



The  
Healing  
Power  
of

Touch

GP Walsh  
the Tappist Monk

An introduction to Meridian Tapping  
with the Secret Sauce of Safety

THE  
HEALING POWER  
OF  
*Touch*

*An Introduction to Meridian Tapping  
with the Secret Sauce of Safety*

By GP Walsh

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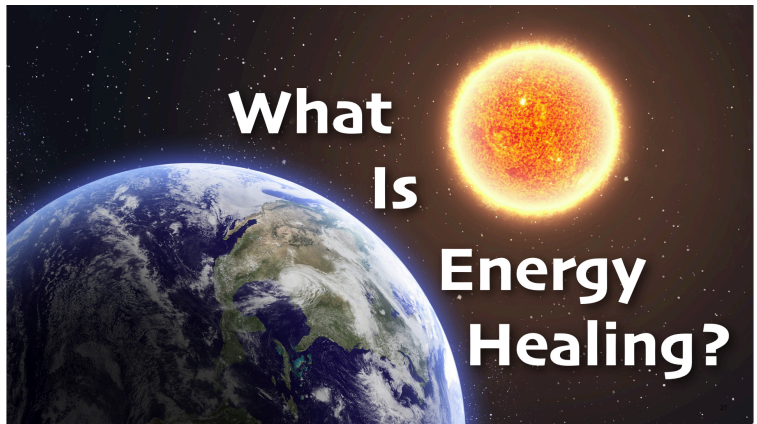
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LOOK CLOSER. FIND HAPPINESS

*“Life is energy and, as such, it belongs to all, reaches all, and blesses all.” - Donna Goddard*

## **So, What Is Energy Healing?**

No one knows what energy actually is, what it is made of, or where it came from. It is assumed that it always existed. It can't be created or destroyed and so it just is. It remains a rather remarkable mystery since, after all, absolutely everything is made of it.



Nonetheless, while we don't know what it is, we absolutely *do* know what it does.

- ~ It adapts
- ~ It conforms
- ~ It takes and maintains shapes



That is how all life works. This power of adaptation guarantees that the current form it is in is maintained, at least for a while. In other words, **it survives**.

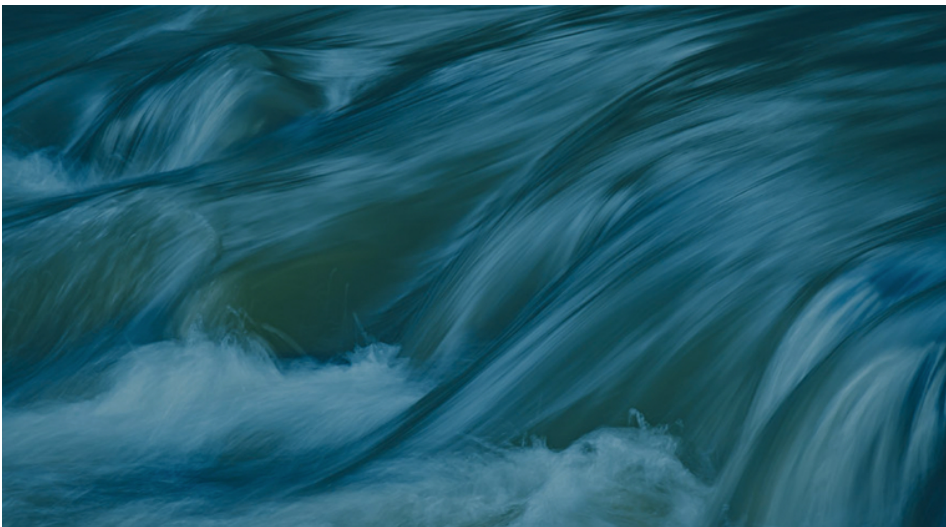
Mind you, it *never* fails to accomplish this. It has a perfect

track record. It does it perfectly, every single time and has been for literally millions of years.

So, you see, approaching healing as some sort of fixing misses the most important point. Nothing needs to be fixed. In fact, you can't fix it because it isn't doing anything wrong. It is functioning perfectly. So, ***energy healing doesn't involve any fixing, changing or repairing.***

Well then, what does energy healing do?

While there are many aspects to energy healing, in particular with Inner Reconciliation Energy Techniques™ (which I'll share more about in a bit), I am going to focus on the most fundamental: the environment or the container *in which* the energy is flowing.



Let me give you an analogy.

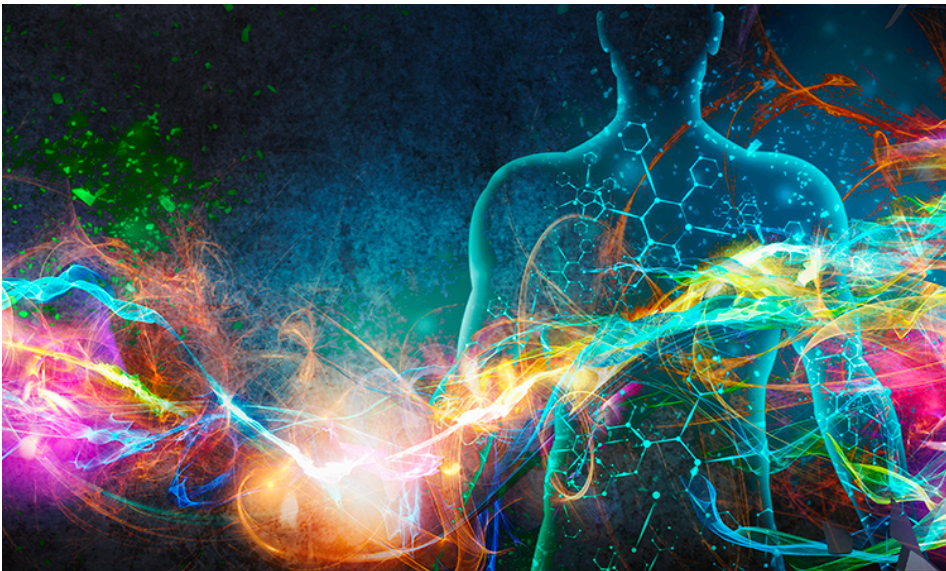
Consider water. It takes the shape of whatever container it finds itself in. If you put it in a beautiful crystal wine glass, it takes the shape of a wine glass. If you put it in an old shoe, it takes the shape of that old shoe. Water itself has no actual shape. Its entire nature is to conform to the shape of the container it is in.



Change the container and what happens? It immediately takes that shape. It doesn't need a period of convalescence. It doesn't have to sit there figuring out how. It doesn't consult with a coach or guru. It just does it. Why? Because that is the nature of water.

**And, that is the nature of the energy of life.**

Now, to make that analogy hit home, ponder this. Life energy takes the form of *living* things. So life energy has taken a very real shape. ***That shape is your body***, in all of its wondrous functions. This underlying, subtle, ever adapting energy is the ***very substance*** of all form. When its vibration is slower, it is physical objects. When it is faster, it is sensations, emotions, and thoughts. Your nervous system is that subtle energy in the form of a human being.



So, the form the energy is in ***is*** the body or, more specifically, the nervous system. That means that **the nature of the nervous system is the same as the nature of energy**. So it does what exactly what energy does, adapt and conform.

**Adapting and conforming ARE the very nature of the nervous system.** I can't emphasize this enough! It is the whole

reason why energy healing works at all and why my way of doing tapping just works better than others.

When your life isn't going as you like and you are suffering, for any reason, it doesn't mean there is something wrong with you. It means that the energy that makes you up is in a container that is not allowing it to flow in the ways that are most natural to it. You are out of sync with yourself. You are disconnected from your soul (which is the natural flow of life).



**The form is always a reflection of the environment or container.**

Because of this understanding of the energetic nature of the nervous system, Inner

Reconciliation Energy Techniques™ focuses all of its attention, not on the form but **on the environment.**

OK, so we now know we have to change the environment, but to what?

That's the big question.

Does that mean you quit your job, get divorced, or buy new clothes? Heavens, no! That is just photo-shopping your life. It is the

**inner environment** that has to be adjusted.



There is an inner environment, an inner state that is the most conducive to the natural, harmonious and happy flow your life

energy. That is the environment of **SAFETY**. So the question isn't how do I fix myself, it is how do I start creating an inner environment of safety?

Now that I've presented a little background as to what energy healing is and why it works, I'd like to now share with you why the approach I call **Inner Reconciliation Energy Technique™** is so effective at bringing about lasting change and transformation.

The fundamental premise of Inner Reconciliation Energy Techniques™ is this...

### **YOU'RE NOT BROKEN!**

What you experience in your life as problems, whether they are psychological, emotional, or physical are all a result of being out of sync with your true nature.



In other words, the only thing wrong is that ***YOU ARE NOT BEING YOU.***

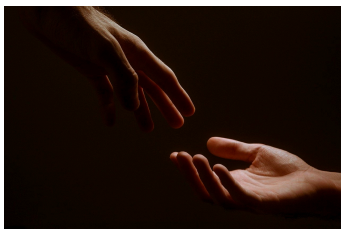
I refer to this as ***soul disconnect***, and it is what causes your life energy to flow in ways that are unnatural for it. This is experienced on the level of everyday life as problems, conflicts, difficulties, lack, fear... in a word, suffering.

## **YOU ARE NOT BROKEN**

- ~There is nothing wrong with you~
- ~There is nothing wrong with your body~
- ~There is nothing wrong with your mind~
- ~There is nothing wrong with your feelings~

**THERE IS NOTHING WRONG AT ALL**

Let me reiterate. Energy healing is **not** a fix. It is **not** turning a bad thing into a good thing. It is a restoration of the natural flow or, to use my term, a **soul reconnection**.

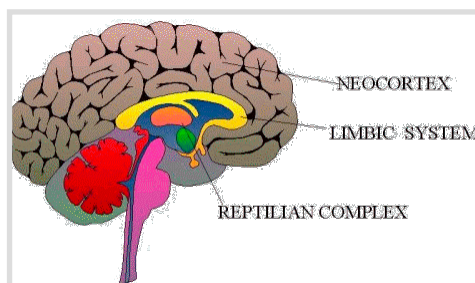


Just a side note here, I created Inner Reconciliation™ and was using it effectively with hundreds of people before I came across Meridian Tapping. I adopted tapping as part of the process.

Through my own experience, I found that it had a unique property: **it communicated safety through touch**. Hence me referring to the power of touch as the title of this booklet.

While the cognitive, reasoning parts of our brain, the neocortex, is about 3 million years old, and has only been in the form that you and I are currently enjoying for about 100 thousand years, the limbic brain or the emotional, feeling brain is about 250 million years old.

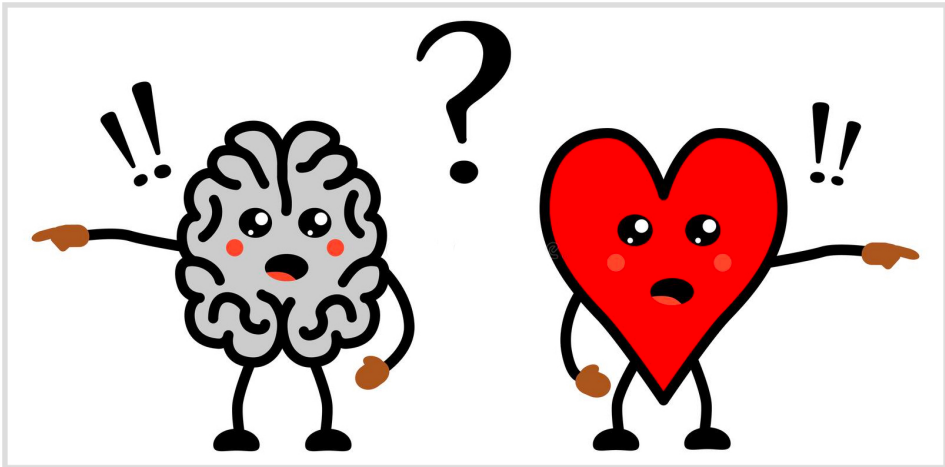
Needless to say, we have been communicating through touch a whole lot longer than through language and ideas. So is it any wonder that the simple act of touching can have such a profound effect on us?



Because tapping involves touch, it bypasses the resistance and disagreements of the mind and goes straight to the body.

When I say to you “You’re not broken” your mind will undoubtedly disagree. But tapping on these points on the body **says the same thing**, except that is in the language of touch.





So the message is delivered *directly* to the nervous system. The mind is left out of the conversation and given no opportunity to object.

Because of this fact of nature, we can go way beyond how meridian tapping is normally applied (therapeutics) to a far more subtle and way more powerful place of freedom.

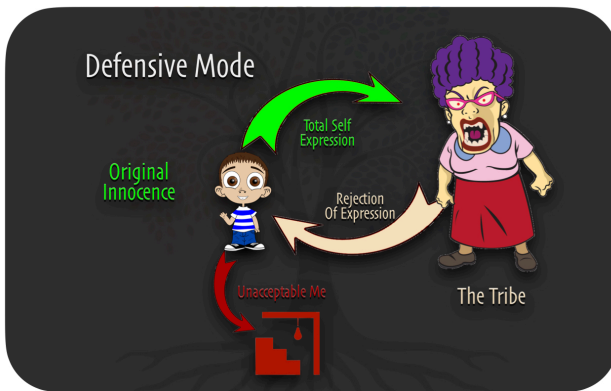
We can come to a place of love, a place where all of our natural powers and abilities can come out and play.

Energy healing then, at least as I teach it, is **the process of shifting the nervous system out a state of defensiveness**, which is its natural behavior when it isn't safe, and **into a state of expressiveness**, which is its natural behavior when it is.



In this booklet, I am not going to go into all the details as to how the nervous system got stuck in an environment that it assumes is not safe. We do that in more advanced courses.

Suffice it to say that starting in early childhood and continuing through your life, you have been accumulating wounds, traumas,



disappointments, limitations, frustrations, beliefs, assumptions, associations.

This accumulated material has resulted in your nervous system concluding on a very subtle level (so subtle it doesn't

even have words) that the world is not safe. This very subtle, energetic assumption puts it in a state of vigilance and alertness as a matter of necessity.

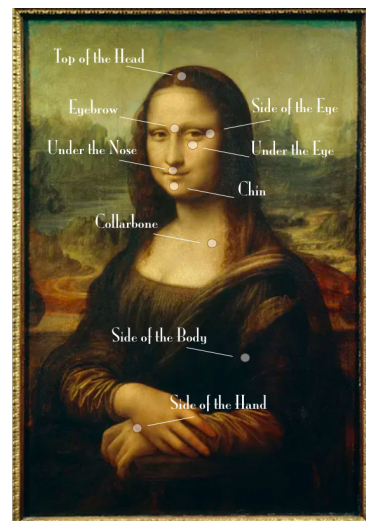
In other words, your nervous system is assuming there is danger and has to be ready for it. So, it gets stuck in a state of defense. And, since there is only so much energy available to any human being, whatever energy is going into defense is **not** going into self-expression, creativity, intimacy, curiosity, and all the stuff that makes life such a wonder.

**Now here is the big miracle** and the essence of energy healing as I teach it.

When the water comes out of the mountains does it need a GPS to find the ocean? Nope! It knows where to go.

When you change the environment from one of danger to one of safety, the energy flow *immediately* begins to adapt to the new environment. No convalescence, no coaxing.

It requires absolutely nothing from you. Adaptation is its nature! Like water



going from an old tire to golden goblet, it automatically knows where to go and it goes there.

### **So, how do we create this inner environment of safety?**

Well, tapping is a significant part of that mix but there is another part I want to mention.

Creating this safe, inner environment is not something that you can magically do by snapping your fingers. We have all been well trained to be in an almost constant state of resistance. The nervous system has been conditioned to resist first and (maybe) ask questions later. It is pure reflex at this point.

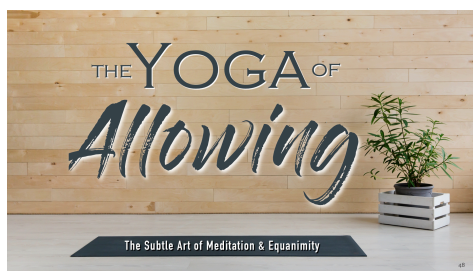
So, becoming more open and self-accepting is essential to the process. How do we do that?



Well, it is actually quite simple, although not so easy to do. We have to start by simply ***allowing ourselves to feel what we are feeling without trying to change anything.***

I introduce this process in the book **“Angels in the Basement”** Which is both an ebook and an audio book and is available on Amazon ([Click here to experience that](#))

Allowing is a way of shifting our relationship with ourselves so that we are no longer in conflict with ourselves, always trying to change, fix or improve. I call this process the ***Yoga of Allowing*** and you will be experiencing a great deal of this as you go through my various courses.



*“I have seen the enemy and it is us.” - Pogo*

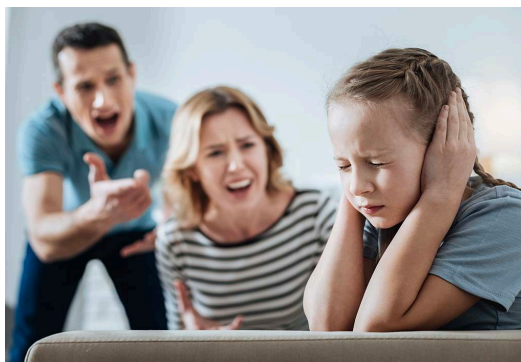
You see, the number one cause of the inner conflict that keeps the nervous system in a state of defense is... wait for it... **YOU!**

Yes it is we who are chronically judging, criticizing, and diminishing ourselves. We all feel inferior to a certain degree and assume the need for fixing.

**As strange as it may sound, these relentless attempts at self-fixing are perceived by your nervous system as a threat.**

After all, wasn't that initial rejection of you, by your parents, the essential trauma that created the soul disconnection in the first place? Yes, we were simply not acceptable as we were as children, and as adults, we are maintaining that self-rejection.

The Yoga of Allowing as another key component of Inner Reconciliation™ is the most essential process by which we go back to that place *before* those traumatic events disconnected us from our true selves and put us in a defensive posture.

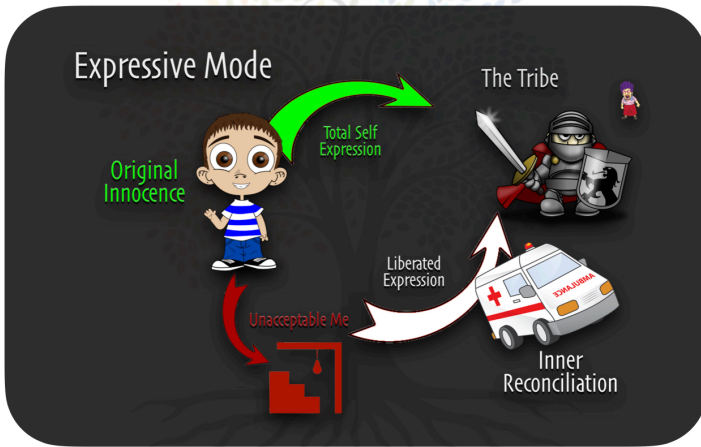


We go back to the point before all the conditioning, before all the programming, before all the beliefs and limitations occurred. Back to the state that I call **Original Innocence or Original Vibration**. It is from here that we truly begin to live and here there is nothing but self-expression, self-confidence, and self-love.

This has been a *very* brief introduction to the approach to healing that is Inner Reconciliation™ and a brief explanation as to why tapping like this can work miracles.



While there is a great deal to this and hours of video and audio teaching on the subject, I wanted to give you a nice, gentle introduction to the big picture.



Much of the material in this booklet is derived from a larger piece

called **“The Flow.”** The full presentation is a part of the Meridian Tapping Coach Training program.

## **THE TRUTH IS... YOU ARE THE MIRACLE**

You really are not broken and all you need to do to experience that wholeness in your life is peel off of you everything that isn't you.

What will remain will be the pure, boundless, limitless you, as you were from the beginning and, underneath all the conditioning, ***you still are.***



What appears on the surface to be healing or transformation is actually your inner light, piercing through the clouds of ignorance and reuniting you with your soul.

It is the real you finally shining through for all to see!

## **DID YOU LIKE THE BOOK?**

Then you will love the introductory video course. All the basics of Energy Healing using Meridian Tapping. Plus in-depth tapping sessions dealing with the number one thing in all Energy Healing... **SAFETY.**

Just click on the iMac below!



You should have been taken directly to the video page when you registered for the book. If you don't remember, the picture is a link to that.

## About OM School

*The mission of the OM School is to facilitate a new personal understanding of oneself through concrete lessons and an immersion in practice that creates healing experiences through spiritual illumination*

GP is a prolific writer and course creator. People are often amazed at the sheer volume of his output. He needed a place to house and distribute this large volume of work. This led to the founding of OM School with his producer, his student and now his business partner, Lisa Berry.

OM School is GP's online teaching platform. Here you will find dozens of courses, workshops, live events, meditations and books. All of his courses are always in response to the needs of his students. So his programs are always fresh, relevant and timely.

The flagship course series is called Inner Reconciliation™ and in that collection he covers in depth the whole nature of his way of not only revealing your true self but also how to heal numerous emotional, psychological and physical ailments.



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LOOK CLOSER, FIND HAPPINESS

The motto of OM School is ***Look Closer ~ Find Happiness*** and that sums up its purpose which is a direct reflection of GP's extraordinary life.

Come visit us at [OMSchool.ca](https://OMSchool.ca), where you will not only find all his courses but you can also get help from GP's team. We have skilled counselors to help you choose the courses that are best suited for

you. We also can give you referrals to facilitators that have been trained by GP or book a private session with GP himself.

Whenever you may be on your spiritual journey, GP is able to guide and encourage you on the path he himself has walked and now teaches to others.

May all beings in the universe end suffering and be happy.



## About the Author

The son of a schizophrenic mother and an absent father, GP's earliest memory is being tied to his bed to keep him from wandering. The years of abuse, neglect and emotional deprivation were offset by a natural gift for and love of truth as well as an unquenchable curiosity about how it is that people really heal and awaken.

*“My experience as a child made the search for truth and healing more than philosophical curiosity. For me, it was a matter of life and death.”*

At the age of 19, he was on the verge of suicide, addicted to drugs and at the end his hope. At this dark moment, GP had an extraordinary spiritual experience that was so penetrating that, within a few months, his entire life had turned around. He refers to that day as his “Night on the Bridge,” where he experienced, as he puts it, “Original Innocence“.



Since then, he has spent his life learning, studying, researching, experimenting, practicing and creating practices that liberate the soul from unnecessary and self-imposed suffering.

Author, Speaker, Master Spiritual Teacher, GP Walsh is known as the Irreverent Sage who delivers a delightful mix of insight, divine inspiration and humor where wisdom meets earthiness to help people with their ongoing spiritual growth and inner transformation.

*“GP Walsh is a master spiritual teacher teacher full of playfulness and compassion. He is a dynamic storyteller, and his message goes beyond self-help to deep and lasting spiritual transformation” - Marci Shimoff, Bestselling Author, Happy for No Reason.*

GP is Master Spiritual Teacher as well as an Author, Speaker and EFT Expert who delivers a delightful mix of insight, divine inspiration and humor.

In him, wisdom meets earthiness to help people with their ongoing spiritual growth, transformation and inner healing.

Other works by GP “The Tao of Allowing”, “Tapping on the Buddha”, “The Healing Power of Touch”, “The Chakras - Archetypes of Consciousness”, “Just Allow It”, “Your 4 Amazing Power of Creation”, “The Deep Energy Cleanse” and many, many more.

You can find all about all of those by visiting his web site [OMSchool.ca](http://OMSchool.ca).



*“I have had the privilege of hearing some of the best storytellers and speakers in the world. GP Walsh is one of those. It is a rare talent that can keep an audience absolutely mesmerized while delivering teaching and insights that are profound and life changing.*

*GP will take you on a journey you will not soon forget and will touch you in ways that will effect everything you do.”*

*Jack Canfield ~ The World's #1 Success Coach and Co-Author of “Chicken Soup for the Soul” and “The Success Principles”*