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Pod #445: Tapping To Move Beyond Bad Choices From The Past

I'm in this moment because of all of the choices that came before it...Choices I made...Choices made by others I know intimately...Choices made by people I will never know...Here I am in this moment...Every choice that has preceded this moment by me and by others has created this moment...Has informed this moment...But those choices do not control this moment...In this moment and in every moment I have the opportunity to choose something different...I can choose to stay in the same place and follow the same patterns...Or I can choose something new...

Some choices will be much harder than others because of the weight and gravity of the choices I have made in the past...And even though previous choices influence the next choice...They do not control the next choice...They do not predetermine the next choice...What is much more important than the choices that led to this moment is the choice that I make next...How I choose to see myself...And how I choose to define my world...That is the most important...Some of the choices I want to make will be difficult because I will be fighting the habits of other choices...The habits of other beliefs...It's much easier and more neurologically efficient to make the same choice again...That doesn't mean it has to be the choice I make...My history is important...

The history of the people around me is important...It has shaped me to be who I am...It's shaped my history...What I choose to be in the next moment is only informed by that...I am not imprisoned by my history...My history is not predestined...Regardless what has gone before, I can choose something new...And in the moment after that, I can choose something new...At any moment I can return to the old patterns...I can return to the old



beliefs...And that is a choice I can make...It takes effort...It takes conscious work...

Trusting in something new...I was given that ability to choose something new because I'm worthy of that choice...I don't learn that choice...I don't have to deserve that choice...The ability to choose as my birthright...That is what I've been made for...At this moment I give myself permission to trust myself enough to make the next choice...That choice will give me feedback...That choice will give me insight...And that will allow me to know what I will choose next...It will inform what I will choose next...I choose to recognize that I am not defined by my past choices...Every choice I make is a new choice and a brand new opportunity.