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Pod #500: Tapping for Jealousy and Professional Jealousy

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I want to be more successful...I want to have more opportunities...To share my gifts with the world...I'm working hard to do exactly that...But at the same time I see what others are doing...I see the actions they are taking...I see the attention they're getting...And I want that too...I want more opportunities...I want more recognition...That's a normal human experience...I recognize when I feel the sort of jealousy it's corrosive...It steals my motivation...It steals my hope...It steals my desire to move forward...Because if the world feels unfair, I don't want to try...Because it doesn't feel like it's going to work out...Even though other people have opportunity...Even though other people have chances that I don't currently have...That doesn't mean I've run out of opportunities...It doesn't mean that there aren't enough chances for me...I recognize the fact that it is possible for me...To acknowledge what other people are doing without feeling like their success undermines me...There is enough opportunity out there...There are enough chances...There are enough platforms for me to stand on...I give myself permission to be easy with myself...I give myself permission to trust my actions...I know that I can find the success that I want...Because there are more than enough opportunities for everyone...And when other people are successful, they're actually creating more space for all of us to be successful...I give myself permission to have hope..I give myself permission to have confidence...I give myself permission to step forward in a thoughtful and deliberate way.

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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>