Taking Full Responsibility for your own well-being if you choose to tap…

Whether you’ve heard me on radio shows, podcasts, teleseminars or YouTube videos, you’ve probably heard me say that you must take full responsibility for your own well-being… or, “Tap at your own risk.” So… what does that mean, and why do I say it? After all, isn’t EFT safe?

Yes.

In all the time I’ve been tapping, I have not seen anyone experience a really negative reaction to doing EFT. I say “really negative” because there have been people who just didn’t care much for the process, and also sometimes people feel worse before they get better. The discomfort isn’t caused by the EFT – but it has cleared away stuff that was masking worse stuff. Like deciding your living room is a little messy, so you decide to clean it up. In the process, you find a stain on the carpet under the coffee table that you hadn’t been consciously aware of. Suddenly the living room seems much worse. But – is it really better to go on pretending the mess wasn’t there? Sure, it’s going to take more effort to clean it – but then it will be really clean. Same with emotional messes – let’s find ‘em and clean ‘em up.

For the vast majority of the people, this will be a harmless process – the worst that could happen is some emotional discomfort may come up, but you can clear that away, and you feel better and better.

But… I don’t know who might be watching or listening. And even though I haven’t seen any really negative reactions – nor are there any that are documented – that doesn’t mean it couldn’t happen. It is possible that someone out there might have a particular emotional or psychological condition that causes them to react very badly to the tapping process. And if I haven’t asked that person to take responsibility for himself if he chooses to tap, it’s possible he may hold me accountable. I could get in trouble because an attempt to do a lot of good for a lot of people was seen as harmful in a particular anomaly. (Yes – I create my reality – but sometimes I create challenges at an unconscious level – I’m still in the process of evolving, and don’t create everything consciously… yet. I even carry car insurance, in case some crazy part of me thinks it might be a good idea to attract an “accident.”)

So – given that possibility – slim as it may be – I could say it is too risky to make a difference and stop doing what I do, or I can insist that folks take full responsibility for their own well-being… just in case…

Thank you for understanding – and for being willing to take responsibility for your life. That’s where the power is. 😊

Be Magnificent!

Brad

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P.S. If you have any concerns that you might be that person who might have an unusually uncomfortable reaction to EFT, please consult a doctor before tapping. Thank you.