



Pod #301: EFT for Feeling Stillness and Peace

<https://tappingqanda.com/2018/01/pod-301-eft-for-feeling-stillness-and-peace/>

I recognize the fact that I am not at peace...I have thoughts buzzing in my head...I have tension in my body...I have the distraction of all of the things I need to do...I appreciate the fact that I live in the modern world...And there is busyness...I also acknowledge the modern world is not my enemy...Busyness is not my enemy... But they do make it difficult for me to find peace...They do make it difficult for me to find calm...I give my system permission to release and let go of any tension held in my body...Knowing that whatever information is in that tension is information that I can understand in another way...When that tension melts away...I am fully grounded in my body...I can respond to what I need to respond to...In an easy and effective way...I give myself permission to be fully present in my body...To know that it is safe for me to be fully present in my body...I give myself permission to relax...I give myself permission to be in my body in this moment...I also acknowledge that my mind is buzzing...Filled with ideas and thoughts that are trying to get my



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attention...Part of me doesn't want to let these go...Because if I let them go I will forget...I know that if something is important...It will come back...It will be fully present in my mind...In this moment I am allowed to be calm...I'm allowed to be still...I'm allowed to be mentally fully present in this moment...As I reach for this stillness...There is no other goal than being still in this moment...I'm not trying to achieve something at this time...Other than letting go...That will allow me to be at peace...That will allow me to be calm...That will allow me to relax and let go...I give myself permission to relax in this moment...And in doing so to be at peace.