

VOWS AND AGREEMENTS



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In past eras, many of us spent our lives in monasteries. As part of our devotion to the sect involved, we took vows of poverty, silence, solitude, etc. We spoke these sacred oaths to God, and intended them to be instilled forever. What we see as lack in our present lives are these past vows that we took, being enacted on our lives.

The Spiritual Freedom Technique (SFT) Taps are a means to bypass the shortsighted view of the conscious mind and create dynamic shifts in the whole of the individual. The taps below are a means of undoing the shortsighted commands that were programmed into the psyche and that interfere with our absolute joy, love, abundance, health and freedom.

If someone is not attracting the things in their life that they desire -- a partner, financial gain, health, or happiness -- it is not that they are being punished by God. They have set the conditions for their lives through their own decree. Doing these taps will give them permission to receive the things add to the quality of life.

Say each statement three times while tapping on your head. Then say it a fourth time while tapping on your chest. Take a deep breath after finishing the series.

"I recant my vow of poverty; in all moments."

"I recant my vow of humility; in all moments."

"I recant my vow of silence; in all moments."

"I recant my vow of solitude; in all moments."

"I recant my vow of chastity; in all moments."

AWAKEN TO YOUR OWN EMPOWERMENT

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“I recant my vow of celibacy; in all moments.”

“I recant my vow of obedience; in all moments.”

“I recant my vow of servitude; in all moments.”

“I recant my vow of martyrdom; in all moments.”

“I recant my vow of deprecation; in all moments.”

“I recant my vow of deprivation; in all moments.”

“I recant my vow to NOT transcend; in all moments.”

“I recant my vow to be married only to God; in all moments.”

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