

# Powerful, Passionate & Fabulous!

## Class 4

### **Tapping Session 1**

...There I am  
...Making a huge mistake  
...Doing something awful  
...Something so stupid  
...So destructive  
...I do not forgive myself for this  
...Why would I forgive myself of this?  
...It caused so much pain  
...So much loss  
...I can't let it go  
...I think about it so often  
...Sometimes I imagine all the things I could have done better  
...God why didn't I do it right?  
...If I had just done it better  
...If I had just seen what was happening  
...If I had only been strong enough, smart enough  
...But I wasn't  
...It's unforgiveable

...Unforgiveable  
...I refuse to let this go  
...This is too big  
...Too bad  
...Too shocking  
...And it created too much loss and pain  
...Yes, there were other people involved  
...But I blame me  
...I'm the one  
...I should have seen it coming  
...I should have known better  
...I should have been smarter  
...Stronger  
...More conscious  
...It's unforgivable  
...And I am right about this  
...This is my story  
...And I watch it over and over  
...And I wish I could change it  
...I wish I could go back in time and shake myself  
...“Wake up, what are you thinking?”

...But I can't

...But I can call myself guilty  
...A million times over  
...I can sentence myself  
...To punishment  
...A million times over  
...I can remind myself of this big piece of evidence  
...A million times over  
...I refuse to forgive myself

Okay, and take a nice, deep breath.

## **Tapping Session 2**

...There I am  
...I feel a little bit of compassion  
...But what about the price I've paid  
...The loss  
...The suffering  
...Because of that mistake  
...I lost everything that day  
...I lost me that day  
...I lost something that was important to me  
...I lost a piece of me

...I've really paid the price for this  
...I'd love to forgive myself  
...But I don't know if I can  
...I don't know if I should  
...Don't I have to hold myself accountable?  
...I can't just let myself off the hook  
...I've got to hold myself to much higher standards  
...So I need to hold onto this blame  
...To make sure I learn my lesson

...So much pain and loss  
...So much suffering  
...I'd love to be more compassionate  
...But it's just too big  
...It's too much  
...I'm too sad  
...I'm too angry at myself  
...And I totally judge myself  
...I was an idiot  
...I'd love to forgive myself

...But what about the price I've paid  
...And nobody understands  
...Nobody gets it  
...I need to hold onto this  
...To make sure I learned my lesson

Okay, and take a nice, deep breath.

### **Tapping Session 3**

...There I am  
...I'm just going to honor  
...All the things that were going on in my life  
...It was actually a really hard time for me  
...And there's no real way  
...I could have known better  
...There's no real way I could have figured it all out  
...There's no way I had  
...The energy  
...The presence  
...The consciousness yet  
...To be stronger, better, wiser

...The truth is  
...I was doing the best I knew how  
...I was doing the best I knew how  
...With everything going on in my life  
...I was doing the best I knew how  
...I've been blaming myself for this for a long time  
...And I feel the sadness of that in my heart  
...And I'm open to releasing that  
...To healing that  
...To moving that energy  
...And letting that un-forgiven vow  
...Just flow out of me

...I'm open to releasing this un-forgiven  
...This unforgivable  
...This 'should have known better'  
...And the 'I don't deserve' that comes with it  
...Because from this vow  
...I've manifested  
...A whole bunch of justified punishment  
...To fit my crime  
...I've manifested a whole bunch of pain  
...To match my undeserving

...And I'm so ready  
...To let go of that life sentence

...The truth is  
...I did learn from that event  
...I did change  
...I learned something there  
...I grew  
...It was painful  
...But because that happened  
...I've had growth in some way  
...I'm just going to honor that too  
...In the big picture  
...I was doing the best I knew how  
...And things unfolded exactly as they were meant to  
...And the truth is  
...I did learn the lesson  
...Do I still need the punishment?  
...I'm so open to letting this un-forgiven go

Okay, and take a nice, deep breath.

#### **Tapping Session 4**

...Even though I've been holding out on myself  
...This event  
...Like a cement room in my heart  
...Where I'm unforgivable  
...Which means I deserve punishment  
...I forgive myself today  
...I was doing my best  
...I've always been doing my best  
...In my imperfection  
...I am divine and human  
...Always growing  
...Always making mistakes  
...And always divine and deserving

...I'm letting go of this cement block in my heart  
...That has kept me defended in some way  
...Blocked my ability to love me deeply  
...Which blocks my ability to love other people just as deeply  
...Which blocks my ability to let the universal love in  
...To feel how loved I am by the universe  
...Because I thought the universe judged me too

...I'm open to letting go of that cement block  
...So I can feel with my heart open  
...All of the love pouring into me  
...And the love bursting out of me  
...For myself  
...For the universe  
...For other people that I care about  
...For the Divine  
...I'm letting myself feel the warmth  
...The presence  
...The wisdom of my undefended heart  
...And I commit right now  
...To see the love and divinity in myself  
...To see myself as so lovable  
...To look for pieces of me that are so loveable  
...And I commit to seeing it in other people

...And when I see things I love in the world and in other people  
...In the entire universe  
...I open my arms with my open heart and I say, "Yes, I love that."  
...And as I love I draw to me  
...I literally manifest more things to love  
...I commit right now  
...To proactively looking for reasons to love myself  
...To proactively looking for things to love in this world  
...I commit to letting myself fall in love  
...With everyday things in my life  
...Fall in love with my paycheck  
...Fall in love with what I just made for dinner  
...Fall in love with the beautiful blades of grass in my yard  
...Fall in love with other people  
...They're funny, they're crazy, they're brilliant, their mistakes

...I commit to letting myself fall more in love with life  
...Than I've ever been  
...And as I feel that  
...It is completely clear to me  
...How much I deserve to feel that love  
...To express that love  
...To receive and let that love wash over me  
...And the entire universe and quantum field is listening  
...I deserve  
...I deserve  
...I deserve what my heart is wanting  
...And what my heart is wanting deserves me

...I totally honor, love and accept myself

And take a nice, deep breath.