



Tapping Scripts: Gold Series Best of the Best Q&A Calls

Q&A Call # 1

I want you to see yourself as a really young child, maybe even a baby. Just let your mind paint the picture of the age that shows up for you. Notice if the child that you once were feels safe. Does the child feel wanted, taken care of, nurtured? Does the child feel adored?

Energetically, when we come through as children, we come through from a source where we're totally loved, connected, and safe. We come into this body literally into our first chakra, and we realize, *"Oh my God! I am completely helpless, and it is up to the people in my life to keep me safe emotionally by loving me, wanting me, and literally keeping me safe."*

We know that at an energetic level—at an emotional level—even as we look at that young child. Does the child feel safe?

We're going to do a round of tapping on this. It can get kind of intense. It can get emotional, and if it does, just keep on tapping through the points and honoring what's coming up for you.

Call #1 Tapping Round 1

There I am as a young child

And I didn't feel safe

There was something wrong

And I felt it

Not safe to be in this little body

Maybe I didn't feel wanted

Maybe I knew I wasn't wanted

Did I come into the wrong family?

I didn't feel safe

There was something wrong with my parents

The situation

There was some upset

And I could feel it in my mother

I could feel it when I came through

It was really scary

Terrifying

Sad

Alone

Just not safe

I wondered if I was with the wrong family

Why did God put me here with these people?

Not safe

Not totally loved and cherished

Not really being adored

Somehow it wasn't completely safe for me

Fear in my little body

Anxiety in my little body

Crying and sadness

Not safe

I totally honor myself at the first chakra level

I've never really felt safe since

Never really felt completely safe

A lifetime of not feeling safe

My nervous system registered this

And it runs and runs with anxiety

With fear, distrust, sadness

About life, other people, and the nature of love.



Take a nice deep breath. If that was really intense for you, just keep tapping.

Look at that little child again. Often after just one round of tapping, the child will look a little safer and calmer. People will say, *"The baby was crying, but now it's calm."*

Tune in to the baby now that it's feeling a little calmer. I want you to see if there's any ANGER there. Is there any anger in that child that no one was keeping the child safe?

Anger is a powerful emotion. If anger gets stuck, later in life, we will self-sabotage. When we had anger at our situation, the only way that we could process that anger or fight the battle that we couldn't fight—because anger means, *"I want to change this, but I can't"*—it goes into the energy of self-sabotage in our life, which means we will recreate the same situations or we will make a VOW to prove that we're never safe. And the self-sabotage means we're going to create situations to prove, *"See? I'm still never safe."* We stay locked in battle.

Call # 1 Tapping Round 2

There I am

Feeling a little calmer

A little more safe

But now I can see some anger in the child

Anger in my little body

This isn't how it was meant to be!

I'm supposed to be LOVED!

What's wrong with these people?

Anger and frustration

Why did God send me here?

Why do I have to suffer like this?

I don't want this

I don't want this!

I know it's not supposed to be this way

Deep inside, I know I deserve better

I deserve to be loved and cherished

And kept safe

Anger in my little body

Anger in my young nervous system

Fear, anger, and sadness

Confusion!

Why is it like this?

I don't want this!

Anger and sadness in my little body

I was just a child

I totally honor myself now

And all these intense emotions that have been trapped at my first chakra

That have been running my nervous system

Running on a hair-trigger

I totally honor my first chakra

My nervous system

And I'm so ready to release all this stuck energy

I honor that the little child that I once was ... was correct

I deserved love, safety, nurturing

I deserved it

And I still do

I still do!



Take a nice deep breath. I want you to look at the child again and just see how the child looks now. Imagine that if you could be there with this little child, would you be there for them? If you could step into that picture in your mind today as an adult and hold that child and give that child love, safety, and security, would you? Could you?

Close your eyes and imagine you could step into that picture, pick up that young child—whether it's a baby or a toddler—and tell them, *"I love you."* Tell them, *"I am going to keep you safe. I totally understand. I'm the only one who understands."* Tell them that they're perfect.

I want you to imagine that the beautiful green heart-chakra energy—the spring green of the heart chakra—could flow right from your body just like a beam of love into this little child so they can really feel how much you love them. Notice that the child receives that love from you and that this is your inner child. This child lives in YOU! This child is at your core like a tree. Every tree has a ring—this is your innermost ring. This child has been trapped in sadness, fear, anger, and confusion. So as you pour love into that child, you pour it right into your core.

Now imagine that there is a room filled with 500 children surrounded by 500 adults representing all of the people on this call and all of the people who will listen to the replay. Join together knowing that 500 other people are sending love into these beautiful children—healing and forgiving and releasing so much more pain—and knowing that as you stand with those 500 people, if you didn't feel there was enough love for you, you are joined now by 500 other conscious, amazing, beautiful people who are there to beam love into you as well.

Just imagine this beautiful love fest of healing and connection—because every one of us who are connected by the sound of my voice, we are

connected in this TRIBE. We are creating a new tribe instead of the one that we were born into. We get to create our own new tribe right now.

I want you to let your heart chakra fill up with even more love for people you don't even know who are suffering the same way you have, let them know that you love them too, and make a commitment to be in this tribe who are bringing healing to their own inner child and to each other.

Take a nice deep breath and let that in.

Come back to you and your child again, and notice the shift that's there. Notice how it's feeling in your heart chakra right now and how it's feeling in your first chakra and second chakra all the way through your body.

Notice the bottoms of your feet as they touch your shoes or the floor. Notice if they're swirling and tingling a little bit and how present you are in your body and your life right now.

Call #1 Tapping Round 3

Even though I've had all this fear and anxiety and anger and confusion

At my first chakra

And it's affected me physically

It's affected my nervous system

And maybe even my body

I totally love and honor all of me

And I get it

I saw it again today

I get it

I love and honor myself

With all of this

Even though I have fear, confusion, and anger ...

*Wired at my first chakra
Abandonment, betrayal, criticism from my tribe ...
Wired at my first chakra
Rules and programming ...
Wired at my first chakra
I love and forgive and accept myself fully
I've seen the truth today
I've seen my inner child
And I'm so open
To creating my life for me now
I'm committing to me now
I commit to loving and keeping my inner child safe
I commit to dealing with and letting go of my argument
With my tribe of origin
My loyalty to keep myself small
For my tribe of origin
My battle with ... proving and convincing and getting even with
My tribe of origin
I am SO open to letting that go
Because as I do, I become free
I become free
To create my life for the glory of me and my entire line
I am free to create my life as I am meant to
Surpassing the previous generation
For the glory of the divinity of me
And I now allow a huge shift in my money
It used to be a metaphor for all this fear at my first chakra*

*It used to be a metaphor for feeling abandoned and betrayed
That has totally showed up in my money
I now free my money
To be filled with the energy of love, safety, support, nurture, and freedom
I get to choose!
The more free I become, the more I get to choose
AMEN to that!*



Take a nice deep breath. I want you to feel what's happening in your body right now. When we did that round of tapping, if there was a lot of intensity around anger, and then maybe it turned to sadness, I want you to know that it's important—if there's a lot of loss or sadness that came up—you want to really honor that.

Tapping while voicing it—everything you lost—really letting it out for once is really powerful to move that energy. Particularly if you've had physical issues at your first chakra area or in your digestion, this will make a huge, huge difference.

Q&A Call # 2

I want you to see your parents there, and I want you to let your mind paint you the picture of their limitations, their programming, their wounding, their unconsciousness, and the way that they imposed that upon you.

See yourself there as this beautiful light that could have shone like the sun, the beautiful, shining light of your third chakra with all of your gifts and power.

I want you to let your mind paint you the picture of how that was limited because of the family, the rules, the setup, your parents' inability to see you for that, to honor you, to adore you.

Maybe they even cared for you, and instead, they imposed these rules and standards maybe about what girls could do versus boys could do, maybe about how smart you were or how smart you weren't, maybe about what it meant to be weak or strong.

Or maybe they seriously damaged your self-esteem. Or maybe they've played helpless and they've manipulated you from their victim, from their wound, and they made you be the adult ... and that forced you to be something you weren't or something you weren't ready to be!

None of us are ready to be a perfect Knowledgeable Achiever or Charismatic Leader or Team Player when we're only a kid. I just want you to see that and get a sense for yourself of where they really robbed you. Where did they rob something from you or not allow you to be some brilliant, beautiful, amazing aspect of you—how that was limited—or you were told it was wrong or you were told to be quiet and hide it ... or you were told you had to be someone else? And that's the person that's susceptible.

We're going to start tapping about this picture. I want to tap from the first person's perspective as you as a child. This is going to be kind of weird. It's

like we're talking for the child that you're looking at, and we'll sort of switch back and forth.

Call #2 Tapping Round 1

Here I am in this house

And there's so much limitation

So much fear

So much limitation

So many rules

You have to do things a certain way

And they keep telling me things

That at a deep level

I want to resist

Things about myself

My power

My brilliance

And what I'm capable of

They're limiting me

They're controlling me

They're not keeping me safe

There's a threat there

A threat that's always there

That if I step outside of what they want

I'll be punished

I'll be chastised

I'll be disapproved of

Or maybe I'll be attacked or hit

*Or I'll be ignored
I'll be abandoned
This constant threat of punishment
Maybe they did as much right as they could
But I'm just going to honor right now
That they wronged me!
They hurt me!
They delimited me!
They tore me down!
They didn't keep me safe
They didn't let me shine
They were uncomfortable with my power
And they shut it down
They told me to follow the rules
And the rules were arbitrary
The rules were based on their limitations, their paradigm
But I had to follow
And I'm still angry about it!
They never really saw me
They never really got it
And it hurts in my inner child
Sadness
Anger
Frustration
Powerlessness
Turning back to anger
My inner child frozen in this battle*

Staying loyal out of fear
Doing it the right way out of fear
Doing it their way always out of fear
Fear of punishment
Abuse
Abandonment
Disapproval
Limiting myself
I learned it so long ago
Out of fear
I'm just going to honor this whole picture
And the inner child that I can see here
This was unfair, and I have the right to voice it.



Take a nice deep breath. For some people, if your childhood was really violent, then this is going to open more of a can of worms, where you could probably do a lot more tapping on this. I know some of you didn't have a super-abusive childhood—maybe it was just difficult for you to shine or there was a lot of criticism—but I want to do another round of tapping where we really voice some of the lower self again at our parents.

Take a nice deep breath. I want you to close your eyes and see the young child that you were again in the same situation, being limited. After tapping like that, the child in the picture will often look better ... will look a little more calm or feel heard. It will almost be like the child you're visualizing is like, "*Wow! She sees me! She gets it!*"

I want you to imagine that you step into the picture with this young child and your former parents. Now you're the protector. You're an adult, and

you're there to advocate for this child. And you are going to have your day in court with the parents.

Call #2 Tapping Round 2

How dare you?

You tortured me!

You hurt me

You made me feel like I was nothing sometimes

You made me feel unsafe

You made me feel unloved

Unwanted

You made me feel like who I was ... was not enough

Broken

Bad

You really screwed me up!

And you don't even get it!

How dare you?

I'm still so angry

And you still don't see me

You still don't accept me

You still don't let me be me

And I am still in battle about this

Why couldn't you do it better?

Why couldn't you figure it out?

Why were you so screwed up?

I'm so angry and hurt about it

And I never really get to voice that

*So I'm honoring it today
Because I'm still in battle with you
How dare you not see me, not honor my choices, not validate who I am?
I still want you to validate me!
And I'm still struggling with the limits you gave me
I'm still struggling with the programming you gave me
And it's so wrong
It has screwed me!
I can still barely own my power
And I blame it on you
This is what you did to me, Mom and Dad
This is what you did to me
I blame you
It is all your fault
I still can't own my power because of you
I'm still in battle
Limiting myself
Rebelling
Trying to prove you wrong
And trying to get even
And trying to be loyal
And trying to win your approval
It's all happening in me
It's exhausting
And I completely blame you for every one of my problems
And that kind of feels good!
I honor this battle within me that rages on, even though I'm all grown up*

*I honor the energy it's taking and the distraction that it is
I'm just going to honor it because there's real pain and real hurt
And I deserve to be honored
I honor myself now
And I'm open to breathing out some of this battle, some of this wounding
In a way that totally honors me.*



Take a nice deep breath. I just want you to look at the picture again. Close your eyes and visualize the picture. See if you can visualize your parents again after we've released that whole diatribe. Notice what your energy feels like.

Some people might feel a little bit like, *"Wow, I feel kind of guilty that I said all of that stuff."* That's okay. It's like your higher self coming in really quickly as the judge and the critic and saying, *"It's not okay for you to have your feelings if they sound mean."* What we're doing is voicing the lower self, and we're always going to have a lower self that responds to things in a way that is angry and unfair and blaming—even feeling vengeance and like getting even and showing people, *"See what you did to me?"*

If we don't allow that lower self to speak and to love ourselves for it—to love ourselves even with that lower self—then we never actually let the energy move.

Is it okay for you to have your real feelings that arise from a situation, or do you have to judge them immediately and say, *"It's not okay to be mad at my parents because they did their best"*? Is it okay for you to do that, to voice that, to tap? I'm not saying to ramble on with it to everyone in your neighborhood, but to voice it in this way is productive.

Allow yourself to have the real human feelings that arise in reaction to what happened to you because when we voice them, we become more

free and we let that energy move. When they're not voiced, it stays locked in our lower self and we're locked in battle. The vengeance, the anger, the unfairness, it just stays locked. That's how we can find we're a 75-year-old person who is still in battle with their parents who died years ago—still trying to prove, still trying to get validated, and still trying to be loyal to a paradigm.

When we can move this energy, we start to get free of it.

If there was a lot of intensity in your childhood, you can do that tapping again and again until it starts to become calmer and you start to see your parents as a little bit more distant. Often, we'll feel some compassion there, but it's a little less important to be in battle with them about this, still trying to get them to validate us, to validate our choices, or to honor how they wronged us. It's pretty much impossible to get our parents to really understand and honor how they could have possibly wounded us. Even when they realize some of it, they don't know what it was like to be you. Nobody does. That's why you need to honor it.

I want you to close your eyes again and picture your parents. I want you to picture the younger parents from the old picture of when you were a child. Then also put next to them your parents of today. Some of your parents have passed on, but just put them back there from the memory of when you last saw them. They can even be in ghostly form because it doesn't matter if they've passed on when we still have an argument with them. We'll still hear their voice in our head. We'll think, *"Oh, that was my mother's saying, and now I say it to myself."*

We're going to start tapping like we're talking to them.

Call #2 Tapping Round 3

I hope you've learned your lesson

I hope you've finally seen all the ways that you've wronged me

And limited me and made me limit my power

*I hope you've seen all the problems I've had up until now
Because of the way you treated me
And I'm demanding that you change
I do not accept you the way you are
Unconscious
Dispassionate
Confused
Mean
Selfish
I don't accept you that way
I do not accept you with your wounding and baggage
I demand you change for me
I demand you become the parent that I should have had
I demand that you apologize for everything and fix yourself
I want you to evolve into Deepak Chopra right now
And finally be the parent that I always wanted
I do not accept you the way you are
I judge it
I refuse it
And I insist that you change for me
Be the parent that I wanted and needed right now
I want you to be loving and evolved
I want you to really see me and support me
I want you to be amazed by all the things I'm doing
And support me
I want you to change for me right now!
I refuse to accept you as you are*

*And I insist that you accept me
All of my light and dark
I insist that you love and accept me as I am
And I'm never going to let this go
I want you to see me
And validate me
And get it!
I want you to change
I want you to be more healthy
I want you to be more evolved
I want to see you be happier
I cannot accept you the way you are
But I demand you accept ME!*



Take a nice deep breath. We just voiced something pretty honest. It's kind of funny, but I want you to really see that that's kind of what's going on with our parents. We really want them to see us, yet from the child's perspective—because that's how we still interact with our parents typically—we refuse to see them for who they are and their limitations and shortcomings. We stay in an argument or a vow with our parents.

Take a nice deep breath and honor yourself for this moment of extreme, radical honesty. Picture your parents again and notice how you've shifted. After tapping like that, even if it only felt 50 percent true, you will often experience what Eckhart Tolle calls "extreme presence" ... in the present moment, understanding, compassionate, present.

And as you look at your parents, I want you to notice energetically how much of your energy is now pulled back to you. After we voice and release

that, all of the energy that has been going on psychically, energetically, and unconsciously releases because we just finally honestly voiced it and tapped.

Notice how much of your energy now is actually back in your field as you look at your parents. Do you need them to be anything so that you can be seen on this planet? Notice how there's not so much energy projected at them anymore. There is a willingness to accept them for who they are.

If you've been in a real battle with your parents—particularly in certain ethnic groups where the parents are really the dominating force even when we're adults—this tapping could probably go on for another hour or could be done daily by some people if their parents have a very strong, controlling influence. Particularly if your parents are funding you with money, that creates a whole level of enmeshment.

Notice looking at them now, how does your energy feel? How much more in control and independent do you suddenly feel about your choices and your life? Really get a sense of how much energy used to go into that battle. You'll feel a little compassion there. They won't look so over the top. They'll look a little calmer, a little less crazy, than you were picturing them before.

Call #2 Tapping Round 4

There they are

With all their problems

And all their wounding

And all their defense

That comes from their life

And their experiences

And their wounding

I'm just going to let them be over there

In their energy

*And their karma
On their souls' journey
I'm just going to be over here ... way over here
In my beautiful energy
Honoring myself
And honoring every living creature on this planet
And where they're at
If I need to set a boundary, I can
From my powerful, beautiful energy.*



That little process at the end saying, *"I'm going to let them be over there in their wounding, their life, and their issues that have nothing to do with me. I'm actually going to be over here in my energy,"* will create such an energetic space between the two of you. Again, you'll realize you've pulled back so much of your energy that was in the field between the two of you.

That, I believe, is why the next time you see that person, they will often be and act completely differently. It's like all that judgment that you felt, everything you've been holding back, all that vitriol, even though you weren't saying it—you may have been pretending to like them or you have to because they're your boss—suddenly it's released from the field between you. I don't care how unconscious or dumb they are, they will feel unconsciously an energetic shift, and they will suddenly act differently around you.

It's a really powerful process. I encourage you to do this one by one, particularly if people trigger you. If it's with a spouse or a child, it is going to pull down walls and enhance the intimacy greatly.

Q&A Call # 3

Call #3 Tapping Round 1

The heaviness of the limitations

The ways that I have been boxed

Held back

Held down

Limited

The ways that I have been kept down

Threatened to stay down

Held back by fear

Criticism

Punishment

Fear!

The chains that have been put on me energetically

Swimming against these chains

Like I'm tied to the bottom

These limits that have been put on me

And I've put limits as well

Because I've made vows

Vows around these chains

Some of these chains, I put in place

Vows to never want too much

Vows to never trust too much

Vows to never put myself out there

Vows to be perfect

Vows to stay small and invisible

*Vows to just be what's appropriate
Instead of the star
The shining, beautiful star
That is my truth
These heavy chains on me
God, I'm sick of it!
These heavy chains
They've held me back
Limited me
Cut me off at the knees
Shoved me back down
Sabotaged me
Sabotaged me!
This isn't how it's meant to be for me
I'm not meant to live in limitation.*

~ ~ ~

Take a nice deep breath. I just want you to feel inside of you. I'm going to say that again, and I want you to hear this as personally coming from me to you: *you are not meant to live with limitation*. We are not meant to live in limitation. I want you to just feel that inside.

And I want you to think for a minute about how wrong and unfair it is that you have lived up until now with a certain amount of limitation. It sucks! Just feel that. It's unfair, isn't it? It sucks! Are you sick of it? I need you to be sick of it. I need you to be so freaking sick of it that you get angry.

I want you to just start tapping.

Call #3 Tapping Round 2

I am so sick of it!

This sucks!

I have been pushed down

And held back

And I'm sick of it!

I am so sick of it!

I am sick to death!

This isn't living

And I don't want to go another day with limitation

Not shining

Not being me

I don't want to go another day caged, boxed

I hate it!

I'm sick of it!

I'm done with it

I don't want to go another day limited

Whether it's by someone else or me

Yes, I have fears and bad habits

But I am sick of being stopped by fears and bad habits

I can feel the anger within me

The desire to burst out

To smash the limits

And I am open to letting that anger, maybe even rage, of being sick of it

Flow up through my body

Energize my whole body

With power and force

*This is my life force energy
The part of me that would fight my way out of a cage
And that's exactly what I'm doing
I am smashing down the limits
I'm putting my foot down!
This is my time
And I'm not going to take it anymore
I'm breaking down the limits
Dang it! I want to be free
I want to be free now!*



Take a nice deep breath. You just voiced the "hero journey." You've seen this in a million movies and I want you to see it in your own life. In the movies, the hero gets beaten down, limited and limited, disappointed, and told they can't do it. They've been beaten up. And we've all been in that part of the movie.

Then the hero finally reaches the point where they can't freakin' take it anymore! And they push through their fear, their insecurity, their doubts—and they go.

The energy that's flowing up through your body—we voiced the second chakra; the anger, the rage, the push back—that energy flows up into our third chakra where we finally take a stand, put our foot down, and say, "*That's it!*" We say, "*That's it!*" to our inner critic who beats the crap out of us. We say, "*That's it!*" to the incessant fear that runs through our body. We say, "*That's it!*" to the negative self-talk that says we can't do it. It's going to be there, and we say, "*I'm going to deal with this, and I'm pushing through anyway.*" That's how the energy flows up to the third chakra, and

suddenly, your third chakra gets two, three, four times stronger than it was before.

I just want you to feel the energy flowing in your body right now. We used tapping, but what we mostly did was voice the second chakra and allow the energy to come up. This is the gift in complaining a little bit and doing it in a way that is designed to bring your energy up, to give you the energy to take more action, to change your habits, to smack down the inner critic when it needs to be. Call your inner critic on its lies.

Yes, it can be used in a very bad way, but in complaining, if you use it in this format—if you allow yourself to tap and really voice what you're feeling and let yourself bring the energy up—there is a gift in that complaining, a gift that is going to call you to honoring something that you are really sick of in your life. It will give you the energy to take the action, to put your foot down and say, *"That is it!"*

What I recommend to each of you is to write down the top two things that you complain about in your life. Maybe you don't like to complain, but if you let yourself, what would the top two things be that you complain about in your life? Give yourself the space and the time to complain loudly about them while you're tapping. Say all of the words: *"It's unfair! I hate it! I'm sick of it!"* If it's a person, judge them openly. Do this while tapping and do it with the intention of moving the energy so that you can let go of this pattern and/or be open to the actions you need to take to change this pattern in your life.

Commit to doing a little bit of complaining in this way, which I think is incredibly powerful. If you can't let yourself—even in your bedroom with the door closed while tapping—complain loudly, then you really want to look at how your mind comes in and judges and doesn't allow you to have your real emotions and real feelings.

Call #3 Tapping Round 3

That really did sound like complaining

*And I'm not sure how I feel about sounding like a complainer
Sounding angry, resentful, victim-y or "poor me"
But I am open to letting my lower self speak
Letting the real emotions that arise in me
Flow up and out
And be used for their highest good
I'm open to letting the powerful emotions ... my emotions
That show up in reaction to limitation
I'm open to letting them flow and move
And call me into my life
Call me into my power
Call me into engaging in my life in a bigger way
Not with any old actions or habitual actions
But with inspired action that comes from my deepest feelings
My deepest complaints
Actions that rise up and work through my voice, my words
What I create and write with my hands
My actions of creation in this world
I'm open to taking action
In a way that supports me
Instead of my vows and limitations
I'm open to the calling in my complaints
In my anger
In the part of me that is sick and tired of being stuck and limited
I'm open to taking action on my behalf
To set a boundary
Speak my truth*

*Say no when I mean it
Say yes when I mean it
And take bolder steps in my life
Take bolder steps in my life!
Take bigger actions in my money
Take more action in managing my money
Take more action in creating more money
The universe loves
When I feel what I want
Defined by what I don't want
The universe loves
When I take action on what I really want
When I take my biggest complaints
And define what I want
And go for it
Every one of my chakras loves it when I do that!
It makes me feel alive and free and powerful
Even if my life hasn't changed yet
And I love feeling powerful
I love feeling free
I'm open to letting this energy blast up through my body
Into my voice and into my hands
And into my brilliant mind
Where I can start taking new actions
Setting new boundaries
Speaking my real truth
And creating bigger, bolder things*

*I love my third chakra!
It is a beautiful, brilliant sun within me
And I'm reinforcing it
With more and more energy and power
Everything that I need to live my life purpose
And all of that power is available to me
If I just let it rise.*

~ ~ ~

Q&A Call # 4

Call #4 Tapping Round 1

*I would love to earn this much money
Because then I would finally be safe
I would finally feel peaceful and secure
I would finally feel good enough, smart enough
And the whole world would see it!
I would finally prove them wrong
I would finally prove that I am a winner
That I am different
That I am special
That I have what it takes
I will finally have proven
That I have the power, the strength, the brilliance
To command that much money
When I earn that much money
I will finally feel powerful
And I never let myself feel powerful
I will finally feel seen and validated for my brilliance
And I've been waiting for that for a long, long time
I can't feel any of these things
Until I get there
I really need to earn that much money
Because that external dollar amount
Will make amazing changes inside of me
Inside my third chakra*

I will have a new level of value

Validation

I will finally have less inner critic

Less question about whether or not I'm valuable

The money will answer that question

And I will have finally proven the thing that I've been battling to prove

That I am good enough

Smart enough

Worthy enough

That I'm finally safe

I will have proven this to myself

And to a whole bunch of people that I'm still in battle with

When I look at this number

This all feels completely true

It does feel true!

When I get there

I will feel these things

And it will be so much better inside of me

So much belief!

So much peace!

I'll finally have more confidence

And I'll finally get to receive the reward

I really need that money for all of these reasons in my secret agenda

I'm just going to honor it

Hear it

See it

So that I can have the clarity

*To deal with this secret agenda directly
Above board instead of secretly
This hidden agenda creates so much havoc when I try to grow my business
Ups and downs
Highs and lows
I'm open to dealing with my needs directly
And releasing my goal
Freeing my goal
From this very emotional hidden agenda
I'm learning to honor my deepest needs
And I just wrote down a bunch of them
As I honor and meet these needs directly
I can free my income goal to be fun
And represent me giving the gifts that I love to give
The gift of me!
The gift of my creation, my brilliance
To people who love receiving it and buying it
I'm open to letting my income goal be the shining representation
Of me expanding the way I share myself, my talents, my gifts.*

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Take a nice deep breath. I just want you to close your eyes for a second and feel that energy moving.

A lot of that tapping was really around what I call "consciousness tapping." It's awareness tapping. We're voicing the awareness of something, and then we're shifting it to a new awareness. It's really about consciousness as



opposed to going deep into any particular feeling. But it often creates a shift, almost a disorientating shift, inside of us and some energy moving.

I want you to imagine that you can feel your feet on the ground or where they're touching the inside of your shoes. Imagine that red first-chakra energy coming up from the earth into your body and into your feet, almost like making your feet tingle or swirl if you put your attention to the bottoms of your feet. It's kind of weird how that can happen.

Imagine that energy coming up and into the beautiful orange energy of your second chakra, where you become very fluid—all of your emotional and sensate world—feelings, emotions, pleasure, rage, and power all flowing and moving in your second chakra, where the energy tends to build up and then continue to flow up. At the second chakra, as we feel who we are, we feel our needs, our desires. We feel our value. Before we've even interacted with the world, we feel that value, and it flows up to the beautiful, beautiful sunshine light of our third chakra at our solar plexus.

Just imagine that your third chakra is there and that you own—sitting inside the beautiful sun of your third chakra—that you have some needs to feel more safe, free, joyful, and that you have some needs to be validated around your worth, your brilliance, your value. When we need to be validated, it means that we're battling a belief that says we're not, a fear or a worry, or someone else's voice that says we're not.

Just notice that that's like a deficiency, a hole, or a space in your third chakra that needs to be filled. Maybe in that, there's also this battle to prove, "I'm good enough," which means the world, God, our parents, people are trying to say that we're not all the time. And there's a piece of us inside that's trying to say, *"We're not good enough all the time."* So there's a battle maybe even to prove.

Imagine that's all in your third chakra and that you could allow some beautiful white light to come directly into your core—the light of your soul to expand out and touch your third chakra just for a few seconds: the light of your soul, which is eternal, that has lived through lifetimes, that has

never been broken or wounded or questioned your value ever once; your eternal soul that knows that there's nothing wrong with you and there never has been, that you are a perfect, unique chunk of the design, that laughs at your questions of your value. And let that laughing soul fill some of those spaces in your third chakra. Let it fill up with value, with self-belief, with love, with safety, with security.

We fill it up from the inside because all of the things happening out in the world—our actions, our achievements, our money—that is a universe away from the real core energy of you. We've learned to try to do those things and then that will fill the space ... but it never does.

So honor inside of your third chakra your real needs, and know that those are spaces where there's pain, there's discomfort. *"I'm not sure if I'm good enough. I need that to be proved and validated for me. I'm human!"*

Sit with it and let it fill. Ask the Divine for support. Call upon the light of your soul. Do what works for you, and let that space fill from the inside, from the divine you, your wise mind or your wise heart that knows you are incredible, beautiful, valuable, brilliant, a hunk of design, a miracle sitting there. None of that can be filled from achieving a dollar value.

And as that fills, now I want you to allow your third chakra to expand outward. Allow the energy to come up to the green light of your heart chakra, where you fill with the most unbelievable desire to share the unique, beautiful brilliance and talent and gift that you are and that you do with more people. In your heart, you remember, *"I am, of course, a miracle, and I can't wait to share with more people, to reach out and touch and connect with more people. I'm in love with the idea of sharing with more people!"*

Let that come up through the beautiful blue light of your fifth chakra, which is where you speak, interact, share, and say, *"Hey, I have this amazing thing! Let me tell you about it!"*

I want you to imagine that now your third chakra expands out, taking the action through your hands, your voice, of giving your gift to more people with that intention in your heart. "I want to triple or quadruple or 10 times the sharing of my gifts with more people!"

Imagine that light shooting out of you, your expanded chakra, which is your power center, your action center. This is how you exchange energy. In the outside world that we also live in, the physical world, money is the metaphor of that energy. But it comes from the sharing. That's how they share energy with you. Everyone who gives you a dollar is giving you a piece of their energy—it took their energy to gain that piece of energy in solid form.

So let your third chakra expand and imagine that you are touching a thousand yellow points of beautiful, third-chakra sun in all of these other people. And in your heart, you're sharing, *"I am honored. I am blessed. I can't wait! I am in love with the idea of sharing with you!"* And see them receiving your gift.

This is all energetically. Or you can actually put in some images of you giving more of your gifts maybe to some people in a bigger way or to four times more people, or a mix of both. And as you see that energetic exchange happening, know that by Law of Attraction, there will be things that you create and that you magnetize and attract to yourself to make that bigger exchange leap.

You might need more expertise in some area. You might need a shopping cart on your website. You might need an idea for how you're going to brand. You might need video. You might need to go and give a talk. All of those things will start being magnetized and attracted to you in a way that is completely focused on you giving more of your gift.

So imagine that you're giving this beautiful, third-chakra light that's expanding from you, and the universe is supplying raw materials, learning, people, resources, stuff that becomes the bridge. Every step you take, you are supported.

And the universe will give you challenges to give you feedback and direction and growth and will continue to support you as you march towards this intention: *"I'm dying to give my gift to more people. I love giving my gift to more people!"*

But nowhere in all the things that you're manifesting and pulling to you through Law of Attraction are the battles, the proving, the *"I'll finally be validated."* None of that needs to be there because when we're attracting from those places, we're attracting the battles, we're attracting the highs and the lows. We're not attracting specifically what we need to give our gifts more. We're attracting old stories and patterns.

I want you to say in the quietness of your heart, *"Bless you! I can't wait to meet you!"* to the thousands of points of light that you are visualizing sharing your gift with. Make a commitment right now because those people need your gift and are waiting for your gift, and you haven't even met them yet. There is a space in their life and a need that they have for your gift! So make a commitment right now to those people and say, *"Yes, I will find you. I am on my way. I will move heaven and earth. I will build bridges to get to you. That's how much I love sharing this gift with you. And that's how committed I am to sharing my gift. I've waited long enough."* So bless them and thank them and promise them that you are going to build bridges to get to them. I like to see them all clapping and saying, *"Yay!"*

## Q&A Call # 5

### Call #4 Tapping Round 1

*There's my goal*

*And I kind of want it*

*I'm afraid to really want it*

*That feels a little scary*

*And I'm pretty sure I'm worthy enough*

*My gifts are valuable enough*

*I think they might be*

*But I'm not 100 percent sure*

*This feels a little dicey*

*That is my goal*

*But I'm not sure I can honestly declare*

*That I'm valuable enough to earn that much*

*And I'm not sure I can give that much in value*

*That's a really big number*

*It was fun when I was writing it*

*But it's a little scary when I think about the value of what I give*

*I don't really know*

*I'm not sure I can let myself really want this*

*Really declare this*

*It doesn't quite feel safe*

*What if I fail?*

*What if I'm not valuable enough?*

*What if I'm not unique and special enough for people to pay me that much?*

*I'm not sure*

*I have all these doubts  
I have my inner critic  
I have my vow to be broken  
Maybe my gifts aren't that great  
Maybe they're not better than other people's  
Maybe I can't earn that much money  
There's a part of me that is talking me out of it  
And I'm just going to honor it  
My fears about my value  
My question about my value  
My fear of really wanting it  
My fear of really declaring it  
That's going to stop me from going for it  
If I don't really want it  
That's going to stop me from going for it  
I'm just going to honor this and all my resistance  
My inner resistance to earning that number  
To the energy exchange of that number  
It's way past my set point  
And I'm comfortable right here at my set point on some level  
I honor my goal  
And I'm open to clearing this  
For myself  
And for all those people who want and need and will benefit from my gifts.*

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Take a nice deep breath. I want you to retest. I want you to go back to your goal and say again, *"I really want it."* See how true that feels now and if it's come up.

Secondly, *"My gifts are valuable enough for this number."* See how true that feels. See if there's a little bit more of a feeling in you of the value of your gifts.

Thirdly, *"I am willing to give this much money in value in exchange."*

These are all powerful statements to the universe, to the Divine, to yourself, about what you're wanting to create. And we don't want there to be any wavering in being able to voice these intentions. Any time there's a little bit of push-back or wavering, it's sort of like you're putting a goal and then you're putting some resistance right there with it. Feeling that inner feeling is powerful to be honest about, but really finding, *"I'm afraid to really want it,"* means you will never put the full force of your energy, your focus, and your brilliance behind it. You will wait and see how it happens. You'll say, *"I'm just going to see if it seems like I'm going to get there, and then maybe I'll try harder."*

That's how we protect ourselves from all the programming we have about failure and disappointment.

Let's do another round of tapping because I want to recommend you do this process again, and I'm going to make it even harder on you after we do this round.

Call #4 Tapping Round 2

This is my goal

And dang it, I do really want it!

I really want to earn that much money

For so many good reasons!

And my gifts and talents are incredibly valuable

*People tell me that all the time
And the truth is ... I am always evolving
And getting better
And mastering more
And I am evolving personally
I am carrying a stronger presence
I am owning my stuff
And that makes all of my gifts even more powerful and valuable
So I am honoring the unique value of me
Of all of my gifts
My experience
My intention
The things that I do that no one else does
I honor my value
And as I start giving out this much in value
I 100 percent deserve to receive back this much money
I am totally worthy of receiving back this much money
And I am willing to give my gift at a much bigger level
It still feels a little scary
And that's okay
Change is scary
But there are people waiting for my gift
Needing what I have
Wanting to purchase it from me
And I'm not going to let them down
I can't wait to meet them
This is my goal*

*I am declaring it from the top of the mountain
This is what I want to create for money in my life
I am open to all ways this can be created
I am open to receiving all ways
Ideas
Strategies if I need them
I am open to markets and channels
Supporting me giving my gift
And I open to giving it in a much bigger way
In a way that perfectly matches the energy exchange of this big, beautiful
income number
A beautiful win-win
A perfect energy exchange
I really do want this
And I'm willing to give
I'm willing to push through my fear, my vulnerability
And give my brilliance
I totally honor this number that I wrote on a page
I totally honor this number
And all the ways it's calling me
Challenging me
Beckoning me
To step up
To give more to more people
All the ways it's challenging me
To get more practical
To get more real*

*And to unleash my brilliance
I totally honor this number
And I declare with my fifth chakra
This is my goal
This is my intention
I do want this
And the universe wants it with me and for me.*



Take a nice deep breath. The way to make it more difficult is to start over from the beginning of that process and add in the hours that you want to work. That will really push it harder. If you take that big number that you wrote down and add to it, "*And I only want to work 30 hours a week,*" or "*I only want to work 40 hours a week because I'm afraid I'm going to work 70,*" or "*I'm only going to work 20 hours a week,*" now you've cut the time to less, which means your belief in your own value of your time, your energy, and your gifts has to be even higher.

If you add in, "*I want to make this much money in this much time,*" particularly if you're the type of person who has a lot of beliefs that you're going to have to work 90 hours a week, then put the number in there and do the whole process again because it will re-trigger, "*I have enough value.*"

Secondly, sometimes we'll have some questions about our value, the value of us. When I talk about your value, it's not just your gift. It's also the value of your time because even if you're a coach or a tapping person or a chiropractor, the value of your gift—the modality that you use or the thing that you do or deliver—you are part of that. You bring an intrinsic value to it, particularly when you're doing this kind of work because suddenly you hold such a powerful presence for people, an accepting, powerful presence. That gives them a healing just being with you.

But you—your entire personality, your humor, your whole body of experience, your wounds—everything about you brings value to the gift that you bring. There are people out there who would only be able to receive that gift from you and not the 10 other people who might sound like on paper that they do the same thing as you. You need to let that in. There are people out there who will be able to receive this gift from you, to hear it, to literally let the words in because of the unique way that you say it with your energy, your wounds, your vows, your brilliance, and your humanity.

There will be people that will be able to heal no matter what your gift is—I don't care if you're a painter or a web designer—who will have a transformation in their life because it's you that's delivering it. And do not underestimate the power of this kind of work in the presence that you carry, even when you're just talking with people.

Your value is not just your gift. It's the value of your belief in the intrinsic value of you, the person delivering the gift, your time, your brilliance, and then your gift, your skill. All of that is in there.

Now, if you feel, *"Wow, I think I could definitely earn \$200,000, but \$500,000 ... I don't know if I have that much value or if I can leverage myself to give that much of my gift to that many people,"* that's okay. What you want to see is where there's a line there that you feel, *"That's kind of my limit right now of how much value I think I can give with my gift."* You want to see where that line is because you can move the line up by proactively asking yourself to shine with more brilliance, to say to yourself, *"I am open to doubling my brilliance, my power, my inspired actions. I am open to more of my own courage, more of my own clarity."*

Think about that. If you think about the number that you have now and double that number, if you saw yourself at a point in the future earning double that number, and at that point in the future, you had doubled the brilliance that you are operating with, the energy, the enthusiasm, the pure, unadulterated clarity that you are operating with, the raw intelligence that you are operating with, the inspired action that you are operating with,

do you see that at that point in the future, you will feel congruent and deserving of that doubled number?

It's okay to know, *"Right now, I kind of have a feeling of my value here. Some of that could be my vows, programming, and negative inner talk, and I can work on that because that's what inner growth is."*

"And I can also consciously say to myself, 'I am open to allowing more of my brilliance to shine through so I grow myself into the person that is delivering value at twice this number. I am open to having inspired ideas on how to leverage myself so that I can give this value to 10 times as many people. And then I've leveraged myself and I am totally delivering on the value exchange of that number.'"

So be open to both, starting with honoring where you are now—because we often totally understate and undervalue ourselves—and remembering that it's not just your little gift. It's not just the way you adjust a back or give a massage. It's YOU that's part of that value.

Thirdly, you, especially in doing this work, will be able to continually ask yourself for more brilliance, more raw intelligence, more ideas, and more power. Whatever it is you need, ask it of yourself, and you will get it. You will wake up in the middle of the night with an idea and say, *"Oh my God!"* You will find yourself having more courage. You will find yourself having more energy. It's frickin' awesome!

Here's the question: if you're not sure that this is true for you, that means that you think that you have peaked, that you have reached all of your potential in life—there's no more brilliance locked in there; there's no more good stuff—that you've peaked. Even neuroscience tells us all the time that we only use a fraction of our brain. So if you believe that there is more to you, more untapped potential than you have seen so far, then know that you can simply ask for it, and it will appear—because the asking means you're open to it.

If you're not sure of that, I'm telling you right now that there is! You are a storehouse of untapped brilliance! Yes, I'm speaking directly to you! It's true. You are a treasury of untapped brilliance, energy, fearlessness ... more than you have seen so far.

In this course, you have uncovered massive amounts of programming, trauma, and vows that have stopped you from owning it. And as we peel away these things and start dealing with our vows more directly, that is going to start shining through you. And if you want more, *ask for it!*

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