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Pod #503: Tapping to be Fiercely Kind

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I recognize the value of kindness...I appreciate when other people extend kindness to me...My intention for today is to show up from the disposition of kindness...My intention for the day is to be fiercely kind...As I think of kindness, I recognize that there are extremes...At one end, I can be too kind for my own good and be other people's doormat...At the other end, I am too fierce and I start interfering with other people's lives...Acting as if I know what is best for them...My intention for today is to be fiercely kind..To let kindness lead my actions...To have kindness as my leading thought...Accepting others with kindness doesn't mean that I am a doormat...Accepting others with kindness doesn't mean I'm always putting others first...Accepting people with kindness means I see their humanity...I see the context of their life...I understand the circumstances they are in...I am able to act with generosity of spirit...Kindness is hard to pin down and define...Which means some moments I'm going to be better than at others...My intention for acting with fierce kindness is an intention to be more present...It is an intention to do better...It is an intention to be more engaged in this moment...Even if I do that in a imperfect way...By having this intention at the front of my mind...I know I will be more present to who I am...I will be more present to those around me...My intention is to be fiercely kind...And to learn how to be more human in the process.

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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>