

VIDEO 3: Message Behind The Problem

With this round of tapping we are going to address the fact that every symptom (physical, mental/emotional or behavioural) has a message associated with it. We can tap generically around this idea, but watch for any insights that may come up for you about your situation. Replace my generic comments with your specific examples of who the message may be for and what that message is.

ET there is a reason I have this problem, I can deeply and completely accept myself
ET I have this problem for good reason, I can still love and forgive myself
ET there is certainly a message in this problem, I choose to forgive and accept myself.

Part of me knows Why I have this problem
Part of me knows why I feel this way
There is a reason I have this problem
There is a reason this problem has manifested for me
I have this problem for good reason
This problem is a message
This problem is a message for someone
This problem is also a message for me

UN: I WANT TO BE OVER THE REASON FOR THIS PROBLEM

There is a reason I have this problem
This problem is speaking loud and clear
I just haven't been able to hear it
I didn't realize this problem was speaking to me
All I knew was that it was hurting me
I didn't realize that there is a message
I couldn't see past the pain it has caused me
I can choose now to understand the message

UN: I WANT TO BE COMPLETELY, 100% OVER THE MESSAGE OF THIS PROBLEM

This problem is somehow doing me a great service
In some strange way, this problem is trying to serve me
In some way, this problem may be trying to tell me something
It doesn't make sense to me
It hurts me too much
But perhaps it served a purpose once
I can be open to the idea that perhaps this problem served a purpose once
And maybe I can be thankful for that

UN: I WILL BE COMPLETELY, 100% OVER THE MESSAGE OF THIS PROBLEM

If this problem was a message for someone
I can choose to forgive them
If this problem is my body's way of protecting me
I can choose to forgive my body
If this problem is trying to speak to me
I can forgive this problem, and myself
I might never understand what this problem could possibly be saying
But still I can forgive myself

Check in again to see if your feelings about the problem have changed at all. This round will likely open you up to new insights and connections —a general shift in awareness. Check in with each of statements again and note any changes on your scale 0-10