



TAPPING Q&A

Pod #253: EFT To Love Your Body More

<https://tappingqanda.com/2017/01/pod-253-eft-love-body/>

I recognize the fact that I am connected to my physical body...It is a part of me...And in some ways it is me...There are times when I feel like I am fighting my body...When I feel like my body is fighting me...As if my body is letting me down...Or even intentionally trying to hurt me...Or intentionally trying to make my life more difficult...This feeling of frustration and this feeling of betrayal comes simply from wanting better...It comes from wanting to be healthier...It comes from a place of wanting to be stronger...And wanting to look at my body and love what I see...I appreciate the frustration because it wants something better for me...I appreciate my body's desire for me to be healthier...For me to be stronger...For me to look good...Even inside this frustration I know my body is amazing...It is trillions and trillions of cells working in community...Keeping me healthy moment to moment...Allowing me to experience what is around me...There is so much I don't have to think about...I don't have to think about breathing...I don't have to think about my heart beating...I don't have to think about my food digesting...I just move through the world...I love and appreciate that my body is doing all of this...I know in each moment my body is trying to do what is best for me...I know in each moment my body is trying to do what is healthiest for me...Even if it isn't making the healthiest choice, it is motivated by health and well-being...Sometimes my body is misinformed...I give my body permission



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to ask for what it needs...I give my system permission to do what it needs to do to keep me healthy...I give my body permission to state its needs...Because it is not some foreign object asking...It is me...I am it...There is no separation between my mind and body...There is no separation between my desires and what my body is doing...They feel disconnected...They feel incongruent...But I give them permission to grow and heal together as one...Because they actually are one...I give my system permission to move forward in a way that is best for all parts of me...I give myself permission to love my body...Because I am my body.