



<http://TappingQandA.com/podcast>

Pod #523: Tapping to release your old identities

<http://tappingqanda.com/523>

I recognize that the way I define myself is a habit...And it is a really useful habit...It helps me to know where I stand...It helps me to know what I like...It helps me to make choices in difficult times...At the exact same time, I am changing...Moment to moment...I am constantly evolving...I am having new experiences...I am engaging with the world in a new way...This means I have the opportunity to grow...But the way I define myself often does not keep up with this change...Does not keep up with this evolution...My subconscious mind clings to the old ways in which I defined myself...Because my subconscious mind likes things to be safe and predictable...My subconscious mind likes consistency...I give myself permission to release my old ways of defining myself...To let go of the old labels I have given myself...I'm not saying these old ways are wrong...I am not saying these old ways are not useful...I'm not saying these old ways are broken...Instead I recognize the fact these old ways no longer serve me...I give myself permission to leave these old ways behind...Knowing that if I need them in the future, I can pick them back up...If they are useful in the future, I can reconnect with them...I am constantly changing...Sometimes my subconscious mind struggles to keep up with that change...It is safe for me to let go of all outdated identities...It is safe to let go of the old ways in which I defined myself...I give myself permission to embrace the new me...If I want to pick up old ways of seeing myself in the future, I can do exactly that...Change is natural...Change is healthy...Change is useful...I give myself permission to embrace change.

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>