

Clara Cohen: As in Chinese medicine, we say that 70% of all chronic disorders can or may stem from emotional trauma or longstanding emotional issues. And over the last decades of practice since 2003, I have seen how emotion can really truly affect people's physical. Being, but also an emotional being, a spiritual being.

So today I have a beautiful spiritual being coming on the show all the way from Croatia. This is Antonia Baric. I hope I pronounced her name properly 'cause I love Croatia. Such a beautiful country. She is going to come to us to talk about EFT (Emotional freedom technique) and how it can help release everything that's trapped.

And what I love about EFT is because we are going to connect it to acupuncture point, because EFT uses acupressure on specific acupuncture point. And if you're familiar with tapping, that's what EFT is also called. So are you ready? You are gonna love this episode and you're gonna love Antonia. She is so passionate about EFT.

Ready? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks

Clara Cohen: Welcome, welcome to the Acupro Show, all the way from Croatia. I've been to Croatia. I love Croatia. So today my guest is Antonia Bari. She is going to talk to us about a subject that I absolutely love, and she's a expert which is EFT, or Emotional Freedom Technique.

So welcome Antonia.

Antonija Barišić: Thank you very much for having me here and I'm really excited to speak about EFT today.

Clara Cohen: I love the fact that we are in different world and both you and I, English is not our first language or native language, but we can communicate with English and you can come on the podcast and share your wisdom with us.

So I love that so many people have learned this language so we can all. Benefit from everybody's knowledge and wisdom.

So thank you for coming on the show. I wanted to start because I know a little bit of your story. You were a flight attendant, so how did you go from working as a flight attendant to learning and falling into the world of emotional freedom technique? And then we'll explain for people that are listening what that is.

We'll explain that after, and we'll go more deep into what that is. But I would love to hear a bit of your story.

Antonija Barišić: much. Actually EFT changed my life and I'm really grateful to have this technique and I hope people really maybe tried also with acupuncture is the same. We are going deep into our emotions, into all these patterns that are sometimes binding us.

Then it comes through physical symptoms and everything. Yes, I was flight attendant for 10 years on one flight we had a course of people and participants they were having fear of flying. A lot of people have a lot of fears, so fear of flying is one really big one. And if you have it you cannot travel and it's stopping you, it's actually blocking you to live your full potential. So a lot of people, to reduce this fear. And they went on this course and I was a senior cabin crew on this flight, I didn't know anything about the EFT at that time, but there were a lot of participants, of course, psychologists, trainers. And I saw these participants, they were doing tapping, so this was my first point with actually EFT later 2021 I was watching actually something on Facebook and I had a big fear of public speaking. And I was shy to dance actually. But I really love dance. Now. I'm also, a trainer of conscious dancing and doing a lot of workshops, and that was stopping me to live my full potential.

I was always, shy, but I really liked to express, dance is all about expression. So I wanted to, to pass through all these fears, because I cannot live my life. And then I saw my trainer, she had some five minutes tapping on Facebook. I was doing this tapping, and at that point I was also having the last exam on my college. And I was very in fear, and my friends know me when I come to the, point that I need to. To come to the exam. I forgot everything, even my name.

Your body's showing you all these symptoms. Your heart is going so hard and you have struggled with voice and everything. And this was happening to me. And then I did this five minutes, only five minutes stepping, and I realized, whoa, no fear. And I passed the exam and then later I was like, okay, I really need to be certified in EFT. I went through the course. I realized we are going

deeply into the root cause of our fears our limiting beliefs or any things that is happening to you, so I realized that there is a big fear of public speaking because of my past traumas and also regarded the dance that was connecting because when I was young we were in the school and I forgot the text, I needed to say something and I forgot the text and the children are laughing to me. So at that moment, to go again publicly, it's. Fear, everyone will laugh to me.

I will say something wrong. I was crying, at that point. We were going through that trauma. We were releasing all these emotions, a lot of sadness, limiting beliefs that I'm not good enough. And then after that started to dance, and later, I started to teach dance and now I'm speaking publicly all the time and I really like to express. public speaking is also almost one of the high spheres. People have it and then they cannot express. So I really realized at that moment I didn't even know that there will be practitioner, that I can help other people. I just. Come for my fears, but I fall in love immediately.

Clara Cohen: First of all, I love that. You are a dancer because when you dance, you express yourself. I love that. I taught hip hop dance for 15 years, so that was my kind of dance. What kind of dance do you do? What kind of dance do you love?

Antonija Barišić: I started with hip hop, bachata, salsa, kiba, high heels, Afro dance, all the dance. When I released the fear, I thought I was going crazy.

Clara Cohen: Everything went on. I love it. That's awesome. I did African dance as well, so I love that you did that. So we have a lot in common. When you talk about public speaking, I read somewhere recently that people are more scared of public speaking than death and so that's something that people are scared of and you are right.

It stops them from really reaching their potential. It limits what they can do in life. So I love that we're gonna look at EFT and what it can do for people that are struggling with trauma, with like. When people laugh at you when you were a kid, everybody gets that right? And then my husband's the same thing.

He was, raised in a French speaking household, but then they moved to the English area of Canada when he was five. And so they put him in an English school. And the first few weeks they called him stupid because he couldn't understand English, right? And so after that, he refused to speak French and he never ever spoke French again.

And so he doesn't know French. So although that was his first language, he doesn't know French. So that's the trauma that kids get and then it stays with you. So I love that you share that and so when it come to a lot of people that go into. A different avenue or a different career, it always stems from something that really helped you.

So I could see EFT always has helped you and once it helped you, you were like, okay, this is amazing. I could see what it does, what it did for me. Now I wanna go help other people. So I love that. So before we continue, can you explain to people that have never heard, because for people that are listening and not watching on YouTube, Antonia, I was showing that she was tapping.

EFT is also called tapping. That's two different name for it. And she was actually tapping on the side of her hand on small intestine three as an acupuncture point, small intestine three, and she was showing that she was tapping. So she was like tapping small intestine three. So I would love for you to explain what EFT is as a simple way and then we can go deeper into it.

Antonija Barišić: So EFT as the word says, emotional freedom technique, we are releasing some emotions. It is actually a combination from the modern psychology, western psychology, and traditional Chinese medicine. So we are using acupressure points. And actually it comes at every uncomfortable emotion, any physical symptom or any fears or whatever you're feeling that's connected to some unresolved.

Experiences and it's still somewhere in your nervous system and in subconscious of course. So that's why at that point I was stopping to dance because of fear and, all these emotions like your husband not doing French, and it really helped. You to understand yourself more.

And then others also, you are never judge people anymore. It's combination, first comes the thoughts are coming from the past.

Then the emotions comes. So every emotions is stored in somewhere in our organs. All these meridians are going through the organs. You can explain even more about it and then there is blockage if you have river, let's say, and when you're putting stones, it'll be blocked.

EFT works on everything because everything is connected to emotions. Let's say insomnia. If you have headaches, if you have physical symptoms, or if you have blockage with money, with partners or anything. I will just share one more point. It's that we are going deep in the past from age zero till seven, there is all

and all the emotions stored, and then later you're bringing your life with you, and then, on your job, everyone is screaming on you, you're not good enough. Not is not there in that box. Cause is somewhere in the past and we need to resolve it. really love EFT because you can help yourself. You can try and maybe later we can show the points and people can maybe try for themselves.

Ad: Have you gotten your copy of my Acupoint Made Easy book yet? If you're a visual person, you're going to love it. I have put my passion for acupuncture into creating a fun illustrated guide of all acupuncture points with their function, location, depth, and angle of insertion, including special points categories, extra points, cupping, moxa, and all my years of clinical pearls.

You can download the digital version on any device, and it comes with many video links to complement it. Or if you prefer the hard copy version like me, you like to look at real books, the publisher ships it all over the world. Before you invest in it, I wanna make sure that it is everything you are looking for in a fun guide for acupuncture points.

So you can download the sample of all the heart points to see if the format of the book is what you truly were looking for. Listen to what people who invested in Acupoint Made Easy have to say. "I adore the book. It has answered so many question on my mind and is logically and clearly laid out. It was a great investment."

That made my day. "Absolutely love this. Thank you for thinking outside the box. I have ADD and I'm easily distracted. You made it easy to retain this required information for acupuncture students in different ways for better understanding and memory. You rock." That also made my day because that's the whole point of having creating a book and being on social media and helping support everyone, students and practitioners, because I feel like a lot of us felt lonely when we were on our own, so the internet has provided such a great resource for all of us.

Check out the links in the show notes below, or go to my website, acupraoacademy.com, and click the shop tab on the menu bar to invest in your copy today.

Clara Cohen: absolutely we will do that. So I love that you talked about the zero to seven years old. So in Chinese medicine, as you mentioned, with all the meridians, we obviously look at blockage, which in the Western world is. At the cellular level, there is issues because it's trapped. The cells are trapped from the emotional trauma that happened.

So in Chinese medicine, the eight extra vessels specifically are going to be connected to our first seven. 14 and 21 years. So basically our growth until we become adults, right? And so the first seven years, if, for people that are listening that are familiar with the eight extra vessel, which are my favorite meridian or channels to work with.

And so that is the Dai or the Dai Mai, which is the girdle, the belt. And so the first seven years is related to the Dai or the belt vessel, which is a container that contains everything to keep you safe, right? Like a belt, it keeps your pants up kind of thing, right? So it keeps you safe because that meridian is the only meridian that's horizontal.

Everything else is vertical, all the meridians. So this is the one that keeps all the meridians safe. And so when something happened from zero to seven, a traumatic event, and we cannot minimize your right for the judging, right? It doesn't matter if the event is. In our mind, very traumatic, like abuse compared to, someone laughing at you and making you feel sad or bullying or whatever.

There is no level of trauma. Trauma is gonna affect every kid in a different way, right? When that happens now this vessel is being affected for the first seven years. The second seven years is a Chong vessel, which is often called the penetrating vessel, and that is when we become from a child to a teenager.

So we start. Changing. We start becoming into the teens, into the adolescence. And so that is the vessel that's connected to blood, because specifically for women, we start having our menstruation. Things are changing, right? So those first 14 years have two main vessels in Chinese medicine that we connect everything to when it comes to trauma.

So I use those vessels a lot when it comes to acupuncture. What I love is that. The eight vessels, which when you showed small intestine three, the acupressure point that is related to the Du vessel or the governing vessel. You also were gonna show, there's a lot of points we tap, Du 20 on top of the head.

Or Ren 17 in the chest. A lot of the points are connected to the extra vessel. It makes sense because to mediate vessels connects to psycho emotional trauma and they're the one we have to tap into in order to release the emotional trauma that happened in our youth.

So I love the connection of EFT or emotional freedom technique. When you think of freedom, think of release, you really sing, you gain free of it. So thank you for sharing that. Continue. I love it.

Antonija Barišić: I need to share this with you also. So I'm doing EFT and then Matrix Reimprinting which is using EFT, Karl Dawson technique. Then we are going to do unlimiting beliefs and we literally can see the trauma in front of us when we are connecting to our body. Then we are going to resolve this trauma in a way that when we see what is actually happening and how we were feeling and what we were thinking about ourselves or about the world, I don't know.

The world is, unsafe and then you are in fear to go out or any panic attacks or whether they're all connected to that. then we can, rewrite these unlimit beliefs into something that is, supporting us from not good enough. I'm good enough, and it's really beautiful because with our hands, we can, go to ourselves that's the key.

We need to go inside to resolve it. So at one point I had a group tapping online and one guy was there, and then I just asked, what are you doing in life? And then he said acupuncture. So at that point I tried and I realized immediately when they put needles in my points that I could, connect so much to myself.

So both of us, we tried to do EFT and acupuncture together, and it's really amazing. And my experience and his is that, people when you put acupuncture, what is your experiences. Sometimes emotions are coming and that's maybe natural for me because I really like to go through them.

I'm not surprising them, but people sometimes need to know and how to release it. So it's beautiful, that people can know their these points and that they can tap at any time if they have whatever issues. I am really amazed with all these techniques and thanks to traditional Chinese medicine for all these points, and telling us actually what is in our body.

Clara Cohen: What is in our body. I love it. When someone comes and wants to try tapping or emotional freedom technique, where do you start? How do they know which point to tap? How often do they tap? How many times do they tap? What do they say out loud? Because one of the thing that people don't know is you are probably gonna release and express and phrases are gonna come up as well. So can you walk us through, for someone that has never done this, what would happen?

Antonija Barišić: Yes, of course. So people will come with some issue definitely. They will tell you whatever is. It's important to know. People sometimes are, in fear to express, they don't want to show up, then they're suppressing or pretending that everything is good until something happened with the body and then everyone comes to you, so we are not talking a lot, and

tell all your traumas and even, think about it, it's not like that you just come, say for example, client comes with some allergy on peanuts. So doctors did not know what's happening. They'll probably just give you some medicine and then that's it. You will never know what's happening. But not removing the root cause. If we go into the session, what your feeling, your body will never lie. When you sit in front and start doing tapping. And then your body sensations will tell, okay, I feel, something is in my heart. And then we will start a little bit tapping on it.

And then happens to the people? Usually the situations come, the memory comes because it's natural for us. So you are all the time conscious, you're not in any state, and let's say for this, of peanut will happen. The memory, you are three years old, three or four. And while you're eating peanuts, there is a fight between your mother and father, big fight. And child is in fear, doesn't know what's happening, and the subconscious connects peanuts with this fear, with this shock. So there is allergy because of this trauma. And if you're going to resolve these emotions, if you are going to pass through it what you are feeling at that moment later the allergy will disappear. So that's how with EFT you know that it works because you will not have all these things anymore. We start always with this point whatever is happening, and we are like investigators in EFT practitioners is just guiding you, actually asking you some questions and you are, giving the answers.

And that's where we are going. Every client is different. Some goes easier, some are very scared. Doesn't matter. But it works on everyone differently. So we will go, let's say if you have headache, we will ask when headaches started maybe 10 years ago. What was happening at that point? I don't know. I was divorced, and that's the first, oh, we will then go deeper and then we'll go, okay. When I was in mom's womb, but there was a lot of fight and it started stress there. But okay. We will start with this point.

Clara Cohen: For people that are not watching, that are listening, she's tapping on small intestine three.

So we ask, what do you feel when the peanut allergy comes? And then the sensation is, I feel like I can't breathe, or whatever the sensation is.

And you said we will tap there. Where is there?

Antonija Barišić: About peanuts, we can go into the session in a different way because everyone is expressing differently. Sometimes people don't want to even speak. They just sit and they feel the pain in the chest. And we are always

working with what is happening. If they're talking a lot, then we are tapping, with what they're saying. Let's say I feel my chest it's hurting me here. I feel a lot of pain and then we will talk about this pain. I have big pain in my throat, in my chest, whatever is happening with the client, because he's guiding, it's important that we are using their words because we dunno what they're feeling.

So whatever they say, maybe it doesn't have sense for us, but for them, for their subconscious, it works. We usually ask. From one till 10, how much is, let's say this feeling, this sensation, what you are feeling? They'll say fear because maybe they almost die, because of choking with peanuts. So we will tap on this fear. We will start with that. Even though I feel this fear, when I think about peanuts and I feel it in my chest, I will usually ask, what color is it? Because our subconscious is working with colors, these kind of things. The mind is working.

Okay. I was there and it was that. We are trying to remove the mind and we are following our body. Body will show, I feel in my throat. I cannot speak. I'm feeling dizzy. Okay? Even though I'm feeling dizzy, I feel feared because I'm thinking just about peanuts and it happened 10 years ago here and now I'm safe and secure.

So first, we are going to allow our subconscious to know that we are safe and secure. times at this point. And we are trying to be friendly with what is happening in the past so that our subconscious can relax, and then we will do it three times: even though I have this fear, I deeply, completely love and accept myself with that.

Clara Cohen: You will tap on small intestine three. Is there a rhythm to it? Do you just tap three times and then say the affirmation? Or do you tap while saying the affirmation, it doesn't matter how long you tap. Can you explain that?

Antonija Barišić: We tapped three times, si three point. And here we are trying to be friend with the cause that we are tapping. Is it fear? Is it a panic attack? Whatever it is, because here and now we are safe and secure. It doesn't matter how many times you're tapping people usually say three to seven times.

It's important that you're doing it gently. You're gently to yourself. But we'll say these symptoms, it is like protocol. Times, even though I have this fear. And then you put, if you have some color, what kind color is your fear? Subconsciously what comes first on your mind? Black. Black fear in my chest here and now I'm safe and secure. This we can say, and then again, here and now. I deeply and completely love and accept myself even with this fear. Here

and now, I'm ready to release it. We can also do this, but usually if the fear is very big, we are just trying to say we are safe and secure.

Just because a lot of people cannot say that they accept themselves and they cannot say that, that they love themselves. So you can see it with yourself and you're doing, and then, we are going from at the top of the head. And protocol goes from front, and then I will go through all of the points and we are going down. But if you feel just one point that you like, I don't know top of the head, you can tap on that and there is no wrong things. It's important that we go through emotions, then we will tap all these fear, all this fear of peanuts, all this fear from past and what, whatever is a person saying now I'm, just. but not a lot of words. As you can see, we will not go, oh, my dad was fighting with my mom. We are just name the fear because this fear is maybe even in the womb. It doesn't matter. You're subconscious.

We will release fear then we don't talk a lot. We just go through it one round, two rounds and then you will really feel different. What is important for people who will tap. Always put on paper how much are you feeling? Fear from zero till 10. 10 is the highest. And then you will see, because sometimes we forgot, it's happening.

Oh, I didn't even have a fear. But you will see, even if the color is changing in your chest now it's not in the chest. Now I feel it in my head. with what is coming to you. That's important. So actually you're connecting to you, to yourself, to your body. subconscious will show you. You can try whatever you're having.

Go ask yourself, where do I feel it? How big is it and what color? Only these three things. then if thoughts comes to you, you tap on these thoughts. Because some people really like to speak about, some people just like these few things to say and that's enough. But it's really amazing to see how people are releasing the fears and all these things, and beautiful, really.

Ad: Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me. If you've been following me for a while, you know I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor, drum roll please, Jane App. I'm also a Jane ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my

own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record I've ever worked with.

Before Jane, we were using a clunky system that made everything harder than it needed to be. When we switched, the entire clinic felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment while I was asleep. Your patients can book when it works for them, and the wait list feature fills last-minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts so you can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner you truly are.

There are so many features I could talk about, but we would be here all day. If you're looking for a system that brings more ease, more clarity, and calm into your practice, I truly recommend Jane. You can check it out at jane.app/demo, and because you're part of the AcuPro community, you can use my code ACUPRO1MO, one month, when you sign up to get a one-month grace period on your new account.

The link and the code are also in the show notes below for you. Now let's get back to today's episode.

Clara Cohen: I could see how you're passionate about it. That's awesome. So when you were talking about tapping and whatever points or area of the body resonates with you, so you showed do 20, which at the top of the head. I know that's a big one for EFT, obviously we saw small intestine three. I know yin tang is, one of them is also Ren 24, which is on the chin below the lips as well.

That's a big one as well for a lot of people. How many EFT points are there, or it doesn't really matter and you could tap everywhere or anywhere.

Antonija Barišić: So usually we are using nine points, but it doesn't matter actually if you miss some or if you add some, because let's say in Australia, I heard that they're not using the point on the top of the head.

But in some countries they're even not using the point which is underneath the breast.

Clara Cohen: It probably is. Liver 14.

Antonija Barišić: Why they're not using, not because this is not working, but because maybe people are feeling uncomfortable. So if you remove some point, it's okay. While you are tapping any point, you are sending the signal to your brain that you are safe that you can release. Even if you don't know anything about EFT, you don't know protocol, you can wake up. You can just start tapping any point, from top of the head, eyebrow side of the head, under the eye, all these points, just that few times.

How do you feel? Feel your body because somebody likes it faster. Somebody likes it, to stages on some point. Just try to see how you will feel. And if you're doing it, you will awake the energy in your body and something will move. even if you're having any fear. You're in school.

Let's say if students are watching, and you're in fear, you can use the tap the points on your hands, professor and students will not see, on every finger, there is a point and you can just step it, so that was my sister. She was doing it. We started together, when she was 12 and she would do it underneath the table, before the exam.

It was so good. She had big fear of presenting also. Now if you see her, she was the best in it.

Clara Cohen: Oh, that's awesome. That's great story. And Antonia was showing the tip of the fingers. Basically the Jing point, she was talking about the Jing point and tapping each of them and obviously being under the table so nobody sees you tapping, which is interesting. So here's my second question.

Do you have to say the affirmation out loud? Because of course when she was in school, she was not talking out loud. Your sister, while you're tapping, can you just say the affirmation in your head or could you tap and not say any affirmation, just tap and just be breathing. Is there anything that we can share on that?

Antonija Barišić: This is beautiful questions. You don't have to say it out loud. You can even think about that. You're tapping. You know what is good you can even think about when you're speaking with someone, you know the conversation is not going well. You can imagine that you're tapping them just

imagin. Because when you're doing matrix imprinting we are not talking a lot about it, then we are just imagining that you're tapping our inner child, actually, which, the some photo will come to you from the past, and then you are coming there, and you are imagining that you're tapping. So you can even imagine. I had one client, she had a big panic attacks when she was, going out. And what will happen with her body actually her eyes were, ticking a lot. When she was, in fear or when she was going out, then she said I need to go to, to put the eyelashes and I'm, so shy because what we this girl think then we were tapping, and then I told her, when you go there. When she's doing this, you just imagine that you're tapping. And then she rolled at me, nothing happened. It was amazing. So even with imagining it that you're tapping, your body will feel it. But it is better if you say it out loud because you're expressing yourself. Sometimes people need to say, A lot of women has a problem with throat, they're not expressing at all.

So it's good to say it out loud, but if you cannot. Let's say you have conversation for job, and you are feeling nervous, you cannot tap, you can just imagine that, that you're tapping or doing underneath the table or, yeah, whatever. know, before grandmas, they would always like, step you for the hand. People were usually, before they were like that, they will hold your hand and they were using all these points. This is natural for us, even when people are thinking a lot they would do. Now people who are listening cannot see me, but when they think they're tapping these points near the eye, you know, is all natural to us.

We just forgot it

Clara Cohen: Yeah. And then it's like the massage, right? A lot of people will massage the temporal area or they're going to acupressure, a lot of points. You're absolutely right. So when we look at that person that says, okay, I wasn't anxious anymore. This is great. I, I can tap, I can think about tapping all this.

Let's say someone has. Chronic headaches, and I love that we're talking about this because in Chinese medicine they say that 70% of all chronic disorders are due to emotional trauma. So obviously you see this in your practice with EFT. My question is, okay, so someone let's say has deep emotional trauma, something you know happen in the childhood.

Maybe it's abuse and they're constantly anxious as an adult 'cause they feel unsafe. I get that. How many times, how many weeks, how many session would they need to do this in order to be able to go forward? Or is it just something you do when it's acute and you're like feeling it and you're like, okay, I'm just using the tool, or is it preventative and it's never gonna happen again?

Can you explain the difference?

Antonija Barišić: Everything is actually working. Sometimes even when I'm feeling good, I'm tapping on good things. We can also do that, but I'm not, saying this a lot to people because then they just want to tap positive thing. But if there is a lot of traumas, your subconscious is not understanding and it can be even worse.

You can do it later maybe when you're doing it all the time. if people are feeling a lot of anxiety, we never know from where is it for how long? But like you said at the beginning, sometimes small trauma, like you are stupid is harder to release.

And mother was saying to you, 35 years, you're stupid. Whatever you do, whatever you touch. You will feel so low. So with this, I'm stupid. have key unlimited beliefs.

I'm not good enough. I'm not loved, I'm not supported. I'm, the worst person in the world. Nobody loves me. So many traumas with one word. You are stupid every day. No. It is actually what do you believe about yourself? Let's say anxiety. We also need to see, for somebody, it can only be anxiety, public speaking, or sometimes for somebody maybe believe the world is unsafe. I cannot trust people, so wherever you go to the people, you go out, you are in anxiety, because your belief is a hundred percent the world is unsafe. So maybe you will die, if you go out, because that's your belief. And you cannot trust anyone. So even if good person comes to you, oh, I need to think, I'm in fear. For those situations people would need to tap definitely more, maybe, I think it'll be hard to release that kind of beliefs. So the longer you are waiting. You are gonna have more anxiety. So I feel that people should that's why it is beautiful that you're inviting me here and that we can speak about Everyone has it, even if you're working on yourself or not. We all feel it. We all came with a lot of traumas it just about your resilience about it later, you'll understand. I can go through emotions. I don't have to suppress them because if you suppress, they'll come to you. As headaches, insomnia, fears, blockages and everything.

You cannot suppress anything. And the answer , that it depends sometimes few tapping sessions can help people and how much they allow to release. It's hard to say, but some people have some benefits with their. Maybe problems, issues. It's also subconsciously, but sometimes, woman, when she's sick, that's the only way when the husband comes with flowers and kisses her.

So she becomes sick all the time, and if I'm not sick, if I release this, issue, then he'll not come. So it's better that I, she doesn't want it. But subconsciously we saw whether this is happening. We need to go into ourselves again.

Clara Cohen: I love that you share that because it is true. We all have different emotions. We deal with them differently and in practice I see a lot of people that repress. Repressing emotion is worse because you're right, it fester and then it changed the body at the cellular level. And then we get physical symptoms and we don't know why.

And often in the conventional medicine they'll say, we don't know the cause. We don't know why you're sick. We don't know. So if there's no cause then you have to look at what happened with emotion and traumatic event. And we need to release those. So I love that you share that 'cause that's so important.

And the other point you had, which is not mentioned often is we feel comfortable in our. Unwell state, we're unwell, but it's comfortable 'cause it's safer than having to step outta there. That comfort zone, like you said, if I'm unwell, everybody's gonna care for me more. If I'm well, are people still gonna love me and care for me?

I've seen patients doing this before, so I love that you talked about this as well, so it's the patient has to be ready. They have to want to. But if they have gone into looking at EFT, obviously they need some help. And they want the help because they're looking into it, right?

And then it's expressing this release that they need to do. And so it. I love that your answer was, it depends because in Chinese medicine it's the same. It always depends. It depends on how long the trauma has been there, how you know the person is able to release it. If they're ready to release it.

Sometimes they're not ready. They think they are, but they're not. So it needs to happen on their own time. And you have the tool and we have the tools to help them process it the best of our ability, but they need to also do the work. So it's a partnership, so that's exactly it.

So thank you for sharing all this. I would love for you to finish off with anything that we didn't talk that you would like to share for people that are interested in checking EFT and what, you can leave them with before we part today.

Antonija Barišić: I would just like to share also that if they can use anybody anywhere, know children can use it. All, adults even pregnant women can use it. We can use it even on animals, on dogs, when they're in fear. So you can tap through their spine cat you can see you, you will see on them. And I really hope that people will try this because it really helps. It really helps. And not to suppress emotions, because when you are suppressing, that's really the worst thing. And, try to find somebody that you can speak about what's happening in your body and seek for help because there is so much techniques and everything that are coming into. Subconscious mind and everything. Where you are now, is just now. We can all, live better. So I would always say, just try to connect to yourself and then the technique will come to you in person and everything will be fine. .

Clara Cohen: Thank you so much. We have to do the inner work. That's exactly true. I love that you share that. Thank you so much, Antonia. For coming all the way from Croatia. Beautiful. Croatia, I really appreciate your time. We'll have the links in the show note of your Instagram and anything that, if people wanna reach out to you, we'll have all the link below so you guys can reach out to Antonio if you need more and if you have more question and you're more interested.

So thank you so much. I'll say it again in Croatian Valla for coming on the show.

Antonija Barišić: Thank you. It was really beautiful and I'm very happy to share all this with the people who will listen. Thank you.

Clara Cohen: Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review, and if you want more, go to my website, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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