



Pod #255: Regaining Focus With EFT

<https://tappingqanda.com/2017/01/pod-255-regaining-focus-eft/>

I recognize the fact I am really unfocused...My mind is going in a million directions...Without landing on anything specific...Because it is floating from thing to thing to thing...I'm not getting anything done...I almost feel disoriented by it...I am frustrated by how unproductive I am being...This lack of focus is probably trying to keep me safe...It's probably trying to help me recognize that I am not prepared for what is in front of me...That something might go wrong if I do what I need to do...It's all out of sorts...I appreciate it's trying to keep me safe in this way...At the exact same time I know I need to focus...I know I need clarity...I give myself permission to find that clarity...I give myself permission to take action now...Whatever it is I'm clinging that is out of focus...I give my system permission to let it go...If my system needs the distraction again...It will find its way back to it...I can release it right now...Because in this moment it is not useful...In this moment the lack of focus is not necessary...I imagine energy flowing through my body...Bringing me to sharp attention...Helping me to hone in on what is in front of me...If I do this...I can get my tasks done...I will be able to move on to what I want...I will be able to move on to what is useful...I give myself permission to shake off the lack of focus...To be fully present here.