **3rd Round** of Touch or percussive stimulation with the Reminder Phrase:

“I open my heart to all my resistance; I choose to understand this limiting pattern within me, exhaling conflict and confusion I inhale lightness, healing and peace.”

To take this one step further it is good to also touch on:

“I open myself to all the ways I may have created this. I am willing to release the patterns in my consciousness (disposition/nature) that is responsible for this condition. I now choose to use my power consciously. I deeply and completely accept all of me.”

What We Resist Persists... Below are some good phrases to use EFT with:

- *I accept myself with all my faults, findings and failings*
- *I accept myself even though I don't accept myself*

- *I accept myself even though nothing works out*
- *I know I am not good enough even though others say I am ☺*
- *Even though I can't accept myself, I accept that I cannot accept myself, and at least I can accept I can't accept myself.*
- *I blame myself for wanting to blame myself –which I am doing (not)*
- *I don't accept myself at all... for lots of reasons... but I do*
- *I forbid myself from loving myself.*



A possible protocol for Investigating Beliefs

(Inspired by and adapted from the Work of Byron Katie and *Liberating Touch*®)

Write your belief on a blank piece of paper. Imagine becoming a witness to it and taking a step away from it. Reread the belief a few times while stimulating the EFT tapping points on the chest. Become aware of how that belief feels in your body and mind and then hold the other EFT tapping points. Exhale and inhale if you feel you are getting caught up in the process, consciously allow your shoulders to drop and your awareness to shift from your head (mental activity) into your heart (meditative openness).

Ask yourself, “What happens when I believe this? What do I get by holding onto it? Is it stressful? How do I react when I believe this thought? How do I treat others/myself when I believe this thought? Does it hurt me? Hurt others?” Keep holding the EFT tapping points while acknowledging the impact this belief has on you.

Ask yourself, “Who would I be without this belief/thought? What would happen in my life without this belief?” If you feel you are experiencing resistance, consciously allow your shoulders to drop, and your awareness to drop into your Heart, exhale and inhale.

Ask yourself, “Is this belief true? Can I absolutely know it to be true? Is there a good/peaceful/stress-free reason to keep this belief?”

Can you bring this belief into balance, into wholeness? Can you find the ‘Reframe’, (the turnaround – the opposite of this belief)? Can you find the harmony? Allow the insights to land. Can you find proof to support your expansive understanding?

If you want to take this to the next stage, then name 3 fears you would rather not have. They do not have to be related to the issue above.

Write down these 3 things you are most afraid of happening, want to avoid, or hate. This part can be a difficult, but can lead to a liberating experience.

Hold the EFT tapping points while tuning into, “*Even though I am afraid of/avoid _____ and I have good reason to feel this way, I deeply and completely love and accept myself.*”

Then complete one round of touch with, “*I am afraid of/avoid _____ (all my reasons) _____*”

Then, “*Even though I am afraid of/avoid _____ what if I could look forward to this happening and was no longer afraid of it?*”

Then complete another round with “*What if I felt free of this fear now, what if I could look forward to feeling open to all of life?*”

Do you have any life enhancing realisations arising from within you? What is happening to your cognition? Now read out the belief that you had previously noted. How true/real does that feel now?

Forgiveness

Carl Jung, the noted psychoanalyst, once wrote, “*That I feed the poor, forgive an insult, and love my enemy — these are great virtues. But what if I should discover that the poorest of the beggars and most impudent of offenders are all within me, and that I stand in need of the alms of my own kindness — that I, myself, am the enemy who must be loved. What then?*”

Many EFT Practitioners embark on a self-acceptance project on some stage of their journey, (if you have not then this is something that is truly magnificent to embark on) the most notable being Steve Wells' well written account of his 30 day Self-Acceptance Project available at www.eftuniverse.com . Ranjana too was inspired to undertake a similar project of self-acceptance for 30 days and experienced a big shift in her confidence levels. Later, she undertook a 40 Day Forgiveness Project (in 2006) a few notes from her forgiveness project are below.

The Project she undertook was a very simple. The how-to of this project is easy. Whenever you have any thought, idea, issue that shows up in your awareness as something that you may want to heal, simply say to yourself, *“Even though this is showing up or I have this habit or this is happening, I forgive myself.”*

We encourage all our clients, trainees and anyone interested in radical change to undertake such a project when the time is right. But first let's be clear about forgiveness. This act of forgiveness is interpreted by each person to suit their needs. For the purpose of this training, forgiveness is FOR – GIVING – LOVE, FOR – GIVING – TRUTH, FOR – GIVING – FREEDOM.

Once we find compassion for ourselves, it is easier to find compassion for others. Anne Truitt wrote, *“It takes kindness to forgive oneself for one’s life.” Forgiving oneself requires the same compassion, understanding and insight we might apply to forgiving others. We come to recognize that we are perfect but not yet perfected — that we make mistakes and continue to learn as we stumble towards the light.”*

“Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. As you condemn only yourself, so do you forgive only yourself.” A Course of Miracles

“To forgive does not mean you like, trust or even want to spend time with that which hurt you; it simply means that you don’t want to be at the mercy of that which hurts.” Ranjana

“Forgiveness is realizing that what you thought happened, didn’t.” -- Byron Katie

Working with Memory & Trauma

“All addiction is the result of trauma, trying to rebalance the neurochemistry of the brain.” –
Dr. Robert Scaer

Trauma has been defined as a threat to life, a threat to identity.

Trauma hypnotises, overwhelming the nervous system. When we understand the freeze, flight and fight response we can utilise this coping mechanism to our advantage. The very dynamics of trauma encoding indicates that we are capable of both efficient encoding and release. It is not our nature or design to live in the (subconscious) past. Science does not know how we do it, but it does not know that we create our own inner reality through our perception.

Traumatised people can be fixated on the past, unable to distinguish now from then, unable to give meaning to emotions, behaviours and body sensations. They are often obsessed with avoiding triggers and are constantly vigilant. They appear unable to articulate and often say, “There’s no words for this”, “I don’t know”.

Trauma memories can be passed down through generations or can be stored as collective mind memories

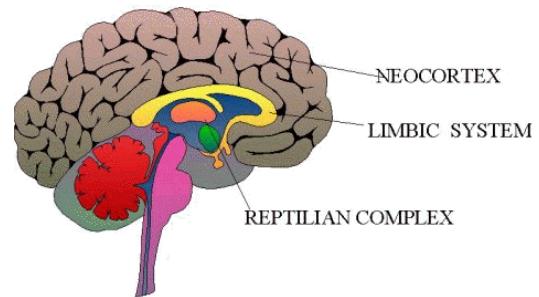
Trauma may be any situation where one is faced with a threat to one’s well-being, one’s survival. It can be losing a job, moving home, being hit, being scolded, and any situation that is combined with a state of helplessness, where one has no control over the event.

Traumatising events can be sudden and shocking, they violate expectations. Often people feel powerless, “*There’s nothing I can do*”. They can feel isolated, “*I’m on my own*” or feel they are going to die.

The Brain and Trauma (applying the Triune Brain modelⁱⁱⁱ) – How we Cope

The instinctual brain or the primal (reptilian) brain is for **Survival and Defence** maintains body harmony and in the event of Trauma goes into Fight, Flight or Freeze (Cerebellum, basal ganglia, brainstem).

- Maintains body temperature
- Regulates sleep and appetite
- Defends territory
- Automatic sexual arousal
- Unconscious mind



The feeling brain or the mammalian brain is often referred to as the limbic system and is for **Protection and Pleasure** here and now.

Traumatic memory is frozen in this part of the brain. This part of the brain stores what is seen (colours, shapes, patterns), what is heard (sounds, tones, pitch), tactile sensations (pressure, heat, movement), smells and tastes (Hippocampus, amygdala, anterior thalamus, cingulate cortex, hypothalamus).

- Social emotions and behaviours
- Play and reward
- Nurturing and attention to others
- Learning through conditioning
- Subconscious mind

The discerning brain or the human (neo-mammalian) referred to as the neo cortex is for **Intention and Imagination**. It is involved in higher functions such as sensory perception, creativity, spatial reasoning, conscious thought, discrimination, abstraction and language. This part of the brain can imagine, describe, plan and calculate future possibility but it can also be hijacked by the responses of the other parts of the brain. (The left and right cortex)

- Sense of time, Past – Present – Future
- Language and abstract reasoning
- Calculation and processing of information
- Intention
- Self-awareness
- Conscious mind

Understanding the triune brain helps us understand why childhood trauma, lack of love and fear can affect the development of the neo cortex. This has far reaching implications. EFT seems to work directly on the limbic system to create balance and harmony.

The Importance of Embracing the Hurt Inner Child and Healing Memory

Lack of love between the child and parents is one of the most important traumas to address.

Using EFT for healing Trauma can be seen as Emotional Reframing. **With EFT we change the frequency of memory from pain to peace and re-establish the frequency of compassionate power.** Trauma tarnishes our thought processes. By becoming aware of our contaminated thought processes, meeting past suffering, we find the hurt inner child that is living in the memory of pain and fear. By loving this inner child, helping it let go of pain, correcting the toxic information stored in the mind, we connect to the coherence of the Heart (empowering wisdom) and open to Emotional Freedom.

One possible way of working with the Inner Child

In the process of having sessions your client may divulge challenging childhood memories. This is the perfect opportunity to work with their inner child. Ask the client to imagine the inner child sitting on their lap or next to them and encourage (allow) the child to have a conversation about what s/he is bothered by. Tap for the child, in this internal space you can teach the child to tap. Allow the child to empty out the stored confusion, upset, hurt. After the pain has been released use reframes to explore the learnings from the situation.

Once a deeper understanding has been gained the child can be invited to choose where it would like to be, what it needs, the child can ask for resources that would have been useful in dealing with the upsets. You can ask the client to invite a mentor or role model to be present and assist the inner child. The mentor functions as a metaphor for a higher wisdom and loving support. Finally test the emotional intensity in relation to the childhood memories and related present-day challenges.

Another great way of work with inner child is using a teddy bear. Where the inner child is given a teddy bear and taught how to tap on the teddy bear to clear emotional upsets and also as a way to vent safely. The client needs to be physically doing this while imaging that their inner child is doing the same.

T-1

We seem to be living in the millennium of trauma and the age of Awareness where we are learning to master our states of Consciousness.

Brent Baum^{iv} describes, “*Trauma is a trance, a spontaneous state of self-hypnosis, an altered state which encodes state-bound problems and symptoms*”. ***When the act of perception approaches physical or emotional overwhelm, consciousness itself is paused at a millisecond prior to the most traumatic moment at an instant we now call “T-1” (a term introduced by David Grove); this process is subconscious, automatic, and pre-moral in its occurrence.*** Psychological shocks and traumatic events are psycho-neuro-physiological dissociations and often result in “traumatic amnesia” or “delayed recall.” This amnesia may be resolved by “inner resynthesis” in hypnotherapy^v. The emotional charge and accompanying pain of the original trance state is usually released when the scene is affectively reframed and restored to the flow of consciousness. Though originally created to protect the individual from overwhelm on-going exposure to unresolved trance states results in stress upon the endocrine system and a weakening of the immune system. Resolution of these states improves overall functioning of these systems as demonstrated by the findings of psychoneuroimmunology.”

Brent Baum further elucidates^{vii}, “*Quantum physics has demonstrated we create our “reality” through the act of observation– The Act of Observation collapses the Quantum Probability Field into reality. The “glitch,” so to speak, in embracing this remarkable power, comes from the fact that we have been evolving predominantly from unconscious intentionality. The very mechanisms present in our subconscious mind which have protected us throughout our evolution and kept us from overwhelm and trauma has also resulted in a vast body of trauma encoding in the subconscious. These messages of “powerlessness” and trauma, when stored automatically and subconsciously at moments of physical and emotional overwhelm, freeze the flow of Consciousness itself and insert their own survival priorities–their own protective messages. We are alive this day because this automatic system has worked so well in our evolution. But with a history of at least 1.5 million years of subconscious encoding, it is no surprise that our conscious intentions frequently meet with resistance when they tap our unlimited potential but then must pass through the memory layers of the subconscious in order to manifest in present time. Trauma induces an altered state which is stored holonomically in the body-mind. Stored in a hologram-like manner, these*

memories can be triggered by a mere fragment of the original trauma scene or pattern and can pull us back into other places and times in a millisecond. Scientists estimate that we move in and out of trance 15–50 times an hour. If these trances continue to resurrect painful and disempowering messages, our conscious intention falls on deaf ears and cannot be heard above the voice and demands of the traumas. As we learn to listen to this these false, outdated voices of powerlessness without being controlled by them, we discover our true quantum potential to manifest abundance, health, intimacy, wisdom, and serenity in our lives. Built into our genetic code is a blueprint for awakening! It has been present since our earliest evolution to protect us until such time as we would learn to master our states of consciousness and learn to manifest “consciously.” Every aspect of our lives will change as we learn to focus and master this tremendous potential we hold as Quantum Creators.”

A Process for working with Trauma and Memory: T-1

This *LiberatingTouch*® process is useful for working with trauma projects.

Step 1: Identify the trauma and the aspect (or inner child) of you ‘trapped’ (frozen/shut down) in time and space.

You can do this in a variety of ways, one way is to find out what you or your client are most afraid of, then ask when was the first time you experienced this? Is there an associated event?

Step 2: Go to a calm moment before the trauma event, what happened, is there any anxiety? Any stress responses? Is there a sense of foreboding/premonition?

Zero in on all physical and emotional sensations preceding the trauma event. This is the origin of the freeze response. Investigate all physical, mental, emotional sensations (colour, sound, smell, pressure) and systematically collapse them with EFT.

Step 3: Provide the inner child with strengths and resources.

Once all (or most) of the stress is released ask what resources do you/your client/the aspect/inner child require to meet the challenges that they will encounter. Receive those resources and flood the entire being with them. Notice the colour, texture, sounds, sensations and fragrance of these resources as they fill you. This step is for empowering and moving forward.

Step 4: Test your work. In your awareness, revisit the moment before the trauma and the trauma itself. What happens now? How do you/your client feel now? Can the effect be felt in the present moment?



Discussion and Research

What are the best ways to deal with trauma?

Types of trauma - Big T trauma and small t trauma

Working with abuse & the pattern of abuse

Violence to myself/others

The word "trauma" and traumatic words

Trauma loss and grief

Trauma shame and guilt

Anger and trauma

Memories and living with trauma

Trauma and the body

Undoing the trauma trance state, disassociation and amnesia

Releasing all emotional attachment to the original scene

Talking to the part of the mind that has encoded the memory (using TV1)

Cognitive shifts and cognitive switches

Forgiveness & becoming free

Nourishment and support

Use of affirmations & use of positive imagery

Moving forward

The body mind remembers everything...dialoguing with the body^{viii}

Working with Stored Negative Experiences & Generational Pain

For example Post-Traumatic Stress Disorder (PTSD)

A strict definition of PTSD might refer to experiences involving wartime or deadly danger but recent research shows that PTSD is not limited to wartime experiences. This condition manifests in a group of symptoms and feelings, including problems such as:

- Intrusive symptoms
- Nightmares
- Spontaneous memories of the experience
- Flashbacks
- Avoidant behaviours
- Emotional numbing
- Withdrawal from ordinary life
- Avoiding anxiety-stimulating situations or people
- Arousal symptoms
- Hyper-vigilance
- Anger outbursts
- Exaggerated "startle response"

The recipient has a toxic memory experience frozen into the nervous-emotional system in some way. The memory generates emotional distress far into present which is then projected into the future. It is not changed much over time. More obviously we suffer because of a defined event. This can be an accident, an assault or an experience where we became fearful and helpless. Sometimes it is an accumulation of stressful experiences over time.

In childhood, the experience of trauma, hurt and fear can stunt emotional and mental development, especially the faculties needed for discrimination and decision making. We all have “traumatic” memories and experiences worth addressing and treating especially if they underlie problems in our present—often outside our awareness.

General Considerations when working with Trauma (EFT Students are required to study this section)

- You need to be centred and relaxed to help others. Ideally your own inner world is peaceful. Your life is going well.
- A key feature of doing trauma work with EFT is simultaneously engaging your energy system and that of the client, to remain calm and to avoid your own traumatisation in the session by what you hear, or think about.
- Treat global concerns first: for example with EFT, *"Even though: I have all these problems..."*
- Work on the physical discomforts initially. This gains rapport and is a good way to introduce the benefit of relaxation.
- Be sensitive to the symbolism and metaphors presented by the client or the story. Listen for statements that provide clues to underlying issues, for e.g. *"I'm holding on by my fingernails"*. You could also ask the person how they would describe their situation to someone else, or explain it to a friend who didn't know about it, to gain clues about their inner world.
- Observe the person very carefully. Their posture, breathing, appearance, gestures, mannerisms and way of being will communicate what their words may not (this is particularly true of children).
- Use your intuition about the person and situation, and the feelings 'generated' inside you by them.
- When the cognitive trail seems to 'fade' after several sequences, you can ask: "What feeling goes with that thought? If there were a place in your body where it might be sitting—where do you imagine that might be?"
- Ask the client to bring their attention to the area where the traumatic memory may be held. They could place a hand over the area and focus on the sensations.
- Watch for self-criticism and blame. People commonly say, *"I should have handled this better"* and *"I shouldn't have let this happen in the first place"*. Even if they give it a 'spin' and call it a learning experience, the underlying negative beliefs prevail.
- Pay attention to shifts or the emergence of a new issue when you are treating what you think is 'the big one'. Often the new issue has roots that are more relevant even if strange. Return regularly to the original issue and check the 'problem', it may be greatly reduced by having followed the seemingly unrelated issue.

Negative Beliefs (Blocking Beliefs) that can show up are:

- *"I'll never get over this problem"*
- *"I have to do it myself, and I can't"*
- *"I can't be helped"*
- *"This condition is a part of me/belongs to me"*
- *"I might lose my identity if I get over this problem"*
- *"I don't know"*
- Fear that the problem is permanent
- Fear that the problem might return after treatment
- Safety, especially the lack of safety
- Self-worth
- Anger and lack of forgiveness, wanting justice
- Self-blame, resentment, judgment and criticism
- *"I'm angry at myself for having these problems, and not handling them better... at (someone) for causing this problem, or for not helping to prevent this problem... at the world for being like this... at God, for allowing this problem to happen to me..."*
- Sadness
- Deep Hurt
- Guilt – *"I did wrong..."*
- Shame – *"I am wrong..."*

Forgiveness emerges naturally when healing is near completion. Avoid being in a hurry. Forgiveness is for the client, not the perpetrator. It is letting go of contraction, constriction and judgment, and the consequences (in life) of holding on to fear, anger and resentment. Healing trauma allows the client to reclaim their power and Self-confidence.

Trauma has healed when the individual experiences that,

IT IS SAFE, IT'S HAPPENED AND IT'S OVER, I CAN FORGIVE (SELF / OTHER)

Research and Discussion

Other Approaches that complement EFT Trauma work -- LiberatingTouch®, TRE, EMDR, TAT, PTT, Matrix Re-imprinting, HMR...

Working with Health Projects, Chronic and Critical Labels

"Treating humans without concept of energy is treating dead matter." – Albert Szent-Gyorgyi^{ix}

"Future medicine will be based on controlled energy fields." – Professor William Tiller

"The energy field starts it all." – Professor Harold Burr

"The idea of a microbe as a primary cause of disease is the greatest scientific silliness of the age."

–Pierre Antoine Bechamp

"Diseases are to be diagnosed and prevented via energy field assessment." – George Crile Sr.

There seem to be 4 control mechanisms to health

1. Nutrition and Nourishment
2. Energy and Environment
3. Beliefs (conflict and confusion) and the Internal Image Maker
4. Connection or Disconnection from Divine Wisdom and Source (God)

Having a serious label is a bit like the being on the Titanic and running into an iceberg, you have to slow down, stop and change direction, if not....

Areas to work with:

The body and mind have the capacity to heal almost anything at any time and we've known it for years. So why isn't the body-mind healing _____? How do we define healing?

Chronic labels often involve issues of guilt, shame, anger, resentment and lack of forgiveness with self, family, other health-care providers and God. Typically, we have several specific disempowering internal images that involve family, authority figures and caregivers.

In chronic illness, it is important to address secondary gain, for example, disability income, income from lawsuits, fears, or family dynamics. If someone is expecting a settlement for their 'pain and suffering', they will 'earn' every pound of it. There are always dynamics that evolve with the illness that reward and reinforce illness behaviours.

Trauma, Belief Systems and Disease

Memories are only memories to the conscious mind. To the unconscious mind they are ‘current events’. Unresolved trauma memories can deplete us of vital healing energy. What are your specific ‘current events’, that keep the body from healing and how do you address them? Depression related thoughts like, “*Why is this happening to me?*” is a contributor to slow recovery.

Major belief categories that can prevent healing are:

Student Facilitators are required to complete and work through this section

- I am bad
- I am broken
- I am unlovable
- I deserve to be punished (self-punishment)
- People are untrustworthy /People will let me down/People will hurt me
- Always be on guard/The world is a dangerous place
- God is out to get me
- The world is cruel and unloving, God can’t love me
- I’ll never get well
- This type of injury doesn’t ever heal

What specific pictures do you have that resonate with these beliefs? What is the earliest memory that is resonant with the same belief... what images come up? What emotions are attached to the picture? What thoughts or beliefs about others, the world and yourself are attached to the image?

Many people describe their health challenge as if “they are under attack”. A good question is *what else threatens you?*

Hints for Meditative Inquiry and Unconditional Listening:

- Belief formula: I have to _____ to be (or to get) _____.
Example I have to be perfect to be loved. I have to not need anything or anyone to be safe.
- **What is my mental picture of myself in the world?** For example, A castle with walls/a scarecrow in a field...etc.
- What images appear in my dreams?
- Issues and beliefs to address with chronic illness:
If this _____ were to go away today, tomorrow I would _____.

This _____ stops me from doing _____.

- **What is the specific picture of their illness? What emotions, thoughts and beliefs go with the picture?**
 What is the earliest memory that resonates with the same emotion? What are the emotions, thoughts and beliefs with that picture?
- **Discover the limiting internal laws (vows), and then create sequences to use daily until the limiting internal conversation has no power.**
- How does this illness colour my perception and belief about others, God, the world, and me? What are my perceptions and beliefs that block joy?

Other Important Factors to consider:

- Nutrition
- Water
- The Consumption of Sugar
- Cleansing and Fasting
- Supplements
- Environment
- Herbs and Other Natural Remedies
- Rest and More Rest
- Physical Exercise

A Few Resources

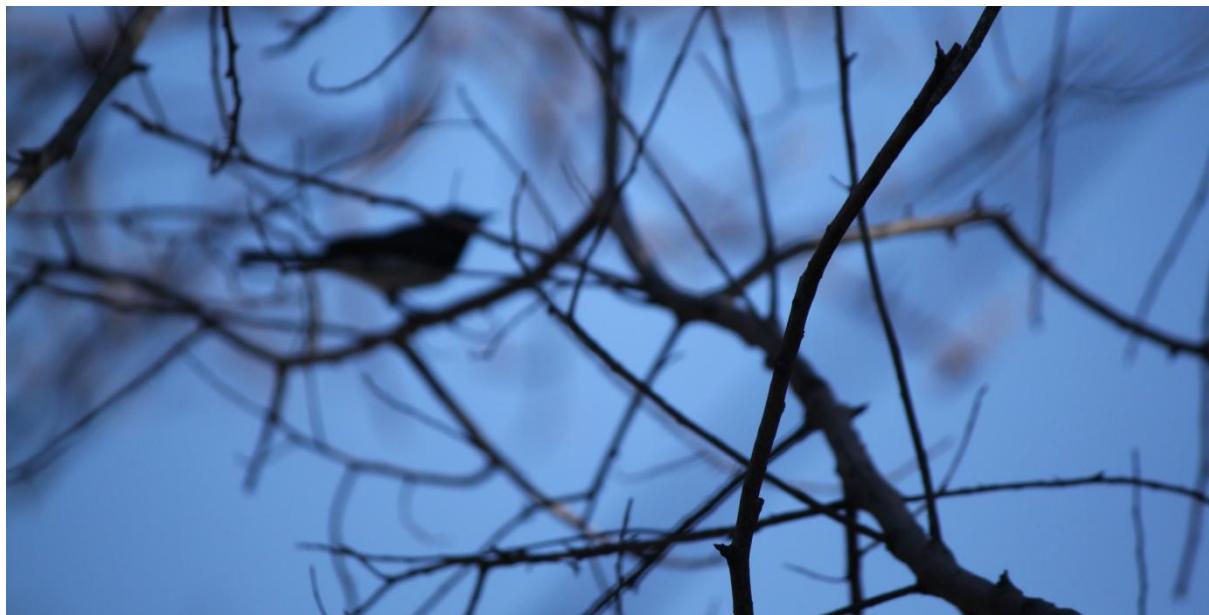
- WDDTY (What Doctors Don't Tell You)
- Philip Day and the Campaign for Truth in Medicine, Credence Publications
- British Medical Journal
- Cancer Active
- Curezone.com
- German New Medicine
- www.emotionalhealthcentre.com

Discussion and Research

Psychological disorders

Mental Health Issues

Value of studying Psychotherapeutic approaches



Working with Mental and Emotional Stress, Chronic Anxiety or Depression

Warning! Please do not treat severe psychotic clients unless trained in mental health disorders. If in doubt – please refer to a suitably qualified professional. The information included with this manual is intended to aid you as a complementary health practitioner and not a clinical practitioner, to understand the nature and classification of Psychiatric disorders please refer to the resources on your flash drive. The information you have is not intended to confer expertise in the field.

Diagnoses can only be made by a clinician (e.g. psychologist or psychiatrist) who specializes in these areas and who understands the symptom patterns and idiosyncrasies of each disorder.

We often use the protocols/principles for addictions when working with chronic anxiety or depression. It can be painstaking work and every word, incident and person that triggers an intense negative emotional charge needs to be retraced, faced, replaced and embraced.

You can start to use EFT with the symptoms and then slowly work your way to the core issues, the BS, the memories and finally to what they really really want in life, from themselves, from the world.

It is important to create a Personal Peace Project with your client for example:

- A Self-Acceptance Project
- A Self-Forgiveness Project
- A Self-Love Project
- A Gratitude Project

Healing Addictions

Research and Discussion

What are Addictions? Types of Addictions

Emotional Factors, How Addiction Works?

Compulsions and Cravings

Addiction as a Friend

Coping Strategies

Support from Family and Friends?

The Therapist Threat

When working with addiction projects you can incorporate any of the following:

- Start with global issues first
- Suggest continuous tapping and self help
- Frame Choices
- Create a support structure
- Bring 'God' into the equation and uncover experiences of a Higher Power, Grace and Beauty
- Embrace all the 'feeling alone' aspects
- Play with refusal
- Guilt and secrecy are strong drivers
- Fear of change, the impact of change
- The Resistance (PR) Trinity (Safety, Deserving, Worthiness) and related belief systems
- Ho'oponopono – *I am sorry, Forgive me, I love you, Thank you*
- Fear of upsetting the status quo in relationships
- Feeling unfulfilled, insecure, inadequate
- Fear of judgement, shame, paranoia, the SECRET life

- Fear of losing the “enjoyment of life”
- Fear of increased expectation
- Unravel the belief, “I am a fraud”
- Unfulfilled desires, “*Even though I need, want desire this, I love and forgive myself.*”
- Secrets, vows, decisions and resistance to change
- “*Even though I have this secret fear of....*”
- “*Even though I have been blaming myself, hating myself for...*”
- I choose to feel light
- Allowing Time/Patience, “*Even though I am impatient and I want to feel free now, I enjoy watching the seasons change and witness my healing with joy and peace.*”
- Embarrassment
- Self-loathing
- Depression
- Sadness and Loss of innocence

Remember to Work with Perfectionism as it is a strong driver in Compulsive Behaviour

There is a direct correlation between addictions and perfectionism. Below is summarised list of emotions that are directly related to perfectionism:

- Fear of rejection
- Fear of failure
- Fear of success
- Fear of making mistakes
- Fear of criticism
- Self-depreciation
- Self-dislike
- Low self-esteem
- Feeling miserable
- Feeling overwhelmed
- Loss of control

Helpful Questions

- When did you have your first...?
- Can you live without it?
- Do you want to live without it?
- What can you replace it with?
- What do you want?
- Will your life be worth living without it?
- What does your addiction give you?

- Can you get this feeling from anything else?
- What would be your biggest problem?
- What do you regret?
- What are you guilty of?
- What are you ashamed of?

Common Emotional Themes in Addictions

- *Deprivation*: “Even though I feel deeply deprived...and I’m insatiable...”
- *Abandonment*: “Even though I feel hurt about being abandoned...”
- *Loss*: “Even though I feel indescribable losses inside...”
- *Loneliness/Emptiness*: “Even though I feel completely empty inside...”
- *Anxiety*: “Even though I can’t stop feeling anxious/can’t control my anxiety...”
- *Guilt*: “Even though I suffer from too much guilt...”
- *Fear*: “Even though I’m profoundly afraid...”
- *Anger*: “Even though I can’t stop feeling angry...”

Stages of working with addictions

1. First articulate and meet all resistance to change
2. Find coping strategies for the craving
3. Uncover the mental-emotional pain, stressors, that are being anaesthetised by addictions
4. Create Personal Peace Projects and reclaim power with Humour, Acceptance, and Forgiveness



Weighty Projects

We get a fair amount of clients that are depressed because they feel fat, ugly or unhappy with their bodies. With EFT focus on understanding why a person's thinking holds on to "stuff" that shows up as the weight they want to be free of. (Similar issues also show up with poverty consciousness projects).

Below is a list of the common issues encountered with Weight (Wait) Projects:

It is important to remember that all body projects or weight projects did not appear overnight. It was a gradual process and the body appreciates our respect and support while it finds graceful balance and harmony.

- Protection. Our body hangs onto weight when it thinks we need protection from something or someone. It might store fat to keep us safe from threats or intimidation.
- Habit. Sometimes we just have a habit of feeling we are fat and our body just settles into this image.
- Ancestral Starvation memories. This can show up as feelings of uneasiness when the fridge or larder is empty.
- Comfort. Sometimes our bodies need the comfort, the extra padding brings.
- Hiding. For some this is a great place to hide, behind a wall of fat.
- Organ trauma. We store trauma in our organs and extra cushioning sometimes make them feel safer.
- FEAR. Afraid of what will happen if you are slim? The consequences, unwanted attention ...disastrous consequences, death... Fear of what others may say or think.
- Cellular memory. Memories of hunger in the cells that have been caused by dieting experiences or trauma. The body requires reassurance that there is no actual danger or famine.
- Childhood deprivation. (Love, food, nurturing...) This can be the root of many weight issues.
- Food allergies. We seem to crave the very thing that is fattening.
- Storing fear, guilt, shame, anger, anxiety, resentment, sadness, hurt, betrayal, unhappiness and other feelings of conflict that feel painful as weighty accumulation.
- Some carry the weight to feel grounded, to be grounded in the physical.
- Need to be 'Cuddly', 'Loveable' (Be Mother).

- Belief systems about “fat” people (for e.g. ugly, greedy) or belief systems about thin people (for e.g. wiry, strict, unloving).
- Denial. This is incredibly common. Facing and owning the body and mind’s present condition can be very painful and stressful.
- Taking on other people’s burdens and not letting go. This can pile up as accumulation. This tends to happen because of guilt about loving oneself
- Unable to express one’s truth. Accumulation shows up as all the unexpressed, repressed (suppressed) emotion.
- Hormonal imbalance and issues around sexuality.
- Thinking. Predominant “Fat/Heavy” identifying thoughts.
- Confusion. Want to be touched and do not want to be touched.
- Unhealthy dietary choices.
- Resistance to movement. Struggling with any physical activity and exercise, inertia.
- Body hate and fear of not being in control, not wanting to be in the body, at war with the body.
- Arguing with reality. Conflict can keep unwanted accumulation stuck, “what you resist persists”
- Lack of Self-Love and lack of body appreciation.
- Power projects. Being pushed around, elbowed, and so developing padding.
- Impatience, unwilling to “WAIT”.
-



Surrogate Tapping

There are many ways to surrogate tap, the 3 steps below can be used in a variety of ways, to help inner child, to work with a critical labels, to work with a physical project, to help a loved one, to work with a behaviour challenge, to clear deep seated blocks etc.

3 Simple Effective Steps for Surrogate EFT

Some of the most common questions we get on a regular basis are on Surrogate Tapping, like, *how can I surrogate tap? What is the best way to surrogate tap? Do I use the first person when tapping? Do I imagine tapping on my child? How can I tap for (name) while they are in hospital? Do I imagine that I am the person I want to help when tapping? How can I surrogate tap for my client?* And so on. Below you will find an outline of the Surrogate EFT process that we find most effective which can be used for so much more than Surrogate EFT.

Once you get the hang of this 3 step process you can be more creative, and it can be fun. The more you do this the more insights you will get about the person you are helping and your inner intuitive wisdom will love being heard. A question that does crop up with surrogate work is, “*Don’t I need to ask the person for their permission before surrogate tapping?*”, I respond, “*Do you ask someone before you praise them or blame them, is it OK for you to send someone your best wishes, your loving thoughts?*” the response to this question is the answer, it indicates what you need to do. I do not ask for permission to surrogate tap, but you may need to. I trust completely that what is in the best interest of the person happens anyway, I just get to be part of the journey. For this I am truly GRATEFUL.

Here are the 3 steps:

Step 1: Tap on your own issues and feelings regarding the situation/person/child

This is to clear any resistance or disruptions in your own energy system to surrogate tapping, to the situation, to the person. I have noticed that the most effective surrogate tapping happens when we have cleared our emotional disruptions around the issue. Once we are in a place of peace and calm about the person/ issue we can respond with clarity and deep intuition. Our negative emotions, or the emotions of wanting to make things right, to be in control,

anxiety about the issue, are like a fog that prevents us from accessing the light of intuition and understanding. While doing this, as you tune into your own feelings notice if those feelings remind you of any specific event, or distressing memory. You can resolve these effectively using the movie technique. This will ensure that you can be objective when surrogate tapping.

Here are some examples of Tapping Setup statements you can begin with (the bold text would be the reminder tapping phrases):

*Even though seeing _____ in pain **is really hard for me, I feel helpless, powerless**; I deeply and completely love and accept myself*

*Even though he/she is upset, they are suffering and there is **little I can do**, how can this tapping work, and it makes **me feel** _____, I deeply and completely love and accept myself*

*Even though I feel **so upset/ sad/ angry/ worried/ scared/ anxious** about _____, I deeply and completely love and accept myself*

*Even though he/she has this **annoying habit/ they snore/ dribble/ repeat themselves.....and it distresses me**, I feel so **uncomfortable** with it; I deeply and completely love and accept myself*

You can move onto the next step once you feel at peace with yourself in relation to the situation / person, child. It is very hard to help someone if you are feeling anxious, as Eddie says, it is very hard to help a drowning person if you are drowning as well, and so first get out of the water and then you are in a great position to help someone else. And sometimes, clearing your own emotions can be sufficient to empower someone else, or to perceive the change in someone else.

Step 2: Tap on the person's/child's issues and feelings and anything else your intuition brings to your awareness

Once you feel clear, you can then tune into the person, issue you would like to help. Tune in to all the things they have said, and your observations. Tune into to your body and notice if you are experiencing any unusual symptoms, you may be empathising and tuning into their underlying emotional drivers. You may be receiving information from Source (the higher consciousness) that is common to you both. You may even see an image of a specific event or distressing memory that is connected to the person you are tapping for. If this

happens then you can use the movie technique to resolve this. It is important to stay open in this step and just let it flow, after all, the other person need never know about your tapping statements.

Here are some examples of Tapping Setup statements (the bold text would be the reminder tapping phrases):

*Even though _____ is **feeling lost/angry/sad/ fearful/ in pain**, I deeply and completely love and accept him/her/them*

*Even though he/she has (describe all **their symptoms** in as much factual detail as possible, this you would have got from observing them and listening to them), I deeply and completely love and accept him/her/them*

*Even though he/she is **upset/ sad/ angry/ worried/ scared/ anxious** about (whatever your intuition is showing you, you may get a **movie title** related to a distressing memory) I deeply and completely love and accept him/her/them*

*Even though **he/she is feeling** (once again let your intuition guide you, there is no right and wrong, it is like stepping into someone else's shoes and noticing what it feels like, is it too tight, too hard, lopsided...) I deeply and completely love and accept him/her/them*

Move onto the next step once you feel relaxed and ready to hand this situation over to a higher power. You will notice that the twinges that you were experiencing in your own body will have abated or dissolved. You will notice a deep sense of peaceful compassion begin to fill you and also when you hold the person in your mind's eye you may see them differently now. If your perception of them is now positive and empowering then the next step is a natural progression.

Step 3: Gratitude Tap while visualising that the person is supported, nurtured and taken care of by the universal forces of Love, Peace and Truth

In many spiritual traditions, gratitude is considered the highest vibration and is often the resonance that accompanies spontaneous healing and/or Self-realisation. So it feels natural that the third step of this process would be Gratitude Tapping. Also this automatically allows us to access the unlimited potential of trust and love. By combining Gratitude Tapping with visualisation we surrender (let go) of any personal agenda to an impersonal loving force to take over. By abdicating our personal will we have effectively opened the door

to the many ways healing can manifest. I find this step liberating, not just because it reminds me that I am not in charge, but because it reminds me that magic is afoot and love, truth and bliss is my true reality.

Here are some examples of Tapping Setup statements (the bold text would be the reminder tapping phrases):

Even though he/she/they have been scarred / scared...I can see them surrounded by love and light, I am sorry, forgive me, thank you, I love you, I am grateful to the energy of love and peace that fills him/her/them.

Even though they are feeling _____, Thank You God/ Universe/ Love/ Peace for supporting and nurturing them

Even though that _____happened to them, I can see them surrounded by love and light, I am grateful to the energy of love and peace that fills us all.

Even though he/she/they have been scarred / scared...I can see them surrounded by love and light, I am grateful to the energy of love and peace that fills him/her/them.

By the end of this you may experience feeling uplifted. Be prepared for some interesting results

A Case Study of the Process

In the October 2009 EFT Support Group we did an experiment using this 3 step process with 2 people.

One of the participants X had come to the group with a headache and cold symptoms, bunged up sinuses and aching shoulders. We asked her if she would be willing to participate in an experiment. Before we began we asked X to describe how she felt, everyone in the group paid attention as she described her symptoms. X was then asked to leave the room to sit in the lounge, not to tap or to do anything to make herself feel better, while we did some surrogate EFT...

We first tapped **on our own issues and feelings regarding the person**. Each one of us had something unique to us as individuals to bring to this step, some of the issues that came up were: Helplessness, Powerlessness, Dislike of illness, wanting to feel in control, annoyance, sadness, fear, anxiety, this cannot work, doubts, we even noticed specific memories connected to these feelings surface

and we efficiently tapped through these with the movie technique. We noticed that as a group our breathing deepened and we all felt more relaxed and peaceful.

Next we tapped **on the person's issues and feelings and anything else our intuition brought into our awareness**. At first we tapped on all the symptoms X had mentioned, but as we tuned in many in the group started experiencing sensations in different parts of their body. So we tapped on all those too, using Chasing the Pain Technique. As we did this we also had images of X move through emotions of fear and anger. When we all saw her in our mind's eye releasing and relaxing, we moved on to the 3rd step.

In this step we all had a lot of fun, **Gratitude Tapping and visualising her supported, loved, free and enjoying herself** was uplifting. We then asked her to come and join us. The entire process took us 20 minutes (it took me much much longer to write about it). Her headache had gone completely. Her shoulders had relaxed considerably; she was still bunched up a little. We then asked her about the other symptoms we (those of us that had been surrogate tapping) had experienced in Step 2 of the process and the emotions we had tuned into and if they meant anything to her (X). She was astonished as everything that we had experienced was exactly what she had felt earlier and those feelings had now dissipated. Was it just good guessing? Intuition? Coincidence? EFT?

We decided to try another short experiment. This time with Y who was feeling panicked about an upcoming event in her life. Having asked her questions about how she was feeling and where she felt this in her body and what her intensity was we asked her to leave the room.

Once again we went through the 3 steps: **Tapping on our own issues and feelings regarding Y and the situation. Then we tapped on the person's (Y's) issues and feelings and anything else our intuition brought to our awareness**. This was amazing because now we were getting very clear images, we all noticed an uncomfortable sensation in our stomachs and had the experience of a child's pain (in actual fact 2 people in the group had a very clear specific image of the person as a distressed child having to be responsible – I really am not at liberty to share more than this) we all tapped on this specific image after giving it a title and then tapped on other twinges, emotions, and sensations especially of cold that was showing up. It was extraordinary. Once all the images had subsided we

went on to **Gratitude Tap** while visualising that the person is supported, nurtured and taken care of by the universal forces of Love, Peace and Truth. This was also very interesting as we all saw her clearly held in the arms of peace (I think spooky and weird were the words we were using to describe this experience). The entire process took us less than 15 minutes, (we had a time limit, think of what we could have done if we spent more time on this, would it have made a difference?).

When we called Y in she looked incredibly relaxed, I have to say I was surprised as I did not expect such a noticeable change. We asked her if she did any tapping while waiting outside, she assured us that she did nothing. Her panic was not gone but was considerably reduced. When questioned about the child's pain, the image of the distressed child having to be responsible, she shared that it resonated with her. And then without us prompting her she said (I am paraphrasing with her permission), *"It feels like the lonely feeling in my stomach is abating, it was very dark, black, cold and solid before but now it is grey and not so overwhelming."* She then said that she felt held in an embrace of Peace!!! Was it just good guessing? Intuition? Coincidence? EFT?

Using these 3 Effective Steps for Clients that Challenge you

This process is also a great for practitioners that have encountered, “difficult or challenging” clients. It is a great way to heal the doubts that can creep in when you feel you have not been as effective as you would have liked to be. Or that the client has not responded well to any of your approaches, or that in the middle of a session things took an unwanted unexpected turn.

Step 1: Tap on your own issues and feelings regarding the situation/person/child

Once again as you tune in to these emotions notice any related specific events or memories that come to your consciousness/ awareness for you to heal with EFT now. For example:

Even though it was a really difficult session, and I do not know if I helped them and I feel _____ it reminds me of _____, I deeply and completely love and accept myself

Even though he/she was really difficult for me to work with and I struggled, I do not know what they think about me; I deeply and completely love and accept myself

Even though it was my worst nightmare and I feel like an absolute failure, I deeply and completely love and accept myself

Step 2: Tap on the person's/child's issues and feelings and anything else your intuition brings to your awareness

For example:

Even though the client was _____, I deeply and completely love and accept him/her/them

*Even though he/she had so many issues and problems, I could feel their _____
I deeply and completely love and accept him/her/them*

Even though they were not responsive, that is what I think; I deeply and completely love and accept him/her/them

Step 3: Gratitude Tap while visualising that the person is supported, nurtured and taken care of by the universal forces of Love, Peace and Truth

For example:

Even though this is what happened, Thank you God/ Universe/ Love/ Peace for this learning opportunity

Even though I was shaken by the experience, Thank you God/ Universe/ Love/ Peace for taking care of this person, I trust _____ is being supported and nurtured for their highest good

Even though he/she/they have been scarred / scared...I can see them surrounded by love and light, I am sorry, forgive me, thank you, I love you, I am grateful to the energy of love and peace that fills us.



To summarise, here are the 3 Steps for Surrogate EFT:

Step 1: Tap on your own issues and feelings regarding the situation/person/child

Even though I feel.... about this I Love and Accept Myself

Step 2: Tap on the person's/child's issues and feelings and anything else your intuition brings to your awareness

Even though he/she feels.... about this I Love and Accept Them

Step 3: Gratitude Tap while visualising that the person is supported, nurtured and taken care of by the universal forces of Love, Peace and Truth

Even though this.... Thank you God/ Universe/ Love/ Peace for....

It's Not Linear

Research and Discussion

Evolution and origins of problems

Parts, Metaphors, Archetypes

Paradoxes

Dreams, Random Connections

Puns, Humour

Making work play...

Stories, Imagery

Cause and Effect (Karma), Desires and Memory (Samskara), Tendencies (Vasanas)

Being Specific, Being Global, Being Global and Specific

Calibrating and Paying Attention to the Mind-Body Connection

Testing

Paying Attention to Metaphors

Clients sprinkle metaphors liberally throughout their sessions so listen out for them and introduce them in the Setup phrases. Here are some examples:



- *I feel like I am drowning*
- *It's a prickly sensation*
- *I am carrying the weight of the world*
- *He's running away from the truth*
- *We're heading in different directions*
- *I need my space*
- *She gets under my skin*
- *Let's not get in too deep*
- *He's a pig*
- *My leg feels frozen, icy, numb*
- *How do I get out of this mess?*

It is easy to take these metaphors for granted, to make assumptions about them or miss the opportunity they present. David Grove created a way of exploring the client's own metaphors with

what he termed **Clean Language**.

For example, if a client says "*I keep hitting a brick wall*", you could ask "*What sort of a brick wall is that brick wall?*"

The above question contains a clean invitation to explore what the "brick wall" is like for the client. There are no expectations about its size, look, feel, texture etc.....Accordingly, your set-up statements will utilise your client's language.

- *"That's like what?"*
- *"And then what happens?"*
- *"What's happening now?"*
- *"What happens just before that?"*

Are clean language questions.

When a Metaphor shows up, it is the perfect opportunity to unpack the presenting issue. It is important to investigate these metaphors without projecting what you believe they represent. Assumptions and leading statements can lead to unsatisfactory, unsafe and unclear sessions.

Visualisations

“Imagination is more important than knowledge.” – Albert Einstein

Images and thoughts are vital, living things, little bundles of energy, if you will. Most people do not give any thought to the nature of their thoughts and yet the quality of your thinking determines the quality of your life.

Creating visualisations is the process of using our thoughts to consciously imagine, create, heal and attract that which you intend to experience in your life. Mastering creative visualisation grants control over our thoughts at the subconscious level. There are several ways to programme the subconscious mind; visualisation is one of the most well-known and ancient technique. Using visualisation alongside EFT is very powerful.

Here are four basic steps to creating visualisations for manifestation:

1. Relax, become aware of your breath and be open to inspired joyous active dreaming
2. Feel the dream and imagine yourself immersed in the power of it, make it “real”
3. Detach from resistance, disbelief, conflict, confusion and clinginess
4. Trust, surrender and persevere in staying open to the dream, EFT this feeling in, let it delight you daily, tap into it daily.

The LiberatingTouch Liquid Light Relaxation Script

First sit down on the ground or in a chair, or in any position that allows you to feel comfortable. Place your right hand above the left hand in a cupped position, palms facing upwards, with your hands resting on your lap. This classic hand pose is called the ‘Dhyana mudra’. Alternatively, you can place your fingers in the centre of your palm, or you can choose any hand posture or mudra of your choice.

Now, close your eyes and focus on your breath. Breathe in and breathe out. Visualise your body as hollow. Imagine that liquid white light is entering the soles of your feet. As the level of the liquid light rises up from the soles of your feet to your ankles, both your feet are now filled with light, and all the muscles in your feet are completely relaxed.

Visualise the liquid white light rising up from your ankles into your calves, so that both your calves are now filled with light, and all the muscles in your calves are completely relaxed.

Visualise the light now entering your knees and thighs, so that both your knees and thighs are now filled with light and all the muscles in your knees and thighs are completely relaxed.

Visualise the light now entering your bottom, groin and waist; so that your bottom, groin and waist are now filled with light, and all the muscles in your bottom, groin and waist are completely relaxed.

Visualise the light now entering your belly, so that your belly is now filled with light, and all the muscles in your belly are completely relaxed.

Visualise the light now entering the whole of your back, so that the whole of your back is now filled with light, and all the muscles in your back are completely relaxed.

Visualise the light now entering your chest, so that your chest is now filled with light, and all the muscles in your chest are completely relaxed.

Visualise the light now entering both your shoulders, so that both your shoulders are now filled with light and all the muscles in your shoulders are completely relaxed.

Visualise the light now entering your arms, so that both your arms are now filled with light and all the muscles in your arms are completely relaxed.

Visualise the light now entering both your hands, so that both your hands are now filled with light and all the muscles in your hands are completely relaxed.

Visualise the light now entering your neck and throat, so that your neck and throat are now filled with light and all the muscles in your neck and throat are completely relaxed.

Visualise the light now entering your jaws, cheeks and mouth; so that your jaws, cheeks and mouth are now filled with light, and all the muscles in your jaws, cheeks and mouth are completely relaxed.

Visualise the light now entering your eyes, forehead, and scalp, so that your eyes, forehead, and scalp are now filled with light.

Your whole body is filled with light, and your body is completely relaxed. As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being.

When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Higher-Self.....

The Liberating Touch Tree Integration Meditation Script

This Sequence follows the Liquid Light Relaxation... *As you become more and more relaxed, find yourself going deeper and deeper within yourself. Floating very gently, just like a feather, to the very centre or core of your being. When you reach the very centre of your being, imagine a vast space around you, and in this vast space, you will find the Tree, which is the symbol of the Higher-Self. The Tree has many different coloured ribbons flowing down from the branches to the ground. Pick any one of the coloured ribbons that catches your eye, reach out, take it in your hands and give it a gentle tug. When you tug on the ribbon, feel the resistance coming from the branch of the Tree where it is attached. When you feel this resistance, know that you are connected to the Higher-Self.*

Visualise yourself going up to the Tree and stand or sit with your back against its trunk, knowing it will support you. Identify with the Tree. Visualise your energy field and the energy field of the Tree, merging together to becoming one. Feel yourself become one with the Tree. Imagine that you are sending your roots down, deep into Mother Earth, like the Tree does, to bring up the nourishment you need from the Cosmic Mother. Inhale whatever you need, such as love, affection, acceptance, compassion and acknowledgement or anything else you think you lack, and breathe out any negative emotions which you are willing to release. Now continue breathing in all the energies and breathing out whatever you are ready to release. Focus on your breath and keep breathing in all the nourishing energies and breathing out whatever you are ready to release.

Reach up as the Tree does with its branches and leaves towards the sun, the Cosmic Father, and breathe in whatever is being given to you from that source of nourishment. Exhale anything that could prevent you from receiving it. You may want to specify what you wish to be given, such as courage, validation, acceptance, affection, protection and support or anything else that comes to your mind. As you breathe out, let go of any negative emotions that you are willing to release. Now keep breathing in all the energies and breathing out whatever you are inspired to release. Focus on your breath and continue breathing in all the positive energies and breathing out whatever you are ready to release.

Now inhale from both sources, and with each breath feel the two streams of nourishment flow throughout your body, bringing about the balance you need between the Yin and Yang forces of the earth and sun. Stay connected in this way, breathing in whatever you are being given. This unification with the Tree, energises, revitalises and heals you.

(Pause for a while, you can use this pause to introduce deeper integrative visualisation)

Understanding Shadows

Embracing and Learning from the Paradox

Shadows can be the things we see in others that we don't like. They are reflections of our disenfranchised selves. Shadow work is about facing what we most fear. The only thing that stops us from being our whole authentic selves is fear. Carl Jung said, "I'd rather be whole than good." He also talked about "the gold in the shadow". In *LiberatingTouch*® we discover that our shadows hide gifts. What we label as negative, once brought into the light, can release tremendous beneficial power. Acknowledging your light, your beauty, and your strengths may be the greatest personal development experience of your life. However, acknowledging your shadows may be the greatest step you take towards integrating unconditional love and wisdom in your life. This work can be uncomfortable.

"What you can't be with won't let you be." – Debbie Ford

When we consciously approach the shadow, we examine a very powerful aspect of our personality that is almost universally shunned and avoided. In this way we enter the realm of the paradox. This work is for the brave. It is when doing is being and being is doing, when the mind has to surrender to that which is greater than itself.

It was a revelation to understand that the purpose of the shadow is to serve us and our capacity to express ourselves. Once I got it, I also understood that the shadow fuels our sense of fun and humour. It is only a tragedy if we ignore it, or worse wish it away. – Ranjana

LiberatingTouch® is the systematic process of recognising our hidden "demonised" perceptions and illuminating them with Love and Truth, whereby every shadow is embraced and held in cosmic understanding. The depth of our acceptance or denial of the shadow reveals the depth of our harmony or dysfunction in society. The shadow is what we resist or avoid, wished it didn't exist, we perceive it as the dark, ugly side of life, we cannot escape it, we can pretend, make it invisible, wish it away, but the cost of doing this is much higher than we can imagine. Understanding how the shadow side of consciousness functions and by constantly inviting the shadow aspects into the light empowers us. This invitation to the shadow carries with it the promise of healing unification. There are two sides to every coin... heads and tails, just because we

don't see both sides at the same time, does not mean that it does not exist. Night time (darkness) is equally valuable to us as daytime (light), we need both for nourishment, activity, creativity and release.

“One does not become enlightened by imagining figures of light but by making the darkness conscious.” – Carl Jung

Common Shadows:

Jealousy	Perfectionism	Needy
Greed	Laziness	Unreliable
Shame – I am bad	Stubbornness	Irresponsible
Guilt – I am to blame	Resistance	Unreasonable
Embarrassment	Possessiveness	Dishonest
Anger	Defensive	Aggressive

Shadows are not real, but they are the ego/personality tangles caused by desires and attachments. How do you understand or surrender something if you don't own it / acknowledge its existence? Anger (or rage) if repressed can become a shadow where blame is the focus. Anger that is no longer a shadow can be a disciplining assertion.

A quick way to reveal a shadow

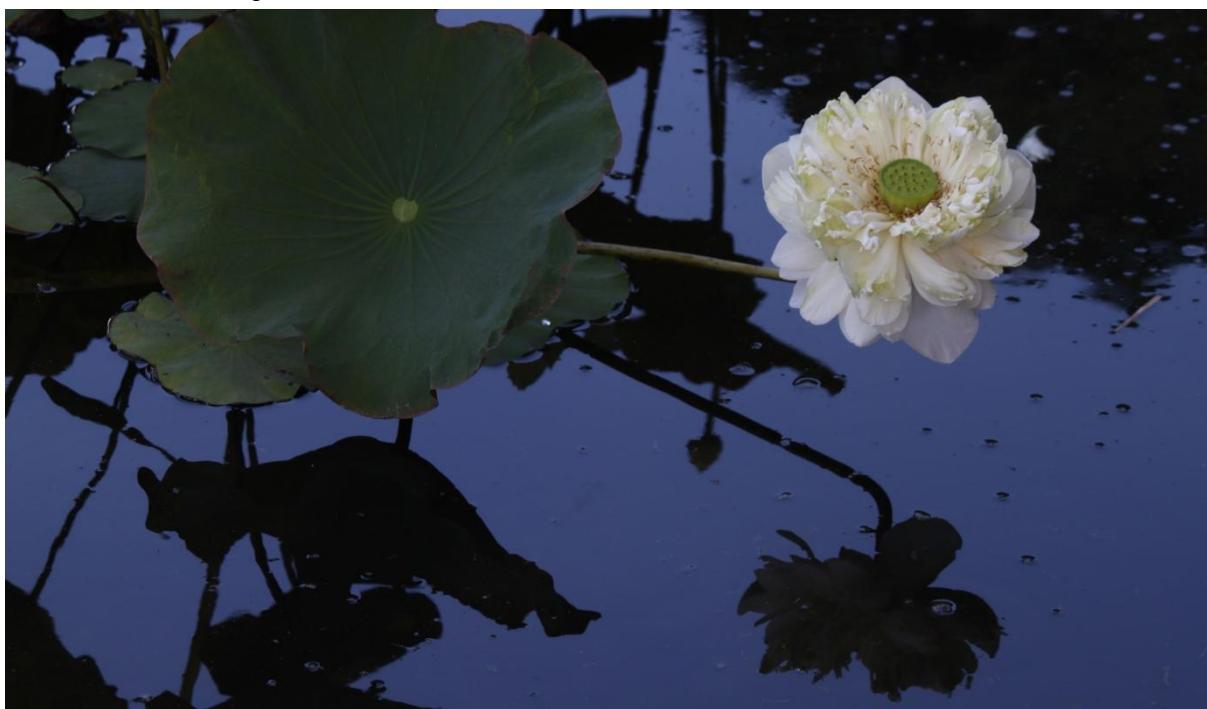
Think about a quality or a behaviour that you like, admire or respect in someone else then find this quality in yourself. This will help you understand why you resonate with this quality. Now think about a quality or a behaviour that you dislike, despise or are repelled by in someone else then find how this quality shows up in you. You have just brought one of your shadows into the light. Now with EFT you can uncover its gift and integrate it.

When working with our shadows it is a good to maintain a gentle loving humorous approach. Play with the paradox, be a little provocative (really??), use exaggeration and irony, and sneak up on the dark side. This is like using psychological aikido. Imagine being cheerful with all your faults. When working with conflict, especially conflict caused by negative self-definitions, it is good to be playful. Using humour and paradox can lead to self-reconciliation and wholeness. We are allowing the dark side permission to be; we give it space so

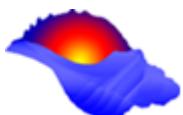
that we can understand our selves better. Constricting our shadows and squashing them into a confined space is exhausting and takes a lot of energy. It is like constantly trying to hold giant beach balls under water. This work creates rapport with disowned parts and shines the light of acceptance and joy in our entire being. It is work that is embracing, compassionate and heart opening. Most clients and students are never the same after this.

Here are the stages of working with “shadows”

- Invite the shadow to become visible, give it a form, Use EFT
- Witness and investigate the shadow with curiosity, with EFT
- Discover its purpose and gifts, Using EFT
- Integrate it with EFT



Mind shadows can show up in our relationship with food, body image, health, career, identity beliefs, friends, financial, and future issues and so on. From its invisible home deep within our psyche, the shadow wields enormous power over our life. It determines what we can and cannot do, what we will be irresistibly drawn toward, and what we will do almost anything to avoid. It dictates our attractions and our repulsions and determines what we will love and what we will judge and criticize. Our shadow controls how much success we're entitled to create or how much failure we're doomed to experience. The shadow is an oracle that predicts all of our behaviours, driving the way we treat those around us—and how we treat ourselves.



Possible EFT Roadblocks

Your client is nervous about the session

Simply ask “how do you feel about today’s session?” and tap from there.

Constant Talking/Storytelling

Be clear from the start, set some boundaries, boundaries, perhaps use a preframe, “*I may interrupt you sometimes during the session in order to keep us on track – is that OK?*”

Unexplained or sudden resistance to “Go There”...

Start investigating the physical sensations, keep your EFT global, and let your client take you there.

Emotional Hijack/Abreaction/ Intense emotions

Slow down. Use a keyword approach, continual tapping, get eye contact, make sure the body is upright.

Not following instructions/Easily distracted/Changes the subject constantly

At first follow their lead, build rapport, then gently keep bringing them back to the present moment, “*what are you experiencing right now*”. Ask if you can repeat what you have just heard. Pin one area down by rephrasing it, “*Did I get this right, is this what you said?*” Get your client to engage in one story.

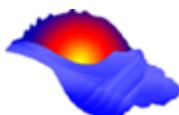
The Emotional Charge is not shifting

Get the client to move, drink water, try the gamut point, try collarbone breathing, try a pattern interrupt (distract them temporarily).

Ask the client to describe the emotion in greater detail, where is it stuck in the body, give it a form, and imagine externalising the emotion while tapping.

“They need to change, not me.”

This is a perfect opportunity for a reframe. But first a preframe, “*My understanding is you are here for you, to heal you and not to make them feel better, regardless of what happens in the outside world. You are taking responsibility for your own emotional health here...Isn’t that what you want? I am more interested in serving you now...*



Getting prepared for a restorative EFT Session

Pre-frame

Pre-framing is preparing the client for a positive experience and guiding them towards their outcome. This is done by suggestions that fit in with the client's pattern. Whilst explaining EFT to the client, you could include in the conversation statements such as, *"You may notice a change right away or it may be subtle"* or *"This tapping may seem a little odd if you have never come across it before, but let's see how it works for you....."*

Build Rapport

Listen, Observe, Intuit and Be Prepared for Anything

"With LiberatingTouch® we practice BEing the Witness, not the channel, or the doer. We are the witness, the observer of healing...we are always healing...we never stop healing, it is like growing...but every now and then it feels like the frost has got us." - Ranjana

There are infinite possibilities that can occur in an EFT session.

It is important to remember

Not everyone has a clear sense of their past, present or future

Not everyone can access memories, echoes or traumas

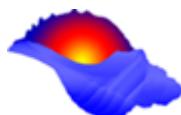
Not everyone is conscious of their feelings

Not everyone wants to be free or aware

Not everyone is ready for change

Not everyone is visual

Our job is to be respectful of wherever we are on this journey or wherever our client is on theirs.



What makes EFT Special and Incredibly Adaptive?

Eddie and I have been training students and practitioners in EFT since 2005. We have taught coaches, doctors, hypnotherapists, massage therapists, hair dressers, clinical psychologists, mothers, fathers, teachers, nurses, counsellors, gardeners, scientists, artists, company managers, and more. The one thing that stands out in our training is getting across how unique EFT is as a complementary therapy and as a personal development tool that has far reaching healing and harmonising possibilities. EFT is particularly unique because at its core is a set of concepts and processes that can be adapted for any field, regardless of the complexity of that field.

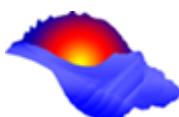
EFT paradoxically is founded in simplicity and ease of functionality all the while customisable to meet complex issues and challenging emotional, mental and physical projects. At its core is a basic recipe which contains four vital processes that can be adapted for almost all situations and challenges. These dynamic processes (principles) can bring about balance, cognitive shifts and healing with a degree of ease. The artistry of EFT lies in knowing how to combine the nuts and bolts of EFT for intuitive, effective and restorative sessions.

Below are the 4 processes (steps / core practices) that when combined demonstrate the exceptional nature of EFT and also why it can be so easily adapted. The EFT Artist and Instructor will know how to use each one of these steps individually, draw out the full potential of each process and combine them for maximum effect. Each one of these steps is taught in AAMET EFT Trainings. To learn more kindly contact an AAMET Trainer near you.

1. The EFT Inquiry Process

An important part of EFT Training at Level 1, 2 and 3 is about becoming a detective; being able to sniff out the core issue, to get to the bottom of one's hang-up, to tune in with some accuracy to what keeps us stuck. This skill does take time to develop but can be used in many areas of life.

For many this simple process of tuning-in is a revelation. Becoming aware of a "pain", noticing its texture, colour, related internal conversation, the pitch or smell of it, is enough to change the way one sees the world. Being able to break insurmountable challenges into bite-sized chunks makes everything possible. Being able to question the stories we hold onto means that we are no longer



controlled by them. This process of Inquiry allows you to take back your power and authority.

2. The EFT Articulation Process

This is all about expressing your “truth” -- repeatedly. Finally, you have permission to say it like it is; to spell it out and to say it more than once. But best of all you get to hear it.

It is a wonderful moment when clients and students are sharing what is really going on for them, to see them articulate their thoughts so that they can be heard (to hear it echoed back to them by their therapist) and then they begin to create healing (sometimes humorous) reframes. This allows many a client and student to feel like they have stepped out of the shadows into the light. This process allows you to be seen and heard (and you see and hear yourself). Articulating the internal dialogue takes you one step closer to emotional freedom.

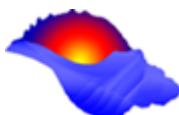
3. The EFT Engagement Process

The body is an incredibly complex and miraculous organism. It is affected by the genetic, environmental, mental and emotional choices and challenges that come our way. Its energetic make-up is intricate and vast. This energetic system impacts the mental, emotional and physical state of the individual. Acupuncturists, Kineaseologists and other Energy Medicine practitioners are aware that there are many pathways and possibilities of healing, that by engaging the body’s energy field through physical touch we can balance and heal.

EFT takes this very complex system and simplifies it so that the entire energy system is engaged thus bringing about transformative shifts in our entire being. There may be times when you are compelled to tap the EFT points silently, allowing the EFT engagement process to do the work. Once you understand the power of engaging the energy system of the body, you can at any time self-soothe, change your emotional state and take steps towards creating wellness in all senses of the word.

4. The EFT Testing Process

In EFT training everyone learns to test their results, acknowledge how far they have come in their healing journey and so pinpoint where they need to focus their attention next. This testing process provides clients and students with



positive feedback, encouragement and the knowing that all their effort is taking them towards resolution.

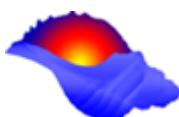
There is an English saying, “the proof of the pudding is in the eating”. In EFT everyone is encouraged to gauge, test or taste the benefits of their results. It’s not done (or over) until you have tested the results, until you know exactly where you are right now. This gives you a powerful internal mapping system and supports the development of self-confidence.

Just learning any one of these EFT processes (steps) is rewarding learning how to use all four of these is transformative. EFT adapts beautifully to every situation because it teaches the value of investigation, communication, touch and resolution.



ⁱ When you see Intuitive-Self or Higher-Self we are referring the wisest part of ourselves that has Infinite Loving Aware Intelligence. One could say that it is a reflection of the “God-Self” or “Constantly Aware and Knowing-Self”. EFT was born out Gary Craig’s spiritual quest to help himself and humanity, there is an unspoken understanding that EFT has a spiritual dimension to it, and to get the best results, connecting to our spirituality can add to the effectiveness and efficiency of the process.

ⁱⁱ The Religion of Man, p. 67



ⁱⁱⁱ This theory was developed by Neuroscientist Paul D. MacLean

^{iv} More information about Brent Baum at <http://www.healingdimensions.com/welcome.htm>

^v David Cheek, 1981

^{vi} Milton Erickson, 1948/1980

^{vii} From <http://www.questbooks.net/pdf/LivingasLight.pdf>

^{viii} Interesting note: Freud did bodywork to help breakthrough barriers

^{ix} Nobel Prize Laureate (1893-1986)

At the Emotional Health Centre we have a unique take on EFT Practitioner Training. We believe that developing expertise requires time, dedication, mentoring, study, experience, and support. We combine the AAMET Accredited Training with group and individual Mentoring, LiberatingTouch® Seminars, email and phone support to provide students with a depth of understanding, experiential knowledge but most importantly SELF confidence. At this stage we believe it is vital to share with practitioners how to develop skills and resources so that they can be open to whatever life throws at them. This degree of openness takes dedication, willingness and compassion. At the Emotional Health Centre we specialise in helping you find your authenticity, your gifts and talents, your true (reality) power and an undiluted (uncontaminated) sense of SELF. Having this will give you all that you need to be a skilled EFT Practitioner. Our trainings are customised to bring out the best in you.

