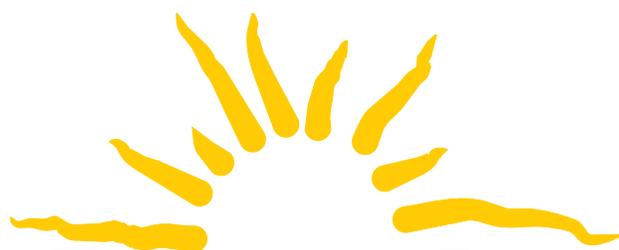


Getting the Most From The Level 2 EFT Course

**Edited Excerpt For Holistic EFT Practitioners
from the Holistic Coaching and Healing Training Manual**

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GETTING THE MOST FROM THE LEVEL 2 HOLISTIC EFT COURSE

As you enter your studies, we want to help you with your personal and professional development, so you can get the most out of the EFT Certification Program. We start with the understanding that each of us is here for a reason and most of the people who invest in this program feel guided to join us. Some of the most common reasons for wanting to become holistic coaches and/or healers include the following:

- Loving people and wanting to help them
- Having a desire to learn more about oneself and others
- Following a calling
- Wanting to help make the world a better place
- Having a sense of mission or purpose

As you set your course, it is essential to understand that personal growth and professional development go hand in hand. The journey starts with you, with creating more self-awareness, addressing the fears and perceived limitations that block your path, and increasing your capability for self-realization. You will focus on each of these areas with your clients and, through your personal development, you blaze the trail for them. The more you know about who you really are and embrace your true identity, the more clear your focus and intent, the more ease and joy you will experience in all aspects of your life.

A. YOUR KEYS TO SUCCESS

Practice is a major key to your success. As you probably know, this program offers an opportunity for you to experience a transformation, both personally and professionally. It will help you to understand much more about your unique gifts and purpose. You will have numerous opportunities to practice techniques that will help you to expand your sense of what is possible and release blockages that are holding you back.

Your sense of confidence and presence as a Holistic EFT Practitioner will rise incrementally as you accumulate training and experience working with yourself and with clients. As you enter your professional practice, you will want to have a presence that engenders trust and confidence in your clients. You hold the keys to making this happen.

We offer the following list of areas you may want to focus on for your personal and professional growth. There may be others that you would want to add, as well, so you can

move forward with the greatest ease. With focus, you can make transformational changes, and prepare yourself to succeed with your professional practice.

Here are some areas to focus on:

- **Empowering yourself to set your own course:** This involves taking control of your life by stepping out of the herd and empowering yourself to take action that supports the realization of your dreams regardless of what anyone else thinks. There will generally be lots of people who will be glad to tell you why you can't do what you want, and only a small number of people who will tell you why you can and must.
- **Taking control of your time:** As you probably know, we provide information on doing this in the Manual. Getting off the treadmill and freeing up the time you need to reach for your goals is a must for most people.
- **Raising your vibrations** throughout the day into the realm of infinite possibilities for creating a miraculous life. It helps to watch whether you are in a state characterized by love and connectedness or fear and separation throughout the day, with the goal of staying connected more. Some years ago, we felt guided to focus on the vibration of gratitude as a key. You can recognize your blessings by asking yourself what you have to be grateful for each day and finding ways to express your gratitude to those around you and to the universe for the miracles that are happening in your life. This will help you to keep your vibrations up and view the challenges and opportunities that present themselves from an elevated perspective.
- **Increasing Self-awareness:** Where most people are on auto pilot, continually playing out programs that are largely unconscious, Holistic EFT Practitioners can help clients to change the picture. Clients become self-aware, developing their inner observers who pay attention to what is going on and keep them on course. Remember that this starts with you.
- **Accessing and drawing upon your own source of guidance and wisdom:** A roadmap is essential if you want to go anywhere in life, and you have within you everything you need to create a roadmap for realizing your dreams, as well as putting it into action.
- **Releasing fears of exposure:** Many people in the holistic and spiritual fields are held back because they are afraid of what less open-minded people may think of them or say about them. We all need to overcome these fears to be able to fully embrace our purpose and realize our dreams.
- **Expressing Yourself and Speaking Your Truth:** This is closely related to the last item. Most people entering holistic fields find themselves between two worlds, the "herd," or mass consciousness, and their place of total freedom in the realm of infinite possibilities. Learning to be able to speak your truth at appropriate times and in appropriate ways is an integral part of your journey to wholeness. Additionally, your practice is likely to include some public speaking and the need to let others know what you are doing, so you will want to be able to express yourself without fear.
- **Building confidence:** This is essential for success. As you develop knowledge and learn new skills in the course, you will have opportunities to build your confidence, so you can be excited about taking your gifts out into the world when you complete the program. Learning to love and appreciate yourself is a major theme on the spiritual path. As you focus on the gifts you have to offer, also remember that the key to having confidence with the techniques is practice, practice, practice.

- **Becoming decisive and able to take effective action:** This relates to confidence. While many people waver around, never committing to following a course of action, successful people have an ability to make decisions and take effective action. They are willing to risk failure, stepping up again, and continuing forward.
- **Viewing life as an adventure and facing challenges proactively:** From a spiritual perspective, we are all challenged to come to new levels of understanding and to make positive changes in our lives both for our spiritual development and so that we can realize our purpose. We can see ourselves as victims of an unfair society or as people who are being given opportunities to expand, grow, and create something magnificent with our lives.
- **Releasing fears about marketing your services:** It is interesting that those of us who pursue careers in holistic fields generally feel guided to do so and enthusiastic about what we are doing. Then, when the time comes to go out and tell the world about our offerings, we hold back, often out of fear of being perceived as being pushy or having to be disingenuous. We have developed approaches to marketing that focus on being of service, where everyone involved is honored and where the process becomes joyful and exciting. When you feel clear about the value of what you are doing, fears about marketing can largely subside.
- **Being able to graciously give and receive:** Creating balance in this area is essential to your ability to give generously of yourself to clients and graciously accept fair payment for your services. We practice being generous in giving to others and receiving graciously when people offer gifts as a way of being able to give and receive with ease. To be successful, you need to feel that you deserve to receive.
- **Creating Abundance Consciousness:** This involves releasing limiting beliefs related to money, so resources can flow freely, along with being able to trust the universe to provide for you.
- **Moving into the flow of creating a joyful and fulfilling life:** You don't have to wait a moment longer to move into the flow of creating a joyful and fulfilling life. You can start now by discovering more about your purpose and experiencing the sense of aliveness and excitement that come from being a conscious creator. This is the ultimate goal, to feel totally alive, get into the flow, and stay in the flow, where everything is in divine order and you take joy in exploring each step in the journey.
- **Developing commitment:** To move forward and realize your dreams, you need to decide that this is your time and that you are unwilling to leave your gifts on the shelf for another day. You have to commit fully to yourself and your dreams.

We suggest reviewing this list as you progress, so you can select the areas where you want to improve. If you plan to build a practice as a Holistic EFT Practitioner, you will have opportunities to master a wealth of techniques to use in your practice and for your own professional development. Each course contributes valuable pieces of the puzzle.

B. PRACTICE & INDIVIDUAL SESSIONS

As you progress in the Holistic EFT Program, you will notice changes in yourself as you learn new methods, listen to demonstrations, and practice the techniques. As suggested

earlier, this growth process is one of the most important aspects of the course, along with learning methods you can use for life for self-development and, if desired, for helping others.

As mentioned previously, the ultimate key to your success is practice, practice, practice. We also have some suggestions on how to learn the methods.

Practice Essentials

To maximize your success, here are a few important areas to keep in mind:

- 1. Study each process** in the manual and books and watch the demonstrations, where provided. This gives you background on how each process fits into the bigger picture of the journey and when you may want to use it. It will also provide the sequence in the process.
- 2. Recognize your goal as developing your unique way of using the techniques.** Enjoy the fact that your interaction with each client is unique to the two of you. By working as a team in our early sessions, we realized that we would each approach the same client and process differently. There is no one right way to address a client's issue and your goal is to find your unique way. The fact that someone else would take a different approach from yours doesn't make their approach better. You are aiming to have enough experience so you can find approaches that are effective for you.
- 3. Memorize the sequencing and logistics of each process.** As you prepare to practice the various methods, like the variations and enhancements to EFT, it can help to rehearse the sequence of each process before trying it with others. We continue to learn new methods and find it helpful to practice on dummies, like pillows or teddy bears, when we need to learn how to go smoothly through a process.

As you know, we also recommend practicing the sequence of a process on yourself. You may discover some new things about yourself and you will feel more confident when you approach others. In some cases, just reading a script from the manual or one of the books a few times may help you to increase your confidence in your presentation as you are getting started. In cases where a script is not provided, you can create your own. Going through this exercise will help you to learn the process. Soon, you will be able to go beyond the scripts with an innate awareness of what you need to explore next.

As you learn the sequencing and logistics, also keep in mind that techniques are just techniques and in actual practice, you may not use them in the exact way that they are presented. The most important thing is to understand the essence of the process, so you know intuitively what you are wanting to explore next when you are working with actual clients. Then, if you get off track or forget a step, you will be able to recover easily, pick up the pieces, and continue on. In the vast majority of cases, the client won't know the difference.

- 4. Find practice clients and practice, practice, practice.** When choosing subjects to practice with, here are some things to keep in mind. Family and friends are often the most readily available, and it is fine to use them to practice, but recognize that they can be some of the most difficult people to work with. This is not always the case,

but it is common. There are several reasons for this. First, the people you know best already have an idea of who you are and they might not see you in the role of a Holistic EFT Practitioner. This can make them overly critical. Second, they may not be particularly interested in overcoming obstacles, which can sabotage their potential success. Third, the issues they may need to clear might involve you, in which case, it is better to steer clear of the situation.

The solution: seek out people who are open-minded and truly want to change.

- 5. Consider having one or more private sessions with the instructors.** Many schools offering coaching and healing programs require participants to have private sessions with one of the instructors as part of the training.

Having a complete session with an instructor has additional benefits. It provides a model for your own sessions, demonstrating the many subtleties of a private session. It can also help you to experience deep clearing and accelerated growth with the guidance of an experienced practitioner.

C. CONDUCTING PHONE SESSIONS

Phone sessions are becoming more and more popular. For building your practice, they expand your market exponentially from your local area to the entire US and beyond. We have had sessions with people in Canada, England, Australia, and even Asia. With Skype internet phone service, you can talk with people with computers and internet access anywhere in the world for free.

You may not have thought it possible to conduct a coaching or healing session by phone or over the internet. The majority of our sessions are phone sessions and they actually offer advantages. Some of our clients mention that they feel freer to express themselves because they have some anonymity. They probably will never see us in person and it is highly unlikely that we will ever run into any of the people with whom they are having challenges.

Nonetheless, many people still look at the traditional model. They assume that an in-person session is more effective. This is not true. There are many reasons to explore phone sessions. You can also educate clients in the benefits of having a phone session, which are described below.

Perhaps the apparent drawback to phone sessions is that you can't see each other. Additional resistance may come from your lack of experience in this format, as well as your client's unfamiliarity with phone sessions. But these considerations need to be weighed against the considerable advantages of having a session by phone. Overall, we have found phone sessions to be comparably as effective as in-person sessions.

Here are some of the advantages to phone sessions:

- You can reach persons out of your local area, increasing your client base by leaps and bounds.
- They save time for you and client. You don't need to prepare your surroundings for client's in-person visit. You can stay in your pajamas if you want. Nor do you need to drive to an office. The client also saves driving time by calling you from a convenient,

comfortable place.

- Just as a blind person increases his auditory acuity, so too will you enhance your auditory faculties by conducting phone sessions. Although you don't have visual cues from your client, your listening ability naturally sharpens. You may notice your intuitive sensing flourishing as well.
- You can refer to notes and reference other materials more easily during the session. For an in-person consultation, you probably wouldn't highlight notes and reference other materials at your desk during a session. These focusing tools and resources are readily available without distracting from the phone session.
- It's easier having shorter sessions, such as half sessions or short follow ups by phone. By contrast, for a person to commit to driving to your office, a full session is generally involved. Also an in-person session can take up more of your time as the client needs to take time to adjust to your office and perhaps use the restroom before getting started.
- If desired, it may be easier to have sessions at convenient alternative hours by phone, such as evenings or weekends. To be at an office after hours or on weekends, would present more difficulties in terms of time and convenience.

Keys to Successful Phone Sessions

To have a successful phone session, consider these elements for both you and your client:

- If you are not using Skype, turn off computers, TV, radio, and other electronics.
- Minimize interruptions: such as children, call waiting.
- Find a comfortable place.
- Have pen and paper handy.
- Have water available.
- Wear headphones if possible.
- Coordinate time zones if needed.

D. DEVELOPING A MORE SOULFUL SENSE OF AWARENESS

As part of the course, we highly recommend taking time on a regular basis to develop a strong connection with your inner guidance and wisdom. After all, the goal of higher consciousness is to be in this soulful place as often as possible. One of the best ways to accomplish this is to center yourself at least once a day. Just ten or fifteen minutes each morning can transform your life. As with any skill, the clarity and power of this connection strengthens with time as you open more to your infinite potential. You will also find yourself feeling more connected at other times as well.

Starting your morning with the Centering Process sets a high vibration to carry you through the day. You can find a variation with our Soul Centering Process at getting-thru.org/sn0599.htm, in the newsletter archive of our website. There is also a guided version

of it on the *Getting Thru to Your Soul* audios that allows you to just relax and listen to the process. This is what Jane did for the first year of using it around 1989 and her life was never the same. Each day became magical and mystical.

For those who meditate, if you have a process that allows you to access your guidance and wisdom, we encourage you to continue to use it. At the same time, it is important to understand that meditating and Soul Centering are not necessarily the same things. We have encountered many people who have been meditating for years or even decades without accessing their inner guidance. In fact, some meditative processes involve cutting off the inner voice to access a state of wholeness. This is a positive way to transcend lower vibrations, but it also eliminates access to messages from higher sources. These higher messages are your guidance, which provide direction and wisdom. Traveling on the spiritual path without this essential guidance is like traveling into unknown territory without a roadmap. You may cover a lot of miles, but who knows if you will ever get where you want to go? Your higher guidance is essential, profound, elevating, reassuring, joyful, loving, and much more.

If You Are Unable to Connect

For some people, connecting with the soul's energy in the heart brings up issues in this area that need to be cleared. Some of us have learned to protect our hearts from being hurt by others, and we may ultimately find it protected from ourselves. If Soul Centering brings up uncomfortable feelings, you may need help to clear them. Or, if you want to go through these feelings yourself, connect with exactly what you are experiencing. Dialoging with the part of yourself who is wounded and/or using EFT, if you know it, may allow you to break through. Ultimately, the space in your heart should feel clear, open, and loving.

Other Ways to Experience Connectedness with the Oneness

As a variation, or for working with people who may not relate to the concept of Soul Centering, here are some other options.

1. **Sense/see yourself as a tree**, with roots that extend deep into the earth and branches extending to the sky, with the sun acting as your higher self sending energy down through your body. We describe this technique in our audio program and workbook *Intuitive Techniques for Getting Thru to Your Soul*.
2. **Remember a time where you felt connected and unified**, like a time when you were in nature, or surrounded by beauty, or felt much love. Focus on reexperiencing the feelings you had then, along with the sights and sounds. Including more of the senses deepens the experience.
3. **In a relaxed state, imagine going to a special sanctuary or sacred place** to meet with your higher self. We describe how to do this with the Spiritual Plane Communication Process in this program.

In addition to grounding yourself or a client with a centering process, you can use any of the following techniques for grounding:

- Do the tree visualization mentioned earlier.

- Sense your feet attached to the floor, or like magnets grounded to the earth.
- Do some deep breathing.
- Imagine a grounding cord from your tail bone to the center of the earth.
- Take a walk, barefooted or without shoes if desired.
- Drink water.
- Name the objects in the room.
- Bend over with your knees slightly bent, feet firmly planted on the floor, while breathing slowly. Then gradually rise to a standing position.
- Hold some stones, like hermatite or hold petrified wood.

Receiving Direct Guidance

Once you establish a regular routine of Centering, you can use the process to develop your ability to receive direct guidance by journaling or recording your insights into a recording device. We use journaling, because it is easy to reread our notes.

You can use this journaling process to help you to understand everything you are learning in this course in a deeper way. When you have connected using the Centering Process, you can ask questions from this lofty perspective and let the responses to flow out on paper. Areas to explore include the following.

1. Personal Development: Here are some questions you can ask:

- What gifts have I brought into this life to share with the world?
- How can I make the best use of my gifts to help to make the world a better place?
- How can I creatively express my gifts and strengths?
- How can I appreciate myself more?
- What can I be grateful for today?
- What have been my greatest recent successes?
- How can I do something more meaningful today?
- How can I set up a flexible schedule that includes more meaningful activities?
- What is my most important area of learning today?
- How can I experience more joy and fulfillment today?

2. Professional Development: You want to develop confidence in yourself, empower yourself to follow your path regardless of what anyone else might think, and take decisive action. Here are some questions you can ask:

- What activities can I eliminate to free up more time to realize my purpose?
- How can I empower myself to follow my path regardless of what others might think?
- How can I be more confident about my direction and my ability to help others?
- How can I be more decisive as I take action to realize my purpose?

3. Confronting Challenges: We ultimately have to view our challenges as synchronous parts of the design and uncover the messages behind them. Some questions to ask:

- How could I view this challenge differently (have a specific focus in mind)?
- What can I be more receptive to learning?
- What is _____ (challenging person or situation) triggering in me?
- How can I celebrate today (regardless of what is happening externally)?

4. Mind Expansion: We are all limited by our thinking. Richard Bartlett, the developer of Matrix Energetics, recommends stretching your mind every day to generate powerful new ideas. Here are some questions he likes to ask to set his state for the day.

- What am I not thinking or perceiving that could alter my perspective?
- What haven't I thought of yet?
- What can I discover that will confuse as well as enlighten me a little more today?

5. Understanding the Nature of Reality: Our reality is actually a reflection of our internal world and the lessons we are learning. From this perspective, each day of your life is being orchestrated to provide situations that can further your development. Some questions:

- What can I do differently that will change the results I am getting? (Here you can have something specific in mind or just ask this as a general question.)
- How can I understand the events of my life from a higher perspective?
- How can I experience my reality from a fresh perspective that is different from anything I have experienced before?

Another essential aspect of this process of connecting is to recognize that your reality is synchronously responding to your focus and your perception of it. If you start asking questions like the ones above and paying attention to what is happening around you, your reality will respond in kind. Expect that more information may come to you at any time and keep all of your senses open. A book may fall off a shelf for you to pick up. A sign may bear a message just for you. Someone may come to you with the next piece of the puzzle. Or you may just have a feeling about something. As you explore your daily life with this in mind, the miraculous comes more clearly into view.

Also ask your guidance to provide signs that are easy to notice and expect this to happen.

E. MOVING FORWARD WITH AN OPEN MIND

As you progress in your studies, you will have opportunities to explore new ideas and methods for helping you and those you choose the help to make transformational changes. You may not always agree with what we say and this is fine. We don't want anyone to believe us. We view this program as experiential, with the proof in the results. We provide a toolbox of techniques and approaches, with the goal of helping you to find the ones that work best for you. As is indicated in this overview, we also view your most powerful tool to be your own spiritual source, which can guide you to discovering what is true and valuable for you.

As you enter your studies, we recommend approaching the subject matter and the techniques you learn with an open mind. These approaches may be different from what you have known in the past. Be assured that all of them have been “road tested,” and refined over years of use, so we know that they are powerful and effective. To receive the best results, we recommend that you set previous training aside while you learn these methods. Once you understand the techniques and master them, you can incorporate other methods you have learned. But remember: if you are not open to what may be quicker and easier approaches than you learned previously, you may miss some amazing opportunities to supercharge your results.

We realize that you may know techniques that are fast and effective. We offer this suggestion from our experience, having watched students confuse themselves by trying to combine too many things and never grasping the power of what they are learning. Once you master the techniques as presented, you will be in a much better position to evaluate them and find your own way of using the information and processes.

We hope these tips are helpful. Our ultimate goal is to see you succeed and join us in our mission of helping to create a world where love can replace fear as the guiding force, where the unique gifts that each individual brings are honored, and where everyone can experience joy and excitement in their daily lives.