

EFT FREEDOM TAPATHON DAY 5, 5th JANUARY 2022

Questions & Answers

1. What was the main teaching to be remembered?

There are two things to remember when it comes to hurt:

- Hurt hurts
- Hurt people, hurt people.

2. What is the difference between explicit rejection and implicit rejection?

Explicit rejection is when someone makes it directly clear to you that they no longer want to continue, or are not interested. Implicit rejection is indirect rejection by beating about the bush.

3. What is the difference between sadness and hurt?

Sadness can be a symptom of hurt, but hurt is when someone does something to you and that makes you feel lots of different emotions. Hurt is usually felt because of something external and can cause the feeling of sadness, sorrow, grief, distress, loneliness, panic, rage, shame, worthlessness, etc.

4. How do we deal with those people who have put up a wall/ have a fear?

Let them put up their wall and have their fear; unless they themselves come to you and are willing to let go of their wall, and open up about their fear. How does it make you feel knowing that they have a wall up, or have fear? Tap on your feelings.

If you are not a practitioner in training, or not already a practitioner, refer them to someone who can work with them.

5. While tapping, should we choose a single memory?

It is better to choose a single memory while tapping, as compared to multiple memories, because it is recommended to address multiple memories with the help of the Inner Child Matrix and EFT Advanced Practitioner training.