

I am a Lighthouse - Beaming and telegraphing information all the time

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I am a Lighthouse

"We are all little lighthouses, and we are beaming and telegraphing information all the time. The clearer, cleaner, more peaceful, more joyful we are, the greater is the light." These words were spoken by **Iyanla Vanzant**, inspirational speaker, author, life coach, and certified tapping practitioner recently during the 16th World Tapping Summit. The title of her presentation was "Healing Ancestral Shadows: Using Tapping to Break Generational Chains."

Ms. Vanzant further explained that through scientific studies in epigenetics, we now know that just as we inherit physical traits from our ancestors, we also carry

the emotional and spiritual imprints of generations past. From our mothers' hearts to our fathers' voices, their spirits weave into the very fabric of our being. Living with irrational fears and triggers that stem from our ancestors' experiences can leave us feeling trapped. But we are not broken. We carry the wisdom of generations, and with compassion, we can free ourselves, our families, and our ancestors from the burdens of the past.

Tapping, also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. It is based on the combined principles of ancient Chinese acupuncture and modern psychology. It is a tool that I use for myself and in my coaching practice. It is such a simple method that only requires the use of our hands and our voice. With each tap, we honor the wisdom of our ancestors and create space for healing and growth. Instead of blaming or holding onto resentment, embrace forgiveness as a path to liberation. Acknowledge the struggles of our ancestors and celebrate the resilience that brought us here today. By letting go, we pave the way for healing, not just for ourselves but for future generations.

Host of the program, Jessica Ortner said that if someone asked her how do we work toward world peace, she would say that we need tapping to better manage our own emotions as well as heal the generational wounds and pain. ***How much better can we impact those around you when we are able to be a lighthouse, radiating peace, joy, and love into the world?***

To watch the presentation with Iyanla Vanzant and Jessica Ortner:

youtu.be/-oRce2UdsOk?si=UODdp9lyWf--lyjK

To learn more about tapping:

www.thetappingsolution.com/

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.