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Pod #497: Feeling Worthy of Healing and Transformation

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I might understand that I am worthy of healing...Intellectually...I might understand that I'm worthy of transformation...But just because I can say that clearly...Just because I can intellectually know that it's true...It doesn't mean that every part of me buys into that fact...It doesn't mean that every part of me sees that as true...It is possible that there is a part of me that does not believe I am worthy of transformation...It might be afraid that since I squandered healing in the past...That it is too late for me to have it now...It might believe that I have done things that are so horrible...That it is too late for me and I can't come back from it....There might be a part of me that thinks I've always been broken...That I'm just not enough and therefore I'm not worthy of total transformation...I'm not worthy of true deep healing...Other people are worthy of healing...Other people are good enough...But not me...It is too late...I am too far gone...I was never capable of it...This is simply not true...Even though there's a part of me that feels it is really emotionally true...There is a part of me that doesn't believe I am truly worthy of transformation...This part of me is just trying to keep me safe...This part of me is just trying to keep me healthy...It is simply working from a misinformed place...I give myself permission to believe emotionally I am worthy of healing...I give myself permission to believe it is safe for me to heal...I give myself permission to believe that it is not too late for me...Some parts of my being understand this...Some parts of my being and embrace this...Some parts of me see this clearly...I simply want to encourage this part...To know that it is OK to believe that...I also recognize that I don't have to believe this every moment of the day...It is OK for me to be skeptical about my transformation...As long as I'm open to the possibility of transformation when I sit down to tap...I can do some work today...I can create a little more capacity to recognize I am worthy of this...Even if I increase my belief in my worthiness of healing by only a few percentage points...It will make today a little bit easier as I become more open to those opportunities for transformation...Transformation is not an all-or-nothing



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proposition...Transformation has never been an all-or-nothing proposition...Therefore I don't have to believe all of the healing as possible in this moment...I can doubt my worthiness of healing and continue to heal...I can be skeptical of the possibility of my transformation and still have transformation happen...My healing and transformation is incremental...Therefore, my belief in my healing and transformation can also be incremental...I am made for healing...I am made for transformation...It is safe for me to heal and transform...I give myself permission to embrace that possibility.

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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>