

## How Applying EFT for Inner Child Healing Adds Therapeutic Value for Inner Work



EFT (Emotional Freedom Techniques) tapping involves using the finger tips to tap on specific meridian points on the face and body for emotional release and changing beliefs. The therapeutic method combines both Traditional Chinese Medicine and Western Psychology. EFT tapping is currently considered an alternative therapy worldwide, albeit it is receiving increasing recognition in the healing community.

For most people, when they want to address their emotional struggles or even work on issues that concern their childhood, the automatic response is to see a counsellor or therapist. Most certainly, a counsellor or therapist can offer them some relief. Naming their emotional issues or talking about the past is potentially cathartic.

However, talk therapy alone has not been found to be adequate in cases for people where...

- their issues are deep-rooted,
- their past issues are adversely and repeatedly affecting them in adult life,
- they constantly struggle on coping with their emotions or/and
- they are experiencing physical symptoms; such as in anxiety, they are having heart palpitations, sweating or a heightened response to triggers.

Thus, where core issues are not sufficiently addressed at **root cause**, you can possibly find yourself experiencing the same sabotaging patterns over and over again in your

adult life. **The same physical symptoms of deep anxiety or insecurity remain.**

Invariably, you may discover that **no major or real shift has taken place** from the talk therapy sessions.

Bear in mind that you do not have to go through any form of deep trauma or abuse to require inner child work. It may be that you were **neglected** or did not have the chance to process your negative emotions as a child. You might have encountered instances where emotional wounding took place due to harsh comments, a heart-breaking rejection that took place or where you deeply believed that you were not “good enough”. The **subconscious belief** such as not being lovable or being unworthy, formed could have created an **energetic program** that led you to **continuous self-sabotage even till adulthood.**

## **7 Indicative Signs that You have a Wounded Inner Child**

For a start, how can you determine that there could be perhaps childhood or past trauma issues that require inner work? The signs to look out for include...

**1. Tendency to Overreact.** You find yourself reacting excessively to the activating triggers. It could be that you have rage or anger issues. Your inner child is running the show when you are not in control of your reactions.

**2. Clingy and Needy in Your Relationships.** Being clingy or needy in your relationships can be indicative of having a fear of abandonment. According to attachment theory, it points to having an insecure attachment style. Issues could stem from the past where you were not able to emotionally bond with your caregiver when

you were young. As an adult, you find it hard to cope over thoughts on being alone. For relationships that may be toxic, you'd give plenty of excuses to stay on.

**3. *Deep anxiety.*** You often experience deep anxiety. On the extreme, you may even suffer from panic attacks. With deep anxiety, it could be that you have the fear that things will turn out horribly and so you find it hard to trust. You are constantly on the lookout for danger signs. Your ability to be and feel at ease is hampered and the quality of your life is reduced.

**4. *Emotional swings or moodiness.*** You may experience emotional swings because you don't seem to know how to self-regulate. Or it may be that you constantly feel moody without knowing the exact reason why. Your emotional mind is in charge and it is hard for you to make a clear and rational decision without getting into overwhelm.

**5. *Low self-esteem.*** You constantly criticize yourself and you often feel inadequate or "not good enough". It may also be that you can't stop comparing yourself with others. You suspect that there is something wrong with you and that you are fundamentally flawed.

**6. *Perfectionistic tendencies.*** You shame yourself when you can't meet your standards or expectations. It may also be that you take other people's comments personally because you believe that you need to be perfect. Self-forgiveness is very hard for you. Having perfectionistic tendencies can impact your overall productivity.

**7. *Feel like a "nobody" and lack of significance.*** You feel that you are not being seen or heard. There is a sense of being unloved and unlovable.

## **Why use EFT for Inner Child Healing?**

At the core, It's rooted in science when we recognise that **everything is energy and energy can be transformed.**

We are also recognising **the power of the mind.** Through the therapeutic process, we discover that **subconscious memory via energetic imprints** can be changed and how we can replace it with a **new vibrational story** that supports us in the way forward. Powerful shifts are experienced and changes are embodied through tapping.

**1) Restore Your Energy System.** Firstly, we recognise that while the past is long gone, it exists as a memory...or more specifically as an energetic imprint. To clear the past, is to address the imprint at the subconscious and energetic level. EFT comes in to restore your body's energy system to homeostasis.

**2) Evidence-Based and Supported by Research.** There are research studies that support changes in the brain, cortisol levels and immune system markers (refer to image) after using EFT. It is an evidence-based modality where thousands of people have reported experiencing changes that last. Hence, not just temporary relief, the changes are significant.

## Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health



Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.

(Credit Image: Dr Peta Stapleton)

### ***3) Clear the Energetic Disruption from the Physical Body via the Meridian System.***

The physical body stores the trapped emotions when wounding occurs (Reference: The Body Keeps the Score by Dr Van der Kolk). Hence, it would be helpful to employ a therapeutic approach that involves *somatic elements*. EFT offers the perfect way of processing past events while using a “tapping” action to release energetic (or emotional) disruptions at the physical level. We are also applying tapping on specific meridian endpoints for release. Hence, not just mentally, we are addressing core wounding issues at all levels: emotional, mental and physical (meridian).

***4) Allow the Embodiment of Insight.*** The therapeutic process involves processing of the events that took place in the past. You are invited to learn from the life lessons and to integrate at the subconscious. Subconscious learning is then encouraged to be followed through with physical embodiment.

***5) Ripple Effects.*** The potential benefits are tremendous. EFT inner child healing essentially involves an inside-out approach, where clearing past childhood issues helps to address the issues faced today. EFT tapping has been applied to various situations: anxiety, depression, pain relief, emotional healing, belief change, food cravings, etc.

**6) *Clear Past Generational Patterns.*** It is possible that you inherited beliefs or past programming from your parents, grandparents or generations before. You undertake the responsibility to clear imprints and programming not just for yourself but for previous generations and forward to future ones.

**7) *Supports Self-Love.*** Healing the wounds of your inner child is essentially working on self-love. Many people have the wrong ideas about what it means to love themselves. They believe that self-love simply means giving themselves a treat; such as, going for a massage or buying themselves a branded bag. For those who are going through depression, an inability to manage their emotions or have insecurity issues about themselves, self-love work that incorporates inner child healing offers powerful shifts.

If you want to start feeling better about yourself, build authentic confidence, or cultivate emotional resilience, consider working with a trained practitioner. Contact Evelyn right away at <https://www.evelynlim.com/discovery-call>

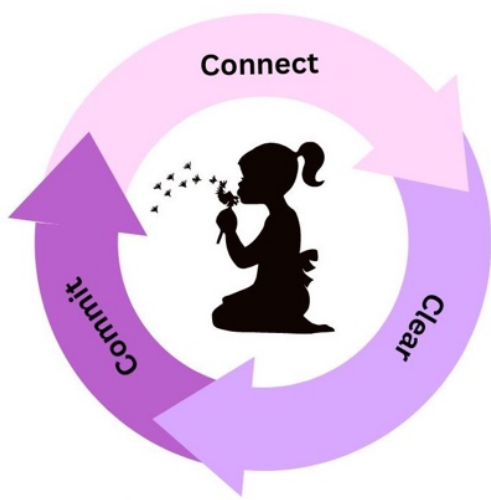
## Self-Love Healing Coaching Program with Evelyn Lim

Many people try to save money by following a Youtube video or an app to do tapping. However, they often find that they were not able to attain much of a breakthrough. As I discovered, they might even may even conclude that tapping does not work.

Well, where your issues are deep-rooted and specific (for example, you recall instances in your childhood where you did not have your emotional needs met) and if you find yourself stuck or in self-sabotage, it is recommended that you engage a practitioner (such as myself) for assistance with inner work.

May I have the permission to share more about how I help my clients.

**Safety is emphasized** so that you can work gently to overcome any fears. We incorporate **self-love mindfulness practice infused with somatic-elements that supports release in the energy field from the inside-out and that invites clarity and insight**. All levels of healing are encompassed: *mental, emotional, physical and spiritual*.



### *Inner Child Reparenting*

There are 3 broad steps for change to happen when working with your inner child therapeutically:

*Connect, Clear and Commit:*

- 1 - First, build a *connection* with your inner child.
- 2 - Then, you work on *clearing* the emotional disruption and letting go of faulty beliefs.
- 3 - Finally, you *commit* to reparenting to address any unresolved or unmet needs.

The therapeutic process involves the following...

1) **Release the Energetic Disruption & Repair Wounds.** First, we work on clearing the energetic disruptions that block safety and clarity. We work on calming the nervous system and healing the emotional wounds.

2) **Reframe Beliefs.** You are invited to expand into new perspectives. We change any limiting beliefs to ones that support you in your growth and evolution.

3) **Rewrite the Vibrational Story.** We “inform” the Universe that a new vibrational story is now in place. This helps to clear your energy field, and to anchor in a new point of attraction.

4) **Reparent the Inner Child.** We work on setting boundaries, reaffirming loving and assuring messages, and offering guidance.

***Other Coaching Needs.*** For issues today, we work on clarifying your goals and dreams, improve communication in your relationships or whatever is needed to help you shift to the next level.

Sessions are customized to suit your needs as your past, experiences, and history is unique to you. Packages are available and are priced reasonably. Contact Evelyn for more information about coaching/healing packages at

<https://www.evelynlim.com/discovery-call>



## My Bio ☺



Evelyn Lim specialises in helping women with emotional healing, so that they can gain greater confidence and empowerment to take charge of their lives.

Evelyn is a coach, an accredited EFT practitioner, and a certified Matrix Reimprinting Practitioner; who is also trained in Neuro-linguistic Programming, Akashic Records Reading and other modalities. A former banker, she was inspired to help others with inner work after going through her own healing journey. Evelyn has been assisting women online for 10 years. With the dream to make a difference, she has also written 3 books. Her private clients come from various parts of the world; including the US, UK, Australia, Switzerland and Singapore.

*"Knowing Evelyn is a gift. Evelyn not only gave me invaluable information about my soul, my vibration, my spirit guides, and my soul's journey over the ages--which helped me to know myself at a very different and timeless level--but even more importantly, she gave me the tools that I will continue to use to eliminate emotional blocks through inner child work, EFT, and even future self work.*

*I didn't realise until recently that I carried emotional blocks related to multiple experiences with betrayal from childhood on (by relatives, friends, teachers, employers, and most traumatically, by my husband). Through our multiple sessions, I realised that betrayal is a running theme and major lesson in this particular lifetime of mine. This means that my new tools will continue to help me overcome these blocks.*

*I will carry Evelyn's teachings for the rest of my life and continue to work on myself to free myself from these and other emotional blocks (related to self love, self esteem, forgiveness) that accumulate over life so that I can be happier and freer.*

*Evelyn exudes light, love, and joy, she has amazing gifts that she uses with compassion and love to help others, but at the same time, she is genuine, she is authentic, and very real. Even those of us who get through life with sheer grit and the belief that we're just fine, can benefit greatly from these teachings. Thank you Evelyn for all you've done for me and taught me."*

*- Feride Sonmez, Florida, United States*

*"I had so many things I wanted Evelyn to help me with! I started with one thing and kept adding in others! But I now have the tools to help me with anything!! Through the inner child work, visualization exercises, EFT, etc, we worked through past weight, relationship, and money issues that I thought had already been cleared, by making me aware of things I had never thought would have an impact on me. I struggled on trying to manifest my future life and she helped me with visualization exercises of my future self. I loved all the EFT work and how it can be used for any situation!*

*I am definitely in a better place today. I have more confidence in myself and more clarity on what I want for ME. I have guidance in what I want in the future and what has driven some of my past choices and how to avoid them. Evelyn has provided me with several tools to continually work on myself and to continually clear out issues that pop up going forward.*

*Working with Evelyn has been an amazing experience! I've done self development work on myself through the years, but no one gave me the energy and time like Evelyn did. It was definitely worth the investment in myself.*

*It's important to note that you get what you put in. There's homework after every session. Do your homework and she will help you! Evelyn was 110% available in all of our sessions. She's authentic and very compassionate. And with her being 13 hours ahead, connecting with her was never an issue. I'm extremely grateful for my time with Evelyn!!"*

*Tammy, South Carolina, US.*

*"I would recommend anybody who is having difficulties and is experiencing blocks within themselves that are keeping themselves from trying new ventures to contacting her (Evelyn) and letting her be part of the process to help unlocking your full potential...."*

*Tamika Curry, Licensed Professional Counselor, United States*

Video testimonials are available at <https://www.evelynlim.com/testimonials>

If you have further questions, please apply for a discovery call at <https://www.evelynlim.com/discovery-call>

Alternatively, you can write to her at [evelynlimcoach@gmail.com](mailto:evelynlimcoach@gmail.com).

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