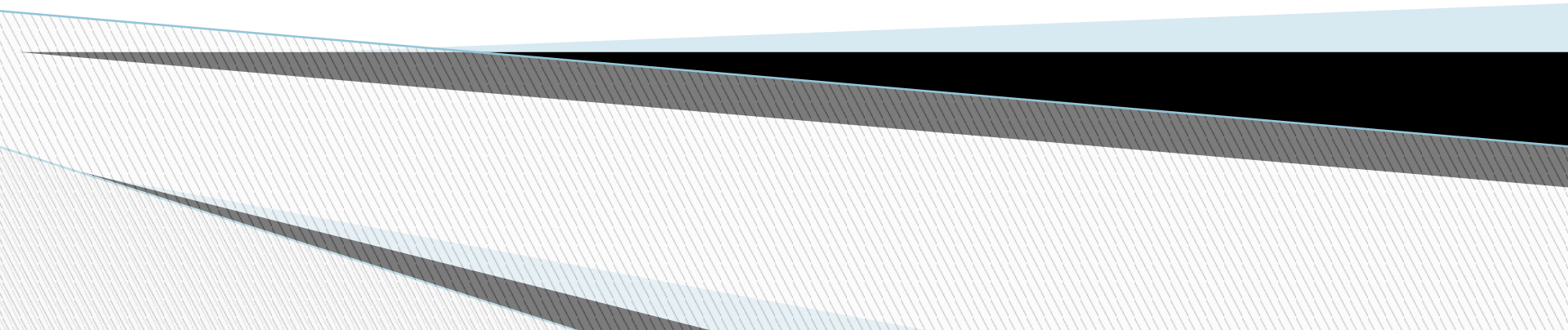


# Unlocking Your True Potential

Facilitated by–Dr.Mansoor Mirza

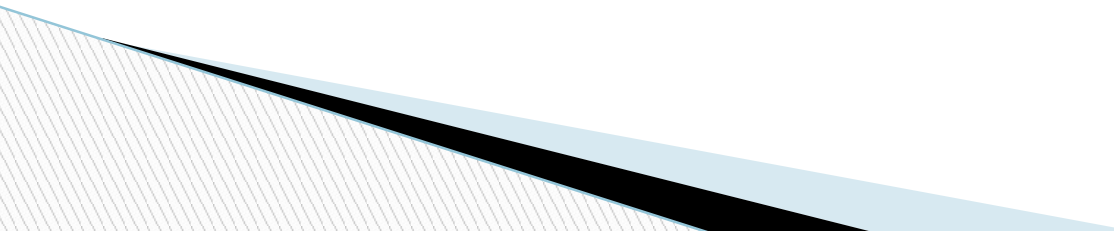


# The importance of a runner's mind

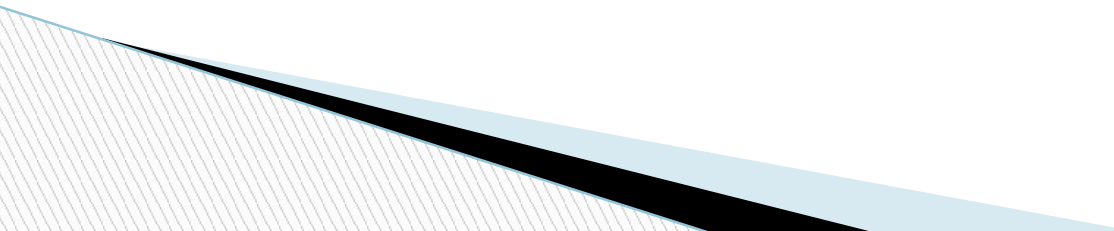
3 important components whilst running are :

- Physical
- Diet and hydration plan.
- Mind-mental attitude.

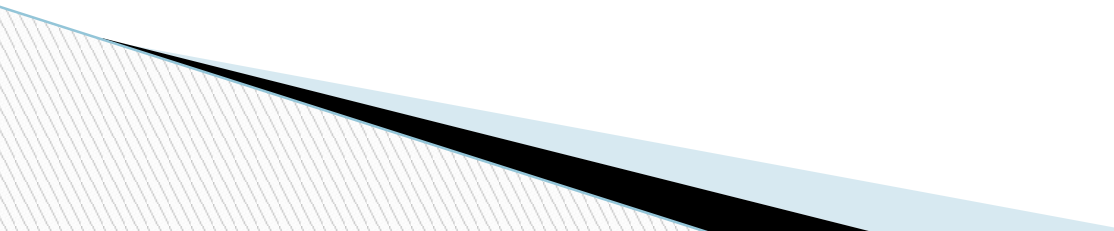
# The importance of a runner's mind

- A race starts and ends in the mind.
  - Fears, anxieties, doubts and negativities create blocks in the energy system.
  - Energy is thus dissipated leading to exhaustion and drained feeling, in spite of proper nutrition resulting in dissatisfied performance.
- 

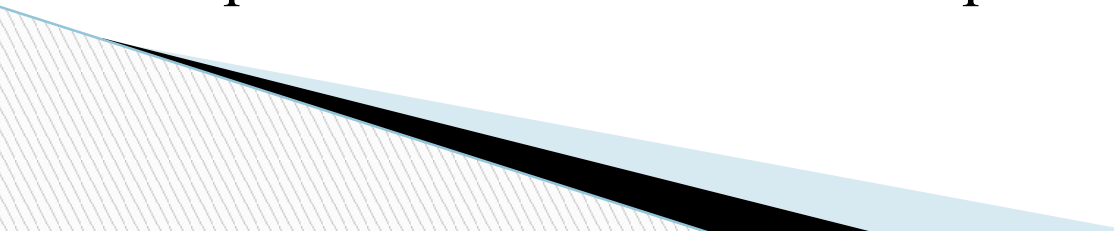
# E.F.T

- Emotional Freedom Techniques or E.F.T. is a combination of psychotherapy and acupressure.
  - EFT is also known as tapping.
- 

# Some common problems faced by runners are:

- Lack of motivation
  - Fear of not completing the race
  - Breaking down in a race midway
  - Fear of not achieving Personal Best
  - Being slow
  - Fear of being injured
  - Running undertrained
  - Running after injury
  - Competition
- 

# Process

- At the outset close your eyes and rate your problem/issue/pain on a scale from 0 to 10 where Zero means the problem/issue is not there and 10 signifies the very maximum it can be for you.
1. **Set-up statement** :EVEN THOUGH I HAVE /FEEL.....
    - I CHOOSE TO DEEPLY LOVE AND ACCEPT MYSELF – REPEAT 3 TIMES; whilst tapping on the Karate Chop points of any hand with finger tips of the other hand.
    - You may also choose to rub the ‘sore spots’ on your chest.
  2. **Sequence** –Tapping on following points (meridians)-set up statement in short to be repeated.
- 

- EB=Beginning of **Eyebrow**
- SE=**S**ide of the **E**ye
- UE=**U**nder the **E**ye
- UN=**U**nder **T**he **N**ose
- Ch=**C**hin
- CB=Beginning of the **C**ollar **B**one
- Sore Spot
- UA =**U**nder the **A**rm
- Th= outside edge of thumb
- IF= outside edge of index finger
- MF=outside edge of middle finger
- BF=outside edge of baby finger
- KC=Karate chop point
- GM=gamut point between the ring and baby finger on the back of the palm

### 3. Gamut Procedure

- Eyes Closed
- Eyes Open
- Eyes hard down right while holding the head steady
- Eyes hard down left whilst holding the head steady
- ROLL eyes clockwise
- Roll Eyes anticlockwise
- Hum Happy Birthday followed by counting from 1 to 5 –( repeat twice)
- Breathe in through your nose and out through your mouth (thrice)
- The above process completes one round or cycle of EFT. and once again rate the intensity of the problem or focus on whatever comes up - Continue EFT rounds with the new picture or by saying “Even though this still persist or is remaining I choose to deeply love and accept myself”.
- Continue with this process till the intensity comes down to 0 or you are Ok with it for that moment.

#### **Points to remember whilst doing EFT**

- 1.Be Specific
- 2.Express yourself truly.



# Other Resources

- [www.emofree.com](http://www.emofree.com)
  - [www.eftuniverse.com](http://www.eftuniverse.com)
  - EFT videos on Youtube
- 

**YOU**  
TOO CAN **RUN**



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To Promote Running  
for Good Health