

## EFT Advanced Practitioner - Day 3 July 07, 2021 Questions and Answers

### How to work with the Shadow

#### 1. Shadow Work - Simplified When Judging Others

- Who is it that you hate/dislike?
- Or what are the qualities of someone that you hate/dislike?
- Someone who behaves like that, how do they really feel on the inside? Check if they relate to this feeling..
- Someone who behaves like that, how do they really feel on the inside? Check if they relate to this feeling..
- TEST - How do you feel about the quality that the person has?
- When they are able to recognize the shadow (the part which is not being accepted or denied then.. Ask) What is the opposite of it?
- Check for acceptance of the quality that is being disliked and the opposite of it.

#### 2. Shadow Work - When Judging Others

- Who is it that you hate? Or what are the qualities of someone that you hate?
- Someone who behaves like that, how do they really feel on the inside?
- What do you not like about them or the quality?
  - What kind of a person behaves in such a way?
  - What is really going on for them?
  - What do you feel causes them to behave in such a way?
  - How do they really feel inside when they behave in such a way?
- What is being avoided?
- What are they feeling inside?
- How is it related to your life?
- What is the benefit of the shadow?
- What is the benefit of the shadow to you?
- What is the opposite of it?
- Test – by being able to claim THE SHADOW side
- Acceptance of shadow and opposite
- Integration and wholeness

### **3. Shadow Work - When Judged**

- What is it that someone calls you that you do not like?
- What's the reason you do not like being called that?
- Someone who has this quality, how do they really feel on the inside?
  - What kind of a person behaves in such a way?
  - What is really going on for them?
  - What do you feel causes them to behave in such a way?
  - How do they really feel on the inside when they behave in such a way?
- What is being avoided?
- What are they feeling inside?
- How is it related to your life?
- What is the benefit of the shadow?
- What is the benefit of the shadow to you?
- What is the opposite of it?
- Test – by being able to claim THE SHADOW side
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### **4. Questions when people judge you:**

- What is it that they are saying to you that's triggering you?
- What does that make you feel?
- What button in you did they push at a deeper level?

### **5. Only certain words were used in the demonstration of Roleplay Tapping when the practitioner became the client. Why is that so?**

It's because the client as the practitioner became self-aware and were tuned into their awareness. As a practitioner, she didn't ask me too many questions and there was nothing hidden to unveil.

**6. In the energy block demonstration, you used only the first two steps. What was the reason the 3rd step was skipped?**

Once the client connects with the advice and wisdom of the mentor, the third step may not be needed. Also if they do not have the expertise to facilitate the session, which can occur if the client is working on relationship blocks v/s challenges with a client, then this step can be skipped

**7. How is Roleplay Tapping different from Family Constellation?**

In Family Constellation, there is a family dynamic and not just one person. Also in Family Constellation, the client picks others to play the role of other family members whereas in Roleplay Tapping, they step into the role of the person they need to resolve the issue with.

**8. Why can't the practitioner play the role of "Annie"?**

It is because the realisation comes from the client itself.

**9. Why isn't the third step while we're working with energy blocks of people other than clients?**

Let the mind not step in. Roleplay Tapping doesn't have a fixed formula. Go in the process with trust. Cartesian coordinates may be used instead of the 3rd step.

**10. Can Roleplay Tapping be done surrogately to clear someone else's energy blocks?**

You've to figure the reason you want to clear someone else's energy blocks. It's not our responsibility to take responsibility to clear someone else's energy blocks. We can only clear what's within ourselves.

That being said, yes, it's possible to do it surrogately.

### **11. What is the purpose of Cartesian coordinates?**

It's an option for integration. As a practitioner, you can tell if a process is complete by this ecology check. It's a confirmation that it's over. The advice of a mentor can be brought in to complete as well. And if it feels incomplete then definitely bring in a mentor for advice.

### **12. How is Surrogate Tapping different from Roleplay?**

It's probably very similar. The difference between the two is that in Roleplay Tapping, you are resolving an issue you have with another person whereas in surrogate tapping you can even be working to resolve an illness.

### **13. When you did the process with Geetanjali about silent people being loner, I felt triggered. I felt like that's not true. Can it be a perspective? Do the questions we ask come out of the mind?**

That's your process not hers. There was a judgement there. It might be true for her but not necessarily true to you. You don't draw a conclusion. You only receive information. When you receive, it should be as it is. Keep the guidance mechanism open. Their body language will say it all. It is not in the minds. It is in the body. In your model of the world, it felt untrue because that's your perspective.

No it doesn't come out of the mind.

### **14. I feel irritated by someone who is talkative. Later I mentioned that they feel powerful in themselves. However, I tend to repel from that power. How do I confront it?**

You rejected powerful so there's a belief there. You have to listen to your guidance system. It is something that comes from deep within. I might ask you what is opposite of powerful. Knowing that they're hiding underneath the blanket of power or powerlessness, what would happen if you were to accept your power.

**15. I've behaviour issues with a person who is sexually immoral and thus, violating the code of conduct of the community. I'm not able to accept it. How do I deal with it?**

Here I am not planning to forgive rape but having compassion for the one committed rape. Delineate the behaviour and the person. Some people may be okay with it but we don't need to declare that. We only declare the deeper level. You can either have the compassion and understanding for them and hope that they may change their behaviour to be a part of that code of conduct or if they don't, you may choose to distance yourself from them by creating boundaries.

**16. Is it possible that the client is not ready to solve a problem?**

Yes, it might be the case.

Some clients may be very uncomfortable doing the shadow work because they are not able to notice the mirror. They will fight on it at the level of energy. Don't be hard on yourself if the client is not receptive other than there is an energy block. If they are not receptive you ask yourself *"Have I ever been not receptive myself?"*

**17. Can confidence be a shadow, too? Is it possible that an underlying belief system is preventing me from noticing the shadow?**

Yes, there may be a belief system in place that is preventing you from noticing the shadow.

There are chances that the confidence could itself be a shadow. It works the same as in case of power at two levels:

- You not feeling confident, and
- You not claiming the confidence.

## **18. How do I figure out who the people are in my inner circle?**

Inner circle means the core of our being, the people we trust and love. It can either be your family or outside of it. These are the people you rely on. You can call them up on a bad day and rely on them to have your back. They may listen to you happily but they find it hard to challenge you simply because they may be growing on the same level as you.

For some people, their significant others and kids are indispensable parts of their inner circle. Sometimes, your mentors can be in your inner circle as well and sometimes, you have an aspiration of who you'd like in it as a mentor, confidante, soul brother or sister. There shouldn't be more than ten people in it.

## **19. I'm aware of the shadow that is lurking underneath but cannot come to terms with it. If somebody tells me that I'm a liar, I can't stand it. I want to work on it but am unable to do. How do I go about resolving it?**

Don't accept the liar in you if you aren't at that level of energy. Instead you can just declare "*I don't accept the liar in me.*" If you don't want to accept it, then why should you?

## **20. I've some confusion around confidence. I come across as a very confident person on the outside but I do not feel so on the inside. I also have this fear of making mistakes and coming out as a fool. Why is that I don't feel confident despite coming out as on to the outside world?**

That is a question for you. You ask yourself a *why* question, you'll get a *why* answer. Try asking this instead- "*What is the reason you feel not confident enough?*" and "*How much longer would you like your fear of mistakes to govern your birth right of confidence?*"

## 21. What are the six basic human needs?

- Significance
- Certainty
- Variety
- Growth
- Connection
- Contribution

Most relationships fall apart because these six basic needs are not congruent or if the vibrations of a person change.