



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

Pod #406: Tapping To Send Loving Thoughts To Others

I recognize that there are people who are in pain...I recognize the fact that people are struggling...I want what is best for them...I want healing for them...I want transformation for them...Insight for them...I recognize the fact that I can't necessarily change what is happening...I can't take responsibility for their lives...I can't take responsibility for their suffering...I can't take responsibility for their struggle...I can't be there...But I can be present...I can be loving...I can be thoughtful...I can walk with them...I can want what's best for them...That might not solve the issue...But it is also not a small thing...Love from others is important...Care for others is important...Wanting good for them in their lives is important...In this moment I send healing thoughts...I send love...I send care...Knowing that's not going to transform everything...But knowing it is useful...Knowing it will make a difference...I give myself permission to be easy with myself...I give myself permission to be gentle with myself...When I feel hopeless in the face of the suffering of others...It is possible for me to be present...To be useful...And to make a difference...Without trying to take responsibility...I send loving thoughts...I send inspiring thoughts...I send transformational thoughts...And I send healing thoughts...I only want what is best for my loved ones.