

Powerful, Passionate, and Fabulous!
Class 2

Tapping Session 1

... There I am
... I am so not sexy
... Ohh noo
... I am not sexy at all
... I don't deserve to feel sexy
... Look at me
... Look at that body
... I accept it a little more now
... But it's not sexy
... Sexy means something different
... Perfect
... And that's not me
... I refuse to feel sexy
... It's not right
... It's not safe
... Because of my body, I refuse to feel sexy
... I can't, even if I wanted to
... Society would agree with me

... This is not a sexy body in front of me
... I am so not sexy
... Look at all the things wrong
... I'm loveable
... But with this body I can't be sexy
... I can't carry that off
... I'm not gonna let myself feel that
... Feel that energy
... Feel that flow of power
... It's dangerous
... It's inappropriate
... It's a long gone part of my life
... And I have really good reasons
... I'm gross!
... Embarrassing
... Not perfect
... Ugly
... Not sexy at all

... If I were to try to act sexy, that would be a joke
... I refuse to let myself feel
... The fun, energetic feeling

... Of sexy
... That's not for me
... And it doesn't even feel safe to talk about

Okay, and take a nice deep breath.

Tapping Session 2

Okay. So just tapping through the points again:

... I'm really feeling this
... I'm really feeling the resistance to it
... Even starting to feel more sexy
... Is triggering some resistance
... If I let myself feel sexy
... I do believe bad things will happen
... There will be pain
... Rejection
... Humiliation
... Or physical attack
... I will be used
... And I made a vow
... To never let that happen
... To never be vulnerable like that
... To never carry power like this
... This attractive power
... This goddess, attractive energy

... Because it will attract something negative
... Something painful
... Something shameful
... I'm really feeling this resistance
... It's dark
... It's yucky
... It's stuck in my second chakra
... This vow to never use
... My powerful, magnetic, attractive energy
... My pulling, and receiving, and allowing
... Power
... My brilliant, expanding, energetic power
... That is my sexy feeling
... It's not safe
... It's really scary
... And I've attached so many beliefs to this
... So many judgments about my body

... So many judgments about when you can be sexy, and when you can't
... And society agrees with me

... So many good reasons to not feel sexy
... To not flow this energy
... I won't do it. I won't do it. I refuse
... I'm just gonna honor that
... I've put a lid on a volcano
... In my second chakra
... The volcano of my life force energy
... I've put a cork in it
... It's still there
... But the volcano is real
... And I'm just gonna honor that too

(Deep Breath)

... I'm open to healing all of these wounds at my second chakra
... This entire part of my body
... That's been carrying these wounds and vows for me
... I'm so open to healing it
... Not sure yet what that will mean in my life
... Maybe some baby steps
... But I'm so open to healing it
... I totally honor my second chakra
... My sexuality
... And my power

Okay, and take a nice, deep breath.

Tapping Session 3:

... There I am
... I totally honor
... That I'm more than medium
... That I'm pretty fabulous
... That I am sexy in my way
... And that the truth is
... Feeling sexy
... Is a feeling
... That rises up inside of you
... Lots of different people with lots of different body shapes
... Feel sexy out there
... Some of them are role models
... So I'm just gonna let myself feel totally sexy in my way

... Just for me right now
... Fabulous
... Red carpet
... Sexy
... I love that feeling
... It's fun
... It's silly
... It's playful
... It's kind of awesome
... Powerful
... Attracting
... Sexy
... I'm open to feeling that massive flow of energy
... Owning my inner goddess, or my inner god
... Just for a minute letting myself feel it
... The pure, sensual sensation
... Of feeling so bad in my skin
... Loving my bad self
... Sexy
... Awesome
... Fabulous
... Standing on the red carpet
... Oh yeah, that's me

Okay, and take a nice, deep breath.

Tapping Session 4:

...Whoa, this doesn't feel good
... I was feeling sexy, and fabulous
... And now I'm pulling that back in
... Pushing it down
... Hiding some of that
... I don't want that to flow
... I don't even wanna feel it
... I'm gonna come right back to medium
... To one note, one color
... Boring
... Smart
... Practical
... Effective
... But not sexy
... I'm pulling it all back in
... I don't really wanna give right now
... I don't wanna be taken advantage of

... What if they take too much?
... Want too much?
... What if I can't say no?
... What if they take my power?
... What if they use me?
... What if I don't really get what I want?
... I'm pulling it back in
... I don't feel safe with them here
... I don't feel safe being seen like this
... Powerful and sexy

... I don't wanna feel all this
... With them in the room
... With them here, I'm vulnerable
... I don't want to be vulnerable
... I don't want a deeper level of intimacy
... It's scary
... It's not safe
... And it comes down to a power struggle
... It feels like a power struggle
... And I've gotta put up a wall to be safe
... Where did all my sexy go?

... I'm just gonna honor and observe this
... How differently my energy operates
... How quickly I get triggered
... Out of my power
... Out of my sexuality
... And the belief that I have
... That I will lose my choice
... Lose my power
... If I let myself feel sexy
... I'm just gonna honor this
... And all of me

... I honor my power
... The energy field that surrounds me
... The volcano of energy that's always blasting through me
... That is my sexual energy
... My life force energy
... My passion, my desire, my sexuality
... My power
... In doing things in this world
... My power in attracting what I want
... My power in receiving
... Reward, and pleasure, and money

... And attention
... And affection
... And adoration
... This is the power at my second chakra

... Expanding
... And attracting
... And receiving
... And I totally honor it
... When they came into the room
... I pulled it all back in
... Maybe I have some work to do in this relationship
... But today I've seen how it limits my relationship
... And it limits me
... And my pleasure
... And the reward, pleasure, attention, and affection
... That I get to receive
... I'm just gonna honor all of this today

... And I'm totally open to healing it
... For my highest good
... MY highest good
... Just for me, my highest good
... I do this for ME, and MY highest good
... It may affect other people
... But this is for me

Okay, and take a nice, deep breath.