
A 'Tapping For Peace' Healing-workshop was conducted by Jayashree Janardhan in January 2009. Participants from Kolkata, Bangalore, and Hyderabad in India, Seattle in USA, and Palestine in the Middle-East came together for this 5+ hour intensive workshop.

Below is a list of feedback questions for the workshop. Each question is followed by the comments and feelings of the various participants about the workshop.

1) **What was your experience? Do write about the process within yourself (without giving identifying information.)**

- a. It was a beautiful experience for me -- just being together with people who deeply wish for peace ... using EFT & meditation as a medium to connect to ourselves and the world..... Together with the insightful discussions....

Towards the end, I felt a kind of seamless integrated experience -- where the self dissolves....and all that could be seen were the pain, the hurt, the joy, the serenity -- and also the various aspects of the self: the warrior, the orphan, the lover.... and seeing how violence kept manifesting, it itself being caught in a kind of vicious cycle..... There was no particular person/group on whom there was resentment.... but I felt a long and a deep need to act in such a way that the inter-play of these selves causes harmony..... And it seemed that if I could express this in my life in some tangible way, that would be a lot liberating collectively as well....and my inner hurt and pain would dissolve as well....

- b. I started visualizing an issue I had with someone that always "triggered" me. I could not imagine why this person thought this way. I knew that they were rigidly attached to their views and that I too was rigid in my opposition to their views. Their views violated some principles I believe in.

As the session progressed, the picture became sharper and my emotions became more intense. I felt that this happened to all of us simultaneously. After a while, one of the specific incidents that came to my mind changed. The incident was the same, but I felt like I had climbed a mountain top and was able to see it from a different perspective. I felt that the behavior that 'triggered' me was really a call for help. I was able to see the pain that caused the other person to behave this way. I felt empathy for a behavior I would have found intolerable 1 hour before this session.

- c. I found it easy to connect to my feelings by beginning with the movie technique. Everything else was like a daisy chain. In fact, I forget what the issue/image was, but I realize that I was connected to the other person in my image, in the sense the feelings were exactly the same. I found myself instantly shifting virtually to help the other person deal with her feelings. I strongly

resonate that feeling with that person even know. And the same feeling resonated amongst all of us: the feeling of unable to accept myself, even though I can forgive.

2) What did you learn from this?

- a. A significant insight that came up (I think this popped up when we had our small talk over lunch) was that our mental images play a crucial role.... for instance, if I see a person/group as violent, they will behave violently... if I look at them non-judgmentally, I can really see them for who they are and their behavior may accordingly change as well, depending on how well I am able to respond to them through my way of being non-judgmental.....(in certain instances, I guess just the shift in perception helps to miraculously change the situation...but in the case of deep ethnic conflicts or in case of conflicts between man and pristine nature, it may require "collective seeing & compassionate action")

much after the experience, I kept reflecting deeply (as a kind of inner urge.....).....and I could see that I can apply this insight in many little situations in my own home and see how my non-judgmental, open way of seeing the "other" helps to quickly relieve the situation.....and I could also see how I was unable to be non-judgmental in certain situations.....maybe because the habit energy was being too strong to be overcome at that instant.....and then I could see how either mindfulness practice or EFT or any of the other varied soulful practices helps us clear away these "residual" patterns within us.....so that we can "see" more fully and accordingly "respond" from a place of wholeness ourselves.....and as I share this with you all, I feel this is probably how mother nature is evolving her enigmatic cosmic dance of life over eons through varied forms and beings....!!

- b. That it is possible to achieve inner peace, no matter how hard it might seem from my current perspective.
- c. I learned that my energy is always interdependent with another being's energy.

3) What would you like to see well?

- a. I would like to see myself being a part of this monthly "tapping for peace" event -- I ardently hope I would be able to, as I am yet to learn how to balance official work, home-issues and inner work (if it is an intense practice) ... maybe I would just learn it on the go -- I pray for that!
- b. Nothing I can think of for the moment, except the phone quality :).
- c. I'd like to see energies being happy, in peace and balanced.

4) Anything else.

- a. I deeply wish to see this group organically evolve into a beautiful Sangha (in the words of Thich Nhat Hanh) that radiates peace around, sowing seeds of compassionate action all along.....it already is in many ways.....may it flower in many more ways as well.....in deepest prayers for the same.....
- b. There was a time when we were tapping for X's acceptance of people who are culturally different from her (and me for that matter). I really tapped into that ... and I think the whole group tuned into it. I have observed this in other group sessions. When I am tapping for someone else, if one of my own issues comes up at the same time, the healing is immensely powerful.

I also wanted to mention that I got a mail from Y the other day. Y's place is being bombed. It is very hard for her to forgive someone who bombed her neighborhood. I have no answer for her mail ... have I forgiven the people who bombed my city - no. can I - I don't know. Do I even have the right to forgive; I did not lose any family members. I think this journey is very hard.

But the other day, I listened to some speeches from Martin Luther King. The transformation he brought about in America is indeed laudable. Black people have probably not achieved equal status, but the hatred and violence has gone down tremendously. No more can anyone post signs like "means toilet - whites only" anywhere in the country. And this fills me with hope. There is a possibility of peace in Palestine and in Israel and I think I can contribute to it right now - today. I think I have recognized that the journey starts right here, within me. More than anything, our most recent session reinforced within me a belief that I have a responsibility to undertake this journey of inner peace and inner transformation ... for this is how the world will transform.

- c. Group sessions are very good for balancing out collective energies, and borrowing benefits from them.
- d. Mentioned that she felt and experienced AMAZING solidarity.
- e. For me, it was wonderful to observe how each one of us, internally, was able to resonate with every other person on the call yesterday.

I have one thing to add to what you said about forgiveness (Very few people today realize the value of forgiveness). Everything begins at home (not necessarily a physical location). When we are at peace within ourselves, the peace & happiness automatically radiates from within us to all around us. Somehow, I begin to see that happiness leads to peace.