



Activating your Self Compassion Resource

Installing Inner Resources is a way of using bilateral Stimulation by tapping your legs or shoulders in a slow alternating rhythm to calm your nervous system and strengthen your inner resources like, self compassion, happiness, joy, safety and trust.

When you are installing a resource you just tap for about 10-20 times while you are connecting with the positive feelings. If your mind starts wandering off into other stories or feelings just bring it back gently like you would call to a puppy.

When you do bilateral stimulation like this, instead of connecting with this resource sometimes you might begin to process an emotional event, stop if you catch yourself processing. The point of this exercise is not to process, not to restimulate your nervous system but to bring you into balance. You can start again with the intention of connecting with the resource and letting your body feel the benefit of that.

This practice is from Laurel Parnell's audio book, Tapping in, which can be found on Soundstrue.com. The following practices are a few helpful ways to use this resource.

Self Compassion Resource

- Remember someone who you have felt compassion from.
- Remember a memory of experiencing that from them.
- Remember your body sensation and emotion in that memory.
- Add a positive thought you might have add, like: I am worthy, I am ok the way I am, , I am....
- When you are connecting with the above, tap alternately one side and then the other side of your legs or arms for about 10-20 times.
- Once you have installed this resource, when you tap the next time you can just think of the resource and then tap and it will activate.

@genamccarthy - www.birthspiritualityandhealing.com