# WORKBOOK



Powerful Strategies for Tapping into Wealth and Inner Brilliance Using The Law of Intentional Attraction



Powerful Strategies for Tapping into Wealth and Your Inner Brilliance Using Tapping and The Law of Intentional Attraction

Margaret M. Lynch, BS, EFTCert-I

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# The Secret of Intentional Wealth

Powerful Strategies for Tapping into Wealth and Your Inner Brilliance Using Tapping and The Law of Intentional Attraction

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#### **Foreword**

Marguet M. Tynch

I have poured my heart and soul into this program. Everything here is a part of me and what I have learned.

In this book you will catch a glimpse of the Secret of Intentional Wealth Program. There is so much more to it than you will see here.

Every day and every week I work with so many people who are suffering with their financial traumas and fearful to make those Outrageous Goals. I have found a way to help them, and I want to share that with the world.

If you like what you see here, please visit http://secretofintentionalwealth.com to find out more about this life-changing program.

#### Introduction

Welcome to the *Secret of Intentional Wealth* Tapping Program! My intention is to provide you with the tools and the process to break through your present reality to higher levels of wealth, income, and joy! There are lots of wonderful success and finance books that teach you all the mechanics and systems of how to build wealth through a profitable business, through managing and investing your money, through real estate, etc. I am not going to teach what is in the success books. I specialize in the blocks to success. I specialize in getting you to the core of what's really holding you back from more success, and from more wealth.

This is important because, although it is easy to see our goals, it is difficult and sometimes impossible to see our hidden blocks to these goals. You will learn why these blocks are so hard to see, and going through this program, you will find yours. I promise! Here is more of what you will learn.

- You will learn about beliefs and how they create behaviors conscious and unconscious "autopilot" behaviors. More important, you will see how these behaviors can brilliantly support you or brilliantly sabotage you.
- You will learn how to set a goal for this work and why that step is much more critical than you think. You will find out that I want the goal to make you a bit, well, uncomfortable.
- You will learn the two biggest sources of blocks to wealth and find yours.
- You will learn about the incredible amount of information contained in your debt (or your shortages to your goal) and how to use that information to create a new wealth reality.
- You will learn how and why the goodness of your heart your positive intention makes a difference and can transform your goals if you allow it!
- You will learn how to tap into your own potential and the Law of Attraction for everything you need to achieve your goal: creativity, inspiration, action, resources, etc
- You will learn not only Tapping, but supercharged Tapping through my exclusive Power Reframes. You will be guided through this process in both written form and through the audio portion.

The truth is that your present inner world has created your present life and wealth reality. Use this program. Put in the time and you will watch your inner world shift - creating corresponding changes in the real world of your actual finances. This is cool stuff! I am glad you are here and honored to assist you!

#### **About the Author**

Margaret Lynch is a Success Coach and widely considered a top Emotional Freedom Technique (EFT®) Expert. As author of the "Secret of Intentional Wealth" e-book and EFT® audio, she teaches how to use EFT® to break through wealth and success and confidence limits to create higher levels of wealth, health and passion in life.

Margaret's specialty is getting to the core of what blocks our success – the limiting beliefs and old programming that hold us back in our careers, businesses and finances. She teaches clients how to tap into their inner brilliance to achieve higher levels of creativity and inspiration, and to find higher purpose in life.

Margaret was recently a featured expert in the "EFT®/Tapping World Summit" internet event attended by over 45,000 people. She is currently highlighted on the "Tapping Insiders Club" subscription site as the business and money expert. She is the owner of New England Success Coaching and serves as a consulting teacher for Meridian Bases Therapies at the Rhys Thomas Institute of Energy Medicine. She was also the host of a popular weekly success focused talk radio show called "Stress Vs Success" on the Voice America network.

Business owners, entrepreneurs and career professionals seek Margaret's expert guidance to enhance confidence, entrepreneurial vision, action and execution, sales expertise, financial empowerment and public speaking.

Margaret offers individual coaching as well as workshops in:

- Secret of Intentional Wealth for Entrepreneurs
- Law of Attraction in business
- Sales Force Motivation
- Persuasion and Influence
- Sales and Marketing for the Self Employed
- Stress Management for Employees

Margaret draws on her rich, eclectic experiential and educational background. She has 18+ years in management and executive sales positions in top fortune 500 companies. She recently joined the advisory board for Aspire Magazine as Sales Director. She earned a Bachelor of Science in Chemical Engineering from Worcester Polytechnic Institute in Massachusetts, and acquired multiple certifications in Hypnosis (CH, 5-PATH) and the Emotional Freedom Techniques® (EFT-Cert1). She is a member of the National Guild of Hypnotists (NGH), the American Association for Comprehensive Energy Psychology (AACEP), and Business Networking International (BNI).

#### The Power of Intention

Why do I include the word "intention" in the title *The Secret of Intentional Wealth*? Because your intention MATTERS! The intention that you have behind your goal of more money, of double income, of tripled income matters! It matters to the world, to your customers, to your colleagues, to your family and most important, it matters to YOU!

The truth is everyone I have ever worked with has a positive intention behind their wealth goals. They don't plan to double or triple their wealth by stealing or defrauding others. They are going to get there by in some way reaching and affecting more people or in a bigger way (or both) through their efforts. They have a positive intention for those they will impact – their customers, clients, and at some level, the world. And they have a positive intention for what they will use the increased wealth for – to create more joy, freedom and time for themselves and their loved ones. You have a positive intention too...think about it.

When we remind ourselves of our positive intentions, we actually remind ourselves of the goodness of our own hearts. The key here is when we do that and bring that into our goals, everything changes. We change, our goals change, and the Law of Attraction responding to our dominant vibration changes. They all change in profound ways. This is hard to describe or explain because it comes from an inner knowing or feeling that you will experience by using this process. I will do my best to explain what I can.

First, remembering our intention frees us from our own inner judgment and conflict about our wealth or career goals. (You will learn a lot more about these!) But I believe it also does much more than that. I believe it allows us to align with the most powerful, wise, brilliant and eternal part of us: our soul or higher self. I believe that by using the power of intention as an overlay in all of our goals and actions, we come closer to aligning with our soul's purpose or our life's purpose.

I believe that as we align with our soul's purpose, we can tap into (or allow) a higher level of our soul's natural brilliance in achieving our goals. This natural brilliance will be seen as creativity, inspiration, energy, passion, compassion, inspired actions, and remarkable synchronicities with external circumstances and resources. Things will just seem to line up for us as we are firing on all cylinders, literally surprising ourselves with what we create; what we get done!

So what does it mean to add the power of intention into our goals? The difference in the Law of Attraction and using the Law of Intentional Attraction is in the distinct and pervasive intention for the wellbeing of all, including ourselves. It means that we recognize our potential to impact others and the world and include them in our intentions. Throughout the Tapping statements in this book (and the accompanying audio), you will find I have woven indirect and direct statements about intention. Sometimes I will say directly, "My intention is..." Sometimes the intention will be in the "because" portion of the statement, and sometimes it will appear just by adding the words "for the best and highest good of others AND me."

I have put these intention statements there on purpose because there is profound power in those words, power to supercharge your goals!

#### **More About Intention**

The simple truth is that when each person does what is best for himself AND others, all benefit. It is not a contradiction; it can be a win-win. But we are programmed to think so often in either/or scenarios!

When we set goals for ourselves, we often come from an unconscious belief of scarcity. When there is a scarcity of resources, to create a goal of wealth sets us up to feel we are somehow in competition with others, or our focus on US and OUR wealth is taking away from them. The thought is, "now I am thinking about myself and my wanting for more wealth" as if it's at the exclusion of others or even detrimental to others. We assume it's either/or, us or the world, us getting the money instead of others. So our goal for more wealth creates an unconscious conflict.

As we move to taking actions toward our goal, the actions can seem similarly conflicted: meeting our own needs instead of or at the expense of someone else's needs. We feel conflicted about pleasing others or ourselves, and we think we have to choose. When we believe in this choice conflict, everybody will lose in some measure because it could really be a win-win. The belief that we have to choose creates the illusion of separation and invites value judgments of actions such as "giving," "generous," or "selfish." This puts us in a bind!

Our intentions clarify and free us. They remind us of the goodness of our hearts and relieve us of all negative judgments. Even when we make mistakes, our intentions forgive us and reset. Intentions clear and align motivation and relieve our guilt about "selfishly" choosing ourselves over the needs of others. And as you will learn, guilt and feelings of selfishness create major blocks toward our goals.

Our true positive intention clears and opens the channel of higher inspiration and creativity. When you intend to be wealthy, that is great. When you intend to be wealthy by becoming more powerfully YOU than you have ever been; that is far, far better. Because becoming more powerfully YOU means sharing your valuable passion, energy, time, creativity, and compassion with the world in the unique way that only you can. Yes, this is far, far better. What is the best and fastest way for YOU to become wealthy and live a life of rich abundance, passion and joy? Tapping into your truest nature – your unique, God-given compassionate brilliance and your life's purpose.

And I believe that true brilliance is always compassionate; true brilliance is always kind. I believe intention is a vehicle of the kind brilliance of your soul. Here's another way to look at it. Kind brilliance is the harmony of your left brain's intelligence, your right brain's creativity, and your heart's compassion and intuition; all guided by your soul's higher purpose.

So, look into your heart. Is it your intention to just have wealth for yourself? Anyway you can get it? Or is it your intention to receive wealth and abundance into your life as the exchange for a valuable service or product that you provide through your time, energy and efforts? Is it a product or service that people need; that helps them in some way? I bet the answer is a resounding "YES!"

Well, what if you can have it both ways? What if you can have the intention for increased wealth for yourself and everyone you know? Intentions are free and unlimited. You can have as many as you want and without conflict. Everyone can and will benefit. Recognize your potential to impact others and the world and include them in your intentions. Then just watch how it changes everything! Watch how it impacts the way you feel, the way you act, and people's response to you!

I also think it's important to note that intention will never lead you to pain. Intention never creates the suffering martyr because it never omits the self. It will never lead you against yourself. Therefore, there is no worry of "what if it's too hard?" or "what if I have to do something or be something I am not?"

Intention includes you, your true nature, and it brings the manifestation of your goal that is perfectly and uniquely suited to you. For that reason, using intention together with the Law of Attraction will supercharge your success...for your highest good! And of course, for the highest good of everyone else, too.

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#### **How to Add Intention to Your Goal**

If you were to personally double or triple your income, who would benefit? Of course you and your family would benefit. Maybe certain friends would benefit. But who else? The truth is A LOT of people, many you have not even met yet, will benefit from your seemingly self-focused income goal.

Both the business owner and the career professional benefit in similar ways. Take a look:

#### The business owner:

If your income were to double or triple, that means your business must roughly double or triple. So who, besides you, benefits?

Your family benefits! First and foremost think about the concrete changes that will impact your loved ones. This new level of income would mean relief, security, FUN, new adventures, freedom, time off! Really think about how much you want this for them!

Your customers benefit! If your product or service has real benefits, and you believe in it, then that means 2-3 times as many people would have received great benefits, or some number at least got bigger benefits. So are they better off with your product or service in their life? Do you believe in your heart of hearts that they benefit? If yes, then your customers and future customers definitely benefit.

Your future employees benefit! If your business grows 2-3 times, wouldn't that be great for your current or future employees? Wouldn't it be beneficial for you to be able to provide a great job with a growing company? Of course they also benefit.

Your business colleagues benefit! Think about the businesses with whom you naturally network and share/refer clients. Would their businesses be positively affected if your business tripled? Absolutely!

Your vendors benefit! Think about the increase in demand for everything you purchase and the new things you may need as your business triples. All the businesses that support your business will grow too!

#### The career professional:

If your income were to double or triple, that means that your results for your company must roughly double or triple. So who, besides you benefits?

Your family benefits! First and foremost think about the concrete changes that will impact your loved ones. This new level of income would mean relief, security, FUN, new adventures, freedom, and time off! Really think about how much you want this for them!

Your customers benefit! If your company's product or service has real benefits, and you believe in it, then that means 2-3 times as many people received great benefits, or some number got bigger benefits. So are they better off with your company's product or service in their life? Do you believe in your heart of hearts that they benefit? If yes, then your customers and future customers definitely benefit.

Your department/team and boss benefit! Think about the impact your new level of success will have on your boss and/or your direct reports. Do you think your boss will get kudos and your direct reports will be inspired? I have seen whole departments transformed with more budget and more staff when their results show a trend toward growth and leadership!

It's hard to feel selfish about your big income goal now, isn't it? Your wealth goal will be impacting the success and abundance of thousands of others! Isn't that great? And isn't that worth committing to?

Now you can write an intention statement for your goal that includes the highest good of all these other parties. And don't just write it, THINK about it, THINK about them, visualize the entire group of you flourishing! Now the Law of Attraction has something profound to respond to!

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Powerful Strategies for Tapping into Wealth and Your Inner Brilliance Using Tapping and The Law of Intentional Attraction

#### Part 1

# Outrageous GOALS vs. Big OBSTACLES

# **Outrageous Goals Push BIG Buttons!**

This work starts with a goal, preferably a really big goal. Why? Because really big goals push our buttons! They make us uncomfortable, uneasy, and uncertain. They make us question our belief in ourselves and our faith in things like "dreams can come true." These are the buttons that need to be pushed to find our limits – to find our blocks and break through them.

What is the best kind of goal to set? I highly recommend one of your top three goals be a big income goal. This income goal will be the focus of this course. Why income? Because income goals crystallize your resistance.

Nothing pushes more buttons, creates more challenges in belief, and is more uncomfortable than a big income goal. I don't mean an incremental increase in income. I mean the kind of income goal that far exceeds what you are earning now, an income number that would be impossible to achieve by just doing more of what you are doing now, by increased effort, time or incremental improvements. No, to achieve this income number, drastic things would have to happen; unimagined resources would have to appear. You would have to be operating at a much higher level of brilliance and efficiency

#### Big income goals crystallize resistance.

Maybe some of you are thinking, "Is it okay to be so focused on money?" It sounds pretty materialistic, unenlightened, maybe selfish, maybe even wrong according to religious upbringing. Or maybe you are saying that you are pretty sure it's NOT okay to be so focused on money. It's important to note if a button is already being pushed. You probably know that even those of us who believe that we really, *really* JUST want more money have something behind the money that we actually crave. Something that we believe the money will buy or do for us...provide freedom, security, joy, relaxation. That's what we really want...money is just the exchange medium.

So what if your goals are more altruistic? What if you want to save the animals, or end world hunger, or help people in need? This type of goal feels better and aligns with our compassion, our purpose, and maybe our religion. This is a wonderful intention, and it will grow and serve you extremely well if you allow it to overlay your goals – especially your big income goal! The problem is in thinking either/or instead of thinking BOTH.

How much more could you do for the animals or people of the world if you had twice as much money? Would twice as much income enable you to not only donate more, but be empowered to do more? Would three times as much income allow you the freedom of time to get involved and do more with your time and abilities than even monetary donations can? If so, then how are the animals or suffering people being best served by you if you consider "lots of money" to be selfish or materialistic or a sin? Aren't you being selfish by keeping yourself small and impoverished while millions could benefit from your talents? How could you?

Without money we cannot live life at the fullest expression of our creativity, productivity and joy. Without money we cannot live at the fullest expression of our compassion, our generosity, our life's purpose. Yes, there are exceptions, like the incredible life and accomplishments of Mother Teresa, all within a chosen life of poverty. But unless you are planning to be the next Mother Teresa, the need for money applies to you!

Money is just a form of energy; it's our exchange medium in this world and is passed around continually. It does buy certain things – security and freedom, for example. More important, however, is your reaction or resistance to having a large income or MONEY goal.

Money allows us to live at the fullest expression of our creativity, productivity and generosity.

# How much is enough?

In his fantastic book "You Were Born Rich," Bob Proctor emphasizes the importance of deciding VERY SPECIFICALLY how much income you want. I wholeheartedly agree!

But here's the problem: sometimes we either pick a big number out of the air or we pick a number that lets us break even using the "I don't need much, just enough to get by" approach. STOP and think about what you are saying to "the universe" when you say those words: "I don't need much, just enough to get by."

Almost worse is the unspoken part of that sentiment that says asking for more than that would be SELFISH. "See universe, see everyone, I'm not selfish, oh no, not me...I am proving it by not asking for much!"

So let's go with what Bob recommends – going through a more disciplined process of developing our income goals. This helps us clarify what we want the money for and ensures that we are reaching for a goal that goes beyond debt repayment or breaking even. What we want is a solvency income goal, where we are saving and investing AND enjoying life.

We want to create the income goal that includes the amount of money we need for the things we want in life, to live the way we choose.

A Solvency Income Goal is set to allow saving, investing, AND enjoying life.

You might start your list based on a monthly number and include your current fixed payments, like mortgage and **desired** payments on things like college funds, retirement, or debt repayment ... AND YES, savings account contribution.

This list includes meeting your responsibilities for yourself and your family's financial wellbeing and future.

Next, add the monthly amount of money you would LOVE to have to do the things in life that make it enjoyable. (Note where you have resistance to "asking for too much.")

This is shown as an example on page 19 with a worksheet on page 20 you can fill in with your own numbers.

This process will allow you to arrive at your monthly net income and annual gross income number.

Now look long and hard at your number, and review your calculations again, reminding yourself how you came up with this number. Write that number big and bold across the page!

Now, notice your resistance to the number, how uncomfortable you are looking at it. Notice the emotions it brings up, the feelings in your body (like the "pit" in your stomach). Think about announcing to all your friends and family that this number is your goal and notice how that makes you feel.

This resistance contains your fears, limiting beliefs, and counter-intentions. It is you saying "NO, absolutely NOT!" to this income.

Your resistance contains your fears, limiting beliefs, and counter-intentions.

Now double the goal! Are you screaming, "This is impossible!" yet? Now look at the doubled goal and notice how the feelings intensify. "This is ridiculous!" you might be thinking. Or maybe, "it would take a miracle!" YES! YES! YES! Exactly! An outrageous goal!

What I mean is, in order to get to that doubled goal; a miraculous amount of brilliance would have to come from within you, right? Amazing inspired ideas, creativity, new levels of action and leadership and confidence and execution! WOW! Yes, in order to get to THAT goal, you would have to grow and expand yourself to a much higher level.

And let's not forget about the Law of Attraction! It would have to line up miraculous things – people, resources, information, ideas, circumstances, opportunities- all orchestrated in perfect timing to arrive at that goal. Just imagine the unfolding of that! It would truly be a fast moving river.

Isn't that what we want? Isn't that the goal we want both our own brilliance AND the Law of Attraction responding to? And you know that when you get there, it will be awesome! But there is something else important to recognize here. The journey to that goal is the journey worth taking, it's the journey to YOU.

This is what your *life*, your *passion*, and your *purpose* are calling you to do...grow, expand, and become more of you than you have ever been!

Now, aren't you glad I made you double your goal? Outrageous success starts with an outrageous goal!

# Outrageous success starts with an outrageous goal!

But there is yet another benefit to having this outrageous goal. As soon as you allow yourself to look at that "outrageous" goal and allow yourself to wonder "what if?"; allow yourself to feel excitement and curiosity; allow yourself to picture what it would be like, feel like, look like - even for a minute, an instant, a split second. In that instant you have transported yourself into the mind of an entrepreneur.

For it is the JOB of the entrepreneur to dream, to vision, to imagine, to wonder! It is the job of the entrepreneur to suspend disbelief and ask the questions: "What would it be like? Look like? Sound like?" "How *could* I get there?" This is the entrepreneur in all of us! This is the part that urges us to start our own businesses in the first place!

The entrepreneur in you needs to be nourished and encouraged or you will revert back to, "I don't know how to get there," and stop thinking big. This is the voice of your brilliant, but task-oriented, analytical mind. Your brilliant analytical mind does not sit well with a stretch goal because it wants to know all the steps to get there, and it likely does NOT know how to get to this outrageous, doubled goal. Of course it doesn't, it only knows the past! If you keep doing only what you know, you get only what you have gotten so far...present results!

So the very fact that you DO NOT know how to get there with a goal this big is why you need the goal! For the very fact that you can't get there by just personally working more insures that you won't try to get there that way! This insures you will *have* to grow, stretch and change out of your current comfort zone. This is a good thing! It is in the relaxing of the analytical mind that creativity and inspiration flow unhindered!

KNOW that using TAPPING, we will clear ALL this resistance, impossible as that may seem. As this happens you will naturally increase your BELIEF that it is possible and your FAITH that whatever is necessary to reach that goal WILL occur.

As Bob Proctor says, you need to have faith in your "God-given ability to achieve what [you] image."

# **Solvency Goal Example**

#### Use for Exercise 1

#### **Monthly payments:**

Mortgage

Car payment

Insurance (life, car, medical, dental, disability, homeowners, renters, etc.)

Utilities (heat, electric, phone –land and cell, television, sewer, water, etc.)

Food

Other (sundries, gasoline, clothes, shoes, other - your monthly credit card spending will show this)

Retirement contribution – desired

College fund contribution – desired

Other debt repayment – desired amount

Saving contribution/investment

#### **Monthly life enjoyment:**

Vacation fund

Entertainment – dinner, shows, music, arts

Other new things in your life – a new car, vacation home mortgage

Extra money for random purchases – clothing, TV, furniture, etc.

Donations to causes that are important to you

TOTAL: example \$10,000/month after taxes.

Now estimate the gross income level required to give you that number after taxes. TOTAL GROSS INCOME: example \$15,000/month.

\$180,000 /year

Now fill out the worksheet for yourself on the next page.

<sup>\*</sup>Download Bob Proctor's book for free off his Web site: http://bobproctor.com/default.htm

**Solvency Goal Worksheet** 

Monthly P	ayments
Mortgage	
Car Payments	
Insurance	
Utilities	
Food	
Extras	
Retirement contribution	
College Fund	
Other debt (desired payment)	
Savings and other investment	
Tithes and other charitable donation	
Monthly Enjoy	ment Expense
Vacation fund	
Entertainment	
Other new things	
Extra money for random purchase	
Donations to worthy causes	
Total Net (after taxes) Income	
<b>Total Gross Income (net times 1.5)</b>	
Multiply the Total Gross income by 12	

Total Gross	
\$	
DOUBLE	
\$	

# **More About the Entrepreneurial Perspective**

If you are self-employed or own a small business, this is the personal income goal that your business has to pour into your life for you to love it and have financial freedom. THIS number is what you use to set your business goals, not the other way around. Many people let their beliefs about their business - what it has achieved so far and how much they think it can achieve - set personal income. There is a huge problem with this thinking and it will limit both you and your business!

Your personal income and time/freedom goals for 3, 5 and 10 years from now create the revenue goals for your business 3,5 and 10 years from now. When you have this goal, all your actions, ideas, inspirations, strategies, and tactics will line up with that goal. As already discussed, so will your brilliance and the Law of Attraction!

But many business owners never take this critical goal-setting step because of their limiting beliefs and resistance. When you don't have this goal, personally and for your business, all your actions, ideas, inspirations, strategies, tactics will default to the model of the past, which is the model of working.

And that means when 3, 5, 10 years gets here...it will be just like today! The same money, the same hours at work, and the same freedom. I have coached so many business owners who have lived this story and they are physically, emotionally and even spiritually exhausted. What they thought would be their life's dream and give them freedom, turned into 24-hour enslavement. So unless that is what you want, I urge you to get these goals down!

Think big, write them down and know that TAPPING will allow you to move through each goal. Remember you now have a secret weapon at your fingertips!

I recommend you start at 10 years and let the entrepreneur in you envision, dream, and wonder... "What will my business be doing to earn that much in 10 years? What will it look like; act like; be like? How many people will work for me? Why will my customers love to buy from me?" For this is truly the job of the entrepreneur and this part of you MUST be nourished!

Then let the 10-year goal create the 5-year goal and ask all the same questions: "What will my business have to be like in 5 years to get that big in 10 years?" Then let the 5-year goals set the 3-year goal. Suddenly everything you do *tomorrow* will be lining up to the 3-, 5- and 10-year goals! Now you have something exciting for your brilliance to work on!

Remember to proactively and consciously nourish the entrepreneur in you. Spend time each week purposely sitting in the entrepreneurial mindset picturing, dreaming, imagining, wondering. If you take an hour or even 10 minutes, I can guarantee that's more than is done by 90% of businesses that are on the verge of failing. Please don't join them!

If you are really committed to success as a business owner, two of the best investments you can make are: 1. Read the <u>E-Myth</u> by Michael Gerber and 2. Hire a business coach! The FIRST thing your business coach will have you do is set your 5- and 10-year strategic goals! Now complete exercises 1, 2, and 3 on the worksheet and see where you are!

# **Income Goal Exercises**

These exercises are designed to get you thinking about the goal and capturing your resistance to it. So to get started, choose an income goal that is a true solvency goal. Remember to make it a stretch goal – meaning you can't just get there by incrementally working more. It should be somewhat believable, but at the same time, really push your buttons.

Exercise 1: Set your big income goal.
Example: I want my income to be \$ in 1-2 years.
YOUR GOAL:
Notice if and how much just stating this goal out loud gives you an uncomfortable feeling. This is your immediate resistance.
Does it have a number? On a scale of 0 to 10, how high is that resistance?
Exercise 2: State your DISBELIEF  Now give three reasons why this is pretty crazy and unrealisticwhy it can't happen. It's okay. BE  NEGATIVE. Let's hear it! This is your reasoning behind why you are having trouble believing your goal is possible.
<ol> <li>Examples:         <ol> <li>The economy is tanking, and things are slowing down.</li> <li>I get paid a fixed salary from my company.</li> <li>I am already working 60 hrs/week; I can't work any harder.</li> <li>There's a lot of competition for clients.</li> <li>I would have to charge too much and that would drive away clients.</li> </ol> </li> </ol>
YOUR REASONS
1.
2. 3.
3. 4.
5.
6.
7.
8.
9.
10

There is no right number. If you have more, write them down. If you don't have that many, open your mind. You might be surprised to find out what you hear your subconscious whispering when you pay attention.

### Exercise 3: List your obstacles

Now think about the two BIGGEST things that are obstacles in the way of you achieving this goal. One of these obstacles should be a concrete, real-world obstacle or person. The other should be something inside of you, like a behavior or an attribute. Choose something that gets an immediate reaction from you ... something that can really trigger your anger, annoyance, or frustration.

#### **Outside of you**

thing.\*\*

This should be something, someone, or some task that you just can't stand that trips you up and undermines you; something that just gets in your way and sets you off! Just thinking about it/him/her annoys you!

Examples:	
is an idio	ot and undermines my efforts!
Paperwork wastes all my time.	
I have to wait for	to happen first.
YOUR OBSTACLE	
Outside of you:	
Inside of you	
This should be something about you that dr do, or just don't do well! Maybe you're ev	rives you crazy, that frustrates you, that you just don't or won't en embarrassed about it.
Examples:	
I am just no good at	<del>.</del>
If I could just be better at	
YOUR OBSTACLE	
Inside of you:	
**NOTE: If your biggest immediate obsta	cle is debt, deal with this in Part 2 and choose the next biggest

# Take the Next Step!

Now that you have a number and are good and uncomfortable, let's multiply the experience! Write that number down on multiple sticky notes, multiple ways. Write down the annual gross, the monthly gross, the approximate monthly net and difference from your current monthly net.

Personally, I find the monthly net most real and compelling to look at, especially the increase from the current monthly net. Really think about the differences in life, stress levels and activities that an extra net income would give you. What will it look like in your bank account? How quickly could you pay off debt? How will if feel to see it coming in? What will the pile of money look like after six months at that income? What could you spend it on?

Now place the sticky notes all over your house, on mirrors and doors. This one step will garner an incredibly important and powerful resource in a way that is completely effortless for you...your subconscious mind.

At first you will notice those sticky notes and they will keep pushing your buttons, which is good in and of itself. You will notice all sorts of objections appearing in your thoughts that will sound logical but will be based on emotion. These objections are important as they shine a light on your resistance.

After a while you will notice them less; they will blend into the periphery. The fact that you stop noticing them means your mind has accepted them as part of your current reality. Both stages are engaging the subconscious mind continually as a puzzle that must be solved. You will have the most brilliant, creative and action-generating part of your mind working 24 hours a day on your behalf trying to create that reality. The definition of insanity would be to miss out on this free, effortless, and powerful help!

Your subconscious mind is the most brilliant, creative, and action-generating part of your mind...USE IT!

Notice your resistance to taking this step! Notice your resistance or anticipatory embarrassment as you tape up the sticky notes with your income goals written clearly on them. Notice your increase in embarrassment when family members or guests notice them and ask, "What's this?" Notice their reaction. Are they shocked, embarrassed for you, annoyed, scoffing, or condemning? This is a very interesting experiment. As a bonus, it will provide you with huge amounts of information about both your resistance to making more money and the reasons for it.

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#### Now Get to Work!

Now that you have a big goal and have used it to push a lot of buttons, the first step is to deal with those immediate buttons. The buttons are incredibly important and contain vital information for this work. Let's keep in mind this is an income goal that is far beyond what you are currently earning, so it should elicit some resistance. If not, your income goal is just not big enough. Again, try doubling it. See how that feels!

Immediate obstacles that seem to be external to us (like a person who sabotages us or debt) keep us focused, powerfully and with emotion, on present reality. This is not good, right?

Present reality is not what we want! Present reality is the result of how you have been thinking and doing so far....which is based on the past! Present results can change, when you change. Remember you are creating your future with your present moments, so unless you want it to look like the past, stop going there!

All of your resistance to your goal is based on your present reality, which is based on the past!

The reality is, sometimes that's easy to say but hard to do. So to get started we have to get beyond the inyour-face reality of immediate frustrations to begin to do this work. Even though nothing is going to change instantaneously, when we reduce the emotional intensity and importance of present results, we are freed up to deal with them calmly and focus on our goals with more energy and belief.

It is critical to address the "immediate resistance" early and often, or you will get stuck. And worse, you will find yourself backing your goal down to smaller and smaller numbers. We address it first in this series, but you must address it again and again throughout your progress, especially as your goals increase.

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Here is the summary of what you must address about your goal:

- Immediate disbelief that any of this is remotely possible this could be that your analytical mind can't see the "how" yet or you just feeling overwhelmed thinking about it.
- Immediate identification of someone or something that is totally blocking you something that really brings up emotion for you, particularly anger or frustration or resentment.
- Immediate feeling/thought of some shortcoming within you that is sabotaging or blocking you something that really brings up emotion for you.
- Current financial debt situation this can overwhelm your progress with strong negative emotions. THIS IS DEALT WITH IN PART 2.
- Current time or energy debt situation, which makes it difficult to imagine "doing" more to earn more. It seems too exhausting to even think about!

It's critical to address head-on the immediate disbelief and emotional resistance to our goal or we will get stuck there.

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# **My Sticky-Note Story**

Let me give you my personal sticky-note story. I resisted taking this step for a long time and when I finally took it, I had to practically wrestle with my hand to write the numbers down. I had to resist the impulse to lower the numbers. I immediately felt embarrassed even though I was alone. I worried about what my family, who was in and out of my house often, would think, so I only put up one note on my mirror. I even felt uncomfortable when my daughter, who was 10, asked me what the note and number were about.

Now, she had no frame of reference with which judge an income number so, therefore, she had zero judgments or negative associations about the number. I felt silly as I realized my embarrassment was completely a product of my own perception. She just accepted it and my explanation as "Mommy's goal for earning money" and went off to play.

Unbeknownst to me, she actually went off and decided to help mommy "see" the goal more often. She made up sticky notes and placed them all over the house, carefully choosing spots based on everything I did. She called it a surprise...and boy, was it! Now I was stuck! I knew there was no way these would be missed by anyone stepping into my house, but I couldn't take them down and crush her surprise! And worse, how would I explain to her untainted mind why I was taking them down?

Nope, I had to live with my secret income numbers plastered all over the house for all the world to see, question, and judge. I had to live with the feelings of resistance that came up every time I looked at them. Uncomfortable feelings like embarrassment, disbelief, discouragement, overwhelm, even failure and I hadn't failed at anything! I felt the discouraging weight of impossibility.

I also felt judgments, my own and anticipatory judgment of others: selfishness, money-grubbing, conceit, arrogance. I felt identity issues and class issues: who "we are" in my family, the hard ceiling of the middle class, "we" aren't rich people, the "us and them" mentality about the rich.

The thoughts were my own voice or other voices saying things like: Who did I think I was? I must think I am better than everyone else. This will be a slap in the face to others. I will insult others earning less. I will be so much more embarrassed when and if I fail and everyone knew my number.

Dang, this doesn't feel like how it's supposed to work! This was not fun; it really stunk for a while! But that is exactly how it starts working. Those little Post-it notes in my daughter's hand pushed many buttons, buttons I never knew I had! Thankfully as an EFT® practitioner, I recognized each button was a tap-able issue.

Over time and using tapping, I got used to them and used to explaining them. I started to explain it that I was practicing what I preached and that those numbers were intended mainly for my subconscious mind. The embarrassment gone, I started to feel inspired and empowered every time I saw them and when I explained them. This felt different!

In the following weeks and months, I found myself having ideas and taking action at an incredible rate. I completely changed focus and direction in my thoughts and priorities. I found myself drawn to books, teachers, and events that made crystal-clear, complete sense to further my goals. I took action on that sense of surety and spent my money in the right places to propel me forward.

I found myself having ideas that I recognized as excellent and was absolutely compelled to act on. I often found myself working harder than I ever had, pushing my limits, challenging myself, but not like a slave. I was excited to accomplish and see the results. I was having bursts of creativity, energy, excitement. I was writing multiple things at once at an intense pace.

I found myself easily finding the time to do other things right as well. I was using tapping more than ever as each challenge or feeling of resistance or overwhelm arose. I was visualizing more, spending more time in meditative gratitude, thinking about my bigger intentions more.

Now add on the universe...the universe just started lining up for me. Maybe I just started to notice more, but I was seeing opportunities everywhere. Inexplicable chains of events occurred, aligning my goals with opportunities and validation. Typically the opportunities created a deadline of sorts and set in motion all the actions and results required to take advantage of the opportunity. I got incredible amounts done quickly and efficiently because the opportunities crystallized steps.

I was on fire! I was so fired up, I had to learn how to be in high-octane mode without carrying all that excited tension and adrenaline in my body! (Tapping again) People and resources appeared and graciously and generously poured out support for me, my goals, and everything I was doing. It was miraculous! Talk about inspiring gratitude!

I came up with most of this program and the Tapping Power Re-Frames as I went to support my own process. My life completely changed in a year and never could anyone have imagined how much. And yes, I believe it all got started with those Post-it notes and a little help from my precious daughter.

Take this step! If you don't, you're an idiot! Sorry to be so harsh, but I speak out of love! It's my job to push your buttons and push you off the fence into your future! Enough gazing longingly...it's time to get off the fence and face the beliefs that have kept you stuck. I guarantee you will be amazed at how irrational and senseless they are when we pull them out and look at them through the lens of tapping. Then you are truly free to choose your own truths and your own path.

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# Outrageous Goals vs. Big Obstacles Tapping Portion

The approach of tapping is always to use tapping first as a fast and painless tool to tap down the negatives beliefs and emotional (and connected physical) intensity associated with the immediate issue. Once there is some measurable relief, we then use tapping again as a "Power Re-Frame."

Power Re-Frames are designed and written mainly for the subconscious mind, which is 85% of your mind. This is because the subconscious mind holds your hidden counter-intentions, the illogical resistance and fear about your success (though they are very logical and imperative to the subconscious mind).

The goal of the Power Re-Frame is to create curiosity, openness and excitement in a way that the subconscious mind finds hard to reject and resist. It is also to make powerful statements about choices very clearly to the subconscious mind (and universe) and to make powerful requests from the subconscious mind (and the universe).

#### **Instructions for BEST results!**

To get the MOST out of the following TAPPING session and audio:

- 1. Start by reviewing each issue by saying the first phrase OUT LOUD and with emphasis.
- 2. Then measure on a scale of 0-10 how true that statement feels, or the level of emotional intensity you feel connected to that sentence. A "10" would represent that it feels completely true or the emotion is the highest it could be, or to the point of tears. A zero or "1" would indicate it feels not very true, or you feel calm, with no emotional connection to that statement.
- 3. Use the "Basic Tapping" on each issue and pause the audio. Recheck your 0-10 \*SUDS level and repeat that part of the tapping until your level is down to a 2 or a 1 before moving on to the Power Re-Frame.

I will use the following tapping points, but feel free to tap any points in any sequence that you like. Tapping is forgiving and works with many points and many sequences.

Karate chop point (KP): tapped continuously during the setup and Power Re-Frames

Eyebrow point (EB)

Side of eye(SE)

Under eve (UE)

Under nose(UN)

Chin point(CH)

Collarbone point (CB)

Under arm (UA)

Top of head (TH)

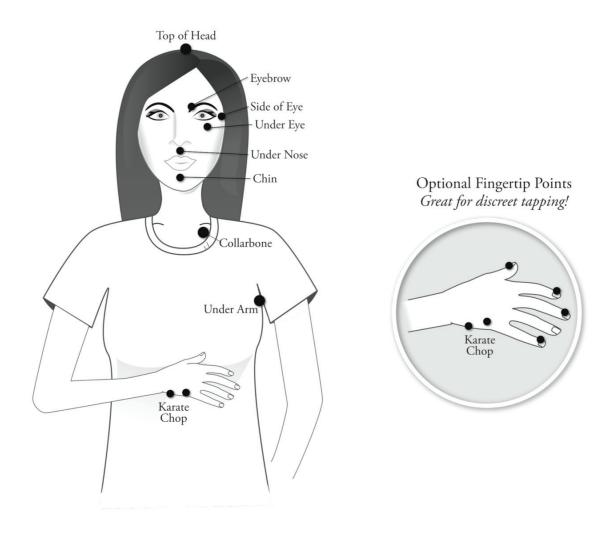
<sup>\*</sup>The 0-10 scale is often referred to as the "SUDS," or Subjective Units of Distress Scale. This allows a measurement of the efficacy of TAPPING on you and your issues.

# **Tapping Points**

#### Basic Instructions:

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror image of points on both sides of the face and body, all can be used interchangeable or you can tap with two hands on both sets of points at once.

This is a forgiving process, DON'T WORRY...you can't do it wrong!





# **Outrageous Goals Tapping Rounds**

#### Round 1

TH:

Well, some people have.

One of the first things that comes up when we set a big income goal is a feeling of disbelief that this is even remotely possible. Remember at the beginning of this workbook where I had you rate your discomfort? To get started, I want you to say out loud, "I can't achieve this goal." While you're saying that, you should be tuning in to that number that you've put down on a piece of paper -that income goal. As you say, "I can't achieve this goal," I want you to measure on a scale of 1 to 10 how true that feels. Not how true you want it to be, but how true it feels. And we'll start here with this belief in whether or not our goal is even remotely possible. This is usually one of the first pieces of resistance that shows up when we have an outrageous goal.

#### I can't achieve this goal

SUDS	Levels 0-10:
Initial	Level: Round 1: Round 2: Round 3:
Fill in	the blanks with your own personal goal.
KP:	Even though part of me does not fully believe my goal is even remotely possible, I accept who I am and how I feel about it.
	Even though part of me does not fully believe that my income goal of \$ per year is possible, I accept all of me.
	Even though part of me does not believe that my goal is possible, I accept how I feel about it and who I am.
EB: SE: UE: UN: CH: CB: TH:	It's impossible.  No way!  No how!  It's crazy! It's too big!  This goal is too big!  I can never earn that much.  Who would ever pay me that much?
EB: SE: UE: UN: CH: CB:	It's impossible. I know it's impossible. I believe that this is impossible. It's way too big. It's too big for the Law of Attraction. No one has ever made this much money.

SE:	But not me! Not in a million years. It's impossible.
	And I can predict the future with accuracy.
	And I know what's going to happen.  And I'm telling you there's no way this is possible.
	There's no way this will ever come to pass.
Take a	deep breath.
steps un believal	ou want to re-rate that belief. Make sure that you go back and record the number above and redo those atil your belief or your disbelief comes down; so it feels a little bit lighter, it feels a little bit more ble. Make sure you don't move on until you get to a 2 or 3. Use the space below to start identifying sor memories that come up so you can work on those individually.
WHA	AT CAME UP:
	<del></del>

# **Power Re-Frame Round 1**

KCP:	Even though part of me does not fully believe my goal of \$ per year, I choose to be open to the limitless possibilities of the universe –						
	far beyond what I can currently see.						
	I somehow have faith that everything needed						
	to accomplish this goal						
	will surprise me						
	by occurring in the right way at the right time.						
	I recognize that the universe is bigger than what I can currently see – that possibilities are bigger than what I can currently imagine.						
	that possionness are orgger than what I can carrently imagine.						
EB:	I still don't believe it's completely possible.						
SE:	I mean, it still seems crazy						
UE:	but I'm choosing to be open						
UN:	to the limitless possibilities of the universe						
CH:	far beyond what I can currently see.						
CB:	I am somehow having faith						
UA:	that everything I need to accomplish this goal						
TH:	will surprise me by occurring in the right way at the right time.						
EB:	Isn't it wonderful when resources appear?						
SE:	Impossible things happen every day.						
UE:	What if I could just open myself up to the possibility						
UN:	and focus on it with a positive intent,						
CH:	allowing it to come into my reality						
CB:	as crazy as that sounds?						
UA:	Maybe I choose to be crazy!						
TH:	Yes, I choose to be crazy!						
Take a	nice deep breath.						
INS	PIRATION:						

# **Outrageous Goals Tapping Rounds (continued)**

#### Round 2

The next subject that we're going to use Tapping on is the idea that when we look at that income number, it's way more than we've ever made before. This is an aspect of the disbelief, or resistance, that's a little bit different. So I want you to look at that number and notice how you feel about this sentence:

#### It's way more than I've ever made before.

SUDS Levels 0-10:							
Initial level: Round 1: Round 2:		Round 2:	Round 3:				
KP:	Even though this is huge, way more than I have ever made, I just can't imagine it. I accept who I am and how I feel about it.  Even though this is huge, way more than I have ever earned before, I can't even imagine what that would be like. I accept all of my feelings about it and all of me.						
	Even though this is just way more than I can imagine, I choose to just accept who I am and how I feel about it.						
EB: SE: UE: UN: CH: CB: TH:	What could I possibly do to earn that? I don't know what that would be like? Maybe it would be really hard. It's just too big.						
EB: SE: UE: UN: CH: CB: TH:	Why do I even It's just too mu It seems like it It will probably	o that could have that need that much money	<sub>7</sub> ?				

Take a nice, deep breath.

Make sure that you re-measure and re-record your SUDS level. Don't move on until you are at a 2 or 3. Again, use the space below to write down what came up into your thoughts and your feelings when we did

attached. Soemtimes these are things that you're going to want to go after and address again with separate tapping sessions. WHAT CAME UP:

that round. Especially if there's a memory or something very strong attached to it, or someone else's words

KP:	Even though I'm not sure about this,
	I don't know what it would be like,
	or how hard it will be to get there.
	I choose to have faith that I am following my intention.  And my intention is to step each day into my life's purpose
	with passion and with joy.
	My intention is to become more ME than I have ever been,
	surrounded by the people and the things that bring me joy.
	Maybe that's what it will be like.
	As I let go of any beliefs or programming
	that say I need to struggle,
	I align with my passion and my joy.
EB:	I'm still not sure about this.
SE:	I think it might be really hard to get there.
UE:	I choose to have faith that I am following my intention,
UN:	and my intention is to step each day into my life's purpose
CH:	into my life's purpose with passion and joy.
CB:	My intention is to become more of me than I have ever been.
UA:	My intention is to be surrounded by the people and things that bring me joy.
TH:	As I let go of any beliefs or programming
EB:	that say I need to struggle
SE:	or the belief that it's necessary to struggle.
UE:	I align with my passion.
UN:	I align with my joy.
CH:	I choose to align with my intention.
CB:	I choose to allow my subconscious mind
	to make the connection between what my goal is
TTA	and me surrounded by people and things that bring me joy.
UA:	I love allowing into my life more people and more things that bring me joy.
TH:	I am choosing to have faith that I am following my positive intention.
Take a	deep breath.
INIC	PIRATION:
1110.	FIXATION.

More inspiration:

## Round 3

In this round, we're going to look at the idea that we have obstacles in our way. Since you've done the book up to this point, you should be able to go back to the exercises on goal writing on page 22 where I asked you to think about the immediate obstacle that comes up in your mind – situations that would really seem to be blocking how you reach your goal. I want you to think about those obstacles, really focus on them. On a scale of 0-10, how big do they really seem in your mind? How big do they look if you were to think of them as a metaphor? Secondly, what is the emotional response that you get when you think about these obstacles? Rate it now so that we can see the progress as we work through these rounds.

#### I have all these obstacles in the way of my goal!

I want you to note down on a scale of 1 to 10, how true that feels, and again, any other emotions connected to it. Let's remember that obstacles that we see are one of two things, they're either limiting beliefs or they are opportunities. When we can see obstacles as opportunities, everything looks different. One of the things that we want to do with obstacles is think about the fact that we can grow ourselves bigger than the obstacle – the obstacle doesn't seem as big.

#### I have all these obstacles in the way of my goal!

SUDS Levels 0-10:				
Initial	al level: Round 1:	Round 2:	Round 3:	
KP:	Even though I have all these obstacl in the way of achieving my income and I can't solve them. I accept who I am and how I feel about	goal,		
	Even though I have all these obstacl and I can't solve them. I feel stuck about them. I accept all of my feelings about this			
	Even though I have all these obstacl I accept how I feel about this and ch		-	
EB:	These obstacles.			
SE:	They feel insurmountable			
UE:	because they are insurmountable.			
UN:	<i>,</i> , , , , , , , , , , , , , , , , , ,			
CH:	<i>3</i> ,			
CB:	3 .			
UA:	3 2 3 1 2	_		
TH:	If they would only just disappear ou	t of my way.		

EB: SE:	It's all because of these obstacles. As a matter of fact, I would be so much further ahead if it weren't for them.
UE:	These obstacles, they're huge!
UN:	They're so frustrating.
CH:	It feels helpless when I think about these obstacles.
CB:	They're really making me feel stuck.
UA: TH:	It's a no-win situation because of these obstacles.
Take a	nice deep breath.
the imp When the obs You w moving getting	ek to the beginning of the process and re-check your SUDS level. Repeat that process until you feel like portance or the size of these obstacles that you're picturing start to come down and feel less important. I mentioned before about making it a metaphor or visualizing it, when you recheck that visualization, stacles that you're tuning into should get smaller or lighter or clearer and just feel like less of an issue, ant to bring it down low enough before we move on to the positive round, but if it doesn't seem to be g, you might really want to focus in on one particular part of the obstacle, or note what emotion is really a stuck in there; if there's anger stuck in there, or there's unfairness- Really take the time to address this gentle with yourself.
	he opportunity here to note what's coming up and the feelings they trigger so you have a foundation for nore clearing that you can do.
WH	AT CAME UP:

KP. Even though I have all of these obstacles in my way, and I can't solve them, I release my need to push against them I release my need to hold on to them. I choose to dissolve these conflicts for my highest good. And now look for unexpected avenues suddenly opening up; channels suddenly opening up to even better results. As a matter of fact, I am watching in amazement as these conflicts, somehow, easily and calmly just fade away. Boy does that feel better. I've got these obstacles. EB: SE: I guess everyone has them. UE: I still can't really solve them in this moment. UN: I release my need to push against them CH: and my need to hold on to them. CB: I'm choosing to dissolve these conflicts for my own highest good. IJA: TH: for the highest good of everyone involved. I now look for unexpected avenues suddenly opening up. EB: SE: I look for doors suddenly opening to even better results. UE: As a matter of fact, UN: I am watching in amazement CH: as these conflicts, somehow, easily, quietly fade away. CB. They just seem less important. I'm not going to let these old things stop me. UA: I am on my way. TH: these old conflicts just getting quieter and dimmer just fading away. Quieter and quieter. And take a nice deep breath. Note of how you feel compared to when you started this process. When we use these Power Reframes, we often feel much lighter and more excited. It's always neat to see your progress. **INSPIRATION:** 

More inspiration:		

## Round 4

This next round is going to be around a person in your life who is negative. Because we all have them, don't we? Think back to the goal writing exercises on page 22. Sometimes when we put down a large goal, whether it's an income goal or *any* kind of positive goal, someone will pop up in your mind. We will identify at least one person in our life whose negativity really seems to push our buttons and validate why we can't get there. It feels like they are stopping us in our tracks. Really think about it. Who is it in your life who is doing that to you?

I want you to really picture this negative person, start by really feeling the rating on a scale of 0-10 of how much emotion you can elicit when you picture them - whether it's anger, powerlessness, or frustration – note the emotions and the numbers associated with them, because this is really, really important work.

You want to complete this work for any and all negative people in your life, but it's really important that you focus on them one at a time and complete the entire process for each one before moving on to the next person.

When somebody in your life elicits anger, it's especially important to do a lot of tapping on this. Because it's absolutely blocking your law of attraction work. It's not that we want to act like it never happened or just "get over it" but when we really voice and tap on our anger an someone else, we move back into empowerment, and the person cannot effect us the same way in the future regardless of what they do.

This is absolutely where you are in more control of where your positive vibration is.

As you move through the tapping points, when I say "he" or "she" it's even better if you substitute the person's name.

#### I have this negative person in my life. They really push my buttons!

SUDS	Levels 0-10:			
Initial	level:	Round 1:	Round 2:	Round 3:
KP:	and "" re I accept who I  Even though I sometimes right and it really put	have this negative eally pushes my bu am and how I feel have this really neg that up in my face, ushes my buttons, my feelings about i	ttons, about it. gative person in my lif	ìe,
	and I really do	have this negative NOT accept them, f, deeply and comp	,	

	== == ============================
SE:	is really weighing me down.
UE:	is right in my face.
UN:	Boy, I can't stand to be around
CH:	How can I succeed with them around?
CB:	Boy does frustrate me!
UA:	They're frustrating people because they're so negative.
TH:	is so negative.
EB:	really, really drains me.
SE:	How can I succeed with in my way?
UE:	is really weighing me down.
UN:	There's nothing I can do about negativity.
CH:	There's nothing I can do because I can't fix
CB:	And it's right in my face every day,
	detracting from my positive work.
UA:	really brings me down.
TH:	And it's so important to know this and think about it because it's right in my way.
EB:	So frustrating!
SE:	is so annoying!
UE:	is driving me crazy!
UN:	is such a!!!! (fill in the blank – there is no wrong word. Be brutal!)
CH:	really, really takes away my positive energy
	and fills me with frustration.
CB:	And I'm trying to be positive!
UA:	And I just can't because of

And take a nice deep breath.

EB

is really blocking me

**IMPORTANT:** You might find that doing this round actually brings your level of frustration or anger even higher! It is really important to do this work because the frustration that we're pushing out at this negative person is really effecting our vibration. When we work with anger or frustration, we want to really, really voice it. It's often very justified, and we want to voice it. We want to also get to a point where when the anger comes down, we move back to empowerment.

So go back up to the top of this last round, think about the person again. Picture them again and see how high your feelings and your beliefs and your emotions are responding when you picture that person. What you want to look for is as you continue to tap about them that they become just less important in your life, and your emotions are coming down. So keep tapping on that person. Sometimes it helps to really picture them right there in the room with you. Tap on everything about them; particularly anything that you can be specific about that really bugs you, until you can get this emotion down to a 2 or a 3 and then move on to the positive round.

WHAT CAME UP:	

KP:	Even though I have this person in my life, the truth is,			
	there is important information for me in the buttons that they push.			
	I now see this person as quieter,			
	separate from me and less important.			
	I recognize that has been shining a light			
	on my internal conflicts with success.			
	I choose to release the energy of this conflict with			
	as I release my resistance to my own success.			
	Boy, it feels good to just let that go!			
	I do this for the highest good of both of us.			
EB:	is still in my life,			
SE:	still right in front of me!			
UE:	But the truth is that there's important information			
	in the buttons pushes.			
UN:	I now clearly see as quieter, separate from me and less important.			
CH:	I recognize that has been shining a light			
CB:	on my internal conflicts with success;			
UA:	shining a light on the negative parts of me that I don't like.			
TH:	Maybe reminds me of everything I don't want to see.			
EB:	Thank you for that information!			
SE:	I'm honoring it and letting it go.			
UE:	I choose to release the conflict with			
UN:	I choose to release the energy of this conflict with			
CH:	as I release my resistance to success;			
CB:	as I release my need to push against negative people.			
UA:	It feels so good to just let that go.			
TH:	The truth is that I get to reclaim the energy I used to expend.			
EB:	I get all that energy back for myself.			
SE:	I've been throwing my energy at,			
UE:	and it hasn't been helping either of us.			
UN:	I do this for my highest good.			
CH:	I do this for the highest good of everyone involved.			
CB:	My intention is healing from this conflict.			
UA:	I love knowing that nothing else has changed, but I feel better about this.			
TH:	I love reclaiming all of my energy!			

Take a deep breath.

See how your energy feels. Usually when we do these rounds, our energy will come up. And something very interesting happens when we to on our anger and frustration with someone, everything in that relationship changes even though they're not here and they're not tapping with you.

INSPIRATION:		

## Round 5

Now we are going to deal with the feeling of being overwhelmed when we think about a big income goal, an outrageous goal, often what will come up is a feeling of being overwhelmed.

This is a round that you can and should be done over and over. Successful people always push themselves and often end up out of their comfort zones and overwhelmed. I know that I have to do this all the time. It's really important to do this over and over any time that you start to feel overwhelmed and stressed out, even if it seems like you should be overwhelmed and stressed out, you want to tap on the overwhelm. Anything that you do and accomplish while your feeling stressed out and overwhelmed is going to be less efficient and less brilliant and take longer. It's a great idea to tap anytime you feel overwhelmed and stressed.

When we allow that feeling of overwhelm start to block out our creativity and our ability to be positive, it locks down our inner-brilliance. Releasing the overwhelm is the key to opening up your inner-brilliance and allowing yourself to move forward in the most effortless way that is for the highest good of you and others!

This is very important to do over and over -ANY time you start to feel overwhelmed. You can change the wording to reflect what is overwhelming you. There is no correct wording. It's really just about getting to that emotion. Again, be gentle with yourself.

### It's just so overwhelming! What if I can't do it?

SUDS	Level:		
Initial	level: Round 1:	Round 2:	Round 3:
KP:	Even though I am so overwhelmed just what if I can't do it? Why did I even write this number dow It's stressing me out! I accept who I am and how I feel about Even though I feel so overwhelmed just what if I can't do it? I accept all of my feelings and all of m Even though I am feeling just so overw I profoundly love, accept, and forgive	vn?  It it.  Ist thinking about it,  ne.  whelmed,	
SE: UE:	I am so overwhelmed. It's overwhelming. I feel all this emotion. I can only call it overwhelm. It's so many emotions at once.		

CB: UA: TH:	My thoughts are racing. I don't even know how to get started. And what if I can't really do it? It's stressing me out!
EB: SE: UE: UN: CH: CB: UA:	I'm feeling the stress connected to this goal. I'm feeling overwhelmed not knowing how to get there. It's so overwhelming. Maybe I should just give up! Maybe it would be easier to just stop now because this goal is making me feel overwhelmed. This uncomfortable feeling of being overwhelmed.
And to	ake a nice deep breath.
	sure that you go back and re-measure your discomfort on the SUDS scale at the beginning of this round. tapping on overwhelm until you feel some calm on your situation.
mind	an take this opportunity to write down the feelings, emotions, sensations, and thoughts that came to as you tap on overwhelm. This is really going to help you pinpoint exactly what is getting in your way a can clear it.
WH	AT CAME UP:
	<del></del>

KP: Even though I am so overwhelmed,

I choose to somehow be calm;

to feel calm.

The truth is I have come so far already.

I am proud of the steps I am taking.

What if I'm right where I'm supposed to be?

As I let go of this overwhelm,

I allow inspiration and faith to draw me forward,

efficiently and effectively, step by step towards my dreams.

I have faith that each day the next step will appear,

and I choose to take them joyfully.

As I let go of this overwhelm,

I can take each step joyfully!

- EB: I still feel overwhelmed,
- SE: but I'm choosing to somehow be calm.
- UE: It feels better to feel calm.
- UN: The truth is,
- CH: I've come so far already.
- CB: I'm proud of the steps that I am taking.
- UA: What if I'm right where I'm supposed to be?
- TH: As I let go of this overwhelm,
- EB: I allow inspiration and faith to draw me forward
- SE: efficiently and effectively.
- UE: I allow inspiration to draw me forward
- UN: step by step toward my dreams.
- CH: I have faith that each day,
- CB: the next step will appear.
- UA: And I choose to take all of my steps joyfully.
- TH: Letting go of overwhelm.
- EB: Quieting the thoughts of overwhelm.
- SE: Suddenly feeling more calm.
- UE: Just letting it be easy.
- UN: Just having faith
- CH: that I'll take each step as it appears.
- CB: It feels so much better to just feel light about this.
- UA: I'm proud of where I am
- TH: and I'm calm about where I'm going.

And take a nice deep breath.

INSPIRATION:			

## Round 6

This next round is really important because it's dealing with the statement, "I don't know how to get there." I want you to look at the big goal that you set for yourself and say out loud, "I don't know how to get there." "I have to figure it all out." This is an important one because you actually shouldn't really know how to get there, but this is our brilliant analytical mind coming up with a resistance to our goal because the feeling is, "I've got to figure it all out. I've got to know all the steps. I've got to know how to get there, or I really don't want to accept this goal."

Our analytical mind, which is very much like a worker bee, it's task oriented, it can really get in our way when we are going to need to come up with ideas and creativity and inspiration that are really out of the box, that are going to come from the unconscious part of our mind which is more creative and makes non-logical leaps. When we put this goal down, there's really no way that in that minute or in that day or in that week, you're going to really figure out exactly how to get there. But we want to make sure that we quiet this "analytical mind" resistance that comes up because, remember that your analytical mind which wants to know all the steps and how to get there, only knows the past. And because you've never made that much money before, it's going to really resist this goal.

Again, this is one to do over and over if this feels really true for you. For some people, depending on how analytical you think, it's harder than others.

Sometimes our analytical mind will fight us because when we look at a big goal, such as a very big income goal, we don't know how to get there yet.

Address the following two statements. Say them out loud and with feeling, and see where they fall on the SUDS scale.

I don't know how to get there.		I have to	I have to figure it all out.	
SUDS	Levels 0-1	0:		
Initial	level:	Round 1:	Round 2:	Round 3:
KP: Even though I don't know ho and I have to figure it all out I accept who I am and how I		e to figure it all out right tho I am and how I fee	nt now, l about it.	
	And I don	't know how to make it igure it out right now.		w how to make it happen,
I accept who I am and how I feel		l about it.		
	I accept al	gh I don't know how t ll of my feelings about d completely.	* * *	

EB:	I need to see how to do this!
SE:	I can't figure it out!
UE:	I don't know how all this would work.
UN:	I feel like I need to figure it out right now,
CH:	because if I can't figure it out, I shouldn't have this goal.
CB:	I don't know how to make that number happen.
UA:	It's really big and I don't know how to get there.
TH:	My thoughts are racing about how I'm going to get there.
EB:	I've got to figure it out.
SE:	Maybe I should start making hundreds of "To Do" lists.
UE:	I've got to figure this out now!
UN:	Otherwise it doesn't make sense to have a goal this big.
CH:	I'm just setting myself up for failure.
CB:	If I put down a goal I don't know how to achieve,
UA:	I'm setting myself up for failure.
TH:	I don't know how to achieve this,
	and I need to figure it all out.
Take	a deep breath.
come that co	what we're looking for here is the intensity of those thoughts and that need to figure it out starting to down and feel lighter. Go back to the statement and re-record your SUDS level. See how far you've Use the space below to write down anything else that comes up as resistance, anything specifically omes up. You can be gentle with yourself. Don't move forward until you can repeat the phrases, "I know how to get there. I have to figure it all out," and the truth meter is down below a 2 or 3.
WH	AT CAME UP:

More of what came up:			

This is a really important reframe because the reality is it is not your work to make the goal happen and to figure out the hows. This is a really important part of the Law of Attraction, and also a really important part of opening up to your own creativity and brilliance.

KP: Even though I don't know how to make this goal happen, it's not my job to figure out the hows!

I have faith that the universe will rearrange itself to make this happen for me

in the quickest, most harmonious way for me!

That's a lot of faith.

Somehow I will attract the way

and be surprised and dazzled by what is delivered to me!

All of my actions will be inspired actions.

EB: But I don't know how to get there!

SE: It's not my job to figure out the hows.

UE: YES IT IS!!

UN: No it isn't!!

CH: I have faith that the universe

CB: will rearrange itself to make it happen for me

UA: in the shortest, quickest, most harmonious way for me.

TH: Somehow I will attract the way

EB: and the way will show up.

SE: I will be surprised and dazzled by what is delivered to me.

UE: What if all my actions are inspired actions,

UN: and I know when and how to take them?

CH: What if all I need to do each day is have faith?

CB: All I need to do is focus on my goal

UA: and have faith that the universe will line itself up for me.

TH: Wouldn't that be wonderful?

EB: Of course it will be wonderful!

SE: I'm allowing my faith to send a message to the universe.

UE: I'm ready for your help.

UN: I'm ready for you to line up the hows!

CH: As you line up the hows for me,

I will take inspired action.

CB: I do love having brilliant ideas.

I love taking inspired action.

UA: I'm allowing the universe to rearrange itself for me

TH: and I'm surprised and delighted by what it brings.

Take a nice deep breath.

INSPIRATION:

## **Bonus Round**

This is a bonus round that is really designed to bring some of our positive intentions into this work to really keep that positive theme going.

Because this is such a short round, I'm going to remain on the karate chop point. You may move through the points if you desire to do it that way.

KP: I commit to becoming more powerfully me than I have ever been.

I commit to this for my highest good and the highest good of everyone in my life.

I commit to sharing my valuable passion, energy and time.

I commit to sharing my valuable creativity and compassion and personality

with the world

in the unique way that only I can!

EB: I could just decide

SE: but committing is so much stronger.

UE: Some people commit to working hard,

UN: But I'm going to commit to becoming more creative.

CH: I'm going to commit to sharing more of me than I have.

CB: I'm going to commit to sharing more of what makes me unique.

UA: I am going to commit to becoming more creative and inspired than I have been so far.

TH: I commit to honoring the brilliance that flows from me.

Take a nice deep breath.

After doing a round like this, often people find they're already starting to have ideas and inspired thoughts. Capture those right now. Start writing them down. We're not editing or judging. Just start capturing ideas, because the more that we start to get clear and remove blocks, it's so much easier for the brilliant ideas to start coming from us because we actually start listening for them. And when we ask and tap on choosing to be more creative and inspired and committing to valuing it, we will absolutely get more creativity and more inspiration. It will just start to flow.

Take a minute to see what's going on in there and write that down. And I want you to also notice if there's any resistance to using such a powerful word like commit. If there is, note that down as a tappable issue for later

INSPIRATION:			

More Inspiration:			



Powerful Strategies for Tapping into Wealth and Your Inner Brilliance Using Tapping and The Law of Intentional Attraction

## Part 2

# The Silent SCREAM of DEBT

OHHH...The Agony!

# The Silent Scream of DEBT! Discussion

Ahh...debt. It's agony, isn't it? It's painful, always there, always looming and there's really nothing good about it. No good feelings come from debt.

There are two types of debt in reality – good debt and bad debt. Good debt is what we have with assets, things and investments that are growing in value and/or creating income. Your home mortgage is an example of good debt. Your home is an investment that generally grows in value over time.

Bad debt, on the other hand, is debt on liabilities – things that are used up, gone or have significantly dropped in value since we bought them. Most credit card debt is due to purchasing things that get used up or decrease in value, like clothes or a vacation.

This is the kind of debt that most people are thinking of when they roll their eyes or feel sick to their stomach. This is the kind of debt we will focus on because, again, nothing good ever comes from it.

In fact a lot of bad things come from it. It's like a dark tornado pulling us down; it's a spiral of negativity. Sound over the top? Consider this...

Once we have some financial debt, things get worse when thinking in terms of the Law of Attraction. In fact debt is a law of attraction nightmare on wheels - a nightmare tornado on wheels. Here's how it works.

First, thoughts about debt keep us in a panic about our present reality and cause us to worry about the future. We think about all the things that we won't get to do or whether it will get worse. When we have strong emotions like panic and worry about something, we are focusing all the time on something we do *NOT* want more of. This makes it very difficult for us to hold an image in our mind of what we *DO* want – success and abundance – and act and feel as if we already have it. Does that make sense?

Focusing on it A LOT seems like the responsible, reasonable thing to do; keeping it in the forefront of our mind as a focus, such as "I've got to get rid of this debt...debt...debt.." When that gets overwhelming and demoralizing, we tend to move to trying to pretend it's not there – trying not to think about it. Even then, we still feel the anxiety, don't we?

Bad Debt is a law of attraction nightmare tornado on wheels!

Second, the accepted approach of dealing with debt is to focus on the current income number coming in and how we can trim life down to fit that number. This kind of budgeting is budgeting around scarcity. All that fun we've been having is no more! Fun's over, and we are on a budget! This is a bad direction as the intention is to limit life to fit into scarcity. It denies the spirit and squeezes the fun out of life. This is why budgeting in this way usually does not work. We will eventually rebel against this depressing picture and figure it's impossible and go back to living beyond our means.

A word about budgeting, budgeting can and does work when it is one part of a plan to reach a bigger positive goal! But then it's not called budgeting, it's called "keeping"- keeping more of our money so that we can use it to earn more money. T. Harv Eker, author of "Secrets of the Millionaire Mind," refers to a laser focus on earning, keeping and investing our money. Think about how hard we work for that money, and imagine that money now working just as hard for US! This is the thrill of victory (of assets) rising out of the agony of debt.

Budgeting to scarcity reinforces scarcity. Budgeting to a goal reinforces the goal.

Third, financial debt causes a pile of negative emotions – anger, frustration, hopelessness, helplessness, and/or guilt directed at ourselves, the world, the creditors, the government, our partner, etc. Most people feel tremendous guilt and embarrassment about their debt and yes, they got themselves into it, right? Maybe we should feel guilty AND stupid. I mean, come on...We had some debt and then we just kept spending! What were we thinking? And then, because we are human, we switch from guilt to a bit of complaining about how we are victims to conspiring forces beyond our control.

The problem with all these negative emotions, even the ones we think we deserve, is that they are hugely negative and omnipresent. Our debt can cross our minds a thousand times a day and trigger some level of these feelings and recriminations.

Fourth, guess what all these negative emotions lead to? They often lead directly to our favorite ways to neutralize them. Spending for one...just buying things, new things, pretty things, fun things gives us a mini boost and an escape. Then there are all the "overs" – over-eating, over-drinking, over-partying...all of which cost money. Isn't this how the debt piled up in the first place? T. Harv Eker calls it "spending money to expend emotions."

So to sum up, debt causes:

- Emotionally charged focus on present financial reality.
- Tendency toward scarcity-focused thinking
- Omnipresent source of multiple negative emotions toward self and the world.
- Emotional spending that causes more debt.

Worrying about debt creates more debt.

So does it make sense to do all sorts of abundance work without dealing with debt? And what if we actually have a lot to learn about ourselves and our hidden wealth set point by understanding our debt? Debt is really the outer manifestation of a hidden inner belief. Change the belief and the debt is no longer an issue. "Come on," we say, "not possible!"

Let's start by defining debt. We already know there is good debt that we are okay with – appropriate good debt; therefore, we are going to discuss bad debt...debt on liabilities. This financial debt is really obvious and measurable – actual accumulated financial debt that we are trying to pay off. This can be the result of spending beyond our means, bad financial choices, or catastrophe.

There is another form of debt that I define as a financial shortcoming. We will not deal with this because it does not have the same emotional punch as obvious debt. It is, however, interesting to consider, so I will define it here. Sometimes, even though we are proud that there is no financial debt, we may barely be making ends meet - where it is a struggle every month to pay all the bills and do the things life requires without any "extra" for saving, investing, or life-enriching activities – like fun. This is typically the situation many middle class people find themselves in – just getting by. They're earning just enough to get by, but not enough for a solvency goal. Ironically, we often hear people say, "I don't ask for much, just enough to get by"...and that's just what they are getting!

## Debt and Energy Work...huh?

Let's come back to bad debt. Here is the question: Can the dollars and cents of real-world debt really be an "inside job" that can be dissolved and balanced by TAPPING "energy" work? Debt and bills are a real and immediate problem that need to be dealt with in the real world. They seem to be caused by the "external" world and not really under our control. Or are they? Hmm....

Debt is ABSOLUTELY an inside job! And it illustrates our inner "deserving meter" perfectly. In fact, it is a perfect measure of our deserving meter...a *measurable* measure!

Debt is a manifestation of *some level* of inner belief that we are just not good enough and that what we do or produce is, therefore, not quite good enough. No matter how hard we work or how much we give of our energy, it's just not enough. It always falls short.

Remember, we actually ARE falling short; all of our time and energy, measured back to us in dollars and cents, *literally* is not enough. This is what financial expert Suze Orman means when she says, "Your inner worth is manifested in your net worth."

Debt is a measurable, black-and-white, dollars-and-cents, real-world reflection of your inner worth.

What level is the inner belief for you? Look at your life balance in effort/hours/energy vs. income.

Most people who are working all sorts of hours with passion, helping others, and sacrificing for their jobs APPEAR to be very successful. They are loved and respected for their tireless work ethic and commitment to their customers/clients. So debt is their way of manifesting, in indisputable dollars and cents, that little inner competing belief that they are just not good enough, they have to try harder, or they *should* do it better.

Debt is this belief, manifested in material measurable form. That no matter what we do, it is never enough. Literally! No wonder we don't like to sit down and do the bills! It forces us to look at our shortcomings.

Does this sound impossible? Think again about how you feel when you think about your debt. Do you feel great about yourself or do you feel failure, shame, or fear? That feeling seems to be the result of thinking about the debt, but that feeling was *already* there! Sorry, but it was...the debt is just the manifestation following the Law of Attraction.

Man, this sounds bad, doesn't it? Well, here's the light at the end of the tunnel: When you follow this reasoning there is only one logical conclusion. It's very simple, really. If you work on your inner worth, you will no longer *need* to manifest debt, therefore, you will no longer continue to manifest it. By increasing your self worth, you net worth will increase proportionally.

As T. Harv Eker says in Secrets of the Millionaire Mind, "Your inner world creates your outer world."

Just go with Suze, Harv, and me on this. What have you got to lose? Just your debt!

So how do we approach debt step by step with TAPPING?

Here we are going to focus on reducing and eliminating all of the negative reactions around the debt. It's the first step because it is work to be done before we can really focus on our positive goals. If debt is not an issue for you, try a few rounds anyway and see how you feel. Fear about ever having debt is still fear about debt.

As I mentioned earlier, these powerfully negative emotions really engage the Law of Attraction in a very powerful way. This happens because you are focused on something that you do not want more of, which is a negative money or debt situation. Debt tends to elicit in people an amazingly terrible range of feelings from guilt to frustration to anger to victimhood to hopelessness. All of these powerfully negative feelings and emotions around debt tend to create more debt.

As you can see, it's very important to neutralize the powerfully negative feelings around our debt and our negative money situation. As we are doing this process, we will conclude each round, again, using the Power Re-Frame to tap into our positive intentions about our debt, because many of us have very positive and honorable intentions around our debt. So this is also a way to bring in some positive feelings even when we're still working through a debt situation. As we continue this work, we will be getting to the core of hidden beliefs that create debt energetically.

# **Silent Scream of Debt Tapping Rounds**

At this point you should be familiar with the tapping points and the premise behind TAPPING. Please refer back to pages 29 and 30 if you have any questions regarding the tapping points and the theory behind tapping.

## Round 1

Let's get started tapping for our debt. What typically comes up is some painful emotions. By tuning into how it feels when you think about your debt, I would like you to write the number down, and if you're not quite sure because there's a stack of envelopes that you haven't opened, take a guess. It's probably pretty close. Write the number down and really look at it and say the number out loud. This is how we're going to trigger some of these feelings about our debt.

As you say that out loud, I want you to notice the feelings and the intensity of those feelings that come up when you say it out loud. Measuring them on a scale of 0-10. If 10 is the worst, rate where you are now.

Take a minute to note down all of the different emotions. If there's anger there, sadness there, anxiety, you really want to capture all of the different emotions that are there and the intensity of each of them. Remember to work on each emotion one at a time so you can be more effective.

I have	e \$in debt.
SUDS	S Levels 0-10:
Initial	level: Round 1: Round 2: Round 3:
	e going to start by looking at the emotion of fear and anxiety and panic because that's often what I hear when we think about debt. In this particular round, tune into the fear about your debt.
KP:	Even though I can feel the panic and anxiety come up attached to my debt, I accept who I am and how I feel about it.
	Even though I can really feel this fear about my debt, it's right in my stomach.  It's right in my chest.  I accept all of my feelings about this.
	Even though I'm really feeling it when I tune into my debt and it is fear.  It is anxiety, and it is painful,

I profoundly love and accept myself.

EB:	This panic about my debt.
SE: UE:	All this worry and anxiety about my debt. This feeling in my stomach about my debt.
UN:	This huge mound of debt.
CH:	It feels overwhelming.
CB:	I need to worry about this.
UA:	Of course I should worry about this
	It makes sense to worry about my debt.
TH:	and it's really helping me to worry about it all the time.
EB:	All this worry and fear about my debt.
SE:	All this worry about my debt.
UE:	Every time I think about it, I feel it.
UN:	I'm feeling it now!
CH:	All of this fear about my debt.
CB:	All of this deep fear
UA:	And it makes sense to have it.
TH:	I really need this fear about my debt.
Take a	nice, deep breath.
Look a	t your debt number again and say it out loud,
I have	\$in debt
have confear and is keep	check your numbers. Record it in the appropriate space above. Definitely write it down. You should ome down a little bit. Often it takes several rounds to really bring this down because the panic and the d the anxiety really believe that they're serving a purpose for you, although, really what they're doing you stuck from creativity, from taking action, from moving forward, but it seems to make sense to ll this fear as if some how we need it.
to the p come r start to physica	ue tapping on this, it's really important, until you're all the way down to a 2 or less before you move on positive round. And when you wake up tomorrow and look at your debt again, the fear and anxiety can right back up. Tap on it again. Every time you tap down fear and anxiety, you become unstuck and can take more brilliant action. Use the space below to write down any thoughts, feelings, emotions, or all sensations that came up during the round. Repeat that round again until you are all the way down to less before moving on to the positive round.
WH	AT CAME UP:

More of what came up:			
	· · · · · · · · · · · · · · · · · · ·		

KP: Even though I have this debt,
I choose to release the fear about this debt.
I recognize that this is only my current reality, and current reality can change as I change.
I now choose to deal with my debts calmly, efficiently, and responsibly as a person of integrity.

EB: As a matter of fact,

SE: I am a person of integrity,

UE: and it has always been my intention UN: to repay those who lent me credit

CH: when I needed it.

CB: I am proud of that intention. UA: It's an honorable intention.

TH: The Universe supports me in this intention.

EB: I am now open and anticipating experts,

SE: unexpected coincidences,

UE: and resources to flow into my life,

UN: speeding and supporting CH: my repayment goals; CB: speeding and supporting

UA: my financial freedom goals

TH: with total ease.

EB: I am surrounded by experts and resources.

SE: They've always been there.

UE: I'm now going to let them into my life.

UN: I've been trying to do this all on my own,

CH: and I've been really stuck about it.

CB: The truth is, there are thousands of ways my debt can be reduced.

UA: I am open to the thousands of ways my debt can be reduced.

TH: I love knowing

That this old debt is fading away.

And it was easier than I thought.

#### And take a nice deep breath.

Take a moment to write down any inspirations or feelings of the need to act as you complete this reframe round. As we start to open up to inspiration and resources and ideas showing up and supporting us, they will show up. The reason that I've added this into this round is because what I have found is that when people tap down the anxiety and the fear about their debt and then start opening up to resources, they suddenly act different. They start taking steps and utilizing brilliant resources that have seemingly been there all along that

they did not have access to when they were stuck. So opening up to all of the resources and the thousands of ways that debt can be taken care of is a wonderful way to use the Law of Attraction.			
INSPIRATION:			
-			

## The Silent Scream of Debt Tapping Rounds (continued)

## Round 2

This next round of tapping is on the idea that the debt feels huge and overwhelming. Often when I ask people to tune into their debt, they have a feeling or a thought about it or a visualization of it being this large, huge, dark overwhelming mountain. I hear all sorts of imagery and it seems much bigger than them and insurmountable.

I want you to say out loud,

#### This debt feels huge and overwhelming.

Close your eyes for a minute and see if you can bring up a picture of what your debt would look like as a metaphor in your life. How big is it? How dark is it? How scary is it? What does it look like? Some people will call it, like I said, a mountain. Some people will see it as a closet. Some people will see it as a dark cloud. Any imagery that you can come up with, write that down. Notice on a scale of 0-10 how big that imagery is and how true the statement feels,

#### This debt feels huge and overwhelming.

SUDS	Levels 0-10:		
Initial	level: Round 1:	Round 2:	Round 3:
KP:	Even though I have this huge debt, and it feels overwhelming, and I'm worried about it all the time, I accept who I am and how I feel.		
	Even though this debt feels huge and I really should worry about it, I accept all my feelings about this debt		
	Even though I have this huge debt and it feels impossible, I profoundly love and accept myself.		
EB: SE: UE: UN: CH: CB: UA:	This huge debt thinking about it, worrying about it. It feels so overwhelming. It makes sense to worry about it and I'm worrying all day. and sometimes I'm worrying all night.		
TH:	I worry so much.		

EB: SE: UN: CH: CB: UA: TH: EB: SE: UE: UN: CH:	It's looming over me.  It's bigger than I am.  It's impossible for me to reduce.  It's dark huge and scary.  It's bigger than me.  It's just too large.  I can never overcome this.  I don't want to think about it or deal with it.  Who would want to deal with this?  I'd rather just think about my goal.  Worrying about this debt is draining me.  Thinking about this debt
CB: UA:	is wearing me down. Worrying and thinking about debt.
TH:	I wish I could just get a break from worrying about it.
Take a	deep breath.
	ture the visual that you came up with for the debt. It should seem smaller, lighter, a little more eable. Some people will see that the mountain is much smaller and it seems a little bit smaller than
the rac	ek to your numbers, and really take a look at where you are now. Re-rate how you feel about the debt; ing thoughts about it and how big or overwhelming it looks in your imagination. Use the space belowed any thoughts, feelings, emotions, or physical sensations that come up during the tapping round. epeating this round until your feelings measure below a 2.
WH.	AT CAME UP:

More of what came up:		

Now that your levels have come down from being overwhelmed by the debt, we can do some positives. We're going to do a lot on the karate chop point this time.

KP: Even though I have this huge debt, and it seems like I should worry about it and think about it and agonize over it, because it would be crazy not to.

It would be irresponsible not to.

The truth is, it really only takes minutes per day to actually deal with my debt.

I now choose to focus my powerful thoughts and subconscious mind on earning, keeping, and investing my money.

I love knowing how hard my money is working for me. I love tracking the growth of my savings every day. This feels better.

EB: All of this debt.

SE: I've spent so much time worrying about it,

UE: but it really only takes minutes per day

UN: to actually deal with it.

CH: I'm choosing now – a better focus

CB: I'm choosing now to focus my powerful thoughts and subconscious mind

UA: on earning, keeping and investing my money.

TH: I love knowing that my money is working for me now.

EB: Why shouldn't it? I've worked hard for my money.

SE: Isn't it about time it worked hard for me?

UE: This is the payoff.

UN: This is the payoff of earning, keeping, and investing my money.

CH: I love tracking the growth of my net worth every day.

CB: I love watching my net worth grow.

TH: I love watching it grow easily.

Take a nice deep breath.

Again, notice how it feels after doing this round. If there are thoughts coming into your head, write them down. If you would like to start to deal with your debt in an efficient way, the best advice I can give is to set your payments up so that they are taken out automatically or with very little effort on your part. This is suggested in the best business books, and is very powerful law of attraction-wise. This way most of your valuable energy and creativity is focused on your goal and on earning, keeping, and investing your money. That is where we want all of your focus to be as you go forward; so that the life that you're creating is earning, keeping, and investing your money as opposed to focusing more on debt and creating more of that in the future. Write down any further thoughts or inspiration that comes to you as you finish this round.

INSPIRATION:		

# The Silent Scream of Debt Tapping Rounds (continued)

#### Round 3

Now we move on to the idea of thinking about how impossible it seems to get ahead because of this debt. This is often a big stopping point for people. So say out loud: "It's impossible to get ahead with this debt." Notice on a scale of 0-10 how true that feels for you – not how true you want it to be, but how true it feels to you and notice any of the emotions that are coming up with it and write that down.

#### It's impossible to get ahead with this debt.

SUDS	Levels 0-10:			
Initial	level:	Round 1:	Round 2:	Round 3:
KP:	with this overvit's overshadow I accept who I  Even though it it's really over I accept all of a  Even though it and this is real	wing my goal, am and how I feel feels impossible to	about it. o get ahead with this debt, ny law of attraction work, it. sible, als,	
EB: SE: UE: UN: CH: CB: UA: TH:	It's impossible The debt's too I can't do it. I don't see how It just feels imp I really think it It still feels ow and it's so frus	v I could do it. possible. 's impossible. erwhelming,		
EB: SE: UE: UN: CH: CB: UA: TH:	It really makes	ad. r. me angry sometin me jealous someti frustrated that I ca	imes	

EB:	And it just seems impossible.
SE:	Maybe that's just the truth.
UE:	That's really depressing.
UN:	Maybe this is too big
CH:	for the Law of Attraction to fix.
CB:	That sounds about right.
UA:	It's so frustrating.

It's so depressing.

WILL TO A NATE IID

#### Take a deep breath.

TH:

Any time we have feelings of impossibility, that's a limiting belief that can keep us stuck with our debt. Any time we have anger or unfairness or frustration come up, again, we understand why we have them. We want to validate those emotions, but we need to acknowledge that they're also keeping us stuck. So if that triggered a little more anger and frustration for you, tap on it some more before you move on to the positive round. Really note down, what that anger and unfairness is attached to. Sometimes the anger and unfairness about our debt will bring up a story of something that happened to us in the past that really needs to be processed completely with tapping, and I highly recommend that as well.

These feelings of impossibility are a limiting belief that can keep us stuck with our debt. Go back and remeasure. See where you are. Do you need to go back and re-do that round? If it's still up there above a 2, you do. Write down any thoughts, feelings, emotions, or physical sensations that came up during that round. These are good points to work on to get the intensity of your feelings down.

WHAT CAME UP:		

Now that we've got that taken care of, let's move on to the positive round.

KP: Even though it's impossible to get ahead, especially with my overwhelming debt, the truth is, things people thought were impossible happen every day. So I am now open and anticipating resources, experts, unexpected coincidences to flow into my life — everything that I need to support my repayment goals will somehow line up for me in the right way at the right time. I can't wait to see how easy this could be. I can't wait to see how easy this will be.

EB: It feels impossible.

SE: Impossible things happen every day

UE: but not to me.

UN: But what if I just open myself up

CH: to this idea that The Universe will bring me

CB: resources, unexpectedly –

UA: that these things will flow into my life.

TH: Because I'm opening myself up to my intention

EB: And my intention is

SE: to repay this debt.

UE: and more importantly

UN: to move towards financial freedom.

CH: To commit to financial freedom.

CB: I am open and willing to receive

UA: all ways The Universe can send me

to support my repayment goals.

TH: I am open to receiving help.

I can't wait to see what's going to happen.

#### Take a deep breath.

Again, we're really tapping into the idea of the law of attraction work, verbalizing that we're open to receiving resources, help, support from the law of attraction. And any time we can actually engage our sense of curiosity, "I can't wait to see what's going to happen?" What could happen? As soon as we become curious, we have a much higher energy and vibrational point of attraction than when we feel depressed, frustrated, beaten down. You can't be curious and depressed at the same time.

Take a moment to write down any thoughts or impressions that you have now that you have finished this positive round.

INSPIRATION:	

# The Silent Scream of Debt Tapping Rounds (continued)

#### Round 4

This next round is going to deal with a very common feeling most of us have about our debt, which is, "It's really all my fault and I should feel guilty about it. Say, "It's all my fault that I have this debt." On our same 0-10 scale, rate how true that feels to you, 0 meaning absolutely not; 10 being an overwhelming guilt.

We want to be really, really honest about these feelings because when we're walking around saying, "It's all my fault. I should have known better." What we're saying to the universe is, "I don't deserve." And what we're actually saying to the universe is, "I deserve this debt." So the two things are connected. This is a really important one to let go of, and many people feel that it does not make sense to let go of the guilt associated with their debt because they had a hand in creating it. This can be a tricky one.

#### It's all my fault that I have this debt.

SUDS	Levels 0-10:			
Initial	level:	Round 1:	Round 2:	Round 3:
KP:	I accept who I  Even though I  and truth be tol I must deserve I profoundly lo	fault, so I deserve it; am and how I feel about have this debt, d, it's all my fault;		ust deserve it.
	_	ve and forgive myself,		ust ueser ve it.
EB: SE: UE: UN: CH: CB: UA: TH:	It's so embarra I'm so embarra	! about this debt. about this debt. ssing. assed. abarrassing because I caknew.	reated it.	
EB: SE: UE:	Now I've said And that's the I feel so bad ab I feel so stupid	truth. out this.		

UN: Maybe it's unforgivable.

CH: Because now I'm paying the price.

I'm still paying the price for that mistake.

CB: It's all my fault. I should've known better.

UA: It's all my fault. I should have known better.

TH: I'm totally deserve to carry this debt.

And take a deep breath.

Again, we're voicing some really negative stuff. That's what we're saying energetically is I totally deserve it, and when people do this tapping, they say, "You know what, Margaret, you're really hitting the nail on the head for me. This round may have made these feelings get even higher. I want you to really notice if more at yourself or sadness is coming up, and if so, tap specifically on that emotion. Write it down first. Rate it so you don't lose the information here, and tap specifically on what's coming up. I often find people get emotional when they tap on this round.

Really important to notice what's coming up for you and to continue to do more tapping on all the feelings, emotions and thoughts that come up before you move on to the positive.

This is a big issue for a lot of people. Any level of feeling that we deserve this debt will keep the debt in place energetically. Re-rate how you feel and enter it above. If it is still feeling above a 1 or 2, then redo this round until you feel these feelings come down. It's very important to address this before we move on! Use the space below to jot down any feelings, emotions, thoughts, or physical sensations.

WHAT CAME UP:		

KP: Even though I have this debt, and truth be told,

I created it

by what I did or didn't do, and it feels like I deserve it. I choose to forgive myself.

That was then, this is now.

I recognize that feeling like I deserve it is a conflict.

I recognize this is a major conflict for the Law of Attraction.

I keep saying I deserve it, and the universe is listening.

I keep saying I'm bad with money,

and the universe is honoring me in that.

I choose to let go of this conflict

As I forgive myself for creating this debt in the past,

I open the floodgates to deserving more money.

- EB: Maybe it's all my fault.
- SE: You could say I deserve it.
- UE: But I'm choosing to forgive myself anyway.
- UN: Because I want to move forward.
- CH: The creation of this debt is in the past.
- CB: I still see it in the present.
- UA: But I'm moving forward into my future.
- TH: I'm choosing to let go of the guilt around this debt.
- EB: I don't need it in my future.
- SE: Every time I say I don't deserve.
- UE: The Law of Attraction is delivering me evidence.
- UN: And I've been talking about not deserving wealth.
- CH: And therefore I've manifested debt.
- CB: I was doing the best I knew how at the time.
- UA: Yes, I've made a lot of mistakes.
- TH: Maybe I should've done it better,
- EB: But I choose to see myself
- SE: As doing the best I knew how at the time.
- UE: I wasn't very educated about money and finances.
- UN: And I'm choosing to let that go.
- CH: I'm choosing to forgive myself because of this debt.
  I'm choosing to forgive myself for this old, past debt.
- CB: As I forgive myself,
- UA: I open the floodgates to deserving more money.
- TH: As I let go of this,
  - I open the energy that releases this debt.

Take a nice deep breath.

The forgiveness for yourself or the letting go of the mistakes that created this debt is extremely important. This is one you may have to tap on over and over, and I want you to look for any remaining belief that says, "But I should've known better."

The truth is that in the past you were doing the best you could with the information you had at the time. Maybe you were... Maybe sometimes you weren't. You made mistakes, but it's in the past. All the energy we send to the past keeps creating our past in our present. So letting go of the "I should've known betters will allow you to focus on creating what you want in your future.

Do you want more evidence of "I should've known better?" Or, do you want more evidence that you're brilliant?

Write down any inspiration or further thoughts that come up as you complete this positive round.

INSPIRATION:		

#### The Silent Scream of Debt Tapping Rounds (continued)

#### Round 5

This next round gets to what I call the financial trauma. Sometimes it shows up in our debt, and sometimes it shows up in our lack of savings or net worth. We often have a past situation involving someone else who has caused our debt. The previous round was feeling like it was our fault. In this round, I want you to really tune into someone or something that caused this debt situation or made it worse. What I call a financial trauma is when there was a past situation like a bankruptcy or a business deal gone bad, or a divorce or some kind of thing that wronged you and created this debt. It's an extremely important event to tap on.

As a matter of fact, if it gets very strong in this round, you want to use one of the other tapping techniques like the movie technique or the tell the story technique to reduce the intensity around whatever incident happened.

Again, we're not focusing on ourselves, we're focusing on other people or situations that come up when we say it's so unfair. Someone else or something that's contributed to our debt. It's really important to tap on all these emotions.

When you think about your debt, I want you to tune into the words and say it out loud.

This round is very important. This one has to do with another powerful emotion, anger. Any feelings of anger or unfairness that we're harboring about our debt, as justified as they may be, continue to create an energetic pressure that keeps us focused on the debt – that literally holds the debt in place.

I want you to notice what your intensity is when you tune into your debt and say the words, "It's so unfair! I'm so angry!" and rate your feelings on a scale of 0-10 for anger or a sense of unfairness about your debt. Circle the one that you are working on. Come back after you have completed the process for one, including the Power Re-Frame, and work on the other one.

	It's so unfair!	I'm so angry!
SUDS	Levels 0-10:	
Initial	level: Round 1:	Round 2: Round 3:
KP:	Even though I have this debt and it's so unfair, I am so angry at them; And still angry at myself; I accept who I am and how I feel about	it.
	Even though I have this debt and I am so angry about it, and it's justified anger – it feels so unfair. I choose to accept all of my feelings about	out it.

Even though I have this debt and it's really bringing up anger, I profoundly love and accept myself anyway.

- EB: It's so unfair,
- SE: and it's too late now.
- UE: I'm so angry.
- UN: This anger about my debt.
- CH: This anger at them!
- CB: This anger at me.
- UA: This anger at
- TH: It's all their fault.
- EB: I should be so much further ahead right now.
- SE: It feels like I can never catch up.
- UE: And it's all their fault.
- UN: All of this justified anger.
- CH: It's really helping with my debt.
- CB: It sure feels like I'm holding them accountable with my anger,
- UA: because I am really angry.
- TH: It's sure teaching them a lesson.
- EB: But it's costing me energy.
- SE: All this old anger...
  - Anger about the past.
- UE: I get why I have it.
- UN: because it's so unfair.
- CH: This is justified anger,
- CB: but it's draining me.
- UA: It gets triggered every time I think about my debt.
- TH: It's really draining me.

Take a nice deep breath.

Remember that anger is a powerful emotion, and it's a great emotion because it's honoring that something unfair happened to you and you deserved better.

It's especially important to really tap a lot on your anger when the person that was involved with something in the past with you that you might be angry at never apologized, never validated how they wronged you, never said they were sorry, and never made it right. We will carry that anger because it's a way of honoring us. The reality is that the anger is keeping us stuck and it's actually holding on to that evidence in our life that we were wronged.

So even though it was unfair and it's justified, when we voice it this way, the anger will come down a little bit easier so that you get your energy back and you can stop focusing on the past. So keep doing these rounds on anger until you feel the sense of unfairness and the anger coming down. It doesn't change reality, it doesn't mean things didn't happen the way they did. And they may still be unfair, but we want to take down the anger so that it's not costing you! Go back up and re-measure your levels. As

I want you to really write down the thoughts, the feelings, or the events that are coming up that could be connected with that much anger, and really keep tapping until your anger comes down to a 2 or a 1.

You don't want to gloss over this. The anger wants to be voiced, and it won't come down until it's voiced. I also want you to notice that as the anger comes down, we often have sadness coming up. If sadness comes up, which is a sense of loss, and everything you lost because of that event, you want to continue to tap on the sadness, honoring the sadness until that comes down as well.

Write down any thoughts, feelings, emotions, or physical sensations that came up during that round. WHAT CAME UP:

We're going to bring in two ideas, the idea that somehow we have a part in creating this pattern in our life of this thing that feels very unfair to us. We're going to bring in releasing the creation of a pattern in our life that makes us feel like a victim. We're also going to use a process that's designed to take that person or event from the past and make it quieter and more distant.

KP: Even though I still have this debt - it's still unfair

and I'm angry at myself and them.

I'm open to recognizing

that I am creating this pattern over and over.

I choose to release this recurring pattern in my life for my highest good.

I choose to release this recurring pattern in my life

that leaves me feeling like a victim for my highest good.

I'm exactly where I'm supposed to be

and I am now moving forward.

EB: All of this anger I've held.

SE: It feels like I'm holding them accountable,

but it's only costing me energy.

UE: There they are.

UN: They really wronged me.

CH: I'm choosing to see them

CB: As quieter and quieter

UA: And further away from me.

TH: It's been really important to remember all of this.

EB: But I'm just choosing to let them go.

SE: Let all of this go.

UE: From my life.

UN: For my highest good.

CH: I choose to release this conflict for my highest good.

CB: I'm exactly where I'm supposed to be.

UA: I don't know where they are,

TH: but I don't really care. It's in the past.

EB: And I'm moving forward.

SE: I could turn around me and look behind me.

UE: And see this old past event.

UN: Fading behind me quieter and quieter.

CH: Or I could turn around and look forward

CB: And move towards my future.

UA: My financially abundant future.

TH: This old thing, this old person

They can't stop me.I'm moving forward.

Take a nice deep breath.,

Take note of any thoughts or inspiration that come up when you as you do this Power Re-Frame. Really think about the idea that on some level we've attracted patterns of people in our life that bring up anger and unfairness, and if we can choose to let go of the whole energy of that, we really make a major shift.

If you only addressed one of the two statements at the beginning of this round, go back and address the second now.

INSPIRATION:		

## The Silent Scream of Debt Tapping Rounds (continued)

## Round 6

This next round is going to deal with the idea that when we look at our debt, it reminds us of this feeling or belief that what we're doing is not enough. I want you to say out loud, "Whatever I do, it's just not enough." Really be honest, on a scale of 0-10, how true is the following statement? And, what feelings does it bring up? What emotions are associated with that? Really note them down. This is really important.

#### Whatever I do, it's just not enough.

SUDS	Levels 0-10:				
Initial	level:	Round 1:	Round 2:	Round 3:	
KP:	Because it renit's just not enit feels like I of I accept who  Even though It reminds me	I hate looking at my minds me that what hough, can never win – I am and how I feel I hate looking at my that I just can't will y feelings about this	ever I do, l about it. y debt – in.		
	_	I hate looking at my love and accept my	·	ninded that whatever I do, it	's just not enough.
EB: SE: UE: UN: CH: CB: UA: TH:	Maybe I'm no I feel so powe Whatever I do	reak. o is never enough. ot enough.			
EB: SE: UE: UN: CH:	I mustn't be e There it is as	proof for me in blad cents, my debt sho gh.	ck and white.		
CB: UA: TH:		nough	g that tells me I'm just r	not enough	

EB:	This feels so heavy.					
SE:	It's so frustrating.					
UE: UN:						
CH:	, ,					
CB:	What I do just isn't enough.					
UA:	It feels so heavy.					
TH:	All of these feelings that what I do is not enough.					
Take a	nice deep breath.					
minute you wa	are how you're feeling now. Especially what comes up; feelings, emotions, memories, events. Take a e to write these down because some important issues that are personal to you may have come up and ant to tap on those as far as whatever the past events were or the beliefs or people's voices in your head g up. You want to tap on all those issues because it's going to help you to break out of the past patterns.					
	when we do this kind of tapping, we're really stirring things up. And that's exactly what we want, se when we find these issues, we can tap on them. It's a good thing.					
	Take this opportunity to write them down. These are each issues that are tappable, and as you conquer it can help you to break out of your past patterns.					
WH	AT CAME UP:					

There are going to be a lot of positives brought in to this old programming that I'm not enough because this often is attached to our debt, even though we're going to do some more of this work later in the program, it's really important to start bringing it in now when we tune into our debt. We're going to do a lot on karate chop point.

KP: Even though I still hate looking at my debt,

it reminds me that what I've been doing is not enough,

I choose to somehow feel calm about this...

just let some of this go.

I am proud I'm taking empowered steps,

honorable steps in addressing my debt.

I commit to increasing my self worth

and watching the increase in my net worth.

What if I could just recognize that I was born with intrinsic value

and great potential?

We all are!

If everyone has untapped potential, that means I do!

I am now rewriting any old programming

with a new understanding and belief in myself.

And as I do this,

I am opening myself up to a higher level of abundance.

I honor the value of me.

I honor the value of my time.

I honor the value of my contribution to this world.

And as I do that,

I open myself up to a higher level of abundance.

- EB: This debt reminds me I'm not enough.
- SE: What if I am enough?
- UE: What if this is just my old programming?
- UN: Who taught me that I'm not enough in the first place?
- CH: I wonder where I learned to not value me.
- CB: I wonder when I started to not value my time.
- UA: I commit to re-writing this old programming.
- TH: I commit to increasing my self-worth,
- EB: and I will enjoy watching the increase in my net worth.
- SE: What if I could just recognize that I have intrinsic value.
- UE: We were just born that way.
- UN: I must have untapped potential
- CH: Everyone does.
- CB: I am now rewriting old programming
- UA: with a new understanding and belief in myself
- TH: As I do this, I'm opening myself up to a higher level of abundance.

SE: UE:	I honor the value of my time. I honor the value of my contribution
UN:	to other people
CH: CB:	my contribution to this world.  I'm meant to be here.
UA:	I'm unique and the world needs what I have to offer.
TH:	I love doing this and opening myself up to abundance.
Take a	a deep breath.
time, o	are some really important words in there we've said several times, honoring the value of ourselves, our our contribution. This is directly reflected in your financial situation. So the more you commit to ing you, changes will show up in your finances exactly as we said. You will open yourself up to more ance. Really important words.
INS	PIRATION:
	<del></del>

EB:

I honor the value of me.

#### The Silent Scream of Debt Tapping Rounds (continued)

#### **ROUND 7 – I'm grateful for this debt.**

This last round is going to be about gratefulness and gratitude. Now before you fall off your chair and wonder how crazy I could be to suggest that you are grateful for your debt. Let's think about gratitude in terms of the Law of Attraction – Gratitude is one of the most powerful vibrational points of attraction.

Even though it's counter-intuitive, we're going to see if we can tap into gratitude about our debt. Because remember, in the financial world, what is debt? Debt is credit that you have been lent.

What do you want the universe to hear from you when you think of the form of financial abundance called credit?

You're thinking about it as debt right now, but you've really been lent credit. So when the universe provides you with credit, you have anger and pain and sadness and anxiety. When the universe provides us with credit, imagine if we could feel grateful to attract more credit. It doesn't mean we're going to attract more debt, but debt is actually someone lending you credit.

This is really important because there may be a time in your future when you want to be lent credit for some amazing thing that your doing.

Let's start by rating the statement

#### I am not grateful for this debt.

See how good that feel	s. I'll bet it feel	s good to say that.	We're going to start	with the negative.
SUDS Levels 0-10:				
Initial level:	Round 1:	Round 2:	Round 3:	

KP: Even though I am not grateful at all...Those creditors are like drug dealers, they're bleeding me dry.I accept who I am and how I feel about it.

Even though I am not grateful, I refuse to be grateful; They are bleeding me dry. It's agony. I accept all of my feelings about this.

Even though I will never be grateful to anyone involved in my debt – that just wouldn't make sense. I profoundly love and accept myself.

EB:	I am not grateful.
SE:	I shouldn't be grateful.
UE:	Are you crazy?
UN:	They're robbing me blind.
CH:	I'm not going to forgive them.
CB:	I'm not going to look on the bright side of things.
UA:	I refuse to be grateful
TH:	That would say there's something redeeming in this, and there isn't.
EB:	I am not grateful.
SE:	I'll never be grateful for this.
UE:	It's caused me too much pain.
UN:	I refuse to let this go.
CH:	Why should I?
CB:	They're not grateful for me.
UA:	I refuse to be grateful.
TH:	I refuse to let this go.
Take	a deep breath.
WE	HAT CAME UP:
	<del></del>

KP: I actually am grateful

to all those creditors and banks

for extending me credit and letting me use their money.

They gave me moments of joy and freedom

in having things that I wanted or needed quickly

before I had the money myself.

The truth is I needed them, and the role that they play.

That is actually their job.

It is an honor to repay them in good faith and in thanks for their loans,

and in doing this, I send a clear message to the universe

that I am a good money manager; I am great with credit.

I send a clear message to The Universe

that I am grateful for and open to

all the ways money flows to me and through me.

I want The Universe to hear that message loud and clear.

- EB: I am grateful.
- SE: I got to have moments of joy and freedom
- UE: by having things that I wanted or needed quickly
- UN: I didn't have the money yet.
- CH: These creditors and banks did their job.
- CB: They gave me what I asked for.
- UA: It's an honor to repay them in good faith.
- TH: It's an honor to repay them in thanks.

I'm sending a clear message to The Universe that I am a good money manager.

- EB: I am grateful
- SE: I got to have moments of joy and freedom
- UE: by having things that I wanted or needed quickly
- UN: before I had the money.
- CH: These creditors did their job.
- CB: They gave me what I asked for.
- UA: It's an honor to repay them in good faith.
- TH: It's an honor to repay them in thanks.
- EB: I'm sending a clear message to the universe. I am a good money manager.
- SE: I'm sending a clear message to the universe. I am great with credit.
- UE: I'm grateful for and open to all the ways money flows.
- UN: I am grateful for and open to all the money works.
- CH: All the ways money flows to me and through me.
- CB: I am a fantastic money manager.
- UA: This is the message I want the universe to hear.
- TH: Thank you for all forms of money.

Take a deep breath.

Gratitude raises our vibration, so when we can be grateful for all forms of money coming into our life, we absolutely become a money magnet. Going along with this, another great idea that you can do is look at your paycheck - your paycheck or your bank statement or however you receive your pay, whether it's depositing checks from clients specifically or getting paid by a company... Look at that number every work or every month and make a big red circle around it and write "Thank you" and put it on your refrigerator. I often will look at that number and tap "Thank you. Thank you, thank you, thank you!!" It's a way to really tune into money coming into your life and saying thank you for it. Really bringing up the gratitude for all the wonderful things the income that you have now lets you do in your life. Think of anything that it lets you do and be grateful for it. It really pulls in more.

Now note any feelings of inspiration that may come to you as you complete this powerfully positive round
INSPIRATION:



Powerful Strategies for Tapping into Wealth and Your Inner Brilliance Using Tapping and The Law of Intentional Attraction

#### Part 3

# The #1 Block to Money

(Yes, this applies to YOU!)

# The #1 Block to Money! Discussion

Okay, here it is...the number one block to success experienced universally by ALL of us. And it's not just *my* opinion; many EFT® and Law of Attraction experts would agree and have stated that some of the biggest and most pervasive blocks to success are issues related to the "Worthy & Deserving" category. Within each of us, there is some level of unconscious belief that tells us that we are not worthy and deserving of great wealth, great joy, great abundance, or great health.

Clearly we are okay with *some* level of wealth, joy, abundance, and health because that is exactly where we are currently. It's when we try to go *beyond* that that we hit this block.

Right now, many of you are saying to yourselves, "Nope, not me, that's not my issue." You'll be wrong, but you'll say it for good reason! Good reasons that may include the following factors: You are successful already; You've achieved a lot; You graduated head of your class; Or, people respect you. These are all the great reasons we can point to, making it very hard to connect with this "worthy and deserving" thing.

In fact, we *think* that we think pretty highly of ourselves. People say to me, "I know I'm smart." "I know I'm good at my job." "I feel pretty deserving." or "I certainly don't feel unworthy." The idea of feeling "unworthy" makes us think of those dreaded words "low self-esteem." Nobody wants to hear that they have low self-esteem. It makes us think about extremes, like victims of abuse, or addicts...of course *THEY* have worthiness issues. But we don't. Right?

Competing beliefs about our worthiness create competing feelings about how much we deserve and how hard we must suffer to deserve more.

But this is not about extremes; worthiness issues are not black and white. They are at SOME level in each of us and that level sets the success we will create and allow, or not allow. So rejoice and thank God for your already high level of self-esteem, sense of worthiness and success – I LOVE that! But my job is to push you beyond your current success level, and that's why you are reading this! So please, just go with me on this one...

Here are some other typical statements that express worthy and deserving issues. They all start with "NO, NO, I know I am worthy of that much money, it's just that..."

- I don't have enough experience/everyone is more experienced than I am.
- I'm not smart enough. *HELLO!!*
- I'm just not capable enough. *HMMM*
- What I do is not special or unique enough. I SEE...
- I would never feel right charging that much. OF COURSE NOT!

Although we may not consciously feel or think thoughts like "I don't deserve" or "I am not worthy," issues of worthy and deserving are at the roots of many of our blocks to creating *more* wealth, and *more* success.

Another way of looking at this is that our worthy and deserving inner beliefs create counter-intentions that compete or push back against our goals for success and abundance.

#### **Intentions vs. Counter-Intentions**

So what are counter-intentions? If you have studied the Law of Attraction or watched *The Secret*, you learned a lot about how to make intentions, right? The steps that include writing down goals, having a vision board, and picturing the goal accomplished. You also learned how to make an intention even stronger and attract it faster by focusing with powerful emotion, putting yourself in the "feeling place" of it being accomplished, and believing with your heart and mind that it will come true. This is hard sometimes because we are working with our conscious, analytical mind, which is only about 15% of our mind.

"The Law of Attraction is not working for me!" It is critical to understand the power and impact of counter-intentions on your Law of Attraction

What you didn't learn about in *The Secret* is counter-intentions. This is the most critical piece to making the Law of Attraction work for you. Counter-intentions are hidden goals and beliefs that push back directly against your goals and intentions. For example, if you have a strong goal that says, "I want to be wealthy," you typically have multiple counter-intentions that say things like: "I do *NOT* want to be wealthy, I want to stay where I am." The tricky thing about counter-intentions is that we don't realize they are there! When we suspect they might be there, it is hard to know what they are...and *WHY* they would say that!

This is because counter-intentions reside in the subconscious mind where logic does not exist, time does not exist, emotion rules, and self-protection is paramount. The subconscious is 85% of your mind and is likened to a supercomputer a billion times more powerful than the conscious mind. To compare: the conscious mind can be rather fickle (we change our minds a lot) and has limited attention and focus (can only focus on about seven things at once), whereas the subconscious mind is concerned with serious issues of life and death and receives and records massive amounts of input at once and continually. All input is interpreted through filters based on its programming about what is good and bad / safe and unsafe.

Where do we get this programming that interprets everything? We start by simply downloading it from our parents as children, then we gain more through positive and negative life experiences.

Counter-intentions effectively detract from, water-down, or cancel out your intentions.

Let's go back to the Law of Attraction and look at what it means for counter-intentions. When the subconscious mind has a belief that becomes a counter-intention, it has powerful emotion, feels completely real and true and regards everything as though life and death are at stake. In this way, counter-intentions often have an equal or more powerful pull on the Law of Attraction than our conscious intentions. The effect is to detract from or cancel out the energy of our positive intentions. The subconscious mind is NOT messing around. It's not fickle in its beliefs, and it will do whatever it is *programmed to believe* is necessary to "keep [us] safe."

Following this definition, our worthy and deserving inner beliefs create great big counter-intentions that partly negate or water-down our intentions. It's really not just about our goals and intentions...if it were only that easy! It's about the balance of our intentions/goals and our competing counter-intentions that become our success or wealth reality. It's the balance of the two that the Law of Attraction responds to.

The Law of Attraction is always responding to the balance of our intentions and counter-intentions.

Our mixed results reflect our mixed intentions!

Here are two concepts I will introduce to help you understand this: the wealth set point and the deserving meter.

Our worthy and deserving beliefs create what I call a "wealth set point" for us. This is a hidden set point defining our level of wealth, success or even health in our life. T. Harv Eker in *Secrets of the Millionaire Mind* refers to a similar concept as "the wealth blueprint."

But what happens when you dream about a different life? When you set goals to really change? How is the wealth set point maintained? This is where the deserving meter comes in.

The wealth set point is maintained at a fairly consistent level by our inner "deserving meter." We each have our own personal deserving meter that evaluates where we are in relation to our wealth set point. It then adjusts to keep us there. It meters in or turns off the flow of wealth, abundance, and health. The deserving meter keeps things both in balance and in check around the "wealth set point."

How does it do this? How could it do it so easily? How could it be so powerful in our lives? Because it resides in our subconscious mind and it uses our unconscious behaviors.

The deserving meter turns on and uses our "autopilot" behaviors to create problems and blocks that sabotage good intentions. It's really quite brilliant; the creative, efficient, and effective ways of creating overwhelm, confusion, disorganization, busywork, etc. We don't see or feel ourselves doing it because it's happening on autopilot. There is always a goal in feeling overwhelmed, confused and disorganized; it keeps us from getting clear! It keeps us focused on low-value busywork.

Our "autopilot" behaviors can brilliantly support us or brilliantly sabotage us.

Another way this sabotage works is by the many things we are NOT doing, the actions we are not taking that would propel our success. These can range from creative, inspired actions to obvious, likely actions that we are *NOT* doing, e.g., creative marketing, collaborative ideas, networking, or giving talks. Either way, the effect is to maintain the set point.

Now, imagine if we had that kind of autopilot brilliance working *for* us, instead of against us. That's exactly where we are going.

So how do we get a handle on our own individual wealth set point, especially if it's hidden? Well, it's actually easy to see in a way, because it's reflected in our lives. The best way of looking at our wealth set point is by taking a look directly at our own life.

The reality is that we are always at the exact level of success, happiness, abundance, and health that we unconsciously believe we are worthy and deserving of. It is always a match; it's always in balance. (There is a second factor involving safety, but we'll get to that in part 4.) The Law of Attraction is always working perfectly! Our current level of success, wealth, health, and joy is an exact match with the BALANCE of our positive intentions and the push back of our counter-intentions. We are each at our individual wealth set point right now.

We are always at the exact level of success, abundance, joy, and health that we unconsciously believe we are worthy and deserving of.

Our wealth set point says:

- "I am earning exactly what I believe I deserve." If this is not enough to afford our solvency goal, we need to increase our deserving meter set point.
- "I am working exactly how much I believe I need to work in order to deserve my income." If we are working excessive hours for our income, which is already insufficient, we need to increase our deserving meter set point.
- "I am giving of my energy, time, and health exactly as much as I believe that I should give to deserve the income and good things that I have in my life." If we are physically stressed and exhausted and can't see a way out of that cycle, we need to increase our deserving meter set point.

To increase our level of wealth directly, we must increase our wealth set point. This is as simple as it gets. We don't actually have to run out and fix every problem in our lives. When we work directly on our wealth set point by working on worthy and deserving issues, problems and obstacles will start to fix themselves.

NOTES:		

#### **Push Some Buttons!**

A direct way of *feeling* your worthy and deserving set point or wealth set point is by giving yourself a big income goal as directed in Part 1. If that number feels rather uncomfortable...then try adding \$100K to it and see how that feels. Now we start to hear that very logical voice that says "What in God's name could I ever do that would be worth people paying me *THAT* much money"?

Another way of seeing where your deserving meter is to look at where you have "debt of energy" or "debt of time." This will reveal some level of an inner belief that you must put in a quota of time and energy in order to be deserving of your income/other people's money; a belief that says you have to work HARD and put in long hours to be worthy of your paycheck. Somewhere a belief says that your efforts, intelligence, and efficiency; the innate value of your efforts is lower than other people's, than it *should* be. So you MUST work more hours, give more, and do more to earn.

Beliefs create our feelings and DRIVE our behavior. Work backwards from behavior and feelings, and you will always find a belief!

Maybe you had role models in your parents who worked hard for every penny they earned. Maybe they said things like, "you've got to work hard in life," or, "you've got to try harder." Maybe they commented about people who were lazy, didn't work hard enough, or didn't deserve their money. These early-programmed beliefs about working hard and long to *deserve* what we have in life really create havoc with our deserving meter.

This may be a very hard to thing to hear, but you are, in many unconscious little ways, drawing out your day to meet the quota you have set for yourself. The quota you need to fill to deserve other people's money, to deserve love, and to deserve to sit down and rest. Actually you are doing this in creative, brilliant ways. Remember the autopilot discussion! It is amazing; the complex and convoluted circumstances that we create to ENSURE we meet our set point.

NOTES:			

I know it seems hard to believe and accept, but there are a million creative ways our subconscious mind keeps us at this set point. Some of the ways it manifests is by our being:

- disorganized
- foggy
- forgetful
- overwhelmed
- fatigued by busywork
- over-committed
- inefficient
- overtired
- anxious
- overly relied on
- unable to say no
- indispensable
- a perfectionist

All of these cause us to be less efficient with our time and less creative and inspired with our approach. We OVER-do some tasks and under-do others. Our time is always "on sale." Sound familiar?

Another way to look at your deserving meter is how YOU treat YOURSELF. Do you take time to take care of yourself regularly, to unwind and relax? Do you get a massage every month?

Do you say "no" to people and extra responsibilities if saying yes would further tax and complicate your life? Do you self-advocate for the resources YOU need to allow you more time and energy to focus and/or re-group? Do you respect your time and energy and ask others (including your children, family and spouse) to do so? These are hard questions for those whose lives are built around doing, doing for others, and giving, giving, giving to others.

Our behaviors say, "I don't deserve," even when we are not conscious of it.

Well, here's an even harder one. Do you give yourself a pat on the back every day for all the zillion things you did well in one day? How often does your self-talk say: "I should've done more; done it better; or tried harder," Or, "I really screwed that up"? How often does that voice in your head say, "Wow, I really kicked butt on that!" or "I am really proud of that!"? I bet you are laughing at the absurdity of actually having positive, encouraging self-talk. If you don't know, tune in and listen, start right now to become aware of your self-talk. I guarantee you will find it enlightening.

NOTES:			

Where does this lack of worthiness come from? It comes from the lifetime of experiences, of what we saw, heard and felt from our parents, teachers, friends, family, coaches, etc.

Here's one common example...remember school spelling tests? Nine words spelled right and the only one highlighted on the page was the one spelled wrong circled in red with a giant "X." What message did that send? Think about the staggering number of tasks you do before lunch every day, but beat yourself up for the one thing you missed in all that.

So how do we increase our wealth set point?

- 1. **Build up the value of YOU and your innate abilities** this is an "inside job" that requires finding and challenging worthiness beliefs and affirming yourself. This is rewriting any negative programming with a recognition and new belief in yourself, your contribution, your potential, your value, the value of your time, and in the goodness of your intention!
- 2. **Increase the value of your time and contribution by tapping into creativity, inspiration and inspired action**. From this will come highly leveraged ideas, approaches, efficiencies and actions that bring exponential returns. Second, by experiencing this and observing this in yourself, it will enhance your confidence, belief and excitement about your abilities and your value. This will absolutely show in everything you do and say to your customers and clients. And, this feeds back into #1, building up the value of YOU.

NOTES:			
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# **BONUS Report Power of Leveraging**

What does it mean for an idea or an action to be highly leveraged? It means that the return on investment of time is not one for one...it is ten fold, one hundred fold, one thousand fold. It breaks the paradigm of more money requires more work - more physical hours. You have got to break this hugely limiting mental paradigm in order to double or triple your income!

Why? Because when you are working 40, 50, 60 hours per week and making a certain amount, it's almost impossible to imagine how you could double or triple your income. It's impossible when you can't work any harder, you don't want to, and you know that it would definitely be bad for your family. Add to that your surety that you can't just charge customers more for the same value. That feels wrong. And you worry that if you do that, you will price yourself out of customers.

Highly leveraged ideas and actions have exponential returns beyond exchanging your time for money.

Here's an example that illustrates the paradigm shift and power of leveraging. Imagine yourself as a small business owner. You have a client who hires you for a marketing campaign for their business. You come up with an amazingly creative and powerful concept and they absolutely love it. So you figure it took you about two weeks' worth of time and since you bill out at about \$75 per hour, you charge the client \$6000. The client is ecstatic about the value received and you feel great! You really earned that \$6000!

Now two more clients show up and want to hire you. You realize in a flash of brilliance that the concept you developed for the first client has such universal appeal and resonance that you could build off it, creating two more programs in relatively little time. Each program takes you 20 hours to customize, and each program is, like the first, amazingly creative and powerful. Both clients love their programs.

Now, here's the question...do you charge each client \$1500 for the 20 hours, or do you charge them \$6000? They are each getting the tremendous value of the first client, but you only put in 20 hours. What do you deserve to be paid?

Apply this concept to your own business and test how you feel. Notice if you feel uncomfortable, or unfair in charging the \$6000. If so, you are trapped in the middle class paradigm of getting paid for your time, not your value. You are refusing to leverage the value of your knowledge, experience and creativity.

Instead, consider taking author T. Harv Eker's brilliant advice and choose to get paid on your results! If this makes you uncomfortable, there is a limiting belief somewhere in you about the value of your results.

# The #1 Block to Money Tapping Rounds

#### **Review**

A quick review before you start these rounds. In the readings, you should have learned that issues of worthiness and deserving are at the root of the #1 most pervasive block to wealth, abundance, and income. This is not a black and white issue. This says that every one of us has some level of a competing belief about our worthiness and deservingness of more.

This comes up especially when we set a big goal for ourselves. You also should have learned that beliefs will drive behaviors – conscious behaviors and unconscious behaviors that can either support you brilliantly or sabotage you brilliantly. You learned that when you look at your life, you can see exactly where your level of competing beliefs are and what your behaviors are bringing you. Because as you look at your life, you are always at the exact level of success, abundance, joy, and health that you unconsciously believe you are worthy and deserving of.

So when we look at these beliefs, it's important to work directly on the worthy and deservingness belief to allow more into our experience and to allow these behaviors, especially these unconscious auto-pilot behaviors to start lining up in our favor instead of having these behaviors declare loudly, "I don't deserve!" even when we're not conscious of it.

All this really takes is the building up of you and your value, and the value of your time, effort, and innate abilities. It also requires that you build up, on purpose, the value of you and your time and contribution by tapping in to higher levels of creativity, inspiration, truly inspired action, and truly inspired efficiencies.

You also learned about the power of leveraging and the necessity to let go of this idea of a one-for-one trade for your time and/or money – that you've got to bring more value into highly leveraged ideas that have returns beyond just exchanging time for money.

We have a lot of important issues to work on in this section that you can do over and over and over again, because as you change your goals, as your goals increase or more goals get added to your goal, you are going to continue to push these buttons. We might feel very comfortable at a certain level of income or a certain level of success, but when we try to push beyond that, that's when these buttons get pushed. We want them to be pushed because then we can work on them. But I want to underscore the importance of not just doing this worthy and deservingness work once, but over and over, especially as you are moving forward.

The first six rounds are going to be around the issue of worthiness and then for the last tapping rounds, we will switch over to the idea of being deserving. These are similar, but slightly different topics.

These are some pretty powerful tools, both the knowledge you have gained as well as the tapping rounds. Remember to be gentle with yourself.

To review the TAPPING process and points, you can look on pages 29 and 30.

# The #1 Block Tapping Rounds (continued)

# Round 1

take a of 0-1 want	a look at it and say out loud, ".  10. Here 0 would be totally un	I am worthy of \$	me goal number. We're going to use your number, per year." Check how true that feels on a scale stely no doubt. Again, this is not how true you oing it is to say, "I am worthy of great wealth," ag on.
	I am worthy of \$	per year.	I am worthy of great wealth.
SUDS	S Levels 0-10:		
Initia	l level: Round 1: _	Round 2:	Round 3:
KP:	Even though part of me doe of \$ per year, which is significantly more I accept who I am and how  Even though part of me doe which is WAY more than I I profoundly love and accept though I just don't be I accept how I feel about it	than I earn now, I feel about it. es not fully believe I am very earn now, of myself. lieve I'm worthy of that it	worthy of \$ per year,
EB: SE: UE: UN: CH: CB: UA:	There's no way I could earn I'm not smart enough. There's no way I'm that go Other people maybe could of Other people do it all the time. But not me, there's no way. I'm not smart enough I couldn't possibly be. I'm sure I'm not creative en	od. earn that much, me.	
EB: SE: UE: UN: CH: CB: UA: TH:	There's no way that I am by You have to be unique to ear and I'm just not unique enoon. The ideas I have, other people have already contained I'm just not smart enough. I'm really rather stupid. I'm just not good enough for	arn that much ugh. ashed in on them. deas.	

EB: SE: UE: UN: CH: CB: UA: TH:	I've never been good enough. I was born less than. I was a deficient baby. There was always something wrong with me. I've always been less than other people. I'm just not enough to deserve that. I'm just not worthy. Never have been, never will be.
Take a	nice deep breath.
or if sa	how you're feeling. Notice and note down in your workbook if other stronger emotions have come up dness has come up. Often when we tap into this feeling of not being worthy and not being enough, some sadness in there because we have paid a price for carrying around this "I'm not good enough"
positiv anythin stuff is	ek and rerate the I am worthy of in your income statement and rerate that feeling. Say it this time in the e. You want the truthfulness of the positive "I am worthy" to be closer to an 8 or a 9. Note downing else that's coming up and work on the things that come up because this worthy and deservingness really, really important. Anything that's coming up that's evidence of why you're not deserving is a tappable issue for you so make sure you capture that.
Remen	nber to only work on one thing at a time. Once you have finished with one thing, you can then work on
WH	AT CAME UP:

KP:	Even though part of me does not fully believe
	that I am worthy of this much money, because it's significantly more than what I earn now,
	I choose to release this belief.
	It's not serving me.
	I recognize that I was born with intrinsic value
	and great potential.
	The truth is that we are all born with great potential
	We are all born unique.
	I am rewriting any old programming
	that says I'm not worthy
	Because it was always a lie.
	I was born worthy and deserving.
EB:	I still don't believe I'm worthy of <i>that</i> much.
SE:	It's so much more than what I'm making now.
UE:	I choose to release this belief.
UN:	It's an old belief
CH:	that's not really serving me.
CB:	I recognize that I was born with intrinsic value
	and great potential.
UA:	I haven't even seen what I'm capable of yet.
TH:	I'm rewriting this old programming.
EB:	Who put that programming in there in the first place?
SE:	It has never served me to carry this belief.
UE:	The belief that I'm not worthy.
UN:	As I let go of this old belief
CH:	that does not support me,
CB:	That does not support my brilliance,
UA:	I open myself up to more abundance.
TH:	I am so grateful for this new belief in myself.
Take	a nice deep breath.
Now	write down any thoughts or inspirations or ideas that come because of this positive round.
INIC	SPIRATION:
1110	OFIRATION.

More inspiration:	

# The #1 Block Tapping Rounds (continued)

### Round 2

This next round is going to tune in to the feeling that we have sometimes of being a little conflicted or guilty about even asking for that much money or even writing down a goal that's that high. This might fell like a little bit of guilt or maybe a little bit of embarrassment, or just somehow seem wrong – based on your value system or your family's value system – about asking for this much money. A way that you can really tune into this or turn it louder is to imagine how you would feel if all of your friends and family knew this was your income goal.

I want you to rate the feeling of being conflicted or guilty or somehow that it's wrong to ask for more, especially the idea that sometimes comes up that we're supposed to be grateful for what we already have.

#### It's not right to ask for that much money.

Rate how true that statement feels for you on a scale of 1 to 10 and note any of the other beliefs in there that we're supposed to be grateful...if it's bringing up other conflicts in your value system or maybe religious training or your family, etc.

You really want to capture those limiting beliefs so that we can tap on them more.

#### It's not right to ask for that much money.

SUDS	Levels 0-10:					
Initial	level:	Round 1:	Round 2:	Round 3:		
KP:		part of me is conflic I am and how I feel		ven asking for that much,		
	like it may be	part of me really fee wrong to ask for so love and accept mys	much more,			
	that I'm askir	part of me is really on ng for so much more I feel about this and	*	oit uncomfortable		
EB:	Maybe it's w	rong to ask for so m	uch.			
SE:	Maybe it's se	lfish to want that m	uch.			
UE:	-	l probably say,				
UN:	"Wow, that's	pretty selfish."				
CH:	If they really	knew how much I w	vanted.			
CB:						
UA:	It feels selfish	n to want that much.				
TH:	It feels almos	t wasteful to want th	nat much.			

EB: SE: UE: UN: CH: CB: UA: TH:	It feels like I'm asking for so much more than other people have.  Why do I need so much more than other people?  Who do I think I am  wanting that much?  It must be selfish of me.  You're supposed to be grateful for what you have.  This isn't being grateful, this is asking for too much.
EB: SE: UE: UN: CP: CB: UA: TH:	I am grateful, but I do want more. But I feel so conflicted about it. And if I asked people's opinion, they would probably agree with me I'm not sure how I feel about wanting this much. It feels wrong and selfish It really feels wrong and selfish.
Take a	nice deep breath.
though really s that it' what w aware	the if that triggered anything for you to make that feeling go higher or lower. You want to look for the its, feelings, memories coming up. Sometimes it's the words of our parents or people in our life that start to come up and make these loud, especially around the ideas of "who do you think you are?" and is wasteful and that it's selfish. These are really big triggers for people and they keep us from asking for we want. Anything that you come up with, note it here because these are all things that we want to be of and work through so that we can keep building up our feeling of deserving. Keep working with this a little bit more until it's low enough, maybe a 2 or below before moving on to the Power Re-Frame.
WH.	AT CAME UP:

KP: Even though I still feel conflicted and guilty about asking for more,

I choose to free myself

to want and have more

than I have ever had.

I choose to free others to want and have more too.

I'm not stopping anyone else from wanting or having more.

There is an unlimited supply of abundance for all, including me.

I now recognize that wanting more is my spirit urging me to live life to the fullest.

I now recognize at a deeper level

That wanting more is my spirit urging me to live life to the fullest.

I deserve that, and it's about time.

EB: I still feel conflicted.

SE: I'm wondering what other people would say,

UE: but I'm choosing to free myself

UN: to want and have more.

CH: And I free other people

CB: to want and to have more too.

UA: There is an unlimited supply of abundance for all.

TH: And that includes me.

EB: What if this feeling of wanting more

SE: is my higher self urging me

UE: to live life to the fullest?

UN: To earn this money, I would have to live life to the fullest.

CH: I deserve to live life to the fullest.

CB: This increase or this more that I want

UA: will allow me to live my life more fully:

it will allow the people I care about to live life more fully.

TH: They deserve that... I deserve that.

EB: I now honor this feeling inside me

SE: that's urging me to live life more fully

UE: I feel so much more joy knowing

UN: I'm living life to the fullest.

CH: And it feels so good to know

CB: that I deserve it.

UA: I'm honoring that I deserve it.

TH: And it's about time.

Take a nice, deep breath.

Note down how positive or light that makes you feel and any inspirations that come to mind because any of more inspiration or your words that come to mind, your realizations, note them down. Those are going to build you up. That's what we want!!

INSPIRATION:	

# The #1 Block Tapping Rounds (continued)

### Round 3

In this next round we're going to deal with the feeling that it somehow seems to be wrong to be so focused on money.

Similar to the last theme that it's selfish to want that much, this is a little bit different... That it's somehow wrong to be focused on money. Sometimes when we put down a big income goal, and I really push people to talk about money, Money, MONEY, it will trigger this feeling that we're being too money focused.

For some reason, when we're living hand-to-mouth or just making ends meet, we really don't think about a problem with being too focused on money, even though we are...

But when we write down a big, aggressive goal that represents financial freedom and something we're going after, this feeling comes up that it's wrong to be focused on money.

I want you to think about this idea... Money is important in the areas in which it's important. And if we walk around saying, "I'm not going to be focused on money because money's not that important, then the universe is always listening and it's hearing that you don't think money is very important. Of course money is important. It's important in certain areas.

### It's wrong to be focused on money.

SUDS	Levels 0-10:				
Initial	level:	Round 1:	Round 2:	Round 3:	
KP:	_	s wrong to be so am and how I feel	focused on money, I shabout it.	ouldn't be!	
	_	s wrong to be so we and accept my	money focused, I should self.	ldn't be!	
	I shouldn't be the	•	g to be so money-focus about it.	ed,	
EB:	It's just wrong.				
SE:		e people who foc	us on money.		
UE:	Money shouldn't be so important.				
UN:	•	ow to be so focus			
CH:	I don't worship		J		
CB:	I don't want to	be one of those p	eople who does worshi	p money.	
UA:	Money is not su	ipposed to be so i	mportant.	- •	
TH:	It feels so wron	g to just want so	much money.		

SE: UE:	Those people seem to worship money,
UN:	and I never want to be that way.  It's shallow. It's materialistic.
CH:	I don't feel right about being so money-focused.
CB:	I'm better than those people who are focused on money.
UA:	My goals are more altruistic.
TH:	Money shouldn't be so important. It just seems so shallow.
Take a	a deep breath.
things You d we say balanc of mor	that our parents said or people that we're thinking of who are money-grubbing and focused on money. on't really wan to be that way, but what happens with our mind is that we think very black and white. If money's important we're going to go to this extreme. So we want the importance of money to be in the with other forms of abundance in our life – abundance of love, health, friends, and yes abundance mey. Money needs to have its proper place and importance in your life. Note where you are and ue to tap on this one again if it's still really resonating, until you get to a 2 or a 3.
WH	AT CAME UP:

EB:

I don't like people who only think about money.

KP: Even though I have this money number, of \$ per year, money is just a vehicle, an exchange medium. It's just energy passing back and forth. What I truly want and deserve are all the wonderful things I will create in my life with it: Feelings of joy, gratitude, freedom, excitement, beautiful things, treasured experiences experiences for me and my loved ones. I deserve that. They deserve that. EB: Yes, I have this money number, SE: and I guess I'm focused on it. UE: Money is really just a vehicle, an exchange medium. UN: It's just energy passing back and forth between people. CH: What I truly want and deserve CB: are all the wonderful things UA: TH: I will create with it in my life; feelings of joy and gratitude, EB: SE: freedom and excitement and beautiful things, treasured experiences for me and my family. UE: UN: I deserve that. My family deserves that. Money is actually important to focus on. CH: I choose to do that without being focused on money in a way that hurts ppl CB: UA: I choose to be focused on money for my highest good. TH: Because money is important in certain areas of my life... It's not really the money that I want, EB: SE: it's the freedom that money can bring. I love feeling free and unlimited. UE: UN: I appreciate all the wonderful things CH: money has already brought into my life. I appreciate all the wonderful freedom CB: that money is bringing into my life. UA:

Take a deep breath.

TH:

Money represents unlimited possibilities. I appreciate knowing that I deserve that.

There's a lot of reframing in here. We want to really reprogram how we think and feel about money coming into our life and what money really is in the world. This should challenge some of your beliefs so put down anything that's coming up around this before moving on to the next round. **INSPIRATION:** 

# The #1 Block Tapping Rounds (continued)

### Round 4

TH:

I will never be like that.

This round is based on my experience with clients in doing this worthy and deservingness work.

What I find is that as we start using the tapping to increase our inner belief about worthy and deserving, we often find yet another point of resistance that says, "It's wrong to pat yourself on the back." "It's wrong to toot your own horn." This feeling or belief can come up when we start to really honor ourselves and honor how valuable we are and honor the value or our time and energy. Again, it's somehow we're doing something wrong by honoring ourselves.

Circle the statement you are working on.

It's wrong to pat myself on the back.

It's wrong to toot my own horn.

It's wrong to do this worthiness work.

Give o	one or all of those sentences a rating on a scale of 0-10:
Initial	level: Round 1: Round 2: Round 3:
KP:	Even though I refuse to toot my own horn and act like I'm better than everyone else; that's what this sounds like.  I accept who I am and how I feel about it.
	Even though I refuse to pat myself of the back, that's just not me, I don't think I'm better than other people, I profoundly love and accept myself anyway.
	Even though I refuse to toot my own horn, I refuse to act better than other people, I refuse to be arrogant like that. I'm not comfortable with this worthiness work, I accept how I feel about it and all of me.
EB: SE: UE: UN:	It's wrong to have a big ego like that. It feels arrogant. I'm not arrogant. I'm not trying to say I'm special.
CH: CB: UA:	I'm not trying to stand out. That would feel arrogant. I'm not like that.

- EB: I don't think it's right to pat yourself on the back.
- SE: It sounds like I'm saying I think I'm better than other people.
- UE: I'm just not that arrogant.
- UN: It's not right to toot your own horn.
- CH: It doesn't feel safe for me to try to stand out like that.
- CB: It doesn't feel safe for me to act like I think I'm worthy.
- UA: It doesn't feel safe
- TH: to act like I think I'm better than everyone else.
- EB: Other people won't like it
- SE: I don't like it when people self promote.
- UE: No one will like it when I act special.
- UN: People get offended when you act that way.
- CH: It's really pushy to self promote.
- CB: It would just feel arrogant.
- UA: I refuse to be that obnoxious.
- TH: I'm not comfortable with this worthiness work.

### Take a nice deep breath.

See if we're pushing some buttons and stirring things up. One of the things that T. Harv Ecker says in *Secrets of the Millionaire Mind*: "The difference between rich people and poor people is that poor people or middle class people have a lot of issues and beliefs and discomfort around self-promotion and wealthy people have no issue with self-promotion.

When you think about the work that you do or your business, we're not talking about bravado or false confidence. We're talking about... In order to succeed in business, you have to be willing to self-promote. You have to be willing to say, "I'm really,really good at what I do and this is why." Whether we're doing this worthiness work where we're proactively building up our self-belief or whether we are out in the business world trying to get more clients, we have to be able to say, "I totally rock at what I do."

And when we're unwilling to do that, it absolutely limits our business. There are a couple of reasons to do these rounds again and again until you feel more comfortable with this idea. The other thing I will mention is that some people who've been walking around with the whole "martyr" thing going on find it very difficult to start to honor how valuable they are because they've been playing the role of the selfless martyr. And this goes against being a selfless martyr. This is saying, "Hey, I'm valuable and I am worthy and I'm deserving."

I want you to notice if there's any resistance there because you've been playing the role of being a martyr and you never toot your own horn. Continue tapping on this one and note that this might come up in your business as well if your having issues self-promoting, then move on to the positive round.

WHAT CAME UP:		
		· · · · · · · · · · · · · · · · · · ·

More of what came up:				

There's going to be a lot of self-honoring. You want to bring down your discomfort with honoring your worthing and deservingness before you move onto this round because we're going to lay it on thick.

KP: Especially because I want to increase my inner sense of worthiness,

I am now purposefully honoring myself.

I am grateful for my intelligence.

I am grateful for my creativity.

I am grateful for my strength.

I am grateful for my compassion.

I am grateful for my sense of humor.

I am grateful for my health.

I am grateful for my God-given unique abilities.

It is finally safe for me to honor myself.

It is finally safe for me to be proud of myself.

EB: As I do this,

SE: I increase my inner sense of worthiness.

UE: On purpose

UN: because it's connected to my net worth.

CH: I'm honoring myself

CB: to increase my inner worthiness

UA: And as I do, it will be reflected

TH: in my net worth.

EB: I am grateful for my intelligence,

SE: My creativity,

UE: My strength,

UN: My compassion.

CH: I am grateful for my sense of humor,

CB: my health.

UA: I am grateful for my God-given abilities.

TH: It is finally safe for me to honor myself.

EB: It is finally safe for me to be happy with me.

SE: It is safe for me to be proud of myself.

UE: It feels so good knowing...

UN: I can just honor myself.

CH: It feels so different

CB: allowing myself to just honor who I am.

UA: I honor who I am in the here and now.

TH: I have been put here on purpose.

Take a nice, deep breath.

I want you take a minute after doing this round and really be kind to yourself. Write down the strengths and the talents that you have. This is a really important part of the process. You don't have to show it to anybody, but give yourself permission to honor yourself.

The more that you honor and have gratitude for whatever you have, you will get more of it. If you are grateful for your creativity, you will get more creativity... More than you've ever even yourself have. This process works.

Take some time. Write a gratitude journal. Write in here about all of the amazing strengths and talents that you have that are unique in all the world; because you could picture the billions of people on this planet, look around at them. There's nobody else like you.

NSPIRATION:

# The #1 Block Tapping Rounds (continued)

### Round 5

I'm a giver.

I accept how I feel about this and all of me.

This next round is going to deal with the feeling that by wanting so much more money in this big income goal, or so much abundance in life, we're somehow taking it away from other people. Sometimes this comes up when we're going to increase our price, that we're literally asking other people to pay us more money. The other part of it is just a sense that there's a limited amount of abundance in the universe and by us wanting more and taking more, we're taking it away from starving people on the other side of the planet. Or, starving people that are down the street from us.

Again, this is based on a scarcity view and the belief that says it's better to give than receive. Well of course it's not better to give than receive. It's two sides of the same coin. Try to have a relationship with someone and refuse to ever receive from them, they will not stay in a relationship with you very long.

I want you to say the following statement and see how true it feels for you when you think about your income goal.

### It's selfish and wrong to take that much from other people.

See how true that feels on a scale of 0-10 and if this one's true for you, we'll start tapping on the karate chop point.

SUD	S Levels 0-10	):		
Initia	l level:	Round 1:	Round 2:	Round 3:
KP:	to want that I prefer to I accept when thought to want that I really pre	no I am and how I feel gh it feels so selfish ar at much money from o efer to be a giver;	thers, about it. ad wrong thers,	
	Even thoughto want that because it'		ng other people,	

EB: SE: UE: UN: CH: CB: UA: TH:	I don't think I deserve to get that much.  It feels like I'm taking it away from other people.  I feel so guilty taking away their money.  I feel so conflicted when people pay me their hard earned money.  It feels like I'm taking away from them.  I mean, there's a limited supply, right?  And I'm just not that selfish.  I don't need that much.
EB: SE: UE: UN: CH: CB: UA: TH:	I would rather give up my share. That's what I do, I sacrifice. Aren't you supposed to sacrifice for other people? I've been sacrificing for a long time, and I'm good at it. That's what I've earned. There's a limited supply to go around. So if I want more,
EB: SE: UE: UN: CH: CB: UA: TH:	I'm taking it away from other people. That's what they taught me. It feels so guilty taking away from other people. I'm not comfortable getting paid. There's a limited supply of abundance, And people work so hard for their money. For me to make that much money, I'll have to take away more from other people.
Take a	nice, deep breath.
	ck up to the top and re-rate your levels, see if this is stirring things up for you. Definitely write down at stirred up. Keep tapping on this one until you get down to a 2 or 3 and move on to the power re-
WH	AT CAME UP:

More of what came up:					

KP: I now allow the abundance and wealth I deserve

to come easily to me in return and in balance

as I pour myself out into the world

through my passion, my creativity and my positive intention.

I love giving my best.

I love receiving the best.

I am showing the universe I am willing to receive.

I can be a good receiver.

My intention is the best and highest good for me and others.

My intention is success for me and others.

What if it can go both ways in a win-win?

My success prospers everyone and everyone's success prospers me.

That feels different.

EB: I'm now allowing abundance and wealth to come easily to me

SE: in return and in balance

UE: as I pour out my passion,

UN: my creativity,

CH: my intention,

My time,

My energy...

CB: out into the world.

UA: I love giving my best out into the world.

TH: I love receiving the best in return.

EB: I'm showing the universe I'm willing to receive as well as give.

SE: I'm showing the universe I'm willing to receive as well as give.

UE: I am a good receiver.

UN: My intention is the best and highest good

CH: for me and others.

CB: My success prospers everyone,

UA: and everyone's success prospers me.

TH: That's my intention.

Maybe we can all have our cake and eat it too.

EB: Maybe it's not either/or.

SE: Why does it have to be me or them?

UE: That's not my intention.

UN: My intention is my success prospers everyone

CH: and everyone's success prospers me.

CB: I love a win/win/win situation.

UA: Everyone wins!

Everyone succeeds

TH: I love when everyone wins in multiple ways.

Take a nice, deep breath.

It's a much more positive vibration when we think about wealth and abundance flowing to us in exchange for what we're pouring out into the world and honoring our intention... That as we become more successful, our success is absolutely going to effect the success of other people and it's so fun when it works that way.

We call that business interdependence, and this is especially true of small businesses. Think of all the different people that you interact with. If you were to double or triple your business or your income, you would affect all of those other people in a positive way.

We always want to think win-win situation where everyone wins in multiple ways. Much more fun that way!

INSPIRATION:	



Powerful Strategies for Tapping into Wealth and Your Inner Brilliance Using Tapping and The Law of Intentional Attraction

### Part 4

# "Do I REFUSE to Be Rich?"

Secret Goals of Your Subconscious Mind

# "Do I Refuse to be Rich?" Discussion

Why, oh *WHY* would anyone refuse to be rich? We believe, of course, that we would LOVE to be rich! That it would be FANTASTIC! Think about suddenly earning double your current income...triple your current income. Think about millions. Wouldn't that be great?

Not according to your subconscious mind. In fact, there are a multitude of reasons our subconscious mind refuses to let us become wealthy or advance significantly beyond our current wealth set point. Actually, it's more serious than that.

As has already been discussed in section 3, our subconscious mind is almost 85% of our mind, and one of its primary purposes is to keep us safe. It is the job of this powerful part of our mind to interpret and categorize all kinds of things, both common and unusual as not only being "unsafe" but also as life-and-death emergencies. These can be random things like public speaking, spiders, tight spaces, smoking cessation and the big one for this discussion…being rich. Once the subconscious mind makes this interpretation, it will use all the powers at its disposal to "protect" us from what it sees as not safe. It interprets these dangers based on our past experiences and beliefs – not on the logic of our conscious mind.

If your subconscious mind believes it is dangerous to be wealthy, it will "protect" you by keeping you poor.

The problem with "being rich" is that very often the subconscious mind is filled with experiences and programs that conclude it is NOT SAFE to be rich. Early programming from our parents and family and continual media throughout our life fills us with thousands of messages about the evils of greed and money and the corruption and sinning of the rich.

Think of your early religious training about spiritual people who "get" into heaven and greedy rich people who can't. The messages are clear in many religions that the rich worship only money, will kill or cheat for money, *and* will *NEVER* get into heaven. In fact, many religious figures first gave away all their riches and lived as paupers in order to attain spirituality. Catholic nuns, for instance take a "vow of poverty" so they can be pure to serve God.

MY EARLY TRAINING REGARDING MONEY:

Of course it is not healthy to "worship" money and use people...but the unstated message is that this is the only way. Why can't you want a lot of money and love people and have wonderful intentions for contributing in this world? Why can't you have both? T. Harv Eker says money only makes you more of what you already are. Are you generous now? You will be more generous with more money.

Here is some more programming for you. Think of the TV shows and movies that continually show the rich people, the bosses, or the owners as the villains, only focused on using people for more money. In this platform they are shown as either idiots or self-centered, or odious. They stop at nothing and hurt people along the way, whether by ignoring their families or stepping on hardworking, honest people as they climb the ladder to the top. They are also portrayed as snobs who are out of touch with the reality of "real" life and earning a "real" living. There is often a sense that they don't deserve their riches or easy life.

And we, the audience, root continually for their downfall...waiting for that satisfying moment where the evil rich villains finally get what is coming to them.

Think about TV shows you watched when you were young that showed a different side of wealthy people, a less "evil" side. Many shows portray those with money or in power as laughable bumbling idiots, aloof, out of touch with reality, arrogant, snobby, entitled, selfish, materialistic and/or transparent.

Our subconscious mind has noticed and recorded all of this, along with our parents' reactions and comments. As its primary role is to keep us "safe," it can find many, *many* reason we should NEVER EVER become rich; from not getting into heaven - to becoming corrupt and wasteful - to the whole world (including our friends and family) resenting us and rooting for our downfall. THIS IS A POWERFUL COUNTER-INTENTION!

Our subconscious mind is filled with reasons we should NEVER EVER become wealthy.

Another key issue is when money brings up conflict. Many people can recall money causing problems in their family – arguing, worry, or stress over either never having enough or how it's spent. Some people were, as children, caught in the middle of continual and heated child support arguments and complaints. Sometimes it's caused a large family riff due to the appearance of a sudden large amount of money like an inheritance. Maybe we had a bit more than others growing up and felt different or guilty about it as a child. The message to our subconscious mind is loud and clear: MONEY = Anger/Conflict/Guilt. Why then, would we want a lot of money in our life?

A different side of this can be when one or both parents used money (or the things it can buy) in place of love to make up for what they couldn't give in time, attention or affection. When money = love, this can set up a whole host of strange habits and reactions around money and overspending.

IMPRESSIONS:		

Though we often don't think about these associations, they do come up when we see the ultra rich in the media...Donald Trump or Paris Hilton or the Enron executives. We often forget about the many wonderful things wealthy people have contributed to the world and important causes they have used their clout to bring attention to. Can you give more of yourself and your money to your heartfelt causes if you HAVE more money? Umm...yeah!

When money brings up memories of conflict, we will find ways to get rid of it [the money] as fast as we can.

It is critical to neutralize these negative fears and beliefs around having more money to eliminate unconscious habits that keep us from achieving our savings goals.

NOTES:			

# Do I Refuse to Be Rich? Tapping Rounds

### **Review**

At this point you have reached the fourth part of the Secret of Intentional Wealth Program. This program has focused on issues around wealth, money and the rich. Notice that the subtitle of this book is "The Secret Goals of Your Subconscious Mind."

In the reading you will have learned that the power of your subconscious mind and one purpose of its primary programming is to keep you safe, to protect you. Believe it or not, there are many reasons that your subconscious mind, which is your primitive mind can be programmed from your life to believe that it is not safe for you to be wealthy, have more money, double your income, or to meet that income goal. Even though this may seem illogical and crazy to us, it is an issue that is universally experienced by just about everyone.

The interesting thing is that none of us think we have this issue. We know that we're critical of wealthy people. We know that when we drive by huge houses, we say to ourselves, "Boy, it must be nice." But we don't connect that this exact criticism, this exact response, is a safety issue for our subconscious mind.

When you were doing the reading you were asked to think about your early religious training or your spiritual training, about materialism, about focusing on money. Think about the atmosphere in your home. Was there a lot of fighting about money? Was there a lot of talk about how the wealthy people get wealthy and what it's like for the poor people. Can you see now how your subconscious mind might remember all of this programming and be filled with so many reasons why you should never ever become wealthy? Your subconscious mind could be filled with memories of conflict, sadness, or pain around money. When it makes that association you will find ways to get rid of money as fast as you can. Does that sound familiar?

These TAPPING statements are designed to voice, challenge and release negative views about money and being rich and the association of money with conflict. This is a subconscious exercise in feeling "safe" being rich.

This is a very important section. Approach the tapping with an open mind, even if you don't think these issues relate to you. If you believe you love rich people and you can't wait to be rich, try the tapping anyway. I found time and again with my wealthy clients that even though they did not believe this would apply to them, as soon as we started tapping, things came up.

Again, you can go back to pages 29 and 30 to refresh your memory on the purposes and points for tapping

THOUGHTS:			

# Do I Refuse to Be Rich? Tapping Rounds (continued)

## Round 1

This first round is going to work with the idea that rich people worship money and use people. Rate how true that feels for you on a scale of 0-10. Does it resonate? Does it feel factual? Note how strong that feels and any emotion that's connected to it. This is a really important one because it's your intention to be rich, so any of the criticism or concerns that we have about wealthy people out there in the world will create a safety issue with our unconscious mind.

# Rich people worship money and use people.

SUDS Levels 0-10:							
Initial level: R		Round 1:	Round 2:	Round 3:			
KP:	Even though it's true that there are many who have gotten rich by using people, I accept who I am and how I feel about it.						
	Even though it's true that rich people worship money and they have gotten rich using others, which is wrong, I profoundly love and accept myself anyway.						
	and they have g and that will al	's true that many rich gotten there by using ways be wrong, my feelings about this					
EB: SE: UE: UN: CH: CB: UA: TH:	It's not right to That's what I le Those rich peo They have hurt That's what I le That's what I s						
EB: SE: UE: UN: CH: CB: UA:	It's wrong to w I refuse to ever It's wrong to h Maybe I know I refuse to ever	be like them. urt other people in pu someone like that. be like them.	rsuit of money.  h, because that's the way	y it is.			
TH:		it goes with rich peo	•				

EB:	That's what I've always seen.
SE:	Rich people worship money.
UE:	The wealthy use the poor and the middle class.
UN:	I will never be like that.
CH:	I refuse to be rich like that!
CB:	I refuse to hurt other people.
UA:	I believe this is the only way it works.
ТН:	I believe that's how it'll be
	and I refuse to be a hurtful rich person!

Take a nice, deep breath.

See if that stirred things up for you, made the feelings stronger... Maybe brought back some thoughts or memories. Sometimes we'll be able to remember a parent saying something or something on the news that really affected us deeply and go back to the beginning. It's not that we're trying to convince ourselves that it's okay to worship money and hurt people, it's just that all of this focus on the black and white, this is the way it is with rich people actually has nothing to do with you. So we need to turn down the intensity of the belief that this is the only way it can be. Tap on this more until you feel the strength of that feeling about rich people worshiping money coming down to at most a 2 or 3.

WHAT CAME UP:					

KP: Even though many people have gotten rich by loving money and using people,
I choose to free myself from this limit.
I love people and I use money to create good, to do good, to free myself up to contributing more in this world. The truth is that I am a generous person right now.
I am rich, loving, and generous in my own way right now. I choose to be rich, loving, and generous always. That's the kind of rich person I choose to be.

EB: It's true there are many people who have gotten rich by loving money,

SE: and they're wrong to use other people.

UE: And I know they've paid the price in their life UN: because There's a price for being so materialistic.

CH: But I choose to free myself from this limit.

CB: I choose to free myself from this black and white thinking.

UA: I love people, that's just true.
But I use money as an exchange medium in this world.
that's just true.

TH: I'll never worship money, that's just not me.

EB: But I will use money to create good,

SE: I will use money to do good

UE: In my life and in the lives of others, money can do a lot of good.

UN: I choose to free myself up to contributing more in this world.

CH: I am rich, loving and generous.

CB: I do love being generous.

I do love being more generous.

UA: It does make me happy to give to the people I love.

I wonder how much more I can give when I have more money.

TH: I wonder how much more I can give when I have *more* money.

Take a nice, deep breath.

Notice that we go from thinking black and white, either/or, rich people worship money, rich people are evil, to both, I choose to be wealthy and be loving and still be generous; reminding ourselves again of the positive nature of our intentions is always going to raise our vibration.

INSPIRATION:	

# Do I Refuse to Be Rich? Tapping Rounds (continued)

## Round 2

This next round is really about the idea that money is evil, which, let's face it, is taught in many religious backgrounds. Not only is it evil, but there seems to be this other aspect that people have that says, "Money will corrupt even good people." You can start out good and be corrupted by money. See how true this feels for you.

#### Money is evil.

### Money corrupts good people.

These are a little bit different, but they can both be important here, so rate them on how true they feel, and it also might be interesting to note down in the notes here, how true it would be for people in your family, for your parents, for your social group.

SUDS	Levels 0-10:							
Initial	level:	Round 1:	Round 2:	Round 3:	_			
KP: Even though I was taught and still believe that money is evil, the root of all evil; it corrupts even good people, I accept who I am and how I feel about it.  Even though I was taught and still believe								
	that money is th	ne root of all evil.						
	It corrupts even the good people who get it,							

Even though I really believe and it's been told to me over and over in so many different ways, that money is evil and it corrupts people, good people, people like me, I profoundly love and accept myself anyway. I recognize that this is a conflict for me.

I accept who I am and all of my feelings about it.

- EB: Money is the root of all evil.
- SE: You can't love money and get into heaven.
- UE: It has corrupted so many people.
- UN: It's taken good people and made them corrupt.
- CH: It will corrupt me.
- CB: I don't want to be corrupted. Maybe I don't want more money.
- UA: Maybe it's safer to just stay where I am and stay a good person.
- TH: Money is the root of all evil.

SE:	I don't like that idea.
UE:	It doesn't feel safe for me to be corrupt and evil.
UN: CH:	It doesn't feel safe to have a lot more money.  This belief that money at its core is evil
CH. CB:	This belief that money at its core is evil.  This belief that money creates evil in the world and in people.
UA:	I wonder how much that belief has cost me.
TH:	This belief that it's true that money is the root of all evil.
111.	I wonder how true that is for me.
Take a	nice, deep breath.
grade to back to like it'	this one will often stir things up for people. I recognized myself all sorts of stuff from first and second that I learned in parochial school about this exact subject. I couldn't believe how quickly it all came o me when I started to tap on this. It's really important to do these rounds. Sometimes it doesn't feel is going to resonate at first but when we tap on it, it can get louder. So continue to tap on the beliefs things that come up for you until you feel like you're getting down to a 2 or a 1 or a 0.
WH	AT CAME UP:

EB:

Money has corrupted so many people.

CB:

UA: TH:

KP. Even though I was taught early on, that money is evil and corrupts good people, I am now rewriting this with the truth that money is simply a form of energy. Money is neutral. It can be used for good or for bad. I'm rewriting this with a new belief that money is more of a servant. and I am the master. I can be good and rich, because I will always have a choice. I will always be me. I will always have my values. It's really thrilling to imagine more wonderful ways to use money for good. EB: I was taught that money is evil, SE: and I can think of a lot of ways it's been used for evil, UE: and a lot of movies that show that as well. UN: I'm rewriting this old programming with a new truth, money is simply an exchange medium CH: CB: or a form of energy; UA: but it's neutral. TH: It can be used for good or bad. EB: What if money is my servant and *I* am the master? SE: What if I can still be a good person and be rich. UE: UN: What if this belief that it's either / or has been robbing me? I am sick of it robbing me. CH: CB: I choose now to think in terms of both. UA: I can be good AND rich. TH: I can be good and rich. EB: It's thrilling to imagine more wonderful ways SE: I can use more money for good. UE: I know that money is important in the areas where it's actually important, UN: And I know the difference between CH: things that are important that supersede money. I know the difference.

I know what values I find important.

And where money falls

EB:	into its place where it's important.
SE: UE:	I value love and generosity.  I value my family and the people who are close to me.
UN:	I also value paying my bills,
CH:	and I can't do that with my love and generosity.
CB:	I recognize where money's important
UA:	and I recognize where it isn't.
TH:	I recognize my values.  I am thrilled to imagine all the ways money can be used for good.
Take a	deep breath.
We att	how good that feels to reaffirm that money can be used for good or evil, that it is just a form of energy. Each so many different emotions and personality to it, that really just keep us from blocking this form of ance. It's really important tapping here.
INS	PIRATION:

# Do I Refuse to Be Rich? Tapping Rounds (continued)

### Round 3

This next round is going to deal with how it felt, when you were growing up, around money. This is one of the really good ways to test your vibration around money. When you were growing up, what was the feeling in your house around money. For many people, there just was a there was feeling of scarcity, just never enough, just making ends meet or a lot of up-and-down situations with money that created a belief in scarcity; a lot of feelings of anxiety around money.

I've got two statements for you to test. The first one is, "In my family there was never enough." Note how true that is on a scale of 0-10. The second one is, "Supplies were always running out." Again, rate how true that feels for you and whether or not any anxiety or fear or panic comes up with those statements because while we're really resonating with the past, we will recreate it via the Law of Attraction in our present.

I want you to take a moment and think back and rate these statements, one at a time, on how true they feel. Once you have gone through the process completely, including the Power Re-Frame, you can come back and address the other one. Circle the one you are starting with so you can stay focused on those feelings. Make sure to note what comes up for each one after you have finished the round.

### In my family there was never enough.

#### Supplies were always running out.

SUDS	Levels 0-10:				
Initial level:		Round 1:	Round 2:	Round 3:	
KP:	I accept who I a	enough, lways scarce and am and how I feel	l about it.		
	supplies were a maybe we lived	lways scarce and l week to week,	was just never enough running out, feelings about this.	,	
	we were always there was alway about supplies i and money runi	s living hand to make to select the select select select the select select select the select	y		

EB: SE:	There was just never enough. There's still never enough.				
UE:					
UN:					
CH:	I believe in scarcity.				
CB:	We barely made ends meet.				
UA: Of course I believe in scarcity,					
	supplies are always running out.				
TH:	This deep belief in scarcity.				
EB:	This anxiety about making ends meet.				
SE:	This fear that there's never going to be enough.				
UE:	This panic that eventually things will run out.				
UN:	This belief in scarcity.				
	It's wired so deep in me.				
CH:	This belief in shortages;				
	I have always seen them.				
CB:	This fear about never enough.				
UA:	This anxiety about supplies running out.				
TH:	All of these beliefs about scarcity.				
Take	a nice, deep breath.				
	etimes when we do this kind of tapping about fear and anxiety attached to how things were when we were ing up, we can sometimes start tapping and make the feeling go even higher than when we first rated it.				
now.	te your feeling or it may even be the strength of a memory coming up – how clearly you can picture it the supplies running out, the anxiety in the family. Just keep tapping on all this old anxiety and fear it really comes down below a 2 or 3 and then move on to the positive round.				
<b>3371</b> 3	IAT CAME LID.				
VV $\Box$	IAT CAME UP:				

More of what came up:		

### **Power Re-Frame Round 3**

This is really important because the situation and the feeling in your family around money creates what T. Harv Ecker calls your wealth blueprint; all of this old programming, all of these emotions together create part of your wealth blueprint. And if we don't shift this, we won't be able to shift our wealth blueprint to a much higher number.

There's a lot of tapping in this round; a lot of visualization about abundance opening up, starting on the karate chop point.

KP: Even though in my family there was just never enough,

that was then, this is now.

I am seeing a new reality

with an unlimited supply of abundance for all,

including me.

There is literally a river of money always flowing;

always changing hands in the world.

I allow it to open up and continually flow into my life.

All of the channels are now open.

EB: Growing up I never saw enough.

SE: That programming really got stuck in me.

UE: The truth is that that was then, this is now.

UN: I'm seeing a new reality.

CH: An unlimited supply of abundance for all,

CB: including me.

UA: There is literally a river of money always flowing,

TH: Always changing hands

EB: It flows through every town, in every city in the world.

SE: I'm allowing it to open up

UE: I'm allowing it to open up for me.

UN: I'm allowing it to more fully flow into my life.

CH: I'm so grateful it's flowing into my life.

CB: I've been blocking money.

UA: I'm opening up all channels to more abundance,

TH: All I need to do is allow it.

EB: As I let go of these beliefs in scarcity,

SE: I instantly open myself up

to a higher level of abundance

UE: for everyone including me.

UN: I choose to see this river of money

CH: that's always flowing.

CB: I choose to see the river of abundance

UA: that's always flowing.

TH: My belief and my programming in scarcity

EB: SE: UE:	has been resisting the river of abundance. I'm allowing these old beliefs and programming to just fade away now.
UN:	Quieter and quieter into the past.
CH:	They were never true.
CB: UA:	As I do, I open myself up to the river – the river of abundance – flowing into my life.
TH:	All channels are now open.
Take	a nice, deep breath.
INS	PIRATION:

# Do I Refuse to Be Rich? Tapping Rounds (continued)

### Round 4

In this next round, we're going to be dealing with the fact that sometimes money can be linked to anger or to fighting.

Here, again, we are going to be addressing what money meant to you when you were growing up. If your parents fought about money, and particularly if you were in the middle of a custody battle or any other type of conflict that involved money where there was fighting, where there was arguing, where there was anger – you will unconsciously associate money with anger and you will try to get rid of your money as fast as you can. Or, you just won't allow money into your life.

Again, this becomes a safety issue with the subconscious mind. It's doing its job to keep us safe, but in order to do that, if it connects money with anger, we'll brilliantly find a way to either have very little or get rid of our money as soon as it comes in.

So I want you to rate how true this feels for you. In these two statements I'm going to say. They're a little bit different. I want you to focus on them one at a time and really circle which one clarifies it for you or really hits the nail on the head for you and how high does it feel or how true does it feel?

In my family, money meant fighting.

In my family, money meant conflict.

SUDS	Levels 0-10:		
Initial	level: Round 1:	Round 2:	Round 3:
We're	going to start tapping on this at the kar	rate chop point because	e fighting and conflict often means anger.
KP:	Even though in my family there was always fighting, anger, and I accept who I am and how I feel about Even though in my family there was a there was always frustration about mo	ut it. always fighting and ang	
	I accept all my feelings and all of me.	• •	
	Even though in my family, growing up,		
	there was always fighting and anger a I accept who I am and how I feel abou		oney,

- EB: They fought over money.
- SE: Everyone was yelling about money.
- UE: They were yelling about money.
- UN: Money reminds me of them fighting.
- CH: Money reminds me of my fear.
- CB: Money has always meant conflict.
- UA: I learned that money has a painful price.
- TH: They fought over money disappearing.
- EB: They fought over money running out.
- SE: Money really reminds me of all the fighting.
- UE: No wonder money makes me anxious.
- UN: This belief that money means conflict.
- CH: This belief that money can have a painful price.
- CB: This connection in my subconscious between money and fighting.
- UA: This belief that money will always bring conflict.
- TH: This fear that more money means more conflict.

Take a nice, deep breath.

If this is a real issue for you, one round like that is probably not going to do it. So keep tapping on this. If a specific memory is coming up, or a picture of your family or people in your family, then do some tapping more specifically on that memory until the memory becomes more faded and more past. You can use some of the techniques like the Tearless Trauma Technique or the Tell a Story Technique that you can find easily on the <a href="https://www.emofree.com">www.emofree.com</a> or in any of the wonderful TAPPING books that are out like "Freedom at Your Fingertips" or "Discover the Power of Meridian Tapping." But go back to the top of this round and re-rate your intensity. Sometimes it may have come up higher from that round. You want to keep tapping on this until you have brought it down to a 2 or 3 before moving on to the Power Re-Frame round.

WHAT CAME UP:					
			, , , , , , , , , , , , , , , , , , ,		

More of what came up:		

### **Power Re-Frame Round 4**

KP: Even though part of me associates money with conflict, or money with loss,

I choose to release this pattern and belief from my life.

This is a powerful choice;

because that was their way.

I choose to feel comfortable and safe talking about money.

I feel comfortable and safe thinking about money.

I feel comfortable and safe using and managing money.

I feel comfortable and safe being around even large sums of money.

It's not the money's fault,

it needs a home too.

So why not my home?

I am abundant, prosperous and wealthy,

welcoming money into my life.

- EB: This old connection with money and conflict.
- SE: That was their way.
- UE: This old association with money and loss.
- UN: That was *their* way.
- CH: I choose to release this pattern and belief in my life.
- CB: I choose to release this pattern and belief for my own highest good.
- UA: Why should I continue with their way?
- TH: I feel comfortable and safe about money.
- EB: I choose to feel comfortable and safe thinking about money,
- SE: using money.
- UE: I feel safe saving money.
- UN: I feel safe around large sums of money.
- CH: I feel safe welcoming more money into my life.
- CB: What if I can just feel easy and safe around more money?
- UA: It's not really the money's fault.
- TH: It needs a home.
- EB: So why not my home?
- SE: I am abundant.
- UE: I am prosperous.
- UN: I am wealthy.
- CH: I am welcoming more money into my life.
- CB: This is a powerful choice that I'm making.
- UA: I love welcoming more money into my life.
- TH: I am so grateful that more money is flowing into my life.

Take a nice, deep breath.

Take a minute if your feeling anything about money. Sometimes, again, tapping on the positives can make ideas or things pop into our head or sometimes other tappable issues. So just note them down. There are lines here for you to write down what's popping up for you.

NSPIRATION:	

# Do I Refuse to Be Rich? Tapping Rounds (continued)

## Round 5

This next round is really going to focus in on what you believe about rich people. What *really* pushes your buttons when you think about rich people? Whether you choose somebody in the media or someone from a movie, or someone that you know in your life, really assess how you view wealthy people. Use the following statement and see how true it feels.

This is a really important one to neutralize because part of what you're saying is, "I want to be rich. I want to be wealthy." And if you are resonating with this judgment that's coming from society or your family or your friends, then this becomes a *powerful* safety issue for your subconscious mind. It cannot allow you to become the object of judgment or rejection from your family and friends. It's really important to work on this one.

	I judge rich people harshly because they are arrogant, entitled, rude,			
SUDS	S Levels 0-10	):		
Initia	l level:	Round 1:	Round 2:	Round 3:
	e how high that tart tapping.	nat feels for you. Son	netimes people don't co	onnect with this being very high at first, until
KP:	And they d I accept wh Even thoug they are arr I profoundl Even thoug I'm not cor They are er They are sh	th I judge rich people eserve it to I am and how I feel to I am and how I feel to I judge rich people rogant, entitled and ruly love and accept my to I have the truth is infortable around rich allow, materialistic, of my feelings about	l about it.  harshly ide self.  people. obnoxious.	
EB: SE: UE: UN: CH: CB: UA: TH:	They are an They are ru They don't They only of and they th Uch – I car	at of touch with reality rogant and entitled. Ide. care about people. care about themselves ink they're better that it stand that! ve to be judged.	5,	

- EB: They're arrogant and entitled.
- SE: Uch the entitlement; it makes me sick!
- UE: They don't care about people.
- UN: They only care about themselves.
- CH: They only care about their image.
- CB: They think they're better than everyone else.
- UA: Of course I judge them harshly...
  - they deserve it.
- TH: That's why everyone feels good when they get their comeuppance.
- EB: That's why I take pleasure in seeing them fall.
- SE: The rich...
- UE: I would never want to be that.
- UN: As a matter of fact, I refuse to be anything like that.
- CH: I refuse to be rich!
- CB: I refuse to be wealthy!
- UA: I know what it means.
- TH: It means you're a jerk.
- EB: It means you're arrogant.
- SE: It means that people aren't comfortable around you.
- UE: It means that you are out of touch.
- UN: Of course I judge them harshly.
- CH: They deserve it.
- CB: I don't like rich people and I never will.
- UA: That's why I would never want to be rich.
- TH: As a matter of fact, I refuse to be rich!

Take a nice, deep breath.

Of course, we don't want to refuse to be rich. What we're trying to do here is to voice that connection that our unconscious mind is making that's very black and white that puts rich or wealthy people in a category and says, "I never want to be like that."

See how that feels for you. Is it making you angry when you think about wealthy people? Who came up in your mind when you tapped on that? And how do you feel about them? How do you feel about rich people in general?

Tapping on it like this, is it getting worse, is it coming down and into perspective? Keep going back and rerating how you feel, until you bring this down low enough so some of these powerfully negative emotions come down before we move on to the Power Re-Frame.

Notice if there's someone really particular coming up for you, then really tune into them in particular and do some tapping on how much you judge them until it starts to come down before moving on.

WHAT CAME UP:	

### Power Re-Frame Round 5

KP: Even though I judge rich people harshly,

I choose to remember the many,

many rich people

who have done amazing good in this world.

I can do amazing good in this world

with more money.

I can do amazing good in this world

with the time and clout that money buys.

With my good intention and money as an ally,

I can triple my positive impact on important causes.

I can do this for the highest good of the people of the world and me.

That feels better.

I choose to be wealthy and rich

with my good intention.

- EB: I've judged rich people harshly.
- SE: Some of them deserve it.
- UE: But the truth is some of them don't.
- UN: I'm choosing to remember,
- CH: and keeping as my role models,
- CB: the many, many rich people
- UA: who've done amazing good in this world.
- TH: What if I can do amazing good in this world with more money?
- EB: What if more money was my ally
- SE: and it brought me the time and the clout to do what I want to do?
- UE: With my good intention and money as an ally
- UN: I could triple my positive impact on the world;
- CH: on things that I care about.
- CB: I choose to do this for the highest good of people
- UA: and me.
- TH: I choose to feel safe being a rich person.
- EB: I love feeling safe around more money.
- SE: I choose to be a generous and kind rich person.
- UE: I choose to be grateful for all the amazing things
- UN: I can do and give with more money.
- CH: I choose to be grateful and amazed
- CB: at the time and the clout that money can buy.
- UA: With that money and clout,
- TH: I can do amazing things.

EB: SE:	I choose to remember my own good intention and the place that money can have if it's my ally.
UE:	I choose to allow this good intention
UN:	to bring more money into my experience.
CH:	To bring the experience of more wealth
CB:	into my life
UA: TH:	for the highest good of me and others.
Take a	a nice, deep breath.
but in repres	think about what is possible for you to do in this world with more money. It's just a form of energy, this particular world, it brings more unlimited possibility, more freedom. Because money does ent freedom, security, and unlimited possibility. What does that let you do in this world for the highest of you and other people?
Think	about it.
INS	PIRATION:

# Do I Refuse to Be Rich? Tapping Rounds (continued)

## Round 6

This last round is more on this theme that sometimes we're not sure who we would be if we were rich.

So this again gets back to the judgment about wealthy people, but sometimes when we think about having an income goal that's really high or having a goal for our savings or our net worth that puts us, in our own mind, in a category of being wealthy, we might start to hit against identity issues.

The idea is a statement like these two:

I'm not sure who I'd be if I were rich.

Or

### What if I change into someone no one likes?

SUDS	Levels 0-10:				
Initial	level:	Round 1:	Round 2:	Round 3:	
resona	-	oth, one subject at a	_	nd pick one of these sente et all the way through the	_
KP:	what if I chang	m not sure who I'd b se and no one likes m am and how I feel ab	e?	,	
	what if I chang	m not sure who I'd b ge and no one likes m am and how I feel ab	e?	ne more wealthy –	
	and I'm not sur	m not sure who I'd b re I'd like myself, rofoundly love and ac	•		
EB: SE: UE: UN:	What if I become I don't know what if I change What if I ignore	vho I'll be. ge?			
CH: CB:	_	ends act differently a	round me?		
UA: TH:		eople will say. They' 'll say: "She must thi	•		

SE:	What if I'm not me anymore?
UE: UN:	What if I less all my friends because of it?
CH:	What if I lose all my friends because of it? What if people are talking behind my back?
CB:	I know I did that about rich people.
UA:	What if people see my wealth and assume I'm a jerk?
TH:	What if I really become a jerk?
EB:	Maybe I don't want to be rich.
SE:	Maybe I don't want people talking about me.
UE:	I know that I don't want my friends to act differently around me.
UN:	And I know I don't want false friends.
CH:	Maybe having more money makes it difficult to have friends.
CB:	Maybe everyone will feel uncomfortable around me
TTA.	Just like I feel uncomfortable around wealthy people.
UA: TH:	I'm not sure who I'd be. This fear I might change too much
111.	This real Thinglit change too much
Take a	nice, deep breath.
	hat that's brought up for you there are a lot of different themes in there, and see which one ted, and if so, do some more tapping on it if it's necessary before moving on.
WH	AT CAME UP:

And what if I do?

EB:

Power Re-Frame Round 6 What if money makes you more of what you already are? What if I can have more wealth and still be myself? I am loved and blessed now with family and friends, And I have some money now. What if I can be loved and blessed with more money? I am kind and compassionate and generous with some money And kind and compassionate and generous with *more* money. I choose to know that I will always be myself. I will always be me. I will always be loved with so much more time and money for the things and people I love. EB: What if money makes you more of what you already are? I'm not a snobby jerk now. SE: UE. What if I can have more wealth and still be me? What if I can have a lot more wealth and still be me? IJN. CH: I am loved and blessed now with some money. CB: I have family and friends now with some money. UA: I can be loved and blessed with *more* money.  $TH \cdot$ I am kind, compassionate, and generous with some money. EB: I am kind, compassionate and *more* generous with *more* money. SE: I will always be me. UE: I choose to always be true to myself. UN: I will always be loved with so much more time and money CH: for the things and people I love. I love having more time for the people I love. CB: IJA: I love having more money for the things and people I love. TH: I love that I can be more me EB: to the fullest expression of my creativity. SE: my compassion, my generosity. UE: I love that I can be more me UN: CH: yet true to myself with more money. I'm open and allowing, CB: IJA: More money to flow into my life. I'm open to this money allowing me TH: to be even more of what I have been so far. INSPIRATION:

Inspiration (continued)

### Afterword

By April Davis

There is nothing wrong with being wealthy! There are so many good things that you can do with positive intention and resources. Once you've opened yourself up to the brilliant possibilities from this program and started Tapping, your life will never be the same!

Anything that you have ever dreamed in your life is a possibility. Any thought that you have had of a better life or better circumstances is out there in reality *waiting* for you to come and get it.

There is a saying that "Nothing worth having comes free." This is true in many ways. Even this program, although you have paid a dollar amount for it, requires more from you than simply dollars and cents. It requires determination, consistency, and a willingness to go all out to discover what is making you tick.

Pay attention to any issues that come up for you. These are *always* connected to the work you are now doing and always exactly, perfectly timed for what you need to process next. If you throw out your back, get sick, become depressed, start chasing away all of the friends that benefit you, etc... recognize that these are last-ditch efforts of your sub-conscious mind to get you to let go of this quest for the future. It's an unknown place and very scary to that part of you.

You may have days where you are too tired to Tap, or too busy, or too stressed. The trick is to do it anyway. Have a conversation with yourself. It's going to be okay. Your brilliant analytical mind is not out to sabotage you. It is out to keep you safe. It just tends to sabotage you because of past experiences and memories that hurt you. Tap on those experiences, make them quieter in your mind.

Find yourself a practitioner. There are many good and reputable practitioners around the world, and with the technology that we have today, you don't have to stay in your own town or location. Through methods like telephone, skype, video phone, webcams, etc. you can have a face-to-face session with someone across the ocean. I encourage you to find the practioner who best suits you. Take the time to do this work.

There is a saying by Oliver Wendell Holmes, "The mind, once expanded to the dimensions of larger ideas, never returns to its original size." Your mind has been expanded to larger ideas. You can choose to rise with those ideas or roll over and play dead so your subconscious mind can stay comfortable. It is your choice, but you will never be the same again.

Congratulations on this step that you have taken to step forward into your brilliance, to expand your creativity, to spread your wings and fly into the future to fulfill your life-purpose. Take those positive intentions, open your mind to any and all ideas and inspirations that come to you. You will see that you are no longer the person you were when you purchased this program. You are becoming who you were meant to be.

# What do the Experts Say?

The EFT® self change technique is highly recommended by the world's most respected and well known names in science, personal development, healing and well being including...

Jack Can	field Dr. No	rm Shealy, MD	<b>Bob Proctor</b>	Deepak Chopra
Joe Vitalo	e Dr. Jos	eph Mercola, DO	Bruce Lipton, PhD	Cheryl Richardson

Norm Shealy, MD Author of <u>Soul Medicine</u>. "Meridian-based therapies such as EFT® can have effects out of all proportion to their cost and complexity."

Cheryl Richardson Author of <u>The Unmistakable Touch of Grace</u>. "**EFT**® is destined to be a top healing tool for the 21st Century"

Deepak Chopra, MD "EFT® offers great healing benefits."

Candace Pert, PhD Author of Molecules of Emotion. "EFT® is at the forefront of the new healing movement."

Bruce Lipton, PhD Author of <u>The Biology of Belief.</u> "**EFT®** is a simple, powerful process that can profoundly influence gene activity, health and behavior."

Eric Robins, MD, Co-author of <u>Your Hands Can Heal You</u>. "EFT® is a phenomenal healing method and is an important centerpiece of my practice. It has helped cure many of my patients with chronic problems."

Dr. Joseph Mercola, "Because of its very high rate of success, the use of EFT® has spread rapidly, and medical practitioners employing EFT® can now be found in every corner of the country and world.

Donna Eden, Co-Author of <u>The Promise of Energy Psychology</u>. "**EFT**® is easy, effective, and produces amazing results. I think it should be taught in elementary school."

Dr. Catherine Saltzman "EFT® has helped my clients deal successfully with addictions, grief, fears, phobias, performance issues, self-image and stress."

Curtis Steele, MD, Canada "EFT® has been, for me, the single most effective technique I've used in my 45 years of practice as a psychiatrist. I've had success with panic, social anxiety and many other disorders."

### **EFT®** Information and References

### What is the Emotional Freedom Technique (EFT®)?

A simple, elegant technique with often dramatic and rapid results! EFT® is a specialized form of acupressure that is used by over 5,000 medical doctors, psychologists, psychiatrists, hypnotherapists, chiropractors, nurses and healing professionals worldwide. It uses tapping on acupuncture meridian points (without needles) to gently "short circuit" negative or painful emotions, anxieties, beliefs, thoughts and physical pain.

It has been clinically effective in thousands of cases and is often rapid, long lasting and sometimes works when nothing else will.

### What can EFT® be used for?

EFT® has thousands of applications, including but not limited to:

Attracting Abundance Weight Loss Goal Achievement
Smoking Cessation Chronic Pain/CancerPain Stress/Insomnia
Anxiety/Phobias Sports/Golf OCD/ADD/ADHD
IBS Allergies Healing Visualization
PTSD Chronic Fatigue Chronic Illness

Dental Anxiety Fear of Public speaking Confidence/Self Esteem

### Where can I find more information?

Margaret Lynch's website <u>www.newenglandsuccesscoaching.com</u> contains tons of information about EFT® and each of the above subjects and two movie clips summarizing EFT® and the EFT® Documentary film. The official website is <u>www.emofree.com</u>, for information and thousands of case studies on thousands of applications.

Free EFT® talks and mini-session with top EFT® experts (including Margaret):

http://eft-revealed.com/blog/

The official website for the EFT® documentary is www.tryitoneverything.com



Visit the EFT® website <u>www.emofree.com</u> to find hundreds of cases and endorsements by medical and mental health professionals.

# **Suggested Reading**

- 1. Dr. Robert Scaer, "The Trauma Spectrum: Hidden Wounds and Human Resiliency"
- 2. Rhonda Byrnes, "The Secret"
- 3. Wayne Dyer, "Power of Intention"
- 4. Esther and Jerry Hicks, "The Law of Attraction"
- 5. Joe Vitale, "The Attractor Factor"
- 6. Joe Vitale, "The Missing Secret"
- 7. Jack Canfield, "The Success Principles"
- 8. T. Harv Eker, "Secrets of the Millionaire Mind"
- 9. Timothy Ferris "The 4 Hour Work Week"
- 10. Bruce Lipton PhD, "the Biology of Belief"
- 11. Dawson Church, "The Genie in you Genes"
- 12. Jack Canfield, soon to be released EFT® companion book to his "the Success Principles"
- 13. Dr. Patricia Carrington, "Try It on Everything"
- 14. Dr. Norm Shealy, Dawson Church, "Soul Medicine"
- 15. Dr. Memet Oz, "Healing from the Heart: A Leading Surgeon Combines Eastern and Western Traditions to Create the Medicine of the Future"
- 16. Ron Ball "Freedom at Your Fingertips"
- 17. Dr Peter Lambrou "Instant Emotional Healing"
- 18. Carol Look, Attracting abundance with EFT®
- 19. Gary Craig "The EFT® Manual"
- 20. Dr Fred Gallo "Energy Tapping"
- 21. Dr. Roger Callahan "Tapping the Healer Within"
- 22. David Feinstein, Donna Eden, Gary Craig, "The Promise of Energy Psychology"
- 23. Robert M. Sapolsky, Why Zebras Don't Get Ulcers: An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library)
- 24. Candace Pert, PhD, "Molecules of Emotion"
- 25. Dr. Herbert Benson, "The Relaxation Response"
- 26. Dr. Herbert Benson, "Timeless Healing"
- 27. Rhys Thomas, "Power of Energy Medicine"
- 28. Cal Banyan, "The Secret Language of Feelings"
- 29. Cal Banyan, "Hypnosis and Hypnotherapy"
- 30. Roy Hunter, "The Art of Hypnotherapy"

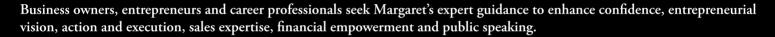
# **ABOUT THE AUTHOR**

Margaret Lynch is a Success Coach and widely considered a top Emotional Freedom Technique (EFT\*) Expert. As author of the "Secret of Intentional Wealth" program, she teaches how to use EFT\* to break through wealth and success and confidence limits to create higher levels of wealth, health and passion in life.

Margaret's specialty is getting to the core of what blocks our success – the limiting beliefs and old programming that hold us back in our careers, businesses and finances. She teaches clients how to tap into their inner brilliance to achieve higher levels of creativity and inspiration, and to find higher purpose in life.

Margaret was recently a featured expert in the "EFT"/Tapping World Summit" internet event attended by over 45,000 people. She is currently highlighted on the "Tapping Insiders Club" subscription site as the business and money expert. She is the owner of New England Success Coaching and serves as a consulting teacher for Meridian Bases

Therapies at the Rhys Thomas Institute of Energy Medicine. She was also the host of a popular weekly success focused talk radio show called "Stress Vs Success" on the Voice America network.



Margaret offers individual coaching as well as workshops in: Secret of Intentional Wealth for Entrepreneurs, Law of Attraction in business, Sales Force Motivation, Persuasion and Influence, Sales and Marketing for the Self Employed, Stress Management for Employees.

Margaret draws on her rich, eclectic experiential and educational background. She has 18+ years in management and executive sales positions in top fortune 500 companies. She recently joined the advisory board for Aspire Magazine as Sales Director. She earned a Bachelor of Science in Chemical Engineering from Worcester Polytechnic Institute in Massachusetts, and acquired multiple certifications in Hypnosis (CH, 5-PATH) and the Emotional Freedom Techniques® (EFT-Cert1). She is a member of the National Guild of Hypnotists (NGH), the American Association for Comprehensive Energy Psychology (AACEP), and Business Networking International (BNI).

The insight Margaret has into my financial issues is uncanny. After the first run through this program,

I found everything easier to deal with. Each time I go through it, I learn new things,

and everything is turning around in my life. I didn't realize how many blocks I had.

Thank you Margaret for pouring yourself into this program, it's changed my life.

- Twyla N - Austin, TX

