



TAPPING Q&A

Pod #354: Why Does Healing Always Have To Be A Process?

<https://tappingqanda.com/2019/03/pod-354-why-does-healing-always-have-to-be-a-process/>

I'm frustrated by the rate of healing...I wish it was happening faster...I wish it was happening easier...I recognize the fact that when I feel this sort of resistance...And I feel this sort of resentment towards the healing process...I will slow the healing process...Because I don't want to waste time...And I don't want to waste energy on something that isn't going to work out...On something that isn't going to be fruitful...But at the same time I appreciate my frustration...Not because I enjoy being frustrated...But because frustration means that there is a part of me that wants healing and transformation to happen...Frustration is just my system saying it is dissatisfied with what is going on...I hear the frustration loud and clear...I don't want me to be unhealthy...The frustration has done its job...By pointing out the slow rate of this transformation...And since I know this is true...The feeling of frustration can relax...And if the frustration needs to come back in future...That's OK and I allow it to come back...I give myself permission to be easy and gentle with my frustration...Knowing it is possible for me to heal.



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Intellectually I understand that transformation is a process...I understand that sometimes it doesn't happen in a single step...That is because some of my issues are more complicated...Some of my issues have multiple layers to them...Sometimes my goal for tapping is to create release in the moment...And tapping is a very good tool for doing exactly that...But at times I want to create lasting and deep change...It's more than just dealing with symptoms in the moment...I'm not looking for quick relief...I'm looking for a long term transformation...I give myself permission to be patient with the process...Even though I would like this to be quick...It is more important that it is lasting change...I give myself permission to be easy with the process...I give myself permission to allow this to take time...I am in this for the long haul...I am in this for long term, lasting transformation...I'm open to the possibility of instantaneous healing...But I'm willing to put in the work for lasting transformation even if it is not instantaneous.

I give myself permission to heal...I give myself permission to transform...By giving myself permission to heal and transform...I'm acknowledging that some of this work might be hard...I recognize the fact that I can do hard work in a way that is safe and healthy for me...I give myself permission to put in the time and effort...By investing in the short term in this way...I am ensuring my long term transformation will be lasting and deep...My goal is lasting transformation...I trust my system to create the process that will allow the healing to persist...To allow this transformation to take root...I am a healing machine...And I allow my system to keep healing.



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