

EFT FREEDOM TAPATHON DAY 6, 6th JANUARY 2022

Questions & Answers

1. How to do the “Cutting the ties” exercise?

“Cutting the ties” means that we need to have the courage to let go of any chains that are restricting our freedom and/or our inner peace. The purpose of this exercise is to let go of these negative attachments from the toxic people in our lives. You can use this exercise if you have such people who trigger you, bully you, abuse you mentally and/or physically, etc.

Close your eyes and allow yourself to be present. Breathe in through the nose, and breathe out through the mouth. Do the following visualization: Imagine the number 8 and look at it as an amalgamation of two circles. Place yourself in one circle, and the other person from whom you want freedom in the other circle. Imagine that there is a white light moving across the circles. The light moves in a clockwise direction around your circle, and anti-clockwise around the other person’s circle. Slowly, the two circles start to loosen up and separate from each other, moving into opposite directions.

Do this exercise for 2 minutes every day, as many times as you can manage, for 21 days.

2. Can we pick more than one person for this exercise?

No, it is recommended that you only work on one person at a time.

3. Can this exercise be used for curing diseases?

Yes, it can be used for curing diseases. Imagine the disease is in place of a person. But in case of more serious diseases like weight issues and diabetes, deeper work may be needed to find out the root cause.

4. Can this exercise be done for procrastination?

Yes, you can, but it is better to do this after you have done some deeper work to get to the underlying causes of procrastination.

5. Can I do this exercise for a job that I have been wanting to quit?

Yes, you can.

6. Can we do this exercise to get clients, or heal clients?

No, you cannot use this with clients as I am training you only to use it on yourself.

7. How can I work on the guilt of being a female?

Firstly, you need to tap on this feeling of guilt. “Even though I feel guilty about being a female, I love and accept myself anyway.” Ask yourself how does this make you feel, and where do you feel it in the body? When have you felt like that before? I suggest you do the ‘Inner Child Matrix’ process to connect with your past child. Having made the connection, tap along with her and give her the resources to reset your beliefs.

If you haven’t done EFT Practitioner training, or Inner Child Matrix training, I highly recommend you to work with one of our practitioners to do proper guided one-to-one sessions.

8. When I try to do tapping on a daily basis, I am confused what to do as any scenario releases a cocktail of emotions that engulfs me. Can we have some guidance on this at the end of the session?

I suggest you do the EFT Practitioner Training because when you have a cocktail of emotions, there is a certain trained way to work on it.

From what I have taught you so far, pick one emotion at a time and tap on it. The reason I am not teaching you the method now to deal with a cocktail of emotions is that it can cause someone to have abreactions (the expression and consequent release of a previously repressed emotion), which will require guided therapy to manage. Also, it takes rigorous training to learn it across multiple sessions.