

# Powerful, Passionate and Fabulous!

## Class 3

### **Tapping Session 1**

...There they are  
...Ooh, they really frost me  
...Really annoy me  
...Look at them!  
...So narcissistic  
...Self-absorbed  
...Flirting  
...Wanting attention  
...It's all about you, isn't it?  
...So entitled  
...How dare you?  
...I totally judge them  
...And I totally should  
...I am right about this  
...Lots of people would agree with me  
...They really disgust me  
...Disgust me  
...All flirting and seducing  
...All fun and party  
...All drugs and drinking  
...Party, party, party  
...All sex  
...Sex and sexuality  
...All seduction  
...No morals  
...No morals  
...Using their body  
...Using their sexuality  
...Using their power  
...To get what they want  
...Ugh

...I totally judge you  
...Totally judge you  
...I condemn you  
...For being so selfish  
...So unconscious  
...So clueless about other people  
...So amoral  
...I would never be like that

...I will never be anything like you  
...You're everything I can't stand  
...And I'm right about that  
...I judge you, I judge you, I judge you  
...And I feel good about judging you  
...I condemn you  
...There's nothing in me that looks anything like you  
...I totally reject and judge you  
...And your narcissistic, seductive ways  
...Your selfish, all about you ways  
...Your entitled ways  
...It's obnoxious  
...And I am so right about this  
...And truthfully, I'm a much better person

Okay and take a nice, deep breath.

### **Tapping Session 2**

...There they are  
...And I still judge them  
...People like that  
...Really are a negative force in this world  
...It's hurt me in my life  
...And it's hurt a lot of people  
...People like that should be condemned  
...They should be fixed in some way  
...Or maybe they should just be fixed  
...They're over the top  
...Attention-seeking  
...Sometimes they destroy marriages and families  
...And I do judge them

...I'm angry at them  
...When I see someone like that  
...Or I remember this person  
...I get so angry  
...Because not only are they totally immoral  
...But they're getting things  
...They're getting things  
...They're getting attention, and that's just wrong  
...They're getting loved by people, and that is just wrong  
...They're living a life of pleasure and spoils of the rich  
...And that is wrong  
...They're getting other people's partners

...It's so wrong  
...I am outraged  
...I don't want anything to do with this quality  
...I don't want anything to do with them  
...Maybe I was even like that once  
...And it really hurt people  
...Maybe it even hurt me  
...I refuse to see the light in this  
...There's no light side  
...I refuse to see the gift in this  
...They have no gift for me

...I refuse to let this go  
...I'm going to hate this forever  
...I'm going to be a shining example  
...Of not this  
...And I'm going to make sure  
...That I'm never like that  
...And if somebody accuses me of being like that  
...Even a little bit  
...Selfish or narcissistic or wanting attention  
...Or flirty  
...That will really make me angry  
...If someone suggests  
...That I want things for me, me, me  
...Pleasure and fun and attention and sex  
...That will really make me angry  
...That will really push my buttons  
...I don't ever want to be like that

Okay, and take a nice deep breath.

### **Tapping Session 3**

...Oh, I don't want to see this part of me  
...I feel all my judgment back again  
...I don't want to see this  
...There's no way I really have this part  
...If I do, I condemn it  
...Condemn it completely  
...It's amoral  
...It's over-sexualized  
...It's needy  
...Attention-seeking  
...A narcissist  
...Doesn't even care that much about other people

...It's a part of me that's selfish  
...How dare you be so selfish?  
...How dare you put yourself first?

...I totally reject you  
...Totally judge you  
...And your entitlement  
...Your attention-seeking  
...Your desire for feeling power  
...It's disgusting  
...Over the top  
...And not very spiritual  
...Inappropriate  
...Totally inappropriate  
...Disgusting  
...That part of me would embarrass me  
...Embarrass me  
...Out of control  
...Doesn't worry about consequences  
...Just a total narcissist  
...A hedonist  
...I don't want anything to do with this part

...If this part came up  
...If I let this part out of the locked box I keep it in  
...My life would probably be ruined  
...I don't trust it  
...And I shouldn't  
...I've met it before in me  
...And that's why I locked it in a box  
...It's really hard to see this part of me  
...I really don't want to have a lower self  
...I'd rather just be saintly and spiritual  
...A good person  
...Appropriate  
...I really don't want to have this lower self

Okay, and take a nice deep breath.

#### **Tapping Session 4**

...I totally honor this archetype  
...This gift from my higher self  
...Of seeing the vision of this archetype  
...Or three or four of them  
...It's a little confusing

...But I'm just going to own it  
...Feeling more confidence  
...More power  
...More seductive  
...I'm seducing the whole world  
...Powerful and confident.  
...Strong, yet able to be vulnerable  
...Sexual  
...Hedonistic  
...Hot  
...Power  
...Power hungry  
...Even if it's just for a couple hours on a Saturday  
...Loving the adoration  
...Loving the feeling of entitlement  
...And doing it from my light  
...Which means I'm conscious  
...I choose it  
...Sometimes I'm asking for all of my entitlements  
...And sometimes I'm serving  
...Because I honor the people I'm in relationship with

...I honor the power of this archetype  
...The gift in it for me  
...Of owning my inner narcissist  
...My inner selfish side  
...My inner entitled side  
...My inner seductive side  
...My inner hedonist  
...My inner amoral side  
...Owning it with consciousness  
...And with choice  
...When it's denied in my shadow  
...It plays out in the shadow  
...When I own it  
...When I honor it  
...It becomes light  
...It becomes something I can say  
...Laugh about  
...Ask for  
...Embody  
...Imbalance  
...With all my other fabulous archetypes  
...With all my other fabulous qualities  
  
...I still get to be brilliantly intelligent

...I still get to be saintly in some parts of my life  
...I still get to be an amazingly compassionate giver  
...I still get to be those things  
...But I also own the gifts of my hedonist  
...The beautiful gifts of this archetype  
...And all the things it's calling me to do in my life  
...Calling me to feel  
...Calling me to ask for  
...Calling me to have  
...Power  
...Pleasure  
...Sexuality  
...Adoration  
...Being served  
...And never feeling guilty  
...Because I know I'm entitled  
...I honor this non-dominating kind of power  
...This beautiful honoring kind of entitlement  
...I totally honor all of me right now

Okay, and take a nice deep breath.