

EFT for Self (Spiritual) Realisation –  
 The End of Suffering – Healing the Mind and Freeing the Heart,  
 Ranjana Appoo - EFT Masterclass 2009



Becoming Aware of belief systems, conditioned patterns and issues that we have is one of the steps to Self Realisation and the End of Suffering. In this presentation we will discover how the Alchemy of EFT opens our awareness and creates a healing space in which we can detach from our stories.

***The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness to BE that beautiful creation of perfect harmony to truly KNOW (Help) MySelf"***  
**Mary Burmeister**

Questioning all our perceptions while tapping (engaging the energy body), will accelerate the process of awareness. For example, tapping while asking the following questions, *"Who Am I? How do I perceive my Self? What are the core beliefs running my life? Do my beliefs empower me or disempower me? What story have I created about me? The world? What resentments, guilt, shame, irritations, fears am I holding onto, justifying?"* can bring flashes of insight and awe.

By understanding the Nature of the Energy Body, we can enhance our awareness and access our potential for healing and self realisation. ***We have our TWO HANDS as our REJUVENATORS and HARMONISERS. With these two hands we have the privilege of helping ourselves and others to get in tune with the universe. Hands are generators of the Creator Power – not from within us but a***



***part of the ever – constant and forever balanced universal SUPPLY. We need only be AWARE of this supply. Mary Burmeister***

**Here is One way of Applying EFT and Inquiry to Quit Emotional Pain and Bring Balance and Harmony with Truth (Loving Awareness).**

**Focus on a belief that you know hurts, that causes you suffering.**

Write it down - For example:

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

**Imagine becoming a witness to the thought and taking a step away from it.**

**Is the belief true, Can you absolutely know that it's true?**

**Reread it while tapping on the Karate Chop point. Become aware of how that belief feels in your body and mind** and then tap or hold all the points (exhale and inhale if you feel you are getting caught up in the process, while continually tapping, consciously allowing your shoulders to drop and your awareness to drop from your head into your heart).

Why are you holding onto this thought? What do you get by holding onto it?

How do you react, what happens, when you believe that thought? How do you treat others / yourself when you believe this thought? Does it hurt you? Others?

**Who would you be without this belief/ thought?** How would your life be different without this belief? Become aware of how, not having this belief feels in your body and mind and then tap or hold all the points (exhale and inhale if you feel you are experiencing resistance, consciously allowing your shoulders to drop and your awareness to drop into your heart).

Is there a good/ peaceful/ stress free reason to keep this belief?

**Can you find a Turnaround (the "Reframe"), Can you bring this belief into balance, into wholeness?** Allow the insights to land with EFT, TAB (Touch and Breathe), Can you find proof to support this expanded understanding?

Working like this is deeply meditative. It requires deep compassion and patience. I see it as a way of creating a dynamic Spiritual Homeostasis.

**Write down 3 things you are most afraid of happening, want to avoid, or hate.** This part can be a difficult process, but can lead to an experience of feeling liberated.

Tap with this Setup, *"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 tapping on "I am afraid of / avoid.....all my reasons"*



Then Tap with this Setup, *“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 one round of tapping on *“What if I felt free of this fear, I look forward to feeling open to all of life...”*

***The important thing is to be able at any moment to sacrifice what you are for what you could become. Charles Dubois***

***“A mortal lives not through that breath that flows in and that flows out. The source of his life is another and this causes the breath to flow.” Paracelsus***

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