

Happiness is an Inside Job

Early in 2007, when I first started my business website, the name “happy tapping” popped into my mind upon waking one morning and I felt good about it immediately. Without analyzing it, I knew these two words went together and summarized what tapping does for me.

Recently I came across this quote by Beverly Hutchinson McNeff:

“A Course in Miracles says, “God’s Will for me is perfect happiness.” Evidently, the country of Bhutan in the Himalayas thinks it is, for they measure Gross National Happiness (GNH) instead of Gross National Product (GNP).”

Wow! Did I resonate with that! It’s exactly why I liked the name “Happy Tapping” for my website. Even though I may tap because I want to get rid of a pain, negative emotion or even change some aspect of my life, the real reason I tap is to feel good again from the inside out. My Gross National Happiness is definitely greater than before I started tapping!

Have you ever heard someone say after recovering from an injury, trauma or illness, “I’m feeling like myself again”? You know they mean they are experiencing a form of happiness or contentment with being themselves. The “suffering” part has dissolved or been greatly reduced. A healing has occurred.

Think about it. Isn’t that why you take an action to relieve physical pain, an emotional upset or a life problem? You are unhappy with the way you are feeling in some aspect of your life. Aren’t you trying to get back to feeling content and peaceful? You want to feel like “yourself” again and the sooner the better.

The Dalai Lama says that it’s our nature to be happy.

As I began tapping in 2002, more and more of the negative remnants (aches and pains, anxieties and stresses) held in my body and mind (conscious and unconscious) dissolved. It wasn’t long before I was feeling a contentment that I could only describe as happiness.

I also noticed it had little to do with my outer world. In fact, much of it was the same. Something had shifted within me and that was affecting my relationship to the world around me.

It was only later that I realized that my outer world was slowly but surely changing also. It just took some time for this change to show up.

You and I have been taught to project the cause of our unhappiness outside of our selves. “If only, this (situation or problem) would change or go away, I would be happy.”

With the insights available for you and I, as quantum physics and spirituality merge, it’s getting easier to shift our focus to work on problem solving from the inside out, rather than the other way around.

I like to remind myself, “It’s all an inside job.”

So, when those physical or emotional symptoms start showing up and getting your attention, remind yourself that they are just the messengers come to show you that you are moving away from your true nature of being happy to be yourself. A few rounds of tapping can often bring relief and you soon forget that you even had a problem.

In this way, the second half of the setup phrase, “I totally love and accept myself”, takes on new meaning. Loving and accepting ourselves is it’s own form of happiness. Tapping into it is a welcome experience.

I want to hear from you what you have noticed about how your life experience is different as a result of tapping. I love hearing the stories of success with specific problems and I’m also curious if you are noticing some beneficial “side effects” as well.

Nancy Southern, MSW
EFT Specialist
<http://www.happytapping.net>
nancy@happytapping.net
360-376-4288

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