

# Freedom at your Fingertips with EFT

Tap your way to better emotional health and  
harmony



with  
**Meetu Sehgal**  
EFT Trainer, Emotional Wellness Coach,  
Counselling Psychologist, Author

# WHAT IS EFT?

Are you ready to create the kind of life you have always wanted, but somehow, it remains a dream? EFT presents you an opportunity to build your dream life with great relationships, good health and abundance in every area of your life.

EFT, or Emotional Freedom Techniques, is a path-breaking technique that can help you alleviate stress and anxiety in a matter of minutes. It is clinically proven and accepted by the APA (American Psychological Association).

EFT has been proven to help with

- Healing physical issues, pain, diseases,
- Clearing emotional baggage,
- Handling one's emotions in a healthy manner,
- Clear underlying limiting beliefs that have been sabotaging your progress
- Create abundance in your life.

Emotional Freedom Techniques (EFT) is a meridian-based energy therapy developed by Gary Craig from the landmark discoveries of Dr. Roger Callahan. It is a simple technique that often provides rapid relief from physical-emotional issues (e.g. Trauma, PTSD, Phobias, Grief, Anger, Guilt, Anxiety, Addictive Cravings, Nightmares, Abandonment, Fear of Public Speaking, Fear of Flying, Love Pain, Depression, Pain, Headaches and much more).

Emotional Freedom Techniques (EFT) is a unique form of "psychological acupuncture" that uses the ancient Chinese meridian system along with psychological processes to relieve stress and pain. EFT balances the energy system with a tapping procedure that stimulates the meridian endpoints on the face and body. Restoring the balance of the energy system neutralizes emotional conflicts at their source, which then allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is non-invasive.

Worldwide, people are using EFT for better health, better relationships, improving business and finances, job satisfaction, manifesting abundance, improving performance in sports, getting over their fears, phobias and limiting beliefs. Doctors are using it with their patients, teachers with their students to improve performance and grades, parents with their kids to improve their relationships etc.



# WHY EFT?

Did you know that 85% of the illness is stress induced? A study by Kaiser Permanente involving over 70,000 individuals showed that chronic stress as well unresolved emotional trauma from childhood is a significant factor in the development of chronic diseases later in life like

- Depression
- Chronic heart disease
- Asthma
- Cancer
- Alcoholism and drug abuse
- Smoking etc.

In addition to this, a number of studies have revealed that childhood maltreatment has been shown to result in increased cardiovascular disease in women and depression in both men and women.

Emotional hurt and trauma may vary from person to person. For some, it may be a parent or teacher saying “shut up,” and for others, it could be verbal or even physical abuse. Trauma is upsetting no matter what the intensity.

Such situations can be experienced at school, home and workplace in the form of bullying, shouting, angry outbursts, overwhelm and feeling or being controlled by others.

Situations such as the ones mentioned above can create negative emotions of varying intensities like anger, hurt, guilt, betrayal and so on. These emotions are responsible for the beliefs we carry throughout our lives, like “I don’t deserve” or “I am not good enough.”

These beliefs act like roadblocks on our way to good health, great relationships and abundance. Since most of us don’t have any tools or ways to handle our emotions in a healthy manner, the best way we deal with these “unwanted emotions is by suppressing them.

**“All emotions can be positive if they arise at the appropriate time and we manage them appropriately - just as all emotions can be negative if they arise in the wrong situation, if they’re stuck in a feedback loop, or if we ignore them, hurl them at others, or try to keep ourselves jacked up with them at all times.”**

**Karla McLaren, Author of Language of Emotions**

# CLINICAL STUDIES ON EFT

## Suppressed emotions can lead to Disease

The science of emotional healing is based on the work of Dr. Candace Pert, Dr. Deepak Chopra and Dr. Bruce Lipton. They uncovered that when emotions are suppressed, it can lead to cell receptors being blocked and DNA changing in a way that makes the body more prone to illness. When the negative emotions are released, the cell receptors unblock and the body can naturally heal of its own accord.

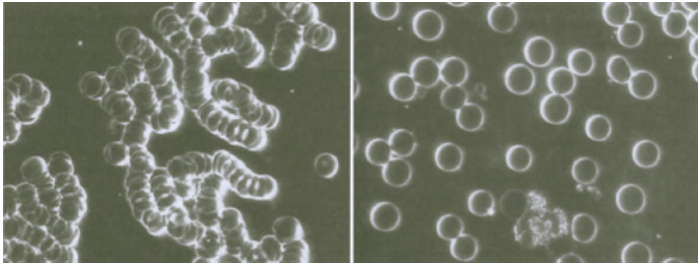
Research has shown that within the body is a type of tiny proteins called neuropeptides. They are responsible for our emotions. Particular emotions are associated with a particular neuropeptide so that over time, if we are prone to experiencing a particular emotion, our cellular structure actually changes to accommodate more of the neuropeptide associated with that emotion. So our emotions have a direct impact on our internal biochemistry.

With EFT, you are able to resolve the emotions and traumas and let go of stored issues, allowing health, healing and abundance. EFT creates a space for allowing emotions, healing and life transformations.

"EFT offers great healing benefits."  
Deepak Chopra, MD

One doctor examined her patient's live red blood cells using dark-field microscopy before and after the patient used EFT. The doctor was worried about the degree of clumping found in the patient's blood sample, since when red blood cells clump together, they present less surface area to absorb oxygen from the lungs and distribute it throughout the body. An even distribution of red blood cells indicates a healthy ability for oxygen absorption, while clumping indicates decreased oxygen distribution.

She found that the patient could alter the degree of clumping of her red blood corpuscles by doing EFT, and that the effect showed up immediately when the samples of live cells were examined under a microscope. The first photo shows the patient's red blood cells clumped up before doing EFT to release them. The second photo, taken a few minutes later, shows the patient's red blood cells after two rounds of EFT done with the conscious intent of producing an even distribution of cells.



BEFORE

AFTER

Left: Red blood cell clumping before EFT. Right: Red cells evenly distributed after 12 minutes of EFT  
Source: D. Church, *The Genie in Your Genes*, p 235. (Originally obtained by Church in 2009 from [www.emofree.com](http://www.emofree.com).)

Our dominant medical model does not believe that physiological processes such as red blood cell clumping are under the control of a patient's conscious mind. Reversing red blood cell clumping usually takes months of treatment, if it can be accomplished at all. Yet in this case, two rounds of EFT, lasting just a few minutes, were enough to produce an immediate and visible change in the degree of cell clumping. Stories such as this provide promising pointers for future controlled experiments on the effects people can produce in their bodies using EFT.

# STRESS MANAGEMENT WITH EFT

Stress, as we know, is one of the most common lifestyle factors today and is increasingly taking epidemic proportions. It directly results in physical health issues, deteriorating performance at the workplace and job satisfaction, relationship conflicts and lack of motivation. And all these things, in turn, cause even more stress, thus perpetuating the vicious cycle.

In the present times, stress has become such a common factor that majority of people don't even know that they are stressed to some extent. Some of the factors in urban life that can contribute to stress are traffic conditions, noise levels, pollution, hectic timings, work-life balance, competitive job scenarios, meeting deadlines, fulfilling expectations of bosses, employers, family, etc.

Stress in itself is not a problem. However, prolonged stress can cause many challenges. It is slowly becoming visible in the form of road rage, short tempers, relationships becoming difficult to handle, cut-throat competitions in the workplace, needing to achieve one's personal and professional goals at any cost,

## Good Stress and Bad Stress

Stress is a body's response to threats or threatening situations. Go back to the time when man lived in the jungles. When faced with a tiger or a predator, he had to run or fight to save his life. The body, in such a case, produces the stress hormone called adrenaline (which is famous for its fight or flight response.) It moves the blood from the visceral region to the limbs so that the body can take an action - either fight or flight.

This is a very important function of the body for its survival. But prolonged stress will cause more blood and energy in the limbs and less of it in the visceral region, which houses the vital organs like the heart, lungs, kidney, stomach, intestines, liver, etc. This means there will be less energy available to the vital organs and more for the limbs. This is known as the 'preservation mode' of the body. In the long term, this will cause health issues and problems related to specific vital organs like cardiac issues, breathing problems, digestive issues, stones, liver diseases, diabetes, etc.

## Mind-Body Connection in Stress

We generally use the word "stress" when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us.

Anything that poses a challenge or a threat to our well-being is a stress. Some stresses get you going, and they are good for you - without any stress at all, many say our lives would be boring and would probably feel pointless.

Stress is not a problem in itself. Prolonged stress is the cause of problem. The body goes through cycles of stress and relaxation. The inability to relax creates pressure in the body. Stress levels are constantly high leading to increased blood pressure, decreased metabolism, heightened senses and slowing down of the digestion and assimilation processes in the body.

## **Fight or Flight Response**

The way you respond to a challenge may also be a type of stress. Part of your response to a challenge is physiological and affects your physical state. When faced with a challenge or a threat, your body activates resources to protect you - to either get away as fast as you can, or fight.

Our fight-or-flight response is our body's sympathetic nervous system reacting to a stressful event. Our body produces larger quantities of the chemicals cortisol, adrenaline and noradrenaline, which trigger a higher heart rate, heightened muscle preparedness, sweating, and alertness - all these factors help us protect ourselves in a dangerous or challenging situation.

Non-essential body functions slow down, such as our digestive and immune systems, when we are in fight-or-flight response mode. All resources can then be concentrated on rapid breathing, blood flow, alertness and muscle use.

When we are stressed the following happens:

- Blood pressure rises
- Breathing becomes more rapid
- Digestive system slows down
- Heart rate (pulse) rises
- The immune system goes down
- Muscles become tense
- We do not sleep (a heightened state of alertness)

Most of us have varying interpretations of what stress is about and what matters. Some of us focus on what happens to us, such as breaking a bone or getting a promotion, while others think more about the event itself. What really matters are our thoughts about the situations in which we find ourselves.

Researchers from the University of Warwick, England, gathered and examined data on 14,000 moms and 8,829 children and reported in the Journal of Child Psychology and Psychiatry, "If a mother experiences severe mental stress during her pregnancy, there is a greater risk that her child will be bullied at school later on."

The good news is studies have shown that regular practice of exercises like breathing, physical exercise, meditation and emotional release can reduce cortisol and stress levels, resulting in a feeling of calmness and well-being. EFT has been clinically shown to reduce stress as well as stress hormones like cortisol. A recent study in War Veterans has shown EFT to be effective in reducing extreme stress, known as Post Traumatic Stress Disorder (PTSD).

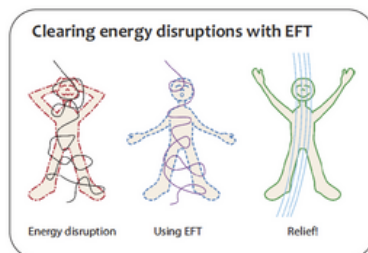


# CLEAR STRESS AND NEGATIVE EMOTIONS WITH EFT

EFT combines tapping on the acupressure points while repeating specific phrases releasing stress and emotional traumas. It integrates the ancient wisdom and science of acupuncture with modern-day psychology without the need for needles.

Our body is made up of energy and runs on energy often called the life force energy or prana or chi. Good Health indicates free-flowing energy throughout the body. Negative emotions cause a disruption in the body's energy system. By tapping on the acupuncture points and saying phrases out loud, EFT re-wires the energy system creating peace, calmness and letting go. In many cases, after EFT people experience a shift in thinking that is more empowering.

The pace of life today is becoming increasingly hectic, and with demands made on us from numerous places, it can be difficult to allow yourself the time to focus on yourself and your well-being. This pressure often leads to conflict and strain in our lives and bodies commonly known as stress.



## EFT in Dawson Church's words

Emotional Freedom Technique (EFT), used by thousands of therapists, doctors, and lay people worldwide, has emerged as the most widely used of this class of therapies. EFT was developed by Stanford - trained engineer Gary Craig in the 1990s. After studying the existing methods, especially Thought Field Therapy, or TFT, he set out to find the simplest possible form for utilising them. The result was a technique that did not require a therapist (though experienced therapists are useful in complex cases) and can be self - applied ...Although it does not require a clinical setting, and can be self-administered, sophisticated uses for EFT do require training. The basics, however, are easily learned by anyone and can be applied to an impressive list of issues. In Gary Craig's words, "A dedicated twelve-year-old can achieve a 50% success ratio, even with problems that often stump doctors and conventional psychotherapists. Truly skilled practitioners often achieve 90%." EFT uses tapping on various points on the body while making a statement that reverses negative 'programmes'

# HOW TO USE EFT?

The mechanical process is easy to memorize and can be done anywhere.

## 1. Identify the Issue

The first step is to identify the issue for which you want to use EFT. You can do this by asking yourself:

- What am I stressed about? What or who is upsetting me?
- How does that make me feel?
- Where in the body do I feel this stress or upset? What kind of a sensation is it? How does that make me feel?

## 2. Test the Initial Intensity

Measure the problem from 1 to 10 by asking:

“On a scale of 1 to 10, how high is this stress, negative feeling or emotional upset where 10 is a very high and 1 is not at all?”

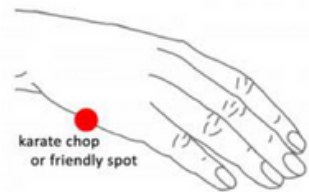
## 3. The Setup

The Setup is a process we use to start each round of tapping. Start with tapping on the side of the hand, called the karate chop, and say the following three times.

“Even though I have this \_\_\_\_\_ (name the problem, brief description of the problem you want to address), I deeply and completely accept myself”.

For example:

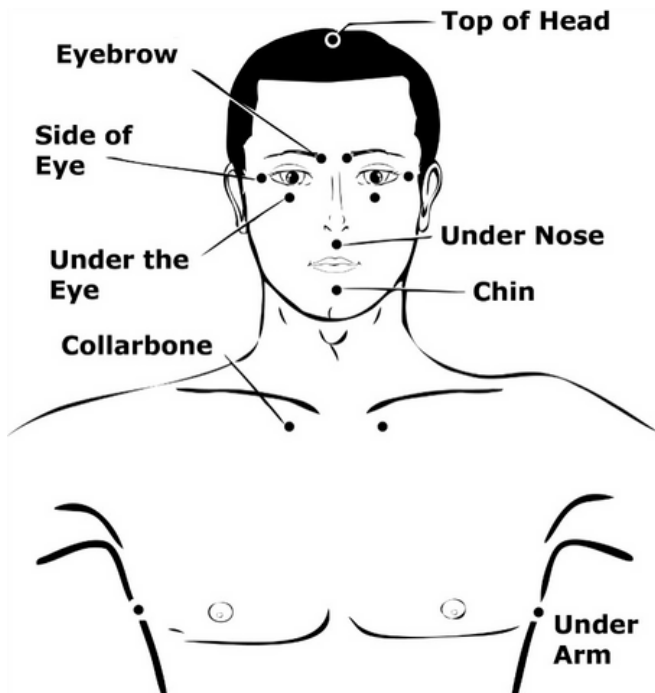
Even though I am really stressed because I am running late and it makes me feel anxious, it’s a 10/10, I deeply and completely accept myself.



## 4. The Sequence

Repeat key phrases out loud from the problem, for example, the emotion or the issue, while tapping 7 times on the points shown below.

- Top of the Head
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Top of the Head
- Karate chop (side of the hand)



## 5. Final clearing

On the Karate Chop say the starting set-up phrase again once (name the original problem again).

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

## 6. Relax

Relax, take a deep breath and take a sip of water. Keep yourself well hydrated during the session so that the toxins that are released can be easily flushed out.

## 7. Test the Intensity Again

Measure the intensity of the problem again on a scale of 1 to 10.

You compare this with the before level to see how much progress you have made. If you are not down to zero, then repeat the process until you either achieve zero or plateau at some level.

It is important to measure the intensity as it exists NOW....as you think about it....and not as you think it would be in the actual situation.

“EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour.”

Bruce Lipton, Author of Biology of Belief

# USES OF EFT IN VARIOUS ISSUES

Proactively clearing daily stresses and past emotional upsets and traumas can be a very rewarding experience as you break free from the bonds of emotional blocks created a long time ago.

## Physical diseases

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

## Emotional challenges

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

## Personal performance

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

## Other

- Animal healing
- Surrogate applications

"Put away your skepticism, this really works ... I've had great results with tapping in my own life."

Dr. Wayne W. Dyer

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

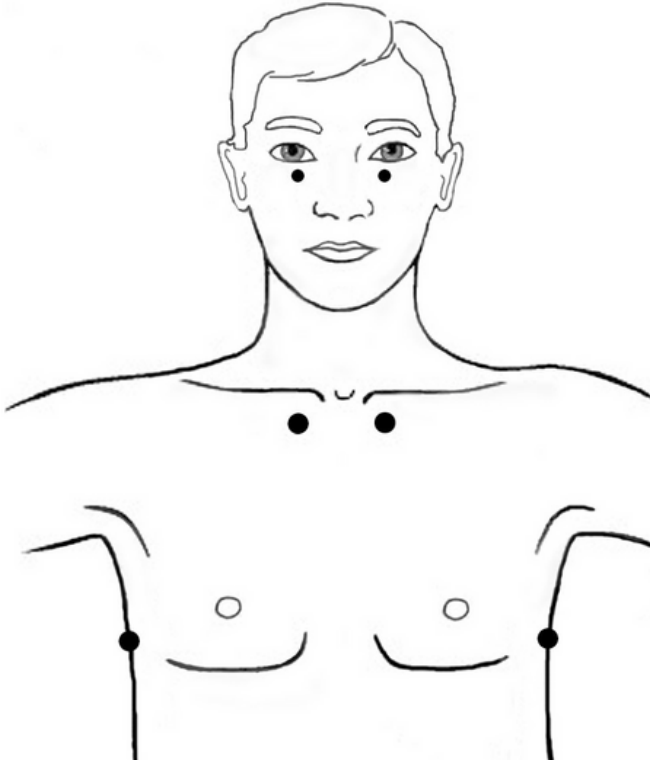
Donna Eden

"I frequently use EFT for my patients with great results."

Eric Robins, MD

# QUICK ANXIETY STOPPER

When you suddenly get stressed or overwhelmed with emotion, just tap under the eye, collar bone and under the arm.



# TESTIMONIALS

"I lost 3 Kgs in 3 days of the EFT workshop and that was not even my goal. It was a secondary benefit."

**-Ashi Sharma**

"I wanted to learn EFT as it has worked tremendously for me. I feel a lot confident, and clearer about my goal. After the training I even feel that nothing is as big a task as it earlier seemed."

**-Shweta Kavishwar**

"I was able to break through my procrastination"

**-Prathma**

EFT helped channel my emotions in a healthy way. I no longer dump my emotions on others and my panic attacks are gone. I can say with confidence that irrespective of what situation I encounter I can navigate through it without any guilt or shame.

**-Arushi Sharma**

Meetu Seghal is of an extraordinary calibre. Through her learning and expertise, she guides and enables each of us to release our own particular, outdated emotions and unhelpful perceptions, which usually are the root cause of stress in our lives.

Such eye-opening relief opens us up to experience a more joyful, hopeful and constructive life with family, friends and work colleagues, enabling us to better contribute to our communities and workplaces; even alone with ourselves we become more peaceful and experience a fuller happiness.

**-Philip K., Innovator and Entrepreneur**

Meetu is an amazingly beautiful human being. She exudes love and goodness. Her boundaries and work ethic is above board. Her approach is gentle yet direct. And the work that I have accomplished with her knowledge, experience, and direction has brought me to another place in my journey of healing.

**-Valerie Smith, Writer and Seeker**

Meetu is a great healer. She is intelligent and very sharp in understanding the concerns. She deals with it powerfully & handles it very gently & gradually. With her knowledge & rich experience in this field with a few words & gentle firm attitude she helps you in healing. Her genuineness & Peaceful nature touches & that makes her unique & so special.

**-Arundhati, Homemaker**

(EFT) helped me in releasing my stress and I am feeling better.

**-Tulika Mishra, Businesswoman**

# NEXT STEPS

- **Use the tapping on yourself** as part of a daily program for issues that you may be facing or that come up during the day, such as anger, anxiety, sadness, etc. or physical pain and tension.
- **Let friends and family know** so that they can also benefit
- **Book a one-on-one session with a certified EFT Practitioner** for yourself (If you feel overwhelmed or facing an issue that you feel you may need help with, you can contact me for a one-on-one session. To book a session with me or to know more, you can email me at [meetu.sehgal@gmail.com](mailto:meetu.sehgal@gmail.com) or call me on 09953753637.)
- **Attend group therapy session** - Transformation Circle (Happens once a month)
- **Learn EFT** - Learn and Earn with Practitioner Certification Training in EFT with International Accreditation from EFTMRA UK.

“EFT is destined to be the top healing tool for the 21st century.”  
Cheryl Richardson, Author



# EFT LEVEL 1&2 WORKSHOP

## with International Certification

Learn the clinically proven technique, EFT, also known as "tapping" which is helping millions of people worldwide heal their stress, anxiety, pain, trauma, emotional distress, fears and phobias, cravings and addictions and limiting beliefs and blocks in health, relationships and finances.

This workshop is for those who

- want to learn EFT as a part of self-healing journey
- want to become internationally certified as an EFT practitioner, help others heal and earn a living

### Contents of the Workshop

- Introduction to EFT and principles
- Various techniques used in EFT - movie technique, tearless trauma, chasing the pain and sneaking up on the problem
- Release and clear negative memories and trauma
- Using EFT for specific issues, such as - addictions & cravings, fears & phobias, and emotional overwhelm & limiting beliefs
- Questioning skills
- Merging with other therapeutic approaches
- Ways to uncover core issues

### Benefits of EFT Training Workshop

1. **Gain In-Depth Knowledge:** Comprehensive curriculum that covers the fundamental principles, techniques, and applications of EFT.
2. **Practical Hands-On Training:** Through interactive exercises, demonstrations, and practice sessions
3. **International Certification:** with the ability to practice anywhere in the world. This prestigious credential will not only enhance your professional credibility but also open doors to a wide range of career opportunities.
4. **Personal Transformation:** As you embark on this transformative journey, you'll discover inner peace, emotional resilience, and a renewed sense of purpose.
5. **Join a Supportive Community:** Become part of a vibrant and supportive community. Connect with fellow students, practitioners, and mentors.
6. **Continued Learning and Support:** Supervision and Mentoring sessions to enhance your skills and discuss client cases

# ABOUT THE FACILITATOR



Meetu Sehgal

Meetu Sehgal is an EFT Trainer, Emotional Wellness Coach, Tarot Reader, Intuitive Healer, Author and Counselling Psychologist. With more than 15 years of experience in her field, she has been passionately working with individuals helping them with personal transformation, resolve health, wealth and relationship challenges through therapeutic coaching.

She works with people from varied backgrounds, especially with Highly Sensitive People and Empaths and has been helping people heal their emotional baggage, blocks and self-sabotaging patterns to help them create a life of ease, confidence and joy. She offers personal sessions, trainings, EFT, Inner Child Work, NLP, Tarot, Reiki and Angel Therapy.

Her workshops are interactive learning sessions and coaching is a transforming experience. She conducts corporate as well as open workshops on emotional health (EFT) and well-being.

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Website: [www.DivineInnovations.org](http://www.DivineInnovations.org)

# WORKSHOPS

## **EFT Level 1 and 2 Practitioner Training** with International Accreditation

Our EFT Training Workshop offers a comprehensive and internationally certified program designed to equip you with the knowledge and skills to harness the power of Emotional Freedom Technique (EFT). Also known as "tapping," EFT is a revolutionary therapeutic approach that combines elements of traditional psychology and acupuncture to address emotional and physical distress. With EFT Practitioner Training, you will learn how to help yourself and your clients to Clear stress, Release Pain, Heal the Past Pain and Traumatic Memories, Overcome Fears, Stop Cravings, Work with Children and much more.

## **Tarot Reading Workshop**

Tarot is an ancient art of foretelling future and has proven to be an immensely useful tool for counselling and guidance. A pack of 78 cards can be an excellent guide and friend when you are faced with decisions and confusions. Tarot cards depict every possible human life situation and reveal to you what lies beyond the present. They also heal your inner self in the process. In an interactive class, each card will be discussed in depth – making it easier to learn and understand as well as learn to find patterns and interpret them. The proficiency of a tarot reader also improves with practice. So we will help you start the journey.

## **Reiki**

Reiki is a form of energy medicine. Reiki's utter simplicity yet powerful results are the main reasons why many people are attracted towards this healing method. It was rediscovered by Dr. Mikao Usui in the early 1900's. Reiki is administered by "laying on hands".

The word Reiki is made of two words - "Rei" means spiritually guided and "Ki" means life force energy. Therefore, Reiki can be defined as spiritually guided life energy. It does not take years of practice. It is simply passed on from the teacher, to the student in the process called Attunement. As soon as this happens, one has Reiki and can use it. Reiki is a pure form of healing not dependent on individual talent or acquired ability.

## **Essential Energy Care**

Learn how to care for, protect and cleanse your energies. If you are an empath, highly

sensitive person, a light-worker or someone who has to deal with toxic environment whether at work or at home, this course will help you understand and learn about your energies, energy interactions and teach you how to handle toxic energy, clean your energy system and protect yourself from toxic, harsh, negative energies on an everyday basis.

## **Healing with Angels**

Connect to the angelic realm and learn to work with Archangels and Angels. Angels are divine beings that are always ready to help you with anything big or small in your life - health, relationships, stress, career, finances, connecting with higher self etc. This workshop teaches you to connect with them, invoke them to heal yourself and others

“Listen to your being. It is continuously giving you hints; it is a still, small voice. It does not shout at you, that is true. And if you are a little silent you will start feeling your way. Be the person you are. Never try to be another, and you will become mature. Maturity is accepting the responsibility of being oneself, whatsoever the cost. Risking all to be oneself, that's what maturity is all about.”

— Osho

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