

# Powerful, Passionate & Fabulous!

## Class 6

### **Tapping Session 1**

...I'm afraid  
...I'm scared  
...I don't feel safe  
...It's not safe here for me  
...Why am I even with this family?  
...This isn't how it's supposed to be  
...I don't feel safe  
...I'm scared  
...Terrified  
...Afraid all the time  
...I never feel sure  
...I'm not physically safe  
...I'm not emotionally safe  
...It's not safe to be me  
...I worry that they don't really want me here  
...I worry that I can't survive here  
...I worry I'm not meant to be in this family  
...I need this family to survive  
...But there's something off  
...They criticize me  
...They only want to see pieces of me  
...They don't want to see all of me  
...Not all of me is accepted here  
...I don't feel safe  
...I'm afraid  
...Terrified  
...Anxious  
...It is not safe here  
...And I'm gonna remember this for a long time  
...My family's not safe  
...That must mean the world's not safe  
...Love isn't safe  
...Relationships aren't safe  
...It's not even safe to trust  
...I'm not safe

### **Tapping Session 2**

...There I am as a child  
...I didn't feel very safe

...I felt a lot of sadness  
...A lot of anxiety  
...Maybe even rage  
...Some part of me knew  
...That it's not supposed to be this way  
...That I was losing every day  
...Losing my childhood  
...Losing being me  
...I lost being carefree and playful  
...I was too afraid  
...Too sad  
...Too shut down  
...Maybe even too angry  
...All that energy stuck in my body  
...I couldn't express any of it  
...Still it's stuck in my nervous system  
...But I'm choosing now to start healing it  
...It was a long time ago  
...And I actually survived  
...In the here and now  
...I'm safe

...My nervous system doesn't really know that  
...It gets triggered with intense energy  
...Both fear and anger  
...Trigger my nervous system  
...And it started way back then  
...Sadness and loss trigger my nervous system  
...And it started way back then  
...I honor this little child that I once was  
...I totally honor all the fear, sadness and anger he or she felt  
...It's okay  
...No one's really understood  
...But I understand now  
...All this old fear  
...Everything I lost  
...All the games I never got to play  
...All the things I never let myself believe in  
...All the carefree days I could've had  
...I honor the loss of them  
...The sadness  
...It happened to me  
...And I honor it  
...I honor and heal the past  
...And I'm letting my whole nervous system know  
...That in this present moment

...I'm okay  
...I'm all grown up  
...And I'm safe  
...I'm safe right now in my body

### **Tapping Session 3**

...I have something to tell you  
...It's really important  
...And it's gonna be the truth  
...Because I would never lie to you  
...The truth about you  
...Is that you are already perfect and lovable  
...Of course you are, you're just a child  
...Not because of anything you do  
...But because you were born that way  
...A miraculous piece of the divine  
...It's the truth  
...But your parents came into your life  
...With their wounds and their pain  
...They couldn't give you what you wanted  
...Maybe they were harmful  
...But it never had anything to do with you  
...And you are an eternal soul  
...Which means you have always been safe  
...You are unending  
...You always will be safe  
...And I'm gonna be here now  
...I'm gonna hug you  
...Tell you it's okay  
...I'm gonna keep you safe  
...I'm gonna make it safe for you  
...Just with me here  
...To be carefree  
...To be totally you  
...To feel safe  
...To play  
...To shine  
...Because I love you  
...And I understand  
...I'm the only one who does

### **Tapping Session 4**

...There he/she is  
...Wow, really amazing

...I'm not sure what this means  
...I'm not sure this is real  
...This is my magical inner child  
...An archetype within me  
...With power  
...That I've never seen or experienced  
...With abilities and aspects  
...Strengths that I've never even considered as being part of me  
...This is the part of me  
...Connected into magic  
...The miraculous magic that is the Divine  
...The unknown  
...The un-manifest  
...Pure creative energy  
...It's amazing  
...How can this be in me?  
...It has so many gifts  
...Are those really gifts for me?  
...I don't see how I could own those gifts  
...I honor this magical child  
...This part of me that's been denied  
...My denied light  
...I honor this magical child  
...The part of me I've never set free  
...The part of me that would have ran the streets when I was a child  
...In joyful, playful creativity  
...But it was locked down  
...I'm glad it's not too late  
...To own this beautiful archetype  
...My logical mind does not see how this can work  
...But I'm open to owning this archetype  
...This magical, mythical child in me  
...And all of the gifts it has for me