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Pod #537: Why does healing have to be a process?

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I recognize that healing takes place as a process...On some level I really appreciate the fact that healing is a process...I am not looking for a quick fix...I'm looking for lasting transformation...So I give myself permission to recognize that an unfolding healing process is the healthiest way for me to create transformation in my life...Because when healing unfolds naturally...It is much more likely to take root...And to create lasting change...But at the same time, it is so easy to feel frustrated by the process...That it always seems to take longer than I would like...The frustration I am feeling is just that part of me that wants to be transformed...That wants to be healthy...That wants to be happy...That wants transformation right now...I give myself permission to recognize that this is a healing process...I give myself permission to feel the frustration that it's always a process...I'm glad that I have found tapping...I know it works well...Even though sometimes I really want it to work faster....I know that is a natural human desire...I give myself permission to feel that desire for quick results...While knowing that healing is a process...I give myself permission to be OK with the fact it is a process.

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>