

Report on The EFT Classes and Weekly Sessions Held At The Luminary School

A team of volunteers including Jayashree, Chitra Krishnamurthy, Krishnamurthy, Vinod Joshi and Eera Mittur started working with the children in 7th, 8th, 9th and 10th grades at the Luminary school on June 19th 2009.

Luminary school is located in Vidyamanya Nagar, Andhrahalli Main Road, Bangalore. This school was started about ten years back by Miss Kavitha Reddy with the intention to provide good English medium education in remote area of Bangalore. Since then Bangalore has expanded and the school is not as remote now. The school provides schooling from Nursery to tenth grade and is recognized by the Govt. of Karnataka. The total strength of the school is around 200 children. The number of children from the seventh to 10th grade is around 40.

The children are from Kannada and Telugu speaking families. Their background is rural and lower middle class.

On 19th June

(Led By Jayashree. Practical written work assisted by Eera, Chitra, Krishnamurthy, Vinod)

We started on 19th June with two 2 hour sessions. We worked with the children from the 7th grade in the morning session and the children from 8th-10th grade in the afternoon session. On the first day, we explored several new concepts. The children were not very used to labeling or being aware of their feelings. So we first did several practical exercises using a written format in understanding emotions, observing the connection between emotions and the body/breathe. We explored the difference between positive emotions and negative emotions. We then made several sentences using these feelings so the children can begin to express themselves. The facilitator then introduced the concept of “an energy body” and the relationship between our energy body and physical body. We then introduced acupressure and the meridian channels. We briefly touched upon EFT.

On 26th June:

(Led By Jayashree, Assisted by Vinod, Chitra and Krishnamurthy)

Review of concepts from the previous class. We introduced EFT and practiced the mechanical aspects of EFT amidst much giggling and laughing. The children were not at all used to touch and this was a new experience for them. We then started utilizing the tool for issues brought up by them. The 7th grade first brought up the difficulties they were having with Hindi and Mathematics. As we tapped their difficulties simply vanished. The children were really amazed by the “magic buttons” and then began to excitedly participate. Both boys and girls easily shared their problems with subject areas in school.

When it came to other areas – they were more hesitant. We therefore decided to split each class into two sessions – since the boys and girls did not share their feelings openly in front of each other. Jayashree and Chitra akka took the sessions with the girls. Vinod and Krishnamurthy took the sessions with boys. Some of the issues worked upon are listed below.

Morning session with the boys from 7th grade: (Facilitated by Vinod and Krishnamurthy)

- **Issue of sister laughing and making fun of him:** One of the boys had this issue and the issue was resolved in just in two rounds of EFT. Other boys also brought up similar issues and borrowed benefits from the group tapping.
- **Issue of fear of ghost and image of a person who died by consuming poison:** This issue was with most of the boys. They had witnessed a “dead body” of a man who had committed suicide by consuming poison near the cricket ground of their school. The boys were afraid to play cricket as they were told by someone nearby the place of incident that the ghost of the dead man is roaming around at the place of incident. This had completely stopped their game/play much to their dismay. We tapped on the fear. Both the aspects were resolved in just 3 rounds of EFT.

Morning session with the girls from 7th grade (Facilitated by Chitra and Jayashree)

- One of the girls saw a woman in her neighborhood beaten with a rod by her relatives even though she was having a small baby in her hand. This girl did not know why it was happening. She was with her parents. When her father interfered he too got beatings. The feeling that existed was sadness. We did group tapping for four rounds when she said that there was no more sadness left.
- **Fear of Snake.** Pallavi was afraid of snakes and wanted to be free of this fear. We did group tapping for four rounds and she was free.
- One of the girls felt sad that her father was beaten by his own mother and brother over some family dispute and she was very sad. Three rounds of tapping helped her release her sadness.

Afternoon session with the children in 8th-10th grades

- Jayashree led the common forum with EFT introduction. We mostly tapped on academic related fears and difficulties. The children in the higher grades were more wary of opening up. So we decided to slowly and gradually work with them. In the beginning they did not believe they could release emotions. After the practice rounds they started believing this but were not ready to open up in areas other than academics. We did not explore separate sessions for boys and girls.

On 3rd July:

Morning session with 7th grade: (led by Chitra akka and Vinod)

Feedback from the boys and girls:

- They really enjoyed practicing magic buttons by themselves over the week mostly on issue of tests and they all scored good marks. They were surprised that they could get good marks in Hindi too which they considered difficult. Some of the girls helped their younger sisters and brothers with tapping and get over their fears of tests! We had a very positive response from the children in 7th grade. The girls wanted separate sessions from the boys so after a common beginning we split them again into 2 groups.
- Session started with prayer.
- Summary of earlier sessions were discussed.
- Separate group for boys and girls was made and the following sessions were tapped out in the boys' session.

Session with the boys (led by Vinod and Krishnamurthy)

- **Issue of father not getting the bicycle:** One of the boys had this issue. His father always kept saying that he would buy bicycle for the boy after his monthly salary but the boy observed that the father paid for so many other expenses including school fees (by which the boy could make out that his father got monthly salary). However he never got his bicycle. This issue was resolved just with two rounds of tapping.
- **Issue of boy getting scolded for the mistake of his sister:** One of the boys had this issue. He woke up that day early and his sister did not. The boy was scolded for not waking up his sister. The sadness was tapped out in just two rounds.
- **Issue of birthday not celebrated:** One of the boys had this issue. This issue was about two year old and the sadness and anger was still fresh in boy's mind. The issue was tapped out in three sessions.
- Jokes were shared.
- Cricket played for half an hour with the combined group of boys and girls

Session with girls: (led by Chitra akka)

- All the girls became light and cheerful to share how they practiced with others in the family. Some of the girls taught them to their mothers too. I asked if they felt shy to tap but none of them felt that way at all. One girl who was with her mother when her father was beaten and knew that her mother felt sad said that she worked with her mother and helped her mother relieve her sadness!

- One girl wanted to eat ice cream but her parents denied her request because they were afraid where she would get fever. She felt very sad about this. So we did tapping for her sadness and helped her release it.
- One girl wanted to play in the rain but was afraid that she would get fever. We tapped for her fear a couple of rounds and she felt happy and said she would try out when it rained.
- The session was a cheerful session and they joined the boys to play cricket.

Afternoon session with 8th-10th grades

The session began with a prayer and a discussion on character building. We explored the personalities of Michael Jackson and Swami Vivekananda. The names of the persons were provided by the students in response to Vinod's question "who do you think has influenced the world in his short life?" The discussion led to an exploration of Swami Vivekananda's idea of character building education. Swamiji has said that the character was the sum total of all the impressions in our brain and the discussion led to positive and negative experiences and emotions. So EFT was considered a very useful tool to build up good character and by ourselves. We all agreed that the responsibility lies in each one of us and we can't blame others.

We then did some common rounds of tapping.

- **Issue of scoring less marks in Hindi:** One of the girls scored very less (3 out of 25 in Hindi). She had sadness about the same. The issue was resolved with only 2 rounds of EFT.
- **Group issue on Social studies' long answers:** Few girls had the issue of facing long answers in Social Studies. They were frustrated with it. The issue was resolved in three rounds of EFT.

The session with girls: (led by Chitra akka)

- Most of them tried it out on some issues related to fear about tests. One of the girls felt sad when one of her teachers scolded her and said the magic buttons did magic and it was gone!
- One of the girls was full of sorrow because she had trusted a friend and the friend never bothered about her and was not talking to her. The sorrow was choking her throat and she was full of tears. We all tapped for her sorrow choosing to forgive her friend. We did about five rounds and many other girls also said that they had similar incidents which left a lot of hurt but their degrees varied. So we did seven rounds of group tapping. The girl who started first was not totally free but for the others it was all gone. She however felt much better. It was time to end the class. The class was so engrossed that when they were called by the boys to play cricket they did not want to go as their issue gained seriousness! We all ended with deep breathing and silence.

- They all mentioned that they were looking forward for Jayashree's sessions.

Session With the boys: (led by Vinod and Krishnamurthy)

- **Fights between the boys:** Two boys had fought with each other and were feeling very upset over the same. The issue was resolved with two rounds of EFT.
- **Issue of father not repairing bicycle:** One of the boys was very upset over his bicycle being not repaired. The issue was resolved with two rounds of EFT.
- Jokes were shared
- Cricket played with only boys

Summary of afternoon sessions (senior students) on 10th July:

- This session was led by Vinod and Krishna Murthy (Uncle).
- This was a separate session for boys.
- The session started with prayer
- Students were asked if they tried the EFT on any of their issues or taught any one. One of the students said he used it on his sadness when his parents scolded on him and it went off in three rounds
- Students when asked if they are having any issues, they did not open up and they were probed with specific questions like did they feel bad on any issues, are they sad on any issues, are they angry on someone etc.
- When the students did not open out in spite of probing, Vinod and Krishnamurthy shared their real life issues and did EFT on those issues just to motivate students to open up.
- **Vinod's real life issue: Sadness for not becoming a doctor:** Vinod wanted to become doctor but he ended up becoming Engineer. Though this was a conscious decision Vinod had taken, somehow he was feeling bad about this thinking if he did something wrong. Vinod did EFT in the session with students and his sadness disappeared after 3 rounds.
- **Krishnamurthy's real life issue: Sadness for not becoming a state Cricket player:** Krishnamurthy was a great player of cricket from his Childhood. He always dreamt to grow big in cricket and wanted to play for state cricket team in Ranji Trophy (the name of the cricket league between the states in India). Due to circumstantial issues, he couldn't get in to state team and he always felt bad about this. This sadness was still stored in his mind. Group tapping of three rounds made his sadness disappear.
- With the above examples, students started opening up and the following issues were tapped out by group tapping
- Issue of inability to concentrate: A group of students had this issue. The students were asked to tune in to the issue and group tapping was conducted. They were feeling sad as well as helpless with this issue. Both the issues were tapped out with 4 rounds of EFT.
- Jokes were shared with students and students were encouraged to share jokes. Two students shared some good jokes.
- Lots of motivation given to students to keep using the tool for their self growth.