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Pod #487:Tapping to make the choices we want

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I recognize that there's a part of me that wants to make good, thoughtful choices...Choices that line up with my vision...Choices that line up with my mission...Choices that line up with who I want to be in the world...I'm glad I take responsibility for my choices...I'm glad that I want to make thoughtful choices...I'm glad I want to make deliberate choices...At the same time I don't have to justify all of my choices...I don't have to explain all of my choices...I don't even need to have a good reason for making the choices that I'm making...I am allowed to make choices simply because I am making that choice...I am allowed to choose simply because I want the choice I am making...I don't need a good explanation...I don't need to explain why...I don't have to justify it to anyone else...I don't have to justify it to myself...I have to take responsibility for my choices...I have to take responsibility for the consequences of my choices...But they are just my choices...I can make them because I want to make them...this does not mean I am thoughtless...This does not mean that I'm careless...This does not mean that I'm reckless...It only means I am making a choice because I want to make that choice...It is my life...I get to choose to do what I want to do...I get to craft it in the way that I want to craft it...I give myself permission to make the choices that I want to make...Without having to justify them to anyone else.

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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.



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