

DAY 9 - STUDENT WORKBOOK EFT FOUNDATION & MERIDIANS दिन 9 - छात्र कार्यपुस्तिका

EFT FOUNDATION & MERIDIANS भावनात्मक मुक्ति तकनीक आधार और मेरिडियन

Exercises, Practice Logs & Reference Materials अभ्यास, अभ्यास लॉग और संदर्भ सामग्री

Student Name / छात्र का नाम: _____ Date / दिनांक: _____

SECTION 1: PRE-SESSION PREPARATION सत्र-पूर्व तैयारी

Complete BEFORE today's session begins: आज का सत्र शुरू होने से पहले इसे पूरा करें:

1.1 WEEK 1 RECAP सप्ताह 1 पुनरावलोकन

Before learning something new, let's recall what we learned:

The Four Inner Instruments (Antahkarana Chatushtaya):

1. M_____ = _____ mind, perceiver, restless
2. B_____ = _____, decision-maker, discrimination
3. C_____ = Memory _____, samskaras, vasanas
4. A_____ = _____, sense of "I"

Key Hypnotherapy concepts:

- Hypnosis accesses the _____ mind (Chitta)
- The critical faculty (Buddhi) becomes _____
- Suggestions follow 5 Golden Rules: _____, _____, _____, _____, _____

My strongest skill from Week 1: _____

What I want to improve: _____

1.2 TODAY'S LEARNING OBJECTIVES आज के सीखने के उद्देश्य

By the end of today, I will be able to:

- Explain what EFT is and how it works
- Understand the meridian system and Nadi connection
- Identify and locate all 9 EFT tapping points
- Perform the complete EFT Basic Recipe
- Use the SUD Scale to measure emotional intensity
- Create effective Setup Statements
- Connect EFT to Antahkarana Chatushtaya

What I'm most curious about: _____

SECTION 2: UNDERSTANDING EFT EFT को समझना

2.1 THE DISCOVERY STATEMENT खोज कथन

Write down Gary Craig's Discovery Statement:

"The cause of all _____ emotions is a _____ in the body's _____ system."

What does this mean?

How is this different from traditional psychology's view?

TRADITIONAL: Triggering event → _____ → Physical symptoms

EFT VIEW: Triggering event → _____ disruption → Emotion → Symptoms

2.2 THE VEDIC CONNECTION वैदिक संबंध

Complete this comparison table:

CHINESE TERM	VEDIC EQUIVALENT
Meridians	N_____ (नाड़ी)
Chi / Qi	P_____ (प्राण)
Acupoints	M_____ Points

The three main Nadis:

1. I_____ (इडा) - _____ channel, moon energy, cooling
2. P_____ (पिंगला) - _____ channel, sun energy, heating
3. S_____ (सुषुम्ना) - _____ channel, spiritual awakening

Why does this connection matter to you as a practitioner?

2.3 HOW EFT WORKS EFT कैसे काम करता है

EFT combines three elements:

1. C_____ element - Focusing on the problem
2. E_____ element - Facing the issue directly
3. A_____ element - Tapping on meridian points

Scientific research shows EFT:

- Reduces cortisol by _____% in one hour
- Decreases _____, depression, and PTSD symptoms
- Changes _____ expression
- Calms the _____ (brain's fear center)

SECTION 3: THE MERIDIAN SYSTEM मेरिडियन सिस्टम

3.1 MERIDIANS AND EMOTIONS मेरिडियन और भावनाएं

Each meridian is connected to an organ AND specific emotions. Complete this table:

MERIDIAN	ORGAN	EMOTIONAL ASSOCIATIONS
Lung		Grief, _____
Stomach		Anxiety, _____
Kidney		Fear, _____
Liver		Anger, _____
Heart		Joy, _____
Spleen		Worry, _____

How might this organ-emotion connection help you understand clients?

3.2 ENERGY BLOCKAGES ऊर्जा अवरोध

When Prana/Chi flows freely = _____

When Prana/Chi is blocked = _____

Using the metaphor in the coursebook, complete:

"Imagine a stream with a _____ blocking it. The water (Prana) can't flow properly. Tapping is like _____ the boulder until it dislodges. The stream flows again."

SECTION 4: THE EFT TAPPING POINTS EFT टैपिंग पॉइंट्स

4.1 POINT LOCATIONS पॉइंट स्थान

Learn each point. Write the location and associated emotion:

1. KARATE CHOP (KC) / हाथ का किनारा

Location: _____

Meridian: Small Intestine

Used for: Setup, psychological reversal

2. TOP OF HEAD (TH) / सिर का ऊपरी भाग

Location: _____

Meridian: Governing Vessel (all meridians meet)

Emotion: Integration, spiritual connection

3. EYEBROW (EB) / भौंह

Location: _____

Meridian: Bladder

Emotion: Trauma, hurt, _____

4. SIDE OF EYE (SE) / आंख का किनारा

Location: _____

Meridian: Gallbladder

Emotion: Rage, _____

5. UNDER EYE (UE) / आंख के नीचे

Location: _____

Meridian: Stomach

Emotion: Anxiety, fear, _____

6. UNDER NOSE (UN) / नाक के नीचे

Location: _____

Meridian: Governing Vessel

Emotion: Embarrassment, _____

7. CHIN (CH) / ठुड़ी

Location: _____

Meridian: Central Vessel

Emotion: Shame, _____

8. COLLARBONE (CB) / कॉलरबोन

Location: _____

Meridian: Kidney

Emotion: Anxiety, insecurity, _____

9. UNDER ARM (UA) / बगल के नीचे

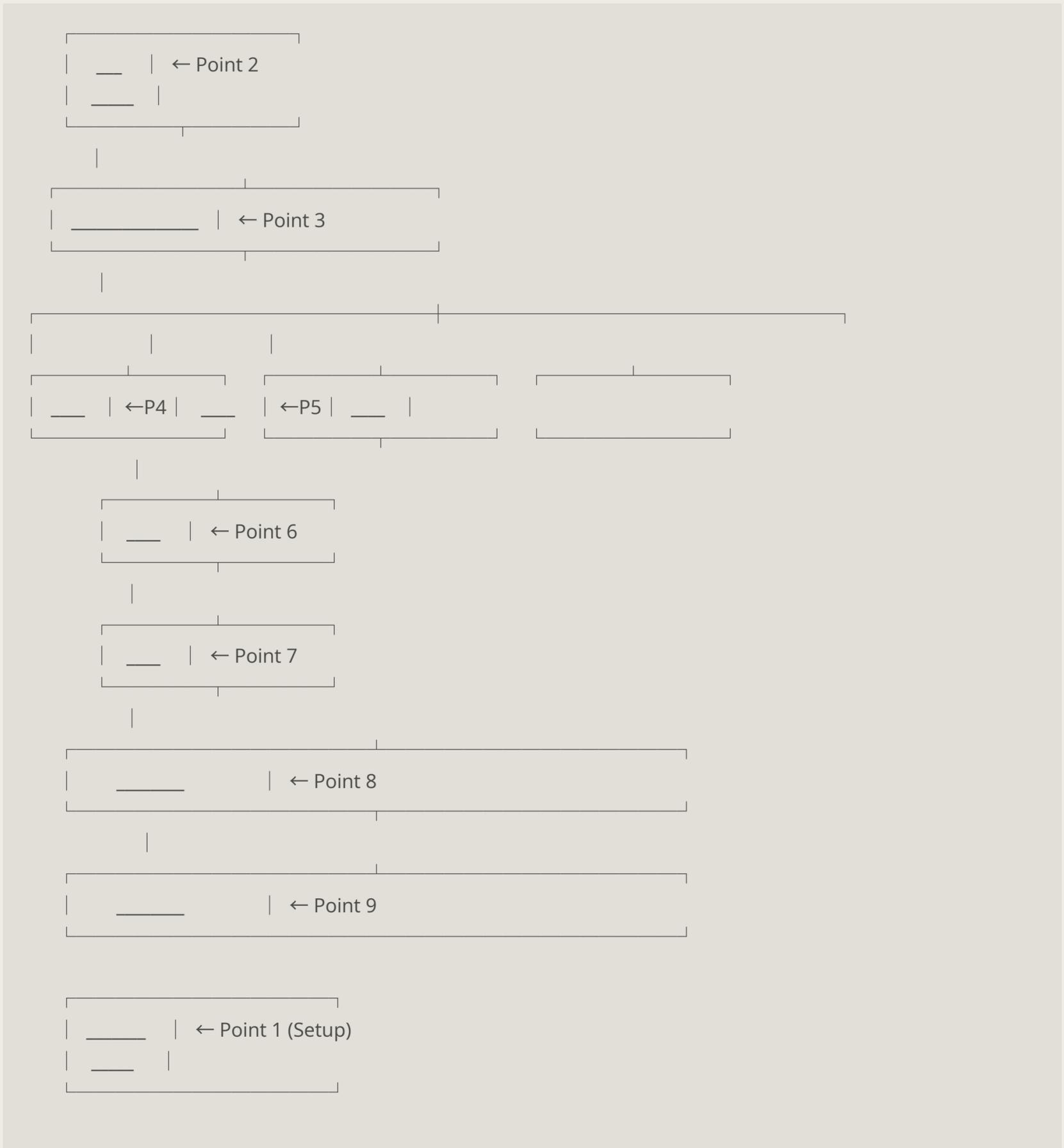
Location: _____

Meridian: Spleen

Emotion: Self-worth, guilt, _____

4.2 TAPPING POINTS DIAGRAM टैपिंग पॉइंट्स आरेख

Label each point on the diagram:



4.3 HOW TO TAP CORRECTLY सही तरीके से कैसे टैप करें

Check your understanding:

- Use ___ fingers (index and middle)
- Tap ___ times on each point
- Tap _____ but gently
- Keep focused on the _____
- Either side of body is fine

COMMON MISTAKES TO AVOID:

- Tapping too _____ (won't stimulate)
- Tapping too _____ (causes discomfort)
- _____ through points (need time)
- Not _____ on the issue

SECTION 5: THE SUD SCALE SUD स्केल

5.1 UNDERSTANDING SUD SUD को समझना

SUD = Subjective Units of D_____ (or Disturbance)

Draw the SUD Scale:

0

— 10

Label:

- 0 = _____
- 5 = _____
- 10 = _____

SUD LEVEL DESCRIPTIONS:

- 0 = Complete _____, no emotional charge
- 1-2 = Very _____, barely noticeable
- 3-4 = Mild to _____, manageable
- 5-6 = _____, definitely uncomfortable
- 7-8 = _____, hard to ignore
- 9-10 = _____, intense emotional pain

5.2 USING SUD IN SESSIONS सत्रों में SUD का उपयोग

BEFORE TAPPING - Ask:

"When you think about [the issue], on a scale of ____ to ____, where 10 is the worst you can imagine and 0 is complete peace, what number comes up for you?"

AFTER EACH ROUND - Ask:

"Take a breath. Now think about [the issue] again. What's your number _____?"

CONTINUE UNTIL:

- SUD is ____ to ____ (ideally 0)
- The issue has _____ significantly
- New _____ emerge (then tap on those)

SECTION 6: THE EFT BASIC RECIPE EFT बेसिक रेसिपी

6.1 THE FOUR PARTS चार भाग

The EFT Basic Recipe has four parts:

1. The S_____
2. The S_____ (Tapping rounds)
3. The 9-G_____ Procedure (optional)
4. R_____ and Reassess

6.2 THE SETUP STATEMENT सेटअप स्टेटमेंट

THE FORMULA:

"Even though I have [_____], I deeply and completely _____ myself."

"भले ही मुझे [यह समस्या] है, मैं खुद को पूरी तरह से _____ करता/करती हूँ।"

WHY ACCEPTANCE?

Resisting the problem actually _____ it.

Accepting yourself WITH the problem allows you to _____ it.

ALTERNATIVE ACCEPTANCE PHRASES:

If "I deeply and completely accept myself" feels too hard:

- "I'm _____"
- "I'm willing to _____ myself"
- "I'm doing the _____ I can"
- "I choose to feel _____"

6.3 PRACTICE - CREATING SETUP STATEMENTS अभ्यास - सेटअप स्टेटमेंट बनाना

Create Setup Statements for each issue:

1. ANXIETY ABOUT A JOB INTERVIEW

"Even though _____,
_____, I deeply and completely accept myself."

2. ANGER AT A FAMILY MEMBER

"Even though _____,
_____, I deeply and completely accept myself."

3. FEAR OF PUBLIC SPEAKING

"Even though _____,
_____, I deeply and completely accept myself."

4. CRAVING FOR SWEETS

"Even though _____,
_____, I deeply and completely accept myself."

5. PHYSICAL PAIN IN BACK

"Even though _____,
_____, I deeply and completely accept myself."

6.4 THE TAPPING SEQUENCE टैपिंग सीक्वेंस

THE REMINDER PHRASE:

Take the core of your problem and _____ it.

Example:

Setup: "Even though I have this anxiety about my presentation..."

Reminder: "This _____ anxiety" or "This _____"

THE SEQUENCE ORDER:

1. _____ of Head (TH)
2. _____ (EB)
3. Side of _____ (SE)
4. Under _____ (UE)
5. Under _____ (UN)
6. _____ (CH)
7. _____ (CB)
8. Under _____ (UA)

Write an example tapping round for "fear of dogs":

TH: " _____ "

EB: " _____ "

SE: " _____ "

UE: " _____ "

UN: " _____ "

CH: " _____ "

CB: " _____ "

UA: " _____ "

6.5 THE 9-GAMUT PROCEDURE 9-गैमट प्रक्रिया

Location of Gamut Point: On the _____ of the hand, between _____ and _____ knuckles.

The 9 Actions (while tapping Gamut Point continuously):

1. _____ your eyes
2. _____ your eyes
3. Look hard down _____
4. Look hard down _____
5. Roll eyes in a circle _____
6. Roll eyes _____-clockwise
7. _____ a song (like "Happy Birthday")
8. _____ rapidly 1 to 5
9. _____ again

Why does this work?

- Eye positions activate different _____ regions
- Humming engages _____ brain
- Counting engages _____ brain

6.6 SUBSEQUENT ROUNDS बाद के राउंड

For rounds after the first, adjust the Setup:

"Even though I _____ have _____ of this anxiety, I deeply and completely accept myself."

SECTION 7: SELF-PRACTICE EXERCISE स्व-अभ्यास

7.1 YOUR FIRST EFT SESSION आपका पहला EFT सत्र

STEP 1: Identify an issue (choose something mild for practice)

My issue: _____

Where I feel it in my body: _____

STEP 2: Rate your intensity

Starting SUD: ____/10

STEP 3: Create your Setup Statement

"Even though _____
_____, I deeply and completely accept myself."

STEP 4: Do the Setup

- Tap on Karate Chop
- Say Setup Statement 3 times with feeling

STEP 5: Tapping Round 1

TH: What I said: _____

EB: What I said: _____

SE: What I said: _____

UE: What I said: _____

UN: What I said: _____

CH: What I said: _____

CB: What I said: _____

UA: What I said: _____

STEP 6: Check your SUD

SUD after Round 1: ____/10

STEP 7: Continue if needed

Round 2 SUD: ____/10

Round 3 SUD: ____/10

Round 4 SUD: ____/10

Ending SUD: ____/10

STEP 8: Reflect

What did I notice during tapping?

What shifted or changed?

SECTION 8: INTEGRATING EFT WITH ANTAHKARANA EFT को अंतःकरण के साथ एकीकृत करना

8.1 EFT AND THE FOUR INSTRUMENTS EFT और चार उपकरण

Explain how EFT relates to each instrument:

MANAS (मनस):

- Manas _____ the triggering event
- EFT calms Manas by _____
- The Reminder Phrase keeps Manas _____

BUDDHI (बुद्धि):

- Buddhi _____ the experience as threatening
- After tapping, Buddhi can _____
- Self-acceptance in Setup addresses Buddhi's _____

CHITTA (चित्त):

- Chitta holds the _____ (stored pattern)
- EFT accesses Chitta while tapping _____
- The emotional charge in Chitta _____

AHAMKARA (अहंकार):

- Ahamkara says "I am a _____ person"
- After EFT, identity can _____
- Self-acceptance addresses _____ directly

8.2 WHEN TO USE EACH TECHNIQUE प्रत्येक तकनीक का उपयोग कब करें

USE EFT WHEN:

- Client needs _____ relief
- Emotion is highly _____ and present
- Client is resistant to closing _____
- Issue is clearly _____
- You want to teach a _____ tool
- Working with _____ (they love tapping!)

USE HYPNOTHERAPY WHEN:

- Deeper work is needed
- Accessing _____ causes
- Complex _____ systems
- Installing new _____
- Client is highly _____
- Regression work needed

USE BOTH TOGETHER:

- EFT first to reduce _____
- Hypnotherapy for deep _____
- EFT for between-session _____

SECTION 9: CLIENT APPLICATION ग्राहक अनुप्रयोग

9.1 SESSION STRUCTURE सत्र संरचना

Complete session structure for EFT:

1. INTAKE AND RAPPORT (___-___ minutes)

- Understand the issue
- Build trust
- Explain EFT briefly

2. IDENTIFY THE TARGET (___ minutes)

- Get _____: "What exactly bothers you?"
- Find the _____: "When does this happen?"
- Get the _____: "0-10, how intense?"

3. THE SETUP (___ minutes)

- Create Setup Statement together
- Tap on _____ while saying it 3 times

4. TAPPING ROUNDS (___-___ minutes)

- Go through all points with reminder phrase
- Check SUD after each round
- Continue until SUD is ___-___

5. TEST THE RESULTS (___ minutes)

- Ask client to think about the issue
- Vividly imagine the triggering situation
- Note any residual charge

6. POSITIVE INSTALLATION (___ minutes)

- One round with _____ statements

7. HOMEWORK (___ minutes)

- Teach basic self-tapping
- Schedule follow-up

9.2 SUD DOCUMENTATION SUD दस्तावेज़ीकरण

Practice keeping session records:

SESSION RECORD:

Client Name: _____

Date: _____

Issue: _____

Starting SUD: ___/10

Round 1 SUD: ___/10

Round 2 SUD: ___/10

Round 3 SUD: ___/10

Round 4 SUD: ___/10

Round 5 SUD: ___/10

Ending SUD: ___/10

Aspects that emerged: _____

Homework assigned: _____

9.3 TEACHING CLIENTS SELF-TAPPING ग्राहकों को स्व-टैपिंग सिखाना

Write a simple instruction you could give a client:

"Here's what I want you to do at home:

1. When you feel [the issue], _____
2. Say while tapping the side of your hand: _____
3. Then tap through these points while saying ' _____ ':
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
1. Take a breath. Check your number again.
2. Repeat until you feel _____."

SECTION 10: POST-SESSION REFLECTION सत्र-पश्चात प्रतिबिंब

10.1 SKILLS SELF-ASSESSMENT कौशल स्व-मूल्यांकन

Rate your understanding after today (1-10):

SKILL	RATING
Understanding what EFT is	/10
Knowing the Vedic connection (Nadis)	/10
Locating all 9 tapping points	/10
Performing the Setup Statement	/10
Doing the tapping sequence	/10
Using the SUD Scale	/10
Creating effective Setup Statements	/10
Understanding 9-Gamut Procedure	/10
Connecting EFT to Antahkarana	/10

10.2 KEY INSIGHTS मुख्य अंतर्दृष्टि

What was your biggest learning about EFT today?

How does knowing about meridians/Nadis change your understanding?

What surprised you about the self-practice exercise?

How do you see yourself using EFT with future clients?

10.3 QUESTIONS I STILL HAVE मेरे पास अभी भी प्रश्न हैं

SECTION 11-13: HOMEWORK & COMPLETION

गृहकार्य और पूर्णता

11.1 DAILY PRACTICE दैनिक अभ्यास

Complete before Day 10:

ASSIGNMENT 1: Self-Tapping Practice (Daily)

Choose a mild issue each day, do 2-3 rounds, track SUD

Day 1: Issue _____ Starting ___ Ending ___

Day 2: Issue _____ Starting ___ Ending ___

Day 3: Issue _____ Starting ___ Ending ___

ASSIGNMENT 2: Memorize the Points

Know all 9 points + Karate Chop without looking

I can locate all points from memory

ASSIGNMENT 3: Write 5 Setup Statements

Create statements for different hypothetical issues

ASSIGNMENT 4: Review Coursebook

Read the Day 9 coursebook material again

Completed

ASSIGNMENT 5: Practice Point Locations

Practice locating points 3 times per day

Morning Afternoon Evening

SECTION 12: QUICK REFERENCE CARD त्वरित संदर्भ कार्ड

DAY 9: EFT FOUNDATION & MERIDIANS

DISCOVERY STATEMENT: "The cause of all negative emotions is a disruption in the body's energy system."

THE 9 TAPPING POINTS:

1. Karate Chop (KC) - Setup | 6. Under Nose (UN)

2. Top of Head (TH) | 7. Chin (CH)

3. Eyebrow (EB) | 8. Collarbone (CB)

4. Side of Eye (SE) | 9. Under Arm (UA)

5. Under Eye (UE)

SETUP STATEMENT FORMULA: "Even though I have [this problem], I deeply and completely accept myself." (Say 3x on Karate Chop)

SUD SCALE: 0 (no distress) _____ 10 (maximum distress)

Goal: Get from high (8-10) to low (0-2)

BASIC RECIPE: Setup → Sequence → Check SUD → Repeat if needed

VEDIC CONNECTION: Meridians = Nadis | Chi = Prana

SECTION 13: SESSION COMPLETION CHECKLIST सत्र पूर्णता चेकलिस्ट

Before leaving today, ensure you have completed:

- Pre-session preparation (Section 1)
- Understanding EFT exercises (Section 2)
- Meridian system notes (Section 3)
- Tapping points identification (Section 4)
- SUD Scale understanding (Section 5)
- Basic Recipe exercises (Section 6)
- Self-practice exercise (Section 7)
- Antahkarana integration (Section 8)
- Client application notes (Section 9)
- Post-session reflection (Section 10)
- Understood homework assignments (Section 11)

I can locate all 9 tapping points: Yes Need more practice

I understand the Basic Recipe: Yes Need clarification

My experience with self-practice SUD change: From ___/10 to ___/10

Instructor's Signature (if applicable): _____

END OF DAY 9 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"Today you learned to tap into ancient wisdom with modern technique. The meridians your ancestors knew are now tools in your healing hands." - Manudada

TOMORROW - DAY 10: BREATH WORK & EFT TAPPING (PRACTICAL)

कल - दिन 10: श्वास कार्य और EFT टैपिंग (व्यावहारिक)

🙏 नमस्ते 🙏