

Emotional Freedom Techniques

Introductory manual

Well-being skills for health, happiness and confidence

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EFT Practitioner, Trainer & Trainer of Trainers



VitalityLIVING

— College *Helping you to help yourself and others feel great*



■ They Are All Using EFT Now

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

Recently *The Daily Telegraph* revealed the technique was successfully used by Michael Ball, Stephen Gately, Lilly Allen and Rens Blom:

“Singer Michael Ball was seen doing it on a daytime TV chat show. He learnt it from the late singer, Stephen Gately, who used it to calm his own performance nerves. Lily Allen’s weight loss was attributed to its efficacy. American PGA players have been spotted doing it around the golf course. And Norwegian pole-vaulter Rens Blom credited his unexpected 2005 World Championship Gold to its powers. The internet reveals millions of anecdotal accounts of its success on phobias, addictions and anxiety.”

– *The Daily Telegraph*, Feb 15th 2010

EFT combines tapping on acupressure points while repeating specific phrases to clear negativity and move towards health, wellness and peak performance. EFT is also a powerful skill to add to your ‘tool box’ if you are already in the caring profession, for example doctors, nurses, counsellors, coaches, trainers, nutritionists as well as alternate practitioners. It is also used by professionals, home-makers, children and adults alike to feel happier, healthier and more confident. I wonder how feeling happier, healthier and more confident will help you? How will your life improve as a result?

■ Addressing the Cause

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

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

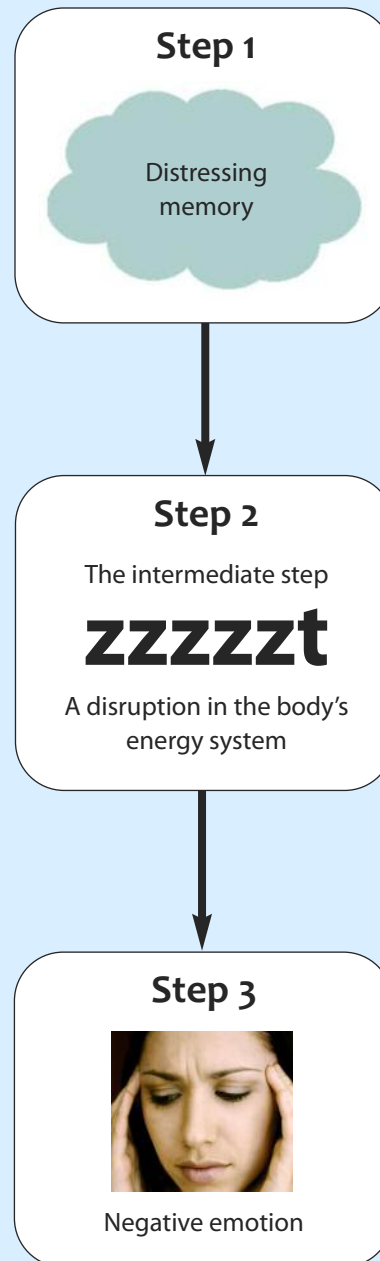
It is rapid, long-lasting and gentle. No drugs or equipment are involved. It can be self-applied as well as applied by a professionally-trained practitioner. We have already trained almost 1,000 people around the world to use the technique as a self-help tool or to become a practitioner to work with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

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

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

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

How a negative emotion is caused



Identify and measure the problem then start tapping

■ The Emotional Freedom Tapping Technique

EFT instructions for self-application

1. Identify the problem

a) Identify what the problem is and how does it make you feel. For example:

- "I am really stressed because I have too much work and it makes me feel anxious."
- "I feel like a failure because my mother is always criticising me."
- "I am too scared to ask for business as I will be rejected."
- "I am too scared to go out on a date as I feel unattractive."

b) Identify what is causing the problem and what specifically happened. For example

- "I am really stressed because I had an argument with my partner (about...) and I am really upset now."
- "I am scared of going on a date because I have been rejected by men all my life and the first time was when I was 7 years old and (describe what happened)."
- "When I was at school my teacher humiliated me in front of the class."

c) Identify if the stress is causing any pain or tension in the body. For example

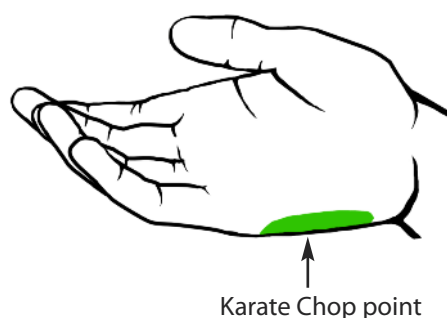
- "I am really stressed and it is causing me to have a throbbing headache." (describe the kind of head-ache)
- "I hate selling and it gives me a stomach ache whenever I have to go and speak to a prospective client."
- "I do not like putting myself forward as it gives me a headache as I get so stressed about it."

2. Measure the problem from 10 to 10. Measuring or scaling the problem involves working out how intense the issue is, where 10 is very high intensity or high level emotion and 1 is low intensity or low level emotion (for example where 10 is completely stressed and 1 is not stressed at all). Write down the number based on how strong the issue is emotionally.

3. Start with tapping on the side of the hand. Tap with the fingers of one hand on the karate chop of the other hand (side of the hand below the little finger) and say the following three times with feeling:

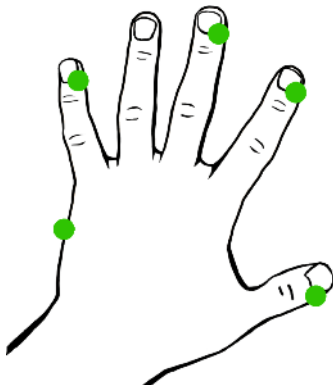
"Even though I ...(name problem), I deeply and completely accept myself."

For example "Even though I am really stressed because I have too much work and it makes me feel anxious and it's a 10/10, I deeply and completely accept myself."



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

- 4. Tap each point 7 times as you say a phrase from the problem.** Repeat the phrase out loud while tapping on the points shown below. For example, phrases could be 'anxious', 'stressed', 'course work' and 'anxious in my chest'.



Eyebrow – at the beginning of the eyebrow just above the nose

Side of eye – on the bone bordering the outside corner of the eye

Under eye – on the bone just under the eye

Under nose – between the bottom of the nose and the upper lip

Chin – midway between the point of the chin and the middle of the lower lip

Collarbone – at the junction where the breastbone, collarbone and first rib meet

Under arm – under the arm about 10cm from the armpit

Thumb – on the outside of the thumb, level with the base of the nail

Index finger – on the side of the index finger closest to the thumb, level with the base of the nail (miss this point out if pregnant)

Middle finger – in the same place on the middle finger

Little finger – in the same place on the little or baby finger

Karate chop (side of the hand) – on the edge of the hand

- 5. Final clearing.** On the Karate Chop say the starting set-up phrase again (name the original problem again)

“Even though I ... (name problem), I deeply and completely accept myself.”

- 6. Relax.** Take a gentle breath in and out and take a sip of water. It is very important to drink water to flush out any toxins that get released. 70% of our bodies is composed of water – drinking water is vital to our health and vitality.

- 7. Testing the results.** Measure the problem again from 1 to 10. Notice how the problem and original emotion feels different. If there is an emotional charge left, repeat the tapping process again till you feel better.

For many people you will notice a physical change, a sense of relief or possibly a new insight about the problem. To go even deeper and learn techniques to get to the root cause of an issue we recommend attending EFT training workshops with a qualified trainer. Once the root cause is discovered it allows a profound and deep clearing. Imagine how much freer you would feel once you learn more in-depth skills to get to the root cause and clear it?

*EFT helped Shalini
clear fear and feel
unconditional love
ready to discover
life for the first time*

EFT For a Range of Challenges

Extensive application of Energy Psychology treatments like Emotional Freedom Technique has shown impressive improvements in a wide variety of issues, including those listed below.

PERSONAL PERFORMANCE

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

EMOTIONAL CHALLENGES

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

PHYSICAL DISEASE

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

OTHER

- Animal healing
- Surrogate applications

Studies have shown unresolved emotional upsets can result in stress, anxiety, cravings, physical pain as well as serious illness like heart disease and cancer. In some cases the illness can manifest years later. When you feel healthy I wonder how that will have a positive impact on other areas of your life? I wonder how your health, wealth, career and relationships would improve for the better as you resolve past emotional upsets, hurts and traumas.

Emotional Freedom Technique (EFT) can be a compliment to traditional medicine to manage stress levels and disempowering emotions. We always recommend that if you have a medical condition or are unsure that you seek medical advice first.



CASE STUDY: Shalini's Story From Fear to Freedom

Shalini was suffering from panic attacks and she attended one of our training workshops.

With EFT, she went back to the first time when the fear came up. Then she said:

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

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

■ EFT for Stress Relief

Stress, particularly emotionally related stress, is considered to be the silent killer in the western world and fast spreading to the east. A recent report indicated those suffering from emotional stress had a much higher chance of cardiac challenges. The Medical Journal JAMA reports:

“Stress can cause a heart attack, sudden cardiac death, heart failure, or arrhythmias (abnormal heart rhythms) in persons who may not even know they have heart disease. Individuals with congestive heart failure, coronary heart disease, known arrhythmias, or other heart or blood vessel diseases should avoid emotional stress whenever possible and learn to manage the effects of stress.”

Stress can cause an increase in the stress hormone ‘cortisol’ which can cause havoc with the body’s circulatory, hormonal, immune and digestive systems. For example, Irritable Bowel Syndrome (IBS), a disorder of the digestive system, is now known to be caused by stress.

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

■ EFT Points for Stress Relief

In the event you suddenly get stressed or overwhelmed with emotions just tap on the three points shown below:

**Quick anxiety
stopper**



CASE STUDY: How EFT Made My Friend Feel Calmer

This technique helped a close friend of mine become calmer in minutes after a serious car accident. She was in shock and was crying as she waited for the emergency services to arrive. We tapped together on the phone and she felt calmer and more able to communicate with the police and ambulance services.

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

HIS HOLINESS
THE DALAI LAMA

■ EFT for Self Confidence

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

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

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

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

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

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

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

*Today's action
becomes
tomorrow's habit*

ANON

■ Daily Tapping Sequence for Confidence and Success

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

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

EFT is easy to learn with a skilled trainer

■ EFT Can be Learnt

EFT is one of the few treatments that combines talk and touch and is taught by AAMET (Association of the Advancement of Meridian Therapies) approved trainers. The AMMET approved trainers have been through rigorous testing to deliver the best training. EFT can help:

- ✓ Transform negative emotions
- ✓ Reduce food cravings
- ✓ Reduce pain
- ✓ Heal trauma
- ✓ Gain and improve health
- ✓ Manage stress effortlessly
- ✓ Implement positive goals
- ✓ Increase confidence
- ✓ Detach from limitations
- ✓ Develop self confidence
- ✓ Cultivate freedom and joy and more

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

■ Testimonials for EFT

Testimonials for EFT from experts

"EFT produces great healing benefit." – Deepak Chopra, MD

"I frequently use EFT with my patients with great results." – Eric Robbins, MD

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour." – Bruce Lipton, PhD

"By removing emotional trauma EFT helps physical symptoms too." – Norman Shealy, MD

"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school." – Donna Eden, Author

Testimonials for EFT training with Dr Rangana Choudhuri

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

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

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



"Wonderful, firm and flexible." – VS, Practitioner in training

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

Testimonials for sessions with Dr Rangana Choudhuri

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

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

"I am feeling good and happier than I have ever been without feeling scared and I don't feel like a victim anymore, hooray!! Its amazing and brilliant, I am more loving, patient, understanding and above all I am not angry anymore, wow!" – YM, Social Worker

EFT Training for Life

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

EFT Foundational Course for Well-being and Relaxation

AAMET approved EFT Level 1 – 1 day

Level 1 AAMET approved course curriculum includes:

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

Contact details

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

AAMET approved EFT Level 2 Practitioner Training – 2 days

Level 2 AAMET approved course curriculum includes:

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

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

AAMET approved EFT Level 3 Advanced Practitioner Training – 2 days

Level 3 AAMET approved course curriculum includes:

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

Matrix Reimprinting gets to and clears the root cause of helplessness and powerlessness

Matrix Reimprinting Training

Matrix Reimprinting is a collection of new cutting-edge techniques. They combine EFT with understandings from epigenetic and quantum science, to create RAPID personal change. They are noted for their ability to quickly transform our relationship to our past, creating shifts in our emotional and physical well-being in the present.

We hold in our fields the stressful life events that have gone before, not just as memories but as specific energy bodies, which we call Energy Consciousness Holograms or ECHOs. With the Matrix Reimprinting techniques, we can work directly with these ECHOs, resolving the negative energetic charge around them. This changes our relationship to our past, and affects our emotional and physical health in the present.

Benefits of Matrix Reimprinting Techniques:

- Very easy to use and gentle on clients
- Quickly find core issues, related trauma and beliefs
- Locate and resolve early trauma (pre 6 years) often beyond client's awareness and conscious memory
- Allow client-driven reframes and cognitive shifts
- Locate psychological reversal, secondary gains etc
- Work even on dissociated clients and those who can't tune into the emotion of traumatic events
- Allow forgiveness and wisdom to be gained from past events
- Send a message to the body/cells/DNA the trauma is over
- Resource the client and rewrite the past
- Naturally utilise the law of attraction in a very powerful way
- Create positive beliefs

On completion of the 2 days an additional 2 days on-line or face to face training is required to become a Practitioner – where we will go into speciality topics like phobias, allergies and law of attraction. At the end of the additional 2 days an on-line test will need to be completed and then a formal Practitioner certificate will be awarded. There are no case studies involved as during class you will get a lot of practice.

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FREE EFT Booklet

[www.vitality-living.com/
freeEFTbooklet](http://www.vitality-living.com/freeEFTbooklet)

and become a member
of Vitality Living Club

Next Steps

- Tap on yourself using the attached tapping protocol
- Download a free EFT booklet from vitality-living.com/freeEFTbooklet and become a member of Vitality Living College and receive free tapping videos, tapping sequences as well as invitations to our free introductory seminars
- Let friends and family know about the free EFT booklet at vitality-living.com/freeEFTbooklet so that they can also benefit from this powerful technique
- Attend EFT training as part of a self development programme. Our latest schedule is on www.vitality-living.com/bookme.html. We routinely run trainings in UK, India, Lanzarote as well as on-line
- To become a Practitioner book onto our AAMET-approved EFT training. Full details are on vitality-living.com/EFTTraining.html
- For more private session questions or to book a sessions, please email vitality@vitality-living.com. We have Practitioners in the US, UK, India and Europe
- Our sessions are conducted face-to-face, over SKYPE and by phone

We were the first AAMET-approved trainers in India and the ONLY Trainer of Trainers of EFT and we now bring Matrix Reimprinting

EFT Trainings

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



Graduating classes: (from left) India 2010, Lincolnshire, UK 2011

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ABOUT THE AUTHOR AND TRAINER



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



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

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

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

About Vitality Living College

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

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

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

vitality-living.com

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