



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

Pod #443: Tapping To Accept God's Unconditional Love

Script 1:

God's love for me is unconditional...Which means it is just that...Love without condition...It isn't something I have to earn...It isn't something I have to deserve...It is my birthright...It's what I am made for...In every moment of every day I am completely surrounded by and filled with that love...The presence of that love isn't in question...What is in question is whether or not I'm going to accept that love...It is ever present...Even when I deny that love...Denying it for decades on in...It never leaves...Because it's ever-present...Without condition...Without judgment...It is pure love...And I've been made for that love...There have been moments in my life when I actually believe that fact...Even if it was just for a fleeting moment...For just a split second...There is a part of me that might be buried way deep down...That knows it is true...That knows it is what I am created for...I made for that love...I am made for accepting that love...That love is always present...And I can accept it at any time I want...There is no judgement from that love for me...Even if I am not fully embracing that love...That love knows me fully...That love knows my struggle...That love knows why it is hard for me to accept it...It never leaves...It is ever-present...It is truly unconditional...It will always be there for me...Even if I don't fully see it...Even if I don't fully participate in it...It is there...Always, always, always...



Script 2:

There's a part of me that feels afraid...Because if I let this love in, I have to open myself up completely...And that makes me vulnerable...When I am closed off part of me thinks that I am safe...But if that were the case, I would be pain-free because I have been closed off...The truth is that there are things in the world that can hurt me...They can hurt me physically...They can hurt me emotionally...And they can hurt me spiritually...Those hurts are possible in my life whether or not I choose to open myself to God's love...So I might as well accept God's love if there is going to be trouble...That love can be healing...It can be protecting...It can be encouraging...It can be inspiring...It can be nourishing...Opening myself up is scary...It feels like God will see all of the baggage I'm carrying...I feel like I need to heal all of my failings before I can step into God's love...That is backwards...Because I can step into God's love to help heal all of this...All of the burdens...All of the mistakes...Are already known...They are not hidden...God's love wants nothing more than to be released...And wants to help in releasing all of my pain...I don't need to hide my burdens or heal my burdens...In order to accept God's love...God's love helps me to accept myself and helps me to heal...I don't need to heal first...God's love is the healing balm...This is a process...And it's OK that it's a process...It would be lovely and perfect if all of this happened in a single moment...But it will happen at the rate that is healthy and helpful for me...I give myself permission to be patient with myself as I heal...As I release...As I allow God's love in...Love is going nowhere...Love will not give conditions...It will always be unconditional...It will always be ever-present...I give myself



permission to be gentle with myself...As I accept God's love...And as I allow God's unconditional love in.