



June 2010 Bootcamp

Session # 1

June 2nd

Tapping Routines

I. On Vibration about Income

[Min 4:0]

I earn \$_____ (weekly or monthly income)

Say out loud “It is not enough”

How true?

What’s the feeling?

If you get a certain sensation in your body: what would that sensation say to you (if you were to give it a voice)?

[Min 9:55] **Tapping Routine #1**

On the list of feelings/thoughts when saying “My income is not enough”

Karate Chop

Even though the truth is _____ I try to be positive _____ but this number is just not enough _____ and I really feel that _____ right in my stomach _____ it is depressing _____ It is scary _____ It is hopeless _____ and I am really disappointed _____ I totally honour all of these real feelings _____ and I am so open to healing them _____ because this is a conflict

Even though this money just isn’t enough _____ I am going to accept all my crappy feelings about that _____ this hopeless feelings _____ this deep shame _____ shouldn’t I be ashamed _____ all my disappointment _____ and all my fears _____ Oh my God! _____ what if never changes _____ I am really feeling the pain of money _____

Even though my money just isn’t enough _____ I am just not earning enough _____ and that is the truth _____ I honour who I am anyway _____ and all this heavy emotion about money _____ it feels so disappointing _____ depressing _____ it is a battle

[Min 12:00]

Points

This feeling in my stomach

Oh! I don’t want to look at this

My income just isn’t enough



I try to be positive
I have been being positive for years
And it is still not enough
It hasn't ever been enough
It is really scary
It feels hopeless
Disappointing
And shameful
It is *just* not enough
Panic
Fear
Depression
Anger
Every time I think about money
Every time I see my income
It is really hard to be grateful;
When I feel so bad
It is just not enough

[13:09] Take a nice deep breathe.

[16:35] Note from Margaret: *"On the other side of the anger and disappointment is empowerment. That's where we are heading"*

II. On the Past Energy around Money

i.e. what you ended up downloading in our system.

This is our family money paradigm

[Min18:15] Travel back through time until you are between 6-9 years of age and remember the story/energy in your household about money: how your caretakers dealt with / talked about / thought of / treated one another because of money. How similar are the feelings in them to what you are currently feeling?

[Min 20:00] Age of 6-9: That's where your lower chakras are being developed. You are almost in a state of waking hypnosis, downloading everything you hear/see/feel, ... etc.

If you have a connection: **Money = Anger**, you end up getting rid of your money.

If you have a connection: **Money = Fear**, you probably grew up with the belief "It will run out. There is scarcity around here".

Check how money in your life is connected to your family money paradigm



[Min 21:30] **Tapping Routine #2**

On the scene (or the movie) with you as a child with your parents
or parent right there with you in the picture

Tapping right on the Points

Panic and fear around money
I learnt this from my family
Anger and fighting about money
Boy does this sound just like my family's paradigm
Never ending cycles of scarcity
And the fear that comes with it
We totally believed in scarcity
Scarcity was real in our family
And my parents lived in it
Fear about money
Anger about money
Hopelessness about money
Disappointment over and over
Disappointment about money
All of this programmed
All the way down in my first chakra
All the way down in my sub-conscious mind
I am so open to healing this
My family's money paradigm
And all the ways I am carrying it
I am so open to healing this
For my highest good
Fear about money
Depression about money
Hopelessness and loss about money
Shame and disappointment connected to money
Anger and fighting connected to money
I totally honour that that was their way
And I am open to releasing this
So I can create my reality
In my present moment

[Min 24: 00] Take a nice deep breathe

Check the image again and check if there was something vivid or loud about that scene, you might want to do a separate tapping about it.



[Min 27:45]

Part of the assignment of this week is to become aware and then release either loyalty to or fighting against your family money paradigm. Check the two-part YouTube clip on “Money Paradigm”, and then end up writing *your own money paradigm*.



[Min 30:45]

III. Back to the current Income Number

Check where the feelings about it “*It is Not Enough*” are now

[Min 31:18] Part of the commitment of this week: ***tap ON A DAILY BASIS on your current vibration around money.*** Look at your income, the bills, check triggers, tap again.

Tapping Routine #3

On the self-judgments “I should have”, on the guilt ... etc.

[Min 34:50]

Karate Chop

Even though my income isn't enough _____ I totally blame myself _____ I am a loser
_____ that's what my income means _____ I should have been able to fix this _____ I
should be doing better _____ clearly I haven't done enough _____ and I am going to love
and accept myself as totally un-acceptable

Even though my income is just not enough _____ and I know what that means _____ It is
all on me _____ I should have done it better _____ I should be doing it right _____ I am
totally missing something _____ I am failing _____ I honour who I am anyway

Even though this income right here on my paper _____ it means only one thing _____ I am
screwing up _____ I am failing _____ this number defines me _____ I accept who I am
anyway _____ even though I really don't _____ because I should have done it better

[Min 36:39] Points

All this heavy self-judgments
I should have done it better
I keep screwing up
I must be missing something
Oh my God! I got to figure this out
This number means I am losing
I am failing
I am not doing it right
It is so heavy
I feel all the guilt
So stupid
It is so embarrassing
If people knew what I earned
I would be humiliated
It is all me
It is got to be



I am doing it wrong
And every time I think that thought
I tell the Universe
I don't deserve
And it feels so heavy
That I get stuck
And my view of abundance
And possibility
Shrinks down small
Should have done it better
All my fault
I am failing
Every time I think those thoughts
I contract
I get stuck
I push myself lower
I push my deserving lower
All this self-judgmental thoughts
I am open to seeing them for what they are
Thoughts running in my head
Habitual thoughts running in my head
I am just going to be open to the idea
That I have always done my best
And I actually deserve right now
That would feel really different

[Min 39:00] take a nice deep breath

[42:15] Back to the number "It is not enough", where are the feelings now?

[43:30] For the Charismatic Leaders out there, look at the number again and say

It is not fair

I am working so hard and it is just not there

How true does that feel?

Then check the anger (note for the Knowledgeable Achievers, their anger is when they are back to judging themselves)

IV. On the Anger

Anger means "*Something does not feel fair*"

Anger also means *you are in a place of dis-empowerment*

Remember Anger is the other side of Passion

[Min 45:30] **Tapping Routine #4**



Karate Chop

Even though the truth is _____ I am pissed! _____ This sucks! _____ It is not fair
_____ I am working so hard! _____ And I am getting NOTHING! _____ I am just
gonna honour my anger _____ It feels really justified

Even though my income isn't enough _____ and I am trying to be positive _____ I am
actually really angry! _____ What's the hell!? _____ How much harder do I have get to
work? _____ There is just not enough coming in _____ And it sucks! _____ And I am
angry _____ and it is really unfair _____ I totally honour this anger _____ this rage
_____ I could kill somebody! _____ It is so unfair! _____ And I see other people
making more _____ And they are not as half as good as me _____ Here I said it! _____
I am just going to honour my anger _____ totally justified anger _____

[Min 47:00] Points

I am really angry
And I have been angry for a long time
And I try to hold it at bay
And be positive
Nobody likes my anger
But it is really unfair
I feel like I am fighting a battle
And I am losing
And I hate losing
And I am doing so many things right
It is infuriating
It is unfair
It is just not right
It is just not happening
And I am really really angry
I totally honour my anger
And all the passion and desire behind it
I really want this!
There is a lot of passion and desire
Bottled up behind my anger
I am just going to tally honour it
And let that energy move through me
I totally honour my anger and rage
And all of me

[48:30] Take a nice deep breathe

If you have a CL/Enforcer profile, do that every day and you will feel great!



[49:30]

After tapping on the anger and getting it down a bit, we need to ask:

What is that anger calling you to do?

because it is calling you to do something in this moment.

Also: **recognize that the angry part of you is the part that has no doubt that YOU DESERVE MORE**, so you might actually want to honour it and see it as your ally.

Feeling the anger in your body is way better than going up in your head with thoughts of self-judgments “*I don’t deserve anything*”.

And by tapping on anger, you are not going to feel more anger: you are actually going to feel more empowered.

V. Let’s Get Positive

[Min 57:00] **Tapping Routine #5**

Karate Chop

Even though my income still isn’t enough _____ I am totally open _____ To the millions of ways _____ That money can show up for me

Even though isn’t what I wanted it to be _____ I recognize in the present moment _____ That I am just looking at a result on paper _____ From my past _____ But in this present moment _____ I am a powerful manifestor _____ So I am changing my vibration about money _____ I am totally open to all the ways _____ Money can start showing up for me _____ And everything I need _____ I am now attracting to me _____ To allow more money into my life _____ I am now attracting ideas _____ Inspirations _____ Actions _____ People _____ Circumstances _____ Anything I need _____ To allow money to show up for me _____ I am opening up my vibration about money _____ By saying one simple word _____ Yes _____ I am now saying YES to money

[Min 58:54] **Points**

Looking at money used to make me angry

Or fearful and depressed

Now when I look at money, I just say YES

I actually love receiving money

It is really fun to get money

I actually am grateful for the money I have right now

I am now open

To receiving any kind of (*legal*) money

I am saying YES to all sorts and forms of money



Cash, cheque or charge
I am saying YES to money
A whole new vibration about money

I am letting go of fear and depression
I am letting go of shame and anger
And I am now allowing
The REAL me
To resonate with money
I really love money
It is fun because I am good at what I do
I really love earning money
I love what I do
I am really good at it
And now I am open to receiving
With one simple word
Yes to money
I am saying YES to money

I am going to say YES to money
all day long
When I wake up in the morning
When I go to sleep
Yes to money
Even when I dream, I am saying YES to money

I love this vibration
I love this vibration of receiving
I am now receiving and welcoming
More money
Into my home
Into my business
Right into my hands
I am so curious
As to how it will show up

And I am already feeling
Excited
And grateful
For more money showing up

Yes to money
Thank you for money
Open to receiving money



All the way through me
Mind, body and soul

Money is an energy
Like any energy
And no I am saying yes to it

[Min 61:55] Take a deep breath.