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Pod #444: Tapping Over Grief For Lost Opportunities

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I recognize the fact that I'm experiencing grief...Not a big grief right at the front of my mind...But lots of smaller grief...That's hanging around in the background...Just under the surface...And it's creating a nagging sensation that something isn't exactly right...Without realizing it I'm grieving deeply...I'm grieving the loss of my routine...I'm grieving the loss of my work...I'm grieving the loss of freedom of movement...I'm grieving the loss of physical touch...I'm grieving the loss of being able to stand next to someone...I'm grieving the loss of certainty...I'm grieving the loss of future celebrations...I'm grieving the loss of travel...I'm grieving the loss of normalcy...I'm grieving the loss of being able to do something spontaneously...I'm grieving the loss of having a plan...I'm grieving the loss of having my own personal space...I'm grieving the loss of being around people that I love...I give myself permission to hear this grief...I give myself permission to feel these emotions...Grief is only pointing out the things that are important that I have lost...I appreciate the fact that my system is trying to convey that information to me...I appreciate the fact that my system is letting me know that I'm missing things that are important...I'm aware that I'm missing things that are important...So can acknowledge that the grief has done its job...The grief has been heard...If the grief needs to stay a little longer, it's allowed to do that as well...It's good for me to recognize its presence...If the grief releases now and needs to come back in the future, it is allowed to do exactly that...It's allowed to come and go as needed...In big and small ways...I give myself permission to acknowledge my grief...I give myself permission to feel my grief...I give myself permission to release my grief...There have been losses in my life...Things I value are being missed...It is appropriate for me to grieve the loss of those things.