



Change Your Life

Transforming Hatred

What I am hopefully going to show you today, is a really gentle and fun way of taking a few steps towards clearing/transforming feelings of dislike or hatred.

We all know the phrase that “Hating someone is like swallowing poison and expecting someone else to die” so we all presumably realize that feeling these feelings are no good – for us or the other person.

Whilst we may not care about hurting the other person, I can also think of the phrase “What goes around, comes around”

So, what do we do? A lot of the time these feelings are so intense we don't want to work on them – they make us think about the person we so dislike, and we don't even want to do that!

An easy way to make a start on these feelings, is by working on similar feelings you have, for someone you don't know.

And here's where we start, by tapping on someone on Television, Radio, in the Newspaper – basically anyone in the media, you really don't like, or even hate!

What comes out of this can be astounding, and the knock on effect tremendous for you!

So, apart from joining me in this session, how about tapping through every time someone appears on the television who really gets your hackles up?

Oh, and by doing this, it helps to clear the pathway to working on those people you do know, but can't yet work on.

Let me know how you get on!

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