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Pod #545: Tapping to regain focus

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In this moment I am not in a perfect resource state...I am distracted...I am overwhelmed...My mind is unfocused...My thoughts aren't clear....I'm just not moving with energy and direction...And when I feel this way it's so easy to feel disappointed in myself...It's so easy to be frustrated with the context...It's so easy to just do nothing, because anything I try won't be effective...But I recognize that I am not in a great resource state...And in this particular moment, it doesn't matter how I got into the state...In this particular moment, it doesn't matter why I feel the way that I do...Instead, I can simply acknowledge this is where I am...This is what I'm feeling...I also recognize that as I am tapping right now, my system is relaxing...I am feeling more grounded...I am gaining focus...This doesn't mean that I'm grounded...This doesn't mean that I'm energized...This doesn't mean that I'm focused...Instead, it means I am more grounded and more energized...Which makes it easier to take action...Which makes me more focused...Which makes it easier to take action...But that doesn't necessarily mean that it's easy...It's just a little easier...I am so thankful that I can take a few moments to do a little tapping...To make things a little easier...I give myself permission to be present...I give myself permission to tap...I give myself permission to just be...Not for the next two and a half hours...Not for the rest of the day...Not for the rest of my life...But simply this moment...When I give myself permission to tap and be in this moment, it makes the next moment so much easier.

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.

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