



You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

Pod #389: I Accept All Parts Of Myself And Send Them Love

I recognize that I'm a complicated system...I'm a multi-faceted and multi-dimensional being...I don't always think of myself in singular terms...I think of my parts separately...And I have different emotions about these different parts...Today I appreciate all of these parts...I appreciate the whole...Even though it might be hard for me to say these things...I give myself permission to say them and truly feel them...I send love and appreciation to my body...I send love and appreciation to my mind...I send love and appreciation to my spirit...I send love and appreciation to my past...I send love and appreciation to my present...I send love and appreciation to my future...I send love and appreciation to my dreams...I send love and appreciation to my worries that are trying to keep me safe...I send love and appreciation to the part of me that's keeping me healthy...I send love and appreciation to the part of me that's keeping me grounded...I send love and appreciation to the part of me that's keeping me thoughtful...I send love and appreciation to every part of my being...I send love and appreciation to all of me...I send love and appreciation...I send love and appreciation...I send love and appreciation...I send love and appreciation.