

2. Releasing Old Attachments

I cannot emphasize how important it is to do this, your entire life and belief system today is the result of your past. In this step I will show you how to release negative past attachments so that they don't get in the way of your progress.

How to Release Attachments to Negative Past Experiences

Everything that you believe today is the result of your past experiences. If those experiences were negative, then you may have developed negative beliefs that don't help your growth but have you stuck in a constant loop not progressing in life.

Find a quiet place where you can be by yourself. Think of the negative experiences from the far or recent past that are still bothering you today. Take a good look at all the negative feelings associated with these, feel every negative emotion one last time. Every ounce of anger, resentment, hate, fear, enviousness, jealousy, etc..

One by one begin to tap with your fingers a few times where your eyebrow begins over your nose, and say:

1. "I release and let go all angers."
2. Tap on the side of your eye and say "I release and let go all resentments."
3. Tap on the bottom of your eye and say "I release and let go all sadness."
4. Finally tap on your collarbone and say "I release and let go all disappointments"
5. Repeat another time if you feel like it. And it is also very important to repeat this for every different experience you have had in the past that is still bothering you at any moment in this present time. Simply go back and experience those negative emotions again one last time and then flush them out!

This is what many know as EFT (Emotional Freedom Technique), it works because there are more things happening as you do this than meets the eye.

What is happening behind the lines using EFT? Why does it work?

There are a couple of things. With the understanding that our bodies have two parts, the physical body and the energetic body, EFT uses a technique that addresses or "speaks" to both.

You are tapping into energetic points of the body, also known as "meridians" coming from eastern philosophy. Some, if not all of these energetic points are also used in acupuncture as an example.

Also, the subconscious mind which operates most of our mind behind the scenes is instructed to bring these memories to the forefront so that we can deal with them consciously in this present time and send them back in a "healed" status, because after all, the past is in the past and is NOT REAL! We just haven't realized that because it was tucked away in our subconscious creating our current reality through our memories and imagination which then manifests into physical expressions. EFT gives you a more tangible way to deal with these negative past experiences rather than simply having someone tell us "that the past is the past" with no change at all in our current life as we may agree and believe it, but don't know how to address it.

The actual physical tapping of the energetic points creates anchors through the mind so that we can address these non-serving memories and emotions.

In my experience researching this technique, one of the best EFT practitioners is Faster EFT creator, Robert G. Smith. Robert has helped countless people all over the world and has more programs to fit different needs including how to become a practitioner yourself. You can [visit this page to learn more](#).

Remember too that there is always something in any type of experience that contributes to your own growth, hence, even good can exist in bad experiences. But the real benefit is having learned the lessons and then clearing them up to allow for new better and more fulfilling experiences.