

VITALITY LIVING COLLEGE

# EFT TAPATHON

*LET GO AND TAP INTO SELF-LOVE*

*Module 7*

WITH DR RANGANA RUPAVI CHOUDHURI (PHD)




# HEALING GRIEF & LOSS

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1. What is grief?
2. Triggers of grief
3. Healing grief & loss
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# GRIEF



Grief is the deep emotional and physical response that occurs when a meaningful relationship or part of life ends, leaving the heart and body to adjust to a new reality.

It is characterised by deep sadness and a powerful longing for what has been lost—whether a person, a role, an identity, or a meaningful part of life.

# TRIGGERS OF GRIEF

- Breakup of a relationship
- Loss of an important role such as a job
- Diagnosis of a life-changing illness



# SEVERITY OF GRIEF

- Anticipated and expected
- Sudden and unexpected
- Traumatic or violent
- Type of relationship
- Other people's reactions
- What else is going on in life?



# COMMON GRIEF SYMPTOMS

## Emotional

- Deep sadness or longing
- Waves of overwhelm
- Guilt or regret
- Anger, frustration, or irritability
- Loneliness or emptiness
- Feelings of shock or disbelief



## Physical

- Fatigue or low energy
- Changes in sleep (insomnia / oversleeping)
- Changes in appetite
- Body heaviness or chest tightness
- Headaches or muscle tension
- Weakened immune response

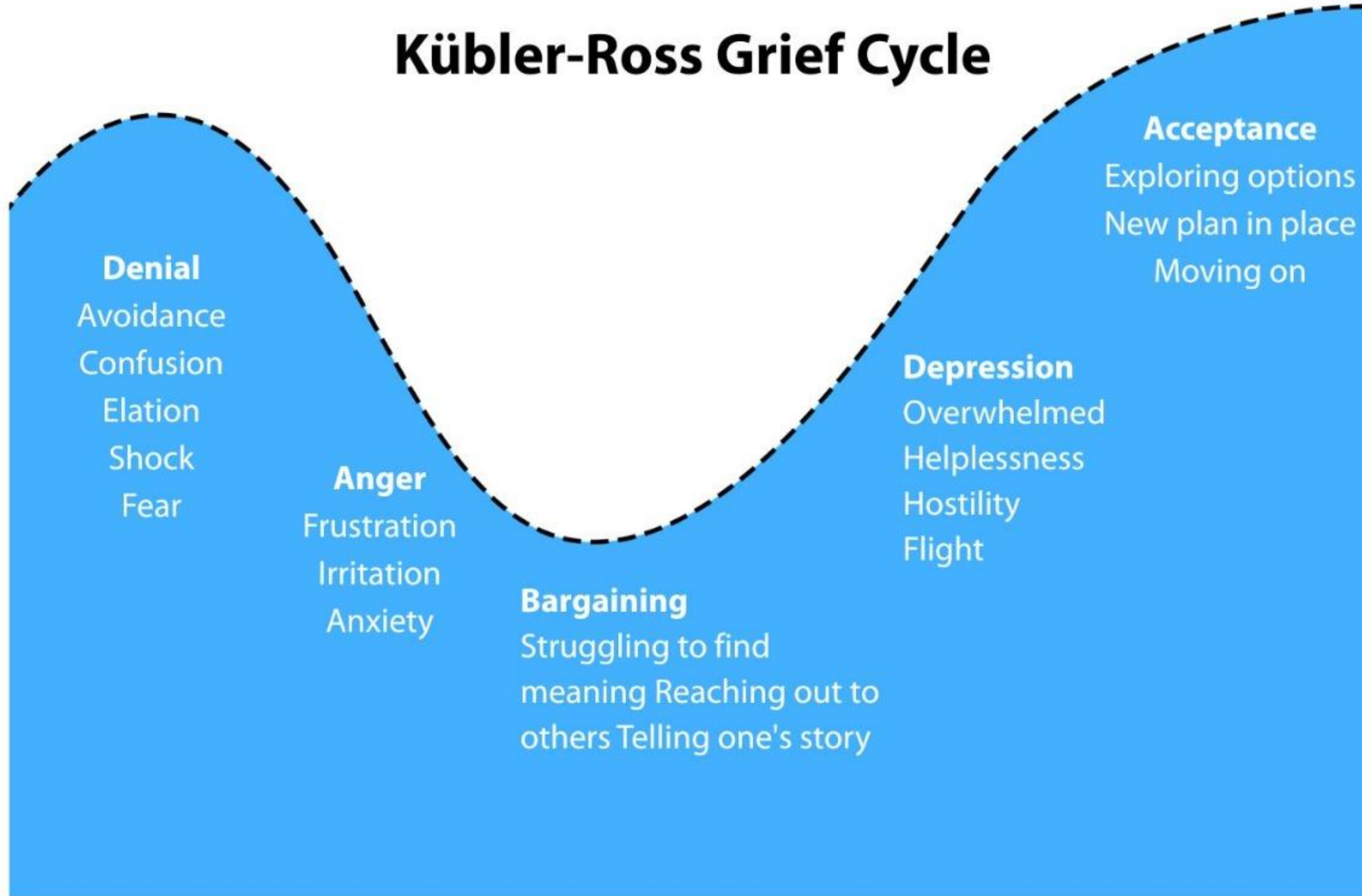


## Behavioural

- Difficulty concentrating
- Forgetfulness or mental fog
- Withdrawal from others
- Restlessness or agitation
- Searching, yearning, or replaying memories
- Disruption in daily routine



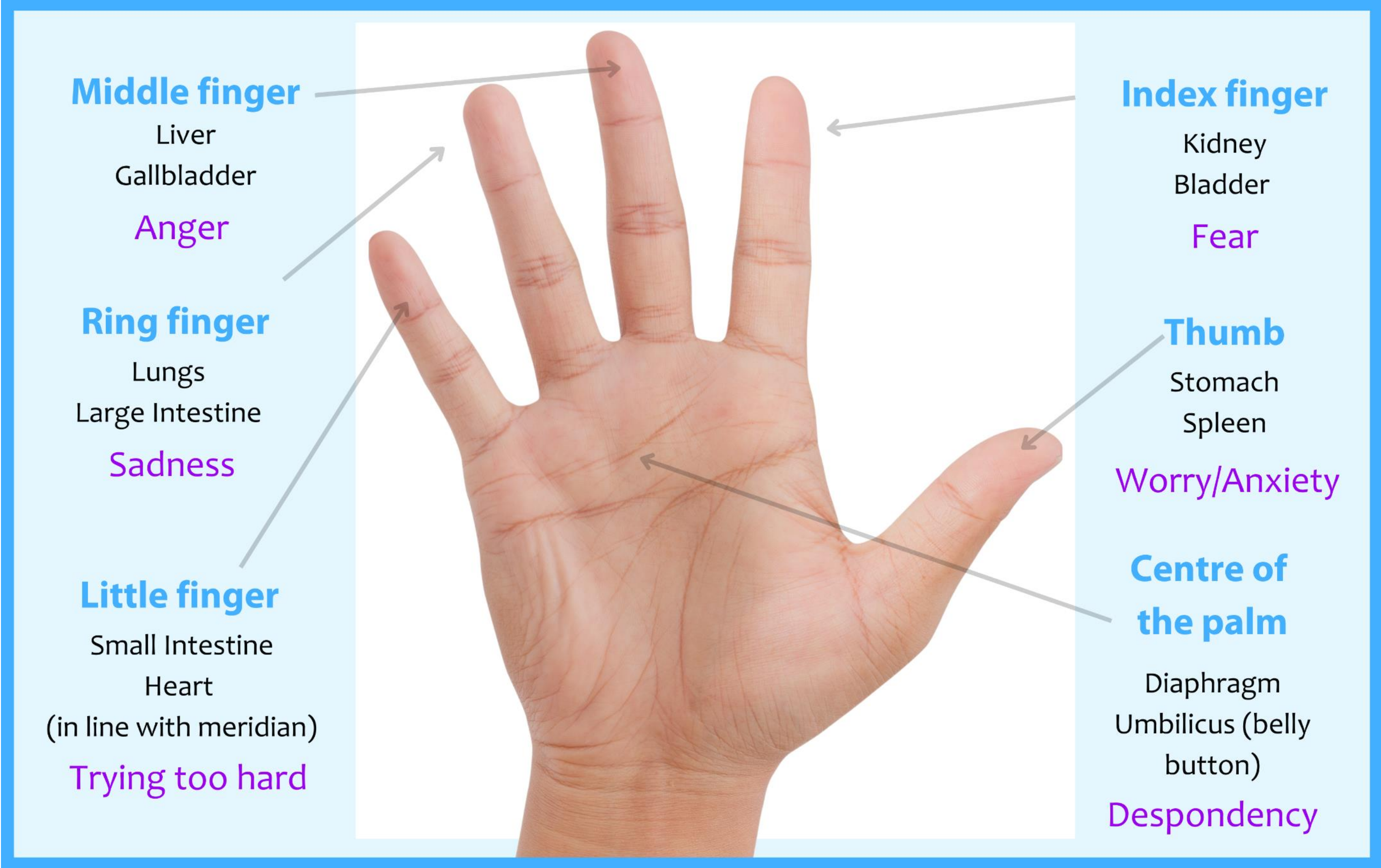
# Kübler-Ross Grief Cycle



**Information and  
Communication**

**Emotional  
Support**

**Guidance and  
Direction**





# FINGER HOLD BREATHING

# FINGER HOLD BREATHING

1. Choose a comfortable position.
2. Take a moment to centre yourself and focus on your breath.
3. Extend your dominant hand in front of you, palm facing up.
4. Using the opposite hand, gently grasp and apply pressure on the thumb. As you breathe in and out continue saying the affirmations associated with worry.
5. Breathe in, apply pressure on the index finger and as you breathe out, continue saying the affirmations associated with fear.
6. Breathe in, apply pressure on the middle finger and as you breathe out, continue saying the affirmations associated with anger.

# FINGER HOLD BREATHING

7. Breathe in, apply pressure on the ring finger and as you breathe out, continue saying the affirmations associated with sadness, grief and sorrow.
8. Breathe in, apply pressure on the little finger and as you breathe out, continue saying the affirmations associated with low self-esteem and lack of confidence.
9. Now, as you take a deep breath in, locate the middle of your palm and place your other hand on top, forming a gentle cupping motion.
10. As you hold your hands in this position, consciously think about the despondency or negative emotions that you want to address. Acknowledge them without judgment.
11. Pay attention to the pulse in the middle of your palm. Feel the subtle rhythm beneath your fingertips.

# FINGER HOLD BREATHING

12. This pulse represents the connection between your emotional state and the energy flowing through your body.
13. Take slow, deep breaths to enhance your awareness and connection with your emotions.
14. Visualise your breath infusing positive energy and balance into the area of despondency.
15. After a few minutes, release the hand gesture and relax your hands.
16. If necessary, shake your hands gently to let go of any residual tension.
17. Reflect on any shifts in your emotional state. Notice if there's a change in the intensity of despondency or if you feel more centred.
18. Embrace the idea that you have the power to influence and manage your emotions.

# WHY GRIEF CAN FEEL SO OVERWHELMING



- Loss challenges identity, roles, and future expectations.
- It disrupts routines, stability, and emotional anchors.
- Humans are wired for connection—separation feels unsafe.

# HOW DO PEOPLE RESPOND?

- Feel uncomfortable and do not know what to say
- Find it difficult to talk about your loss with you, and change the subject
- Avoid you
- Expect you to feel better and move on, before you are ready
- Not know how to respond in the way that you need
- Say things like “Aren’t you over it yet?”
- Want to talk about it too much with you
- Shut you down, or try to cheer you up when actually you just want to talk about it



# BENEFITS OF PROCESSING GRIEF

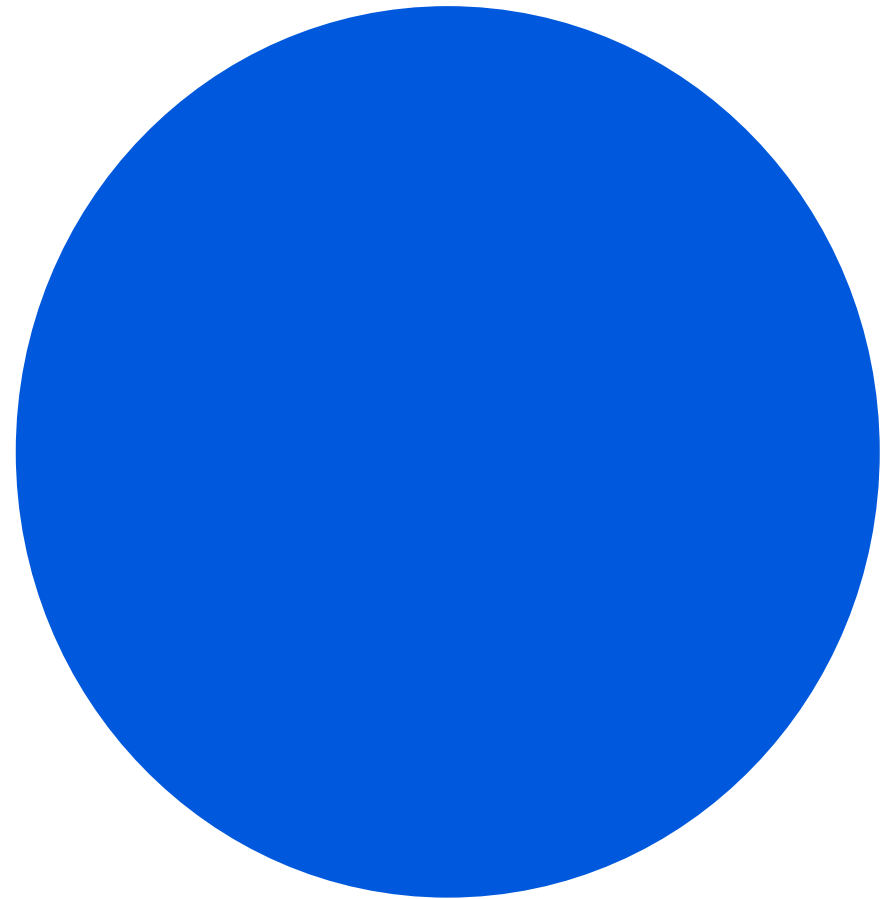


- Emotional relief and reduced inner tension.
- Greater resilience and emotional capacity.
- Deeper self-understanding and compassion.
- Ability to reconnect with life in meaningful ways.



# HEALING GRIEF & LOSS

# BLUE EMOTIONS



- Sadness
- Sorrow
- Grief
- Loss

- Lungs
- Breathing
- Tightness



# HEALING GRIEF & LOSS WITH ENERGY FLOW<sup>®</sup>



# GRIEF RELEASE

# CHEST EXPANSION BREATH



# CHEST EXPANSION BREATH



1. Place both hands on your ribs (just below your chest).
2. Inhale deeply, expanding your ribs outward (not your belly), filling the space around your chest.
3. Exhale slowly, letting your ribs gently contract inward.



# TANTRUM RELEASE

# TANTRUM RELEASE



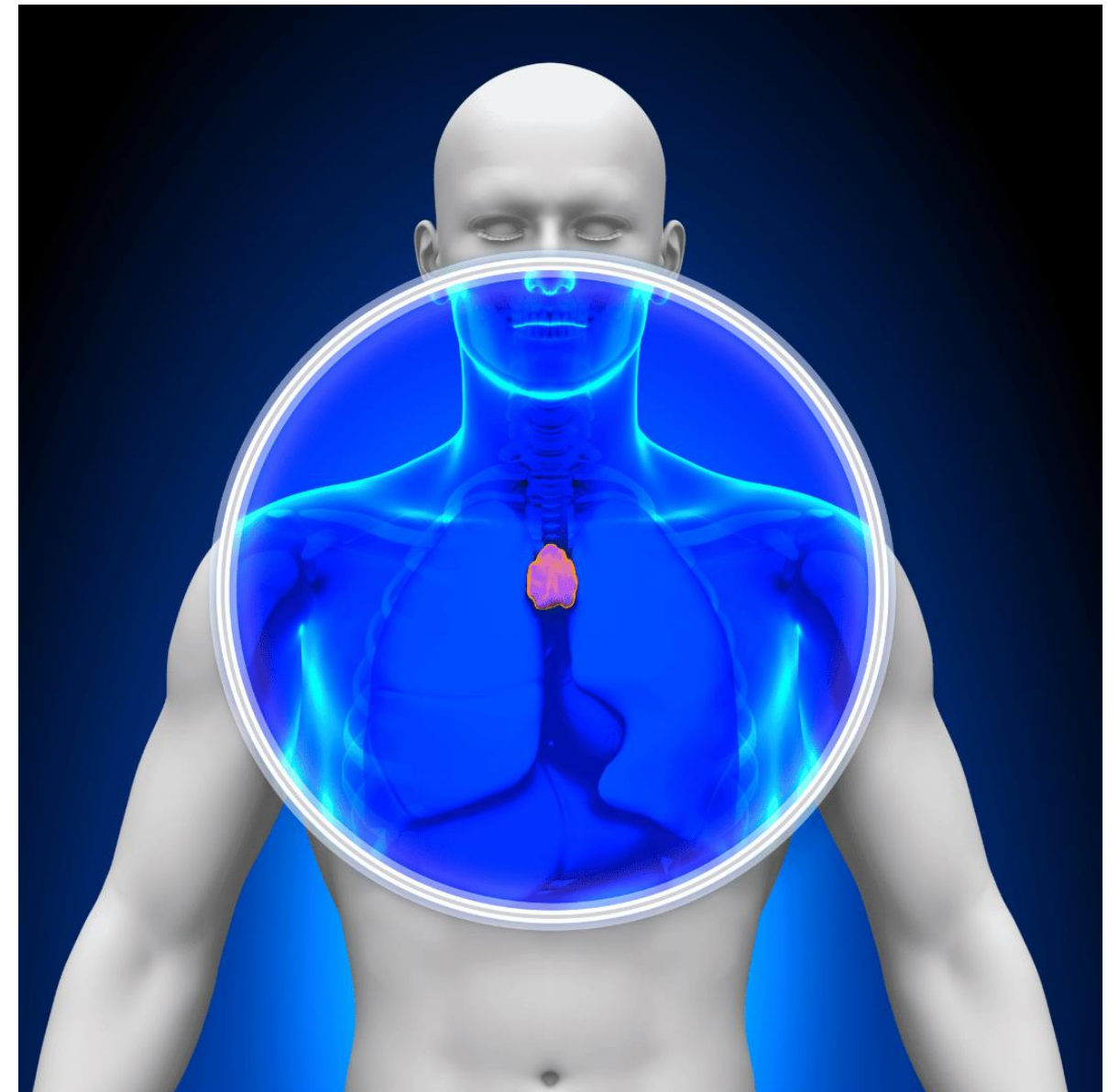
1. Bring into your awareness anything you are frustrated, annoyed or irritated about.
2. Place the fingers just under the collarbone and gently tap.
3. Take a breath in and out and make a loud “ahhh” sound as if letting out all negativity.
4. Stamp your feet vigorously as if having a tantrum.



# IMMUNE BOOSTING – THYMUS TAPPING

# IMMUNE BOOSTING – THYMUS TAPPING

1. Make a gentle fist with the hand.
2. Find the thymus point of your breastbone.
3. Gently thump while making an 'Ahhh' sound.
4. The sound reverberates as if you are getting a head massage or like Tarzan.



# DOUBLE BREATH WITH EXHALE



# DOUBLE BREATH WITH EXHALE STEPS

1. Sit in a comfortable position.
2. Take a fast yet gentle double breath through your nose (for example for 2 counts).
3. Breathe gently out through your mouth.

# SELF-PRACTICE WORKSHEET

## **DAY 7: HEALING GRIEF & LOSS SELF-PRACTICE WORKSHEET**

Grief is a feeling that arises **when we lose someone or something deeply meaningful**—a person, a relationship, a role, a version of ourselves, or a hoped-for future. It reflects the impact that connection or identity had on our lives, and it can surface in waves, sometimes long after the moment of loss.

Grief **can feel heavy, disorienting, or tender**, shaped not only by what happened but by the significance the loss holds in our hearts. It may appear as sorrow, yearning, fatigue, numbness, irritability, or a sense of being unanchored. Grief often **affects the body as much as the mind**, shifting sleep, appetite, energy, and focus. These responses are influenced by attachment, memories, and the way our nervous system tries to make sense of a world that has changed.

When we recognise grief and treat it with patience and compassion, we create space for healing. This allows us to **honour what was lost** while supporting ourselves through the emotional and physical adjustments that follow.

In this worksheet, we'll explore how Energy Flow® and Emotional Freedom Techniques (EFT) can help you soften the intensity of grief, steady your nervous system, and move through the healing process with greater ease. You'll also be guided through a tapping meditation to support comfort, release, and gentle restoration after loss.

# SAFETY TAPPING

Place the hand on the upper chest and rotate in a circular motion, while saying out loud:

- I am okay, and I am safe; even with this grief, I can breathe through this moment.
- Suppose somehow, I could feel a little comfort or softness in this heaviness now.
- What if I could allow my heart to gently release some of this pain and welcome peace.



# POSITIVE TAPPING WITH EFT

1. Tap on the Karate Chop, *“Even though I feel this grief, it’s okay. I am open to the possibility of feeling better now.”*
2. On all the upper body, facial and hand points, *“Allowing myself to feel better now.”*



# RELAXED BREATHING SELF-PRACTICE WORKSHEET

## DAY 1: RELAXED BREATHING SELF-PRACTICE WORKSHEET

1. Begin by taking a gentle breath in and out.
2. Notice what number your breathing is at, where 10 is really tight or constricted and 1 is free flowing and easy. Write that down: \_\_\_\_\_
3. Then, notice the words you would use to describe your breathing, for example: tight, heavy, easy, shallow, constricted or difficult. Write that down: \_\_\_\_\_
4. Start tapping on the side of the hand or karate chop point. *“Even though my breathing is at a number \_\_\_\_\_ and it feels \_\_\_\_\_ (description of the breathing), I love and accept myself anyway”*. (Repeat 3 times)
5. Tap on the facial, upper body, and finger points using the reminder phrase:
  - Eyebrow: Number \_\_\_\_\_
  - Side of eye / Temple: Feeling \_\_\_\_\_
  - Under the eye: Number \_\_\_\_\_
  - Under the nose: Breathing
  - Chin: Feeling \_\_\_\_\_
  - Collarbone: Number \_\_\_\_\_
  - Underarm: Feeling \_\_\_\_\_
  - Thumb: Feeling \_\_\_\_\_
  - Index finger: Number \_\_\_\_\_
  - Middle finger: Number \_\_\_\_\_
  - Little finger: Breathing



# RELAXED BREATHING

# RELAXED BREATHING WITH EFT

1. Enquire about breathing
2. Get a measure for it
3. Start EFT Tapping on the side of the hand
4. Tap on the upper body points
5. Close sequence
6. Relax
7. Testing



# RELAXED BREATHING

1. Begin by taking a gentle breath in and out.
  2. Notice what number your breathing is at, where 10 is really tight or constricted and 1 is free flowing and easy.
  3. Notice the words you would use to describe your breathing, for example: tight, heavy, easy, shallow, constricted, or difficult.
2. Start tapping on the side of the hand:
    - *Even though my breathing is at a number \_\_\_\_ and it feels \_\_\_\_ (description of the breathing), I love and accept myself anyway. [3 times]*

# RELAXED BREATHING

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

- Eyebrow: *Number* \_\_\_\_\_
- Side of eye / temple: *Feeling* \_\_\_\_\_
- Under eye: *Number* \_\_\_\_\_
- Under nose: *Breathing*
- Chin: *Feeling* \_\_\_\_\_
- Collarbone: *Number* \_\_\_\_\_
- Under the arm: *Feeling* \_\_\_\_\_
- Thumb: *Feeling* \_\_\_\_\_
- Index finger: *Number* \_\_\_\_\_
- Middle finger: *Number* \_\_\_\_\_
- Little finger: *Breathing*

# RELAXED BREATHING

4. Close the sequence by tapping on the Karate Chop:
  - *Even though my breathing is at a number \_\_\_\_\_ and it feels \_\_\_\_\_, I deeply and completely love and accept myself. [Once]*
5. Take a gentle breath in and out, then take a sip of water.
6. Measure what number the breathing is at now and repeat as necessary.



# HEALING GRIEF & LOSS WITH EFT

# GRIEF TEMPERATURE CHECK

1. What or who have you lost?
2. Who is it that you are scared of losing?
3. Who is it that you have lost that you have not been able to overcome?
4. What people or situations are no longer in your life that you are still grieving over?
5. If you could wholeheartedly let go of any, and all grief, who would you be?

# 3 EXAMPLES OF GRIEF & LOSS

Sr.	What or who do you feel grief or loss about ?	How did /does it make you feel?	What number is it at?	Where in the body do you feel it?
1				
2				
3				

# HEALING GRIEF & LOSS

1. Pick one of the examples and make a note of:

- Who or what made you feel grief/loss?
- What happened?
- How did it make you feel?
- What number is it at, on a scale of 1 to 10?
- Where in the body do you feel it?

2. Start tapping on the side of the hand:

- *Even though I feel grief/loss 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 GRIEF & LOSS

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

- Eyebrow: *I have felt grief / loss 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: *Grief / loss because* \_\_\_\_\_
- Middle finger: *I feel it in my* \_\_\_\_\_
- Little finger: *So* \_\_\_\_\_

# HEALING GRIEF & LOSS

4. Close the sequence by tapping on the Karate Chop:
  - *Even though I feel grief/loss about \_\_\_\_\_ and I 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 grief 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 GRIEF & LOSS

## 7. Ask yourself:

- What is left about the grief/loss? ( I feel grief/loss 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 fearful or scared comes down. Take a gentle breath in and out, then take a sip of water.



# TAPPING MEDITATION

# TAPPING MEDITATION FOR HEALING GRIEF & LOSS

- **Karate Chop setup statement (repeat 3 times):** *Even though I'm carrying this grief and loss, I deeply and completely accept myself, and I choose to hold my heart with tenderness as I heal.*
- **Tapping points & phrases**
  - **Eyebrow:** I feel this grief in my heart and body.
  - **Side of eye / temple:** It's okay to acknowledge this grief and let it be here.
  - **Under the eye:** I recognise the weight of the loss that I've been holding.
  - **Under the nose:** I honour my emotions and give myself space to feel them.
  - **Chin:** I am gentle with myself as I move through this grief.
  - **Collarbone:** I release the tightness and heaviness while keeping the love that matters to me.
  - **Under the arm:** I allow comfort, understanding, and softness to enter my heart.
  - **Thumb:** I allow myself to feel this grief without pushing it away.
  - **Index finger:** I release the emotional burden that has been weighing on me.
  - **Middle finger:** I offer myself compassion, patience, and forgiveness in this healing.
  - **Little finger:** I invite peace, warmth, and steady healing into my heart.
- **Karate Chop ending statement (Once):** *Even though I've carried this grief and loss, I choose to ease my heart, welcome comfort, and open to gentle healing and peace.*

# 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. Hydrate:** Drink more water than normal.
- 3. Relax:** Take a salt bath.
- 4. 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, <https://www.youtube.com/watch?v=cckGvjh-ceA>
  - Freedom from ties that bind, <https://youtu.be/IGxmHeGkGjc>
  - Violet Flame Meditation, [https://www.youtube.com/watch?v=6\\_lpjCkEJlo](https://www.youtube.com/watch?v=6_lpjCkEJlo)
- 5. Check out:** The Healing Grief & Loss self-practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2025/12/7.-Healing-Grief-Loss-Self-Practice-Worksheet-08.12.2025.pdf>

# SUMMARY

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