

LIMITLESS LIVING

attracting what you want

LIMITLESS LIVING HANGOUTS (WEEK-2)

October 13, 2021 - Questions & Answers

1. How can one stay in the state of gamma waveform all the time?

Forgiveness is the gateway to getting into the state of gamma. If you want to step back into it, ask yourself *"What do I need to forgive myself for?"* It could also be a thought of judgement about someone. You can say *"I forgive myself for having that thought of judgement"*. When you judge others, you are judging yourself. Forgiving is like releasing yourself from the trap.

2. Is this pulling the negative emotions out the same as kinesiology?

No, it is a bit different from that.

3. Can we do these processes of chord cutting and pulling negative emotions out any time?

Yes, you can do then whenever you want.

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4. What if there is complete forgiveness but one is still feeling sad about the hurt and the pain caused? Is it normal to feel drained when fighting conflicting emotions?

Say to yourself *"I forgive myself for the sadness and hurt."* Focus on whatever is in the now. The Universe is saying the sadness and hurt is here, so work on that. We hold onto an image of how life should be like and how relationships must be. When they turn out to be different from that image, it feels like a dream being shattered. That causes sadness and pain, but forgiveness means that chapter is closed.

Yes, holding onto emotions can be draining as it takes a lot of energy to hold onto all of it. Forgiveness releases it all. It involves everything that ever needs forgiveness – thoughts, emotions, judgements, etc.

5. How do we know when to use the Advanced Great Flow versus the Advanced Now Flow?

The Advanced Great flow is used at the start where you ask, *"What do you want?"* you say your Great Flow Statement and then there is a 'but', for example, *"but I have this belief"*.

The Now Flow is about what you want and this how you feel in the now. An emotional fog emerges which means your energy is no longer sitting in the Great Flow. So, now you'd want to clear the fog and come back in your heart and go for a belief change at a much deeper level than the Great Flow.

Intuitive Flow says *"I am a Channel"* however there are deeper ugly parts that are showing up such as expectations, judgements, comparison.