

VITALITY LIVING COLLEGE

EFT TAPATHON

LET GO AND TAP INTO SELF-LOVE

Module 4

WITH DR RANGANA RUPAVI CHOUDHURI (PHD)

SUMMARY

1. What is fear?
2. Symptoms of fear
3. Embracing fear
 - Energy Flow[®] exercises
 - Exploring fear with EFT
 - Heart Hold Breathing
4. Daily practice
5. Next steps

NEXT STEPS

1. **Update:** Your personal development log, <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/Personal-Development-Log-EFT-Tapathon-01.12.2025.pdf>
2. **Daily practice:**
 - Tantrum release
 - Immune boosting
 - Hair combing
 - Forehead hold
 - Hug / Heart hold
 - Spleen hug
 - Heart hold
 - Index finger breathing
 - Stress release
 - Daily EFT Tapping on breathing, <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/Day-1-Relaxed-Breathing-Self-Practice-Worksheet-30.11.2025.pdf>
 - Daily practice video: For those who want to follow along with the daily practice, <https://www.youtube.com/watch?v=ckkGvjh-ceA>
3. **Check out:** Embracing Fear self-practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/Day-3-Embracing-Fear-Self-Practice-Worksheet-03.12.2025.pdf>

TRIPLE POINT CALMER



1. Tap under the eye.
2. Tap under the collarbone.
3. And then tap under the arm.
4. Repeat as often as you need, until you feel calm.

TAPPING SEQUENCE FOR ANGER

- **Karate Chop setup statement (repeat 3 times):** *“Even though I feel this anger, I deeply and completely accept myself, and I choose to release this anger in a healthy way.”*
- **Tapping points & phrases**
 - EB: “I feel this anger building inside me.”
 - SE: “It’s intense and uncomfortable.”
 - UE: “I notice my frustration and tension.”
 - UN: “I understand that this anger comes from caring and wanting things to be right.”
 - CH: “It’s okay that I feel angry; my feelings are valid.”
 - CB: “I release some of this anger now, letting it flow out.”
 - UA: “I am calming my body and my mind as I let go of this anger.”
 - Thumb: “I acknowledge this anger.”
 - Index: “I release the intensity.”
 - Middle: “I allow myself to feel calm.”
 - Little: “I let go of resentment and tension.”
- **Karate Chop ending statement (Once):** *“Even though I felt this anger, I choose to release it, forgive myself, and feel peace and calm in its place.”*

TAPPING SEQUENCE FOR FEAR

- **Karate Chop setup statement (repeat 3 times):** *“Even though I feel this fear, I deeply and completely accept myself, and I choose to embrace it with understanding and courage.”*
- **Tapping points & phrases**
 - EB: “I feel this fear inside me.”
 - SE: “It’s uncomfortable, but I notice it.”
 - UE: “I understand that fear is a signal, not a threat.”
 - UN: “I can feel this fear and still be safe.”
 - CH: “I honor my fear and the message it brings.”
 - CB: “I allow myself to listen and learn from it.”
 - UA: “I invite courage, understanding, and calm to fill me.”
 - Thumb: “I feel my fear.”
 - Index: “I acknowledge it.”
 - Middle: “I can accept it.”
 - Little: “I allow courage and calm to grow.”
- **Karate Chop ending statement (Once):** *“Even though I feel fear, I choose to embrace it with courage, understanding, and confidence in myself.”*

4

HEALING SADNESS

CONTENTS

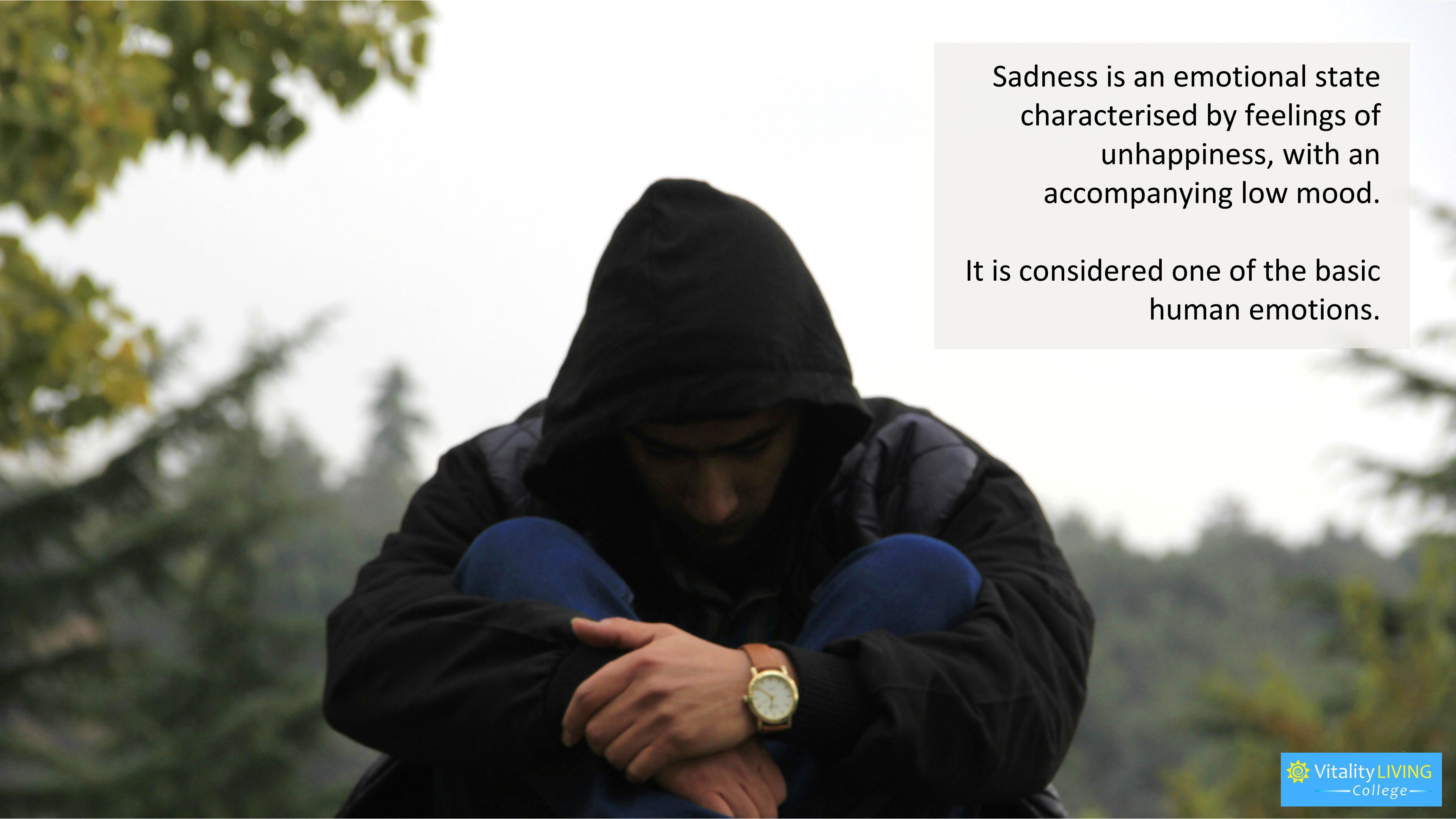
1. What is sadness?
2. What triggers sadness?
3. Healing sadness
 - Energy Flow[®] exercises
 - Exploring sadness with EFT
 - Heart Hold Breathing
4. Daily practice
5. Next steps



**I AM HAPPY
I AM GOOD**



SADNESS

A person wearing a black hooded jacket is sitting outdoors. Their head is bowed, and their arms are crossed over their knees. They are wearing a gold-toned wristwatch on their left wrist. The background is a soft-focus view of trees and foliage under an overcast sky.

Sadness is an emotional state characterised by feelings of unhappiness, with an accompanying low mood.

It is considered one of the basic human emotions.

It is a normal response to situations that are upsetting, painful, or disappointing. Sometimes these feelings can feel more intense, while in other cases they might be fairly mild.

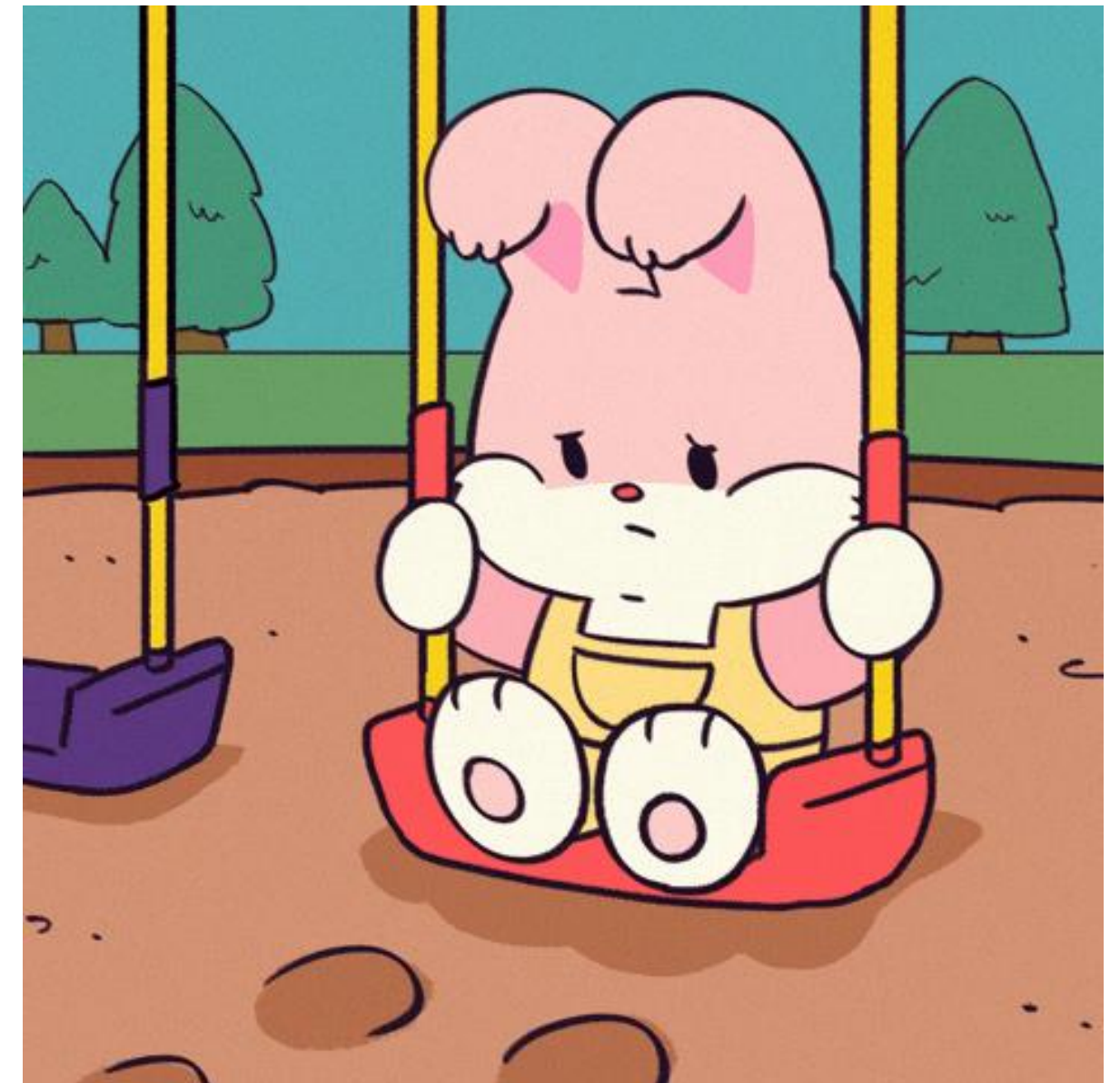


A young woman with long, wavy blonde hair is lying in bed, her head resting on a white pillow with thin black vertical stripes. She is looking down, her face partially obscured by her hair, with a sad or contemplative expression. The background is a plain, light-colored wall.

Unlike depression, which is persistent and longer-lasting, sadness is temporary. Sadness can, however, turn into depression.

PROLONGED SYMPTOMS

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness, and/or helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, and/or being "slowed down"
- Difficulty concentrating, remembering, and/or making decisions



PROLONGED SYMPTOMS



- Insomnia, early-morning awakening, and/or oversleeping
- Loss of appetite and/or weight loss, or overeating and/or weight gain
- Thoughts of death or suicide and/or suicide attempts
- Restlessness and/or irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

COMMON TRIGGERS

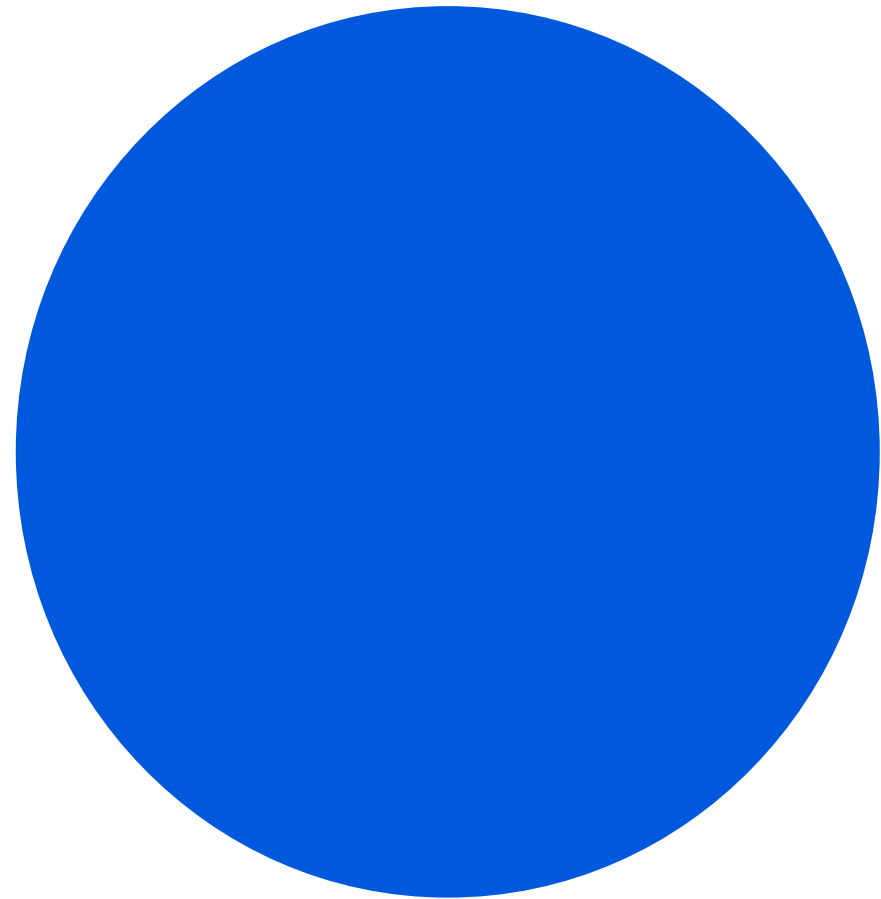
- Rejection by a friend or lover
- Endings and goodbyes
- Sickness or death of a loved one
- The loss of some aspect of identity (e.g., during times of transition at home, work, life stages)
- Being disappointed by an unexpected outcome (e.g., not receiving a raise at work when you expected it)





HEALING SADNESS

BLUE EMOTIONS



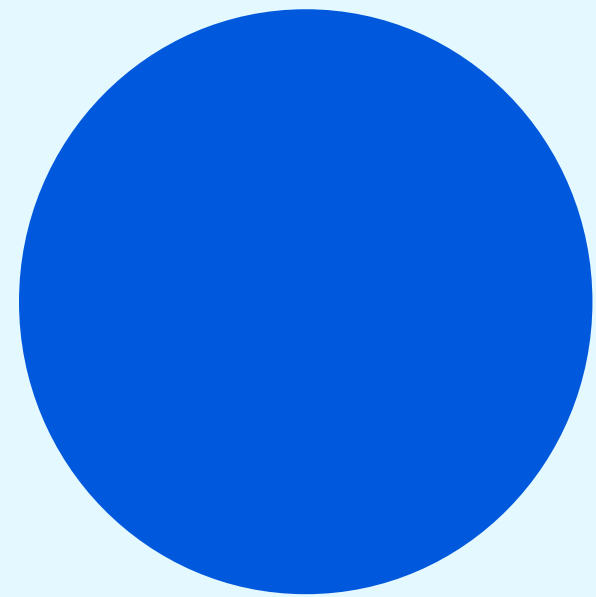
- Sadness
- Sorrow
- Grief
- Loss

- Lungs
- Breathing
- Tightness

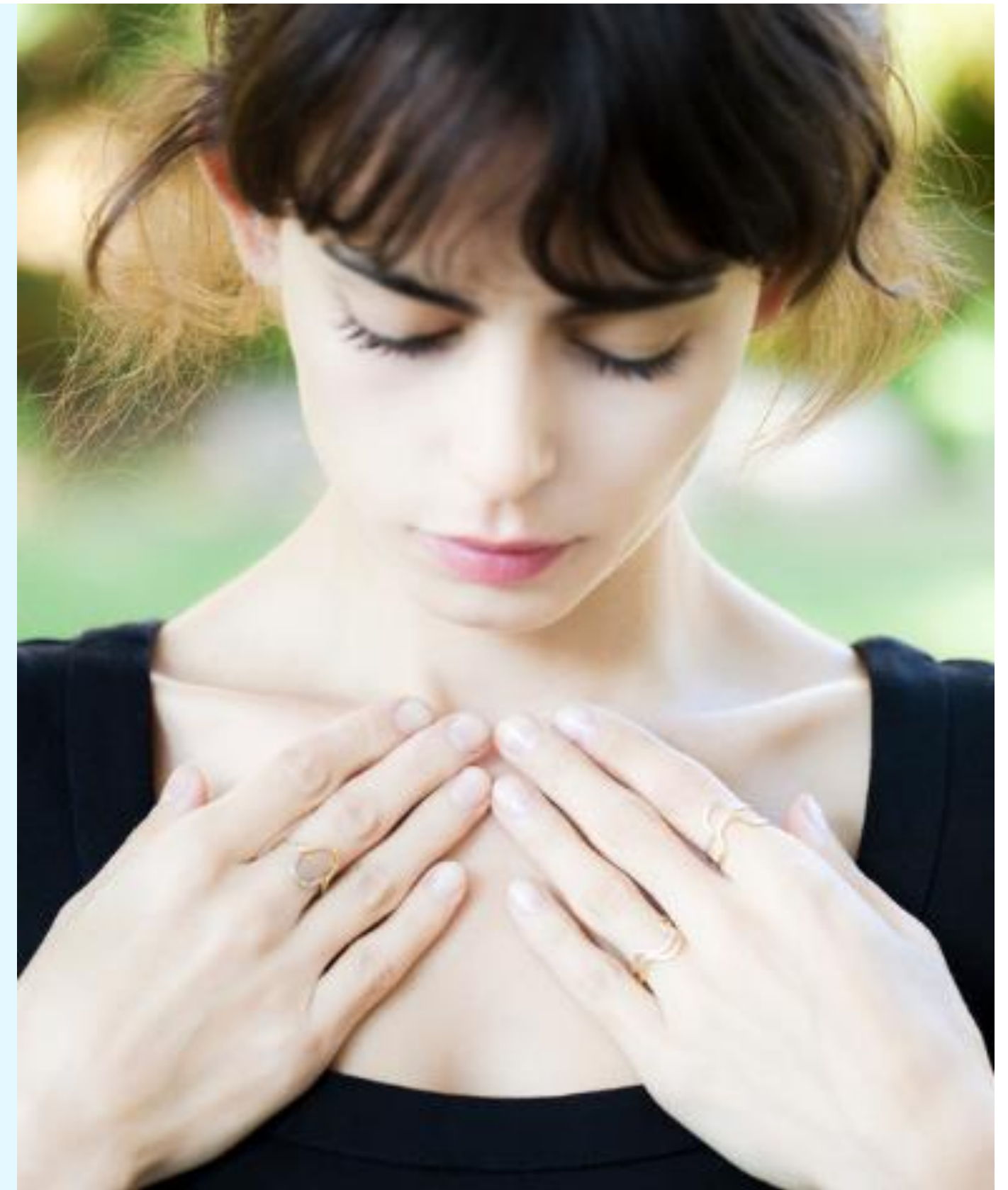


HEALING SADNESS WITH ENERGY FLOW®

GRIEF RELEASE



Sorrow





SADNESS – RING FINGER BREATHING

RELEASE SADNESS - RING FINGER BREATHING BENEFITS



- Promoting a sense of renewal and recovery
- Overall balance of energy
- Stress reduction

RELEASE SADNESS - RING FINGER BREATHING



- The purpose of this exercise is to release built-up emotions, particularly sadness, sorrow, and grief.
- This exercise works by harmonising the energy associated with sadness while promoting emotional release and inner alignment through focused intention and breath.

RELEASE SADNESS - RING FINGER BREATHING STEPS



1. Hold the ring finger which harmonises the energy of sadness.
2. Say to self, “I liberate myself from any and all sadness, sorrow, and grief. I choose to live my life fully, following my inner truth, without any regret”.



GRIEF RELEASE

GRIEF RELEASE



- Unexpressed grief can impact the immune, reproductive, and digestive systems.
- The points chosen for tapping are thought to be associated with emotional release. The addition of the vocalisation ("ahhh" sound) may act as a cathartic expression, allowing individuals to release emotional tension.
- Holding a specific acupressure point under the collarbone may activate the kidney meridian. Deep breathing during this process can enhance relaxation and facilitate energy flow.

GRIEF RELEASE BENEFITS



- Emotional regulation
- Self-regulation
- Stress release
- Mind-body connection
- Restores energy balance

GRIEF RELEASE STEPS



1. Take a moment to breathe in and out.
2. Bring into your awareness any emotions you are experiencing.
3. Place the hands flat just under the collarbone and gently tap at the same time, this is known as flat hand tapping.
4. Take a breath in and out and make a gentle “ahhh” sound. |



LUNG ENERGISER

LUNG ENERGISER



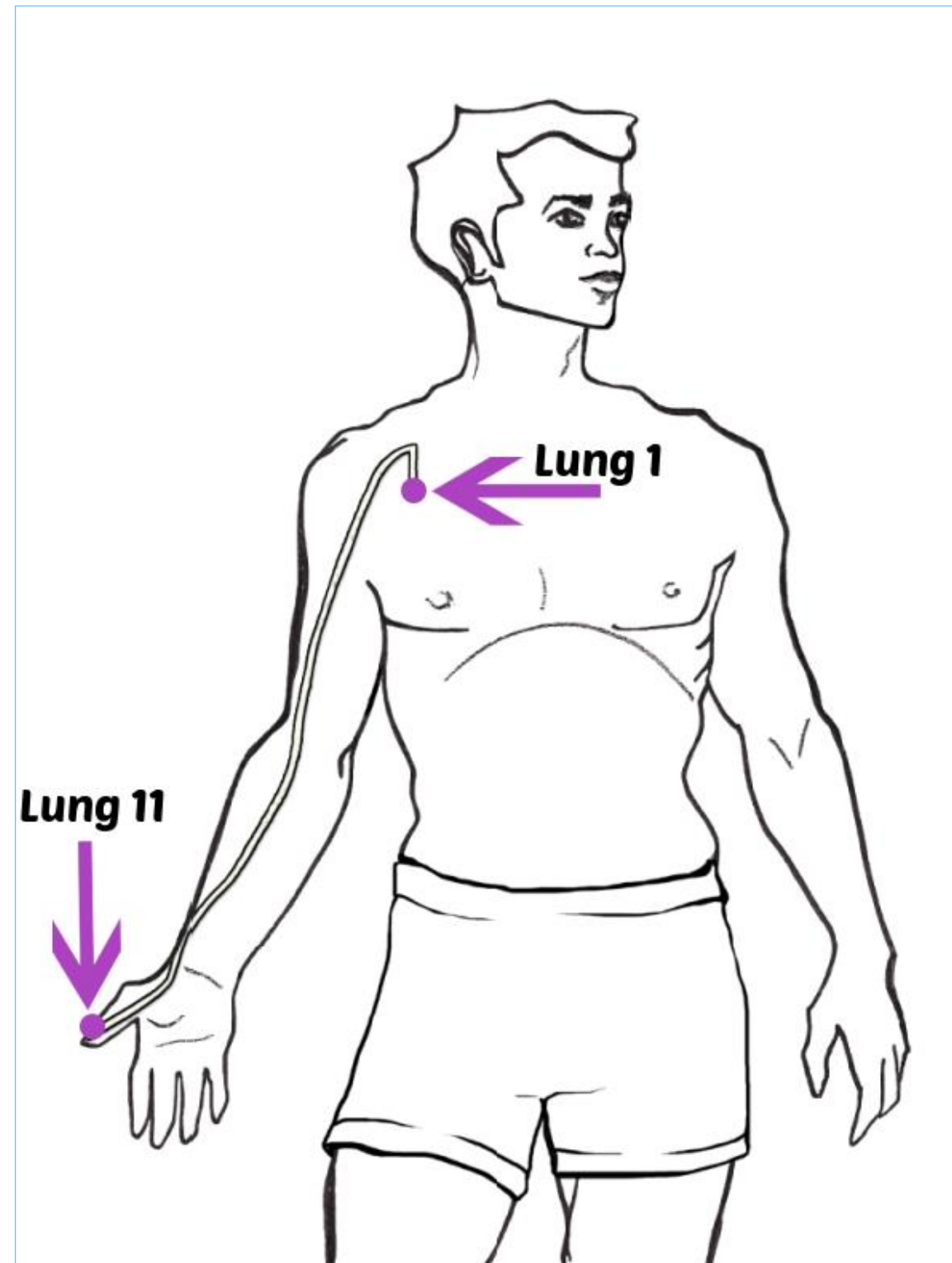
For congestion and grief to get energy moving.

1. Use the fingers on both hands to tap around the upper chest area in a random way.
2. Keep breathing.
3. Repeat till it feels easier to breathe.



LUNG MERIDIAN VITALISER

LUNG MERIDIAN VITALISER



1. Use the palm of the hand to trace the lung meridian from the lungs (under the clavicle), down the arm, and ending at the thumb, while flicking off the energy.
2. Repeat on the other side.



ENERGY FLOW® LUNG QUICKIE

ENERGY FLOW® LUNG QUICKIE



1. Hold the thumb and breathe.
2. Affirmations:
 - I choose to release any and all grief, sorrow, and sadness.
 - I choose to release any and all congestion in my life.
 - I choose to breathe freely and safely.



LUNG FLUSH

LUNG FLUSH



1. Breathe in and cross the hands, and place the hands at the top of the arms.
2. Then move the hands down to the finger while breathing out.

SELF-PRACTICE WORKSHEET

DAY 4: HEALING SADNESS SELF-PRACTICE WORKSHEET

Sadness is a **natural human emotion** that signals something important: a loss, a disappointment, or a need for deeper care. It **slows the body and mind** just enough to help us process what matters. While sadness can be a healthy response, it can also be stirred by old memories, expectations, or feelings we haven't fully understood yet. At those times, sadness may feel heavy, lingering, or hard to untangle.

Sadness can **show up in many ways**—low energy, a foggy mind, withdrawal, tearfulness, or a quiet ache that's hard to name. It's shaped by both our past experiences and the meaning we attach to what's happening now. Because sadness touches both the body and the mind, it can influence our motivation, relationships, and overall sense of connection.

Understanding sadness is the beginning of learning to sit with it rather than feeling swallowed by it. With presence and steadying techniques, it becomes possible to soften the intensity and cultivate a sense of inner gentleness and support.

In this worksheet, we'll explore how Energy Flow® and Emotional Freedom Techniques (EFT) can help you acknowledge your sadness, soothe your emotional system, and create space for more grounded, compassionate responses, along with a tapping meditation on healing sadness.



EXPLORING SADNESS WITH EFT

SADNESS TEMPERATURE CHECK

1. What makes you sad?
2. Who makes you sad?
3. What tears have you hidden away from yourself and others?
4. If you would cry out your feelings and no one would ever judge you, what tears would you release?
5. People who get sad are _____.
6. I must not become sad because _____.
7. If you were to let out all the sadness that you have ever felt, what would you experience instead _____.

3 EXAMPLES OF SADNESS

Sr.	Past experiences of sadness	How did /does it make you feel?	What number is it at?	Where in the body do you feel it?
1				
2				
3				

HEALING SADNESS

1. Pick one of the examples and make a note of:
 - What was it about the past experience that made you sad?
 - Where in the body do you feel it?
 - What number is it at, on a scale of 1 to 10?
 - How does it make you feel?
2. Start tapping on the side of the hand:
 - *Even though I feel sad about _____ and I can feel it in my _____ and it's at a number _____ and it makes me feel _____, I deeply and completely love and accept myself. [3 times]*

HEALING SADNESS

3. Start tapping on the upper body, facial and finger tapping points:

- Eyebrow: *I feel sad about* _____
- Side of eye / temple: *I feel it in my* _____
- Under eye: *It's at a number* _____
- Under nose: *It makes me feel* _____
- Chin: *In my* _____ *at a number* _____
- Collarbone: *Really* _____
- Under the arm: *So* _____
- Thumb: *So* _____
- Index finger: *Sad or low because* _____
- Middle finger: *I feel it in my* _____
- Little finger: *So* _____

HEALING SADNESS

4. Close the sequence by tapping on the Karate Chop:
 - *Even though I get sad and low about _____ and I can feel it in my _____ and it's at a number _____ and it makes me feel _____, I deeply and completely love and accept myself. [Once]*
5. Take a gentle breath in and out, then take a sip of water.
6. Then ask yourself, "What number is the sadness at?" If reduced to a level you feel happy with, you can stop. If you would like it to come down further, move to Step 7.

HEALING SADNESS

7. Ask yourself:

- What is left about the sadness? (I get sad because...)
- Where in the body do you feel it?
- What number is it at, on a scale of 1 to 10?
- How does it make you feel?

8. Repeat steps 2-6 till the charge on what made you sad comes down. Take a gentle breath in and out, then take a sip of water.



HEART HOLD BREATHING

HEART HOLD BREATHING

1. Breathe in through the nose for 6 counts and out through the nose for 6 counts. Filling the belly as you breathe in and emptying the belly as you breathe out.
2. Breathe in through the nose for 6 counts and out through the mouth for 6 counts.
3. Place your hand on the heart and breathe in through the nose for 6 counts and out through the nose for 6 counts.
4. Keep the hand on the heart and breathe in through the nose for 6 counts and out through the mouth for 6 counts.
5. Hold the 9-Gamut and place the hand on the heart and breathe in through the nose for 6 counts and out through the nose for 6 counts.
6. Hold the 9-Gamut and place the hand on the heart and breathe in through the nose for 6 counts and out through the mouth for 6 counts.
7. The final step is to breathe in through the nose for 6 counts and out through the mouth of 6 counts, while holding the heart.

TAPPING SEQUENCE FOR SADNESS

- **Karate Chop setup statement (repeat 3 times):** *“Even though I feel this sadness, I deeply and completely accept myself, and I choose to heal and comfort my heart.”*
- **Tapping points & phrases**
 - EB: “I feel this sadness in my heart and body.”
 - SE: “It’s okay to feel this sorrow and let it be here.”
 - UE: “I acknowledge the pain I’ve been carrying.”
 - UN: “I honor my emotions and give myself permission to feel.”
 - CH: “I am gentle with myself as I move through this sadness.”
 - CB: “I release the heaviness while keeping the love I hold for myself.”
 - UA: “I allow comfort, peace, and warmth to enter me.”
 - Thumb: “I allow myself to feel this sadness fully.”
 - Index: “I release the weight I’ve been holding.”
 - Middle: “I give myself compassion and kindness.”
 - Little: “I invite peace and healing into my heart.”
- **Karate Chop ending statement (Once):** *“Even though I felt this sadness, I choose to heal, comfort myself, and open to peace and lightness in my heart.”*

NEXT STEPS

1. **Update:** Your personal development log, <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/Personal-Development-Log-EFT-Tapathon-01.12.2025.pdf>
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 - Daily practice video: For those who want to follow along with the daily practice, <https://www.youtube.com/watch?v=ckkGvjh-ceA>
3. **Check out:** The Healing Sadness self-practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/4.-Healing-Sadness-Self-Practice-Worksheet-04.12.2025.pdf>

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