

Powerful, Passionate & Fabulous!

Class 5

Tapping Session 1

...Oh my God
...That's disgusting
...I'm so ashamed
...I'm afraid to picture it
...No, no, no, no
...I don't even want to admit that I have this
...It's shameful
...It's dirty
...It's gross
...Maybe it's violent
...It's a fantasy
...And it pops in my head sometimes
...And I kind of wish it wouldn't
...I feel guilty
...Embarrassed
...Ashamed
...And maybe even afraid
...I don't really want this fantasy
...I don't even understand it
...It's so far away from who I am
...It's not even me
...I would never want it to actually happen
...I don't know why I think about it
...But it kind of turns me on
...And that is disgusting

...I'm so ashamed
...And I definitely learned that somewhere
...I'm so ashamed of my sexuality
...Of my fantasies
...Of the thoughts that go through my head
...They scare me
...I like pretending that I don't have them
...I don't want to look at them or talk about them
...It's wrong
...If I admit I have this
...That makes me creepy
...Dirty
...Sinful
...And I'm so ashamed of that

...I'm so ashamed of the sexuality
...I'm so ashamed of my sexual urges
...I definitely have to repress them
...I can't not repress them
...Something bad would happen
...And I'd feel humiliated
...And justifiably shamed
...I should feel guilty
...It's disgusting

Okay and take a nice, deep breath.

Tapping Session 2

...I totally judge this fantasy
...And I judge myself for having it
...My higher self says
...No, no, no
...Inappropriate
...I should feel guilt
...Don't I need to keep this?
...Don't I need to have a governor?
...Telling me what's right and wrong?
...This fantasy is wrong
...And gross
...And admitting it to myself
...Is humiliating enough
...I should feel shame
...And if anyone ever knew
...Oh my God
...They would see the evil in me
...The dark in me
...The twisted in me
...And they would turn their backs
...They would run the other way
...If I own this fantasy
...Even in the privateness of my mind
...There's just no way
...I can be okay with that
...If I own this fantasy
...That means
...I am evil
...I am twisted
...I can't live with it
...I can't say it's okay
...I refuse to own this fantasy side of me

...I refuse to own
...The sexual pleasure and fantasy
...That there is somehow pleasure for me in this fantasy
...Wrong, wrong, wrong
...Inappropriate
...Not who I want to be
...I refuse to own it

Okay and take a nice, deep breath.

Tapping Session 3

...Even though I have this sexual fantasy
...And I've never really talked about it before
...And it's really hard for me to look at
...I feel guilt and shame about it
...And I'm also afraid of it
...I don't want to manifest that into reality
...I'm open to just seeing it
...Accepting it
...As crazy as that sounds
...In liberating myself
...Freeing myself
...To let my sexual energy run
...Freeing myself with the knowledge
...That the very things that are taboo
...That are wrong and naughty
...Create sexual charge
...And that's exactly why it's in my fantasy
...The taboo edge
...That's in my fantasy
...Is there to create a charge
...I have a lot of judgment about it
...I'm open to just accepting it
...As a trigger for a rush of energy
...Awesome pleasurable energy
...I kept a lid on it
...I'm freeing it to run up through my system

...This little fantasy
...A two second thought
...A three second picture in my mind
...Creates such a charge in me
...If I can let go of asking why
...And judging it all the time
...And my rules about this

...I can let that charge free
...It's my energy
...I can let it turn me on
...In my life
...In my mission
...Being alive
...I'm open to freeing this energy
...This charge of energy
...That I get from the taboo
...And letting it be an energy in my life
...Maybe sexual
...Maybe creative
...But definitely attractive and magnetic
...Definitely charismatic and mojo
...I love that kind of energy
...This is really new to me
...But I'm just just gonna let it flow

Okay and take a nice, deep breath everybody.

Tapping Session 4

...All this energy flowing in me
...The passion is unbelievable
...The charge is awesome
...I feel electric
...I feel magnetic
...I feel powerful right now
...Electricity is flowing through me
...Cause I am totally turned on by life
...From this feeling
...It even looks like anything is possible
...My optimism right now is unbelievable
...I'm looking at my goals
...And things I want to attract
...Things I want to do
...And I'm feeling how much I want them
...How much passion I really have
...Desire that I have for these things
...Desire to be the version of me
...That's going after it
...That's asking
...That's receiving
...I feel the pleasure in that
...The pleasure in power
...The pleasure in raw energy

...The pleasure of being turned on
...I have a lot of judgments to clear still
...That's okay
...But I totally honor this feeling
...This sexual energy
...Flowing through my body
...Liberating me
...Liberating a bigger charge
...Of my big energy
...I don't want to put a lid on any of my energy
...I respect and honor my energy
...My integrity
...My humanity
...And my sexuality
...I honor all of me
...And I'm grateful for this awesome energy charge

Okay and take a nice, deep breath.