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Pod #453: Tapping For Peace In Our Lives And In The World

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I want peace in the world...I want peace in my world...I want to recognize the connection I have with others...I want to be open to others connecting with me...I want to be an instrument of peace...And often when I am an instrument of peace it's not through giant grand gestures...It's not via over-the-top actions...It is in the peace that I create in my own life...It is in the peace that I create in my own family...Is the peace that I create with everyone I interact with every day...It is not always easy to show up in a way that promotes peace...It is not always easy to be charitable...It is not always easy to be open and giving...Is not always easy to practice peace...I give myself permission today to know that my simple loving acts are useful...My graceful acts make a difference...My gentle acts make a difference and are significant...They are meaningful actions...They do create peace...I want to be a peacemaker...I want to be an agent of peace...In big and in small ways...My simple actions and my small actions and my kind actions create ripples that have a larger impact...Help me to know peace...Help me to strive for peace...Help me to be peace in the world.

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Gene Monterastelli is the editor of TappingQandA.com. Gene works with clients from all over the world one-on-one and in groups. Gene enjoys teaching advanced techniques in tapping and teaching practitioners how to grow their practice.

This transcript is from the Tapping Q and A podcast. A complete podcast archive can be found at <http://TappingQandA.com/podcast>