



Rue Hass Tap A Long

Here are some phrases to help you to navigate through difficult times. **Tap for these statements (and add any ideas that they spark in you):**

Even though everything seems so scary and uncertain, and I find myself filling with fearful thoughts all the time.... I accept my fear and I want to know if it has a message for me.

Even though I am afraid about _____.... I am choosing to listen deeply to my fear, and defuse its charge. It could lead to change that will leave me stronger than before.

Even though I am worried.... I accept myself anyway. I want to listen to the content of the fear—the actual facts of the situation and their potential consequences—and not just to the emotional and imagined drama and energy it may project.

Even though it seems like everything is spiraling out of control.... I accept my fears, and I want to remember to pay attention to the possibilities and the positive outcomes as well as the potentially negative ones.

Even though it feels like everything is falling apart.... I accept my self anyway, I forgive myself for feeling that way, and I want to remind myself that only **some** things are falling apart!

Even though it still feels like everything is falling apart.... I want to remember that other things are most likely holding together quite nicely, or even improving.

Even though everything seems so uncertain.... I notice that fear focuses my attention down onto what is frightening me, causing me to lose my larger, more holistic awareness, and my energy tightens up. I want to broaden my vision again and restore perspective.

Even though in the past fear could collapse my world into a small bubble of disaster and I admit that yes, some things are going wrong.... I want to take time to look around and see. I choose to reclaim my citizenship as part of a larger world in which things do work and are working well.

Even though people around me are tending to falling into drama.... I remember that drama for its own sake, like in the news, just keeps people's energy turbulent, not flowing. I choose to remember that Life reads my deepest needs in the clear pool of my being, but it can't read my needs if my surface is constantly churning.



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Even though I am so angry and upset with myself for being so fearful and weak.... I want to remember that this negative talk about myself is even further constricting my energy. It comes from a place in me that wants me to be better, and somehow it got the idea that beating myself up will make me improve. I invite myself to notice that beating myself up has NEVER made me better! It just makes me feel worse!

Even though I beat myself up for slipping into negativity yet again, in spite of knowing better.... I choose to remember that positive thinking is not a club to hold over my head! I want to remember that paying attention to what is right in my life and in our world can restore a sense of balance and positivity.

Even though I am upset with myself.... I understand, and I forgive myself. It doesn't mean that I am a bad person! I am always doing my best.

Even though maybe I should be feeling gratefulness and appreciation for the time we live in and the challenges it presents, part of me thinks it is too hard to do that!! There is so much that is scary—financial crisis, global climate change, terrorism, wars, energy depletion, and any other disasters looming on the horizon.... But still I know that thinking of joyous memories, experiences, and thoughts can shift my mood and trigger a flood of my brain's "happy chemicals." I have endorphins inside that are just waiting to generate a happy body chemistry for me that is more clear and flowing.

Even though I am so worried and frightened and afraid of change.... I want to remember that resisting the flow of the times is always futile; we live in this moment of history facing these challenges. *The future will unfold based on our present decisions and actions.*

Even though I can feel my body tightening up and trying to resist and defend myself from what I think might happen.... I am choosing now to remind myself that if I retreat, my energy will constrict, my creative input will be lost— and the future will come anyway, and even more likely in a form I don't like.

Especially because I deserve to take good care of myself.... I choose to remember that the times are challenging but they are also creative and open to new birth, new potentials, and new possibilities.

Especially because I am creative and I am so dedicated to bringing peace and harmony to the world.... I choose to align myself with the goodness in life so that I can feel my energy flowing and opening again.

Especially because more people need to know how to do this.... I can help! I can heal the future by doing my best to make this moment a peaceful one.

**Joy and happiness is our human birthright.
But...it is up to us to take responsibility for it.**

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