



The Tapping Solution For Financial Success & Personal Fulfillment 7-Week Program

-Bonus Q&A 3 Transcript-

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Mary: Hi everyone, and welcome to week three of the Questions & Answers for the *7 Weeks to Financial Success and Personal Fulfillment* program. This is your coach, Mary Ayers.

Another week of great questions. You guys are really getting the idea behind the tapping and what to work on. A lot of the questions that I'm getting are how do I find more of the issues, how do I get to the core? You know I won't be able to get to all of these questions, but I will answer as many as I can. Then, as typical, go ahead and listen to them, listening to the answers to see how that might have fit your question.

I get very similar questions, even though the details may be slightly different, but I know that if you just listen to all of the answers here you're going to start to find that there are some clues, some skills that you're acquiring as you go through these modules, as you're tapping. Some of the questions really just help us to fine tune that.

Let's start with Haley's question. She says, "Hi Nick. As I've tapped every day, I've noticed a pattern or thought or feeling which seems to be underlying everything that I feel I need to work on in my life, feeling of not enough, not enough confidence, not enough as a mother, not enough experience, not enough money, not enough spirituality, etc. I have felt this way from so young, but can't pinpoint an event or circumstance of where it came from.

My question is do I need to find out where this came from to release it? How do I change this to feeling I am enough? As I tap on it I still feel quite empty and not enough, even when I say it in the positive. Any advice would be wonderful, please, as I'm stuck on this for, well, my whole life really. Thank you, Haley."

Haley, first of all this is evidence of you really coming down to one of your core beliefs of not being enough. It's been such a mantra, as you've noticed, through so many areas of your life is that has been the reason. Somewhere you came up with the conclusion. Whether it was a particular event, or whether it was many different times in your life that this was the conclusion that you came up with, it must be because I'm not enough.

We make a lot of those decisions very, very early in our life and we may not always remember where they came from. So two things I would say to you. This goes for everybody who's asked the question about trying to get to those specific events, when we can remember we came up with these conclusions.

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I've struggled with this myself. I don't have a great memory. I have a lot of very, very specific things. So that's okay. Sometimes when you're just taping on, "Even though I have this conviction," and it's a belief, and it's one that is really embedded into your identity, I am not enough, it's made a statement like the truth. So when you're tapping you can tap for as if you were fighting for that belief, for the strength of it, for the validity of it.

Because as you do, it has been so embedded, that as you combine the tapping with that belief you're actually helping that belief to get a little wiggle room on it so that it has the possibility of is that really true, is that true now.

Even though I came up with that as a solution at one point in my life, because of whatever was happening in my life, I choose to know that I can change it. I'm changing it now. Even though part of me is holding onto this belief that I'm not enough, for whatever reason, I'm still open to changing it, I'm still open to rewriting it, maybe it's no longer true, I choose to be more open and find other ways of looking at myself and my experiences in the world.

You start to play with it. I know that I hit up with some of those different affirmations and sometimes it takes writing a few affirmations down so that you can read them, because you're not always able to come up with them when we're in the midst of tapping. The same thing happens for me. It's a little easier sometimes for us to focus on the part that we no longer want or the belief or the feeling that we're having, and sometimes we can get a little tongue tied when it comes to how would I want to do this instead.

Remember, you can always use the great default of I still love and accept, and maybe forgive, myself, because it's always about even though I have this experience, even though I have this belief, in the present as well as in the past, I still love and accept myself. That's always a great default one, perfectly acceptable. Then you can add to that. You can add some different affirmations if you want.

I would advise, especially in the beginning, that people write down a few so that they don't feel that they're fumbling around. It's funny how it's the smallest things that can really hang us up from doing our tapping, and this is one of them. If you don't know what I'm going to say, what I'm going to say when I come to the positive, I say then take a second and write it down. Go back to one of the tappings that maybe Jessica has done, or Nick has done, and write them down.

As a matter of fact, you have access to the transcripts. So you can actually go in, look at the transcripts. Pull out some of those affirmations that you really like, write them down. Then once you've done your statement of what currently is, the

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first part of that setup statement, even though I, then go back in and just make the statement, but read the affirmation that you have.

The other thing you can also do is put those affirmations up around your house, so that the more you see them the more you are chanting them in your head. These are all wonderful tools. Remember, you're not just changing something with your tapping but you are also making changes at deeper levels. The more that you can expose yourself to any of those types of things, the more you're accelerating the shifts and the changes vibrationally, energetically, within your identity. All of these are changing. These are some different ways of doing that.

When you've identified something and it feels like such a truth, know that there are probably a lot of experiences you had, some of them almost so small that you didn't even recognize – that's probably because I'm not enough or that was my conclusion. These kinds of things take a little while, many times to turn.

Ask yourself on a scale of 0 to 10, how true does that statement feel? Now you're just really asking yourself truth. How true does it feel? How strong of a conviction? In the beginning it might be a 10, but you want to be able to see it over time.

In the past Q&A I gave a little bit of an exercise that said if you write this down this week, write down the statement in a journal or somewhere that you can come back and check on it, and then make the statement, I am not enough, feel the conviction behind that. Let's say it's a 10. You tap on it, "Even though I'm not enough, I just know I'm not enough, this is the way it is, it's a fact, I've known it all my life, it's a part of my identity, I still accept myself even with this belief, and I'm still open to changing it."

You would do that. Then let's say a week from now – do it a couple of times during the week – an event may come to you because you're asking yourself, where else do I feel this feeling? When does this feeling come up?

You may find some specific events from the past, but I'm going to bet you, you find some specific events right here in the present, because if you become aware of it, you start to realize that you go to do something and you question yourself and you find yourself right there in that moment saying, I'm not good enough at this, I wasn't a good mom, or I'm not very good with finances. You'll go, oh my gosh, I am saying that today.

Here I am working this program. I'm tapping, and here I'm tapping, I'm trying to get rid of the times I used to do it, and I find out that I'm still doing it. It's like taking one cup or one bucket and emptying out water, and then today I say



something and it sounds like I'm still not enough and I've just taken a bucket and filled it back up with water.

As you become aware, my gosh, I am still saying this to myself, no wonder it's not clearing, I'm still doing it, then you'll be able to catch yourself in that moment of recognizing I am still saying that, and now you're in your point of power because right here right now is when you get to put a new label on it.

You start to say to yourself, how else might I define this experience? Am I going to say it's because I'm not enough or what am I going to say? Am I going to say I'm doing the best I can? Am I going to say I'm learning? Am I going to say, wow, right now is my point of power, I can put a new meaning on this, and then throw one on there? Might I just add something like, life loves me, I'm safe, I live in an abundant universe? That is when you have the moment of changing the future because you've changed it right in that moment.

These things happen simultaneously. Not only am I opening up the space around this believe that I had and any event that might have supported it, but I am also laying new groundwork. You're always laying new groundwork.

It is an addition model. It's not just a subtraction model on getting rid of stuff. You're also implanting. You're embedding. You're growing new things. If you do nothing but weed a garden, all you end up with is something empty. It doesn't naturally grow something healthy, just because you've taken out the weeds. We want to do both. We want to put both those things in there.

If the statement is I'm not enough, what is your new statement going to be? This goes for everybody out there who has a statement similar like this. You're starting to work on what am I going to plant in this garden that I'm so carefully and diligently weeding. What am I going to put there so that I have this place to go to?

You're working, you're tapping each week, and you come to the next week and you make the statement again. This goes in your journal. I'm not enough. You make that statement and you ask yourself again, how true does that feel 0 to 10? Maybe this week it feels true and you feel it only at an 8. You're still tapping it on that week.

You're still using, "Even though I still feel that I'm not enough, it is such an old belief, I've had this belief forever, I'm not sure where I got it from, but wherever that was I choose to release it now. Even though I still have this belief, I'm not enough, I'm delighted to see that I'm starting to make a small change."

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Each week you just keep working at it. Again, you're asking yourself, when do I notice it in my current life? Am I finding myself turning towards that less and less? Am I finding myself slightly less critical, that the critical voice is just not showing up as much as it used to in my day to day actions? That's when you start to realize, wow, that is really dissipating because I'm not noticing it in my current life as much. I don't have to keep looking backwards. I want to look forward, and I'm noticing I'm not saying that as often. What am I saying instead?

You start to realize, oh my gosh, I'm starting to replace this. Little by little. Third week comes along. You're getting the idea here. I'm sure of it. You say it again. You've got it in your journal. You're saying to yourself I'm not enough. You say, my gosh, it feels about a 7. Again, you're tapping for it, anything that comes up, anything that where did I feel this way before. That's your past work.

You're also noticing in the present, have I been saying that as much? Have I noticed that as much? By gosh, you notice that you turn less to that as being the reasoning that you give to anything that's happening in your life. That has shifted. That's how we really start to see some of the shifts in our lives as we're changing these by tapping.

Our next one is, James says, "Why do I feel like I can't take action to prospect people about my business?"

James, what is – You don't give me quite a bit. You say, I can't take action. My question would be what is your theory about why that is, why you can't take action? What exactly is getting in your way? One of that is you can feel the feeling of I can't. Is it a rebellion or is it a fear? I can't, I can't, I can't. Or is it a rebellion? I won't, I won't, I won't. Both of those are obviously very tappable, because you can again, depending on which direction you take – and it might flip flop for people. People might be surprised that it can very much flip flop.

Sometimes it feels like I won't. I won't take action. I just refuse to. You would say that, "Even though I absolutely will not take action." The other is the fear and panic that come up. What action is it that you are not feeling comfortable taking? Are there phone calls that you need to make? I just can't make this phone call.

Start to peel – figure out a way to make a big issue a little bit more handable. What action is it that you're not willing to take? So then you can look at that and ask yourself, what is it about this that makes me uncomfortable? You can do this just tapping through the points and just thinking to yourself.

Let me give you an example. I have a client that I work with who is in real estate. He feels he needs to go and knock on doors. That's the thing he knows he's

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dragging his feet on, not wanting to do that. We've done a couple of things. One we can tap on, "Even though I refuse to do that, I don't want to." The truth is, he really doesn't want to do it, but he feels he has to do it for his business, which becomes some of those words, "Even though I'm supposed to be doing it, and I really don't want to." We tap on that.

We go back to, what does this remind you of? Where else in your life have you had to do something you didn't want to do? What came up for him – this is just an example for you – was in school he really struggled with school and he was told time and time again that, hey, you have got to do this. You've got to sit down. You've got to apply yourself.

He wanted to play soccer, but dad was on there and he says you'll be able to play soccer after you do this. These are natural things. These are not huge traumatic events, but they are times in our life where we didn't get to make the choice. We had a rebellion, we had a say so and we had to do things. That can very well show its head for us.

There are many things that could be taking place for you, James. What would it mean for you if you did have more business? What's the downside of that? Would you be overly busy? Would you not be able to do something? You have to ask yourself these questions about the downsides of things.

I'll give you a little exercise we did that was tapping, that included tapping and visualization. I would have him imagine being on the sidewalk and looking at the door, looking at the house and tapping while looking at it and talking to it, I don't want to do this, I don't want to do this, and talking a little bit more around what was he anticipating would happen?

Of course he was anticipating being rejected, being shut down and was feeling the feeling of that. So we added that in. He was talking and I asked him a question. What's going through your mind? What do you think is going to happen if you do make that phone call or you go up and knock on that door? He approached the door, in his mind, in this visualization he walked up to the door, saw himself, the woman answering and asked him what she was going to say, what was he going to say to her and whatnot.

He kept tapping. He was just tapping, watching this visualization, talking about all the things that he thought were possible that could happen. Then I'd have him start again, see yourself on the sidewalk, now see yourself approach the door and she answers. What's the look on her face? What is she saying to you? What are you saying to her?



Actually, what he loved about this – by the end he was feeling really good and he was going I have to get off this call because I want to go knock on some doors, he really did feel good about it, he could see the potential in it – is that he found that the more he tapped with it and he got a chance to practice, in other words, the words were coming out of his mouth, what his script would be, what her response would be, what he would say, he got more and more clear about what he was going to say.

He did that through tapping and talking and being able to fumble a little bit and stumble a little bit and start back up. Then of course we just rewound it, put him back on the sidewalk, saw him approaching the door. Each time he did that, he was getting more and more confident in what his message was.

By the end it was really more of a matter of him just taking the next logical action, which he felt absolutely ready to take. I'm waiting for an email from him as we speak. I haven't heard from him, but I'm waiting for the email.

It's funny because we talk about events, old events, and going back and looking at the old event. But you can take a current event of something that you would be doing, approaching somebody about a sale that you would want to make or a networking event that you would be taking or a presentation that you have to do, and you can do the event forward. It's just the same way as you did it backwards.

See it happening. Be tapping and talking about it. Where do you anticipate that you're going to screw up? Where do you anticipate that somebody is going to give you a strange look and you're going to see that look and you're going to think, oh my god, I've lost. They're bored. They're thinking, why are you wasting my time? This doesn't have anything to do with me. You're not very good at this. Then repeat it, repeat it, repeat it, repeat it. That's an event in the future, as opposed to a past event.

For anybody who was asking about what am I doing about past events, your mind already is anticipating what's going to happen in the future. This is an opportunity. It really becomes an opportunity for you to work on the anxieties that come up because your mind is taking the past, projecting it onto the future. If you can't find a past event, then create a future event where you anticipate something happening. Tap on that.

There's really good likelihood that you are tapping on an old event because your mind had to go into that file in order to anticipate it and project it into the future. You may be getting it, even if you can't identify it, what that past event might have been.

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This plays into the future and the past. This is great stuff. That's why you guys are – I'm so excited that you ask these great questions because you are right where you need to be. You're in the third module. You're really looking towards how am I going to use this and continue using it, and not just for the past but obviously for everything that's coming up in front of you. This is how you do it. James, let me know how that goes.

Kathy asks, "Is it okay to tap for an hour or two, or would that scramble my energy?"

Kathy, first of all, I think that's a really long time. That's a great deal of time to be tapping. You didn't mention whether or not it was at one time or if it was every single day.

Let me just answer generally. Doing one or two hours daily, three or four times a week, that's quite a bit of time. To do it all at one time I would ask is there a way for you to be able to spend small periods of time more over the week than to spend so much time?

The only time, I will share with you, that I have found that I have tapped for extended periods of time has been when I have been completely emotionally hijacked in a particular situation. It will still happen once or twice, maybe a year, that time where your body just feels flooded and you're in a high anxious state, that I've needed to tap for an hour in order to help my whole body come down. But I haven't found that to be – and I haven't found many people who have found that to be their daily experience.

Will it scramble my energy? I'm just going to say, I would ask you to feel for if you weren't working that long what would come up? Is there an anxiety that is driving you to tap for an hour or two? Is there an anxiety about this needs to work, what if it's not working, I need to get to everything, it's imperative that I find every little thing and clear this block?

Kathy, I'd also ask you, what is tapping that long keeping you from doing? Even the good stuff can sometimes be a way of procrastination. If you were able to tap for short periods of time, what would it leave you time to do? What is it possible that you might be putting off by spending so much time?

I know I'm not just answering your question about will that scramble my energy. I'm asking a lot of other questions because sometimes that might give you a little bit more insight than just a yes or no about your energy. I would love to hear what you think that might be.

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Joe says, “When I listen to the Q&A or the webinar and I tap I feel safe and always better, but when not tapping I am anxious and scared. I don’t feel safe when I tap with the meditation, but I do get relief. Then as soon as I stop the fear and the anxiety come back. Is this normal?”

Joe, this question was asked in some shape or form by several people who would say that they can feel the difference the tapping is making, and that they’re not feeling that it’s really lasting. It might be the answer. In other words, it feels like it is coming back or it rises back up. They’re lowering it and it’s rising back up.

My thought would be is that it’s real possible that you may be tapping in a very global way. What we really notice is that that’s why we can come back to those specific events, by taking out that particular image in your mind of a past event, or even an imagined past event, and seeing that happening, seeing somebody say something to you that was devastating, seeing that thing happen to you.

When we take that and make it a specific event and we tap on it and you go back and you say now look at that one time, chances are you will continue to find that your anxiety and fear, any reaction to that event is gone and it stays gone. That is why we encourage people to find – the work is so great when you find the specific event.

You may find relief for awhile because you are thinking about a specific event, but as soon as that one’s done up pop a bunch of other ones, other things that say, “Yeah, but what about this and what about that? Here’s another one. Here’s another one.” It feels like, oh my gosh. Like popcorn, pop, pop, pop, pop, pop all over the place and stuff. That may be true, in the sense that it can happen because your mind is saying, hey, while you’re at it how about me, think about me, think about me, and put your attention on it.

I would say to you that maybe if you shift – kind of toggle a little bit maybe. Spend some times in a general way being able to say I’m bringing this anxiety about life, this anxiety about success, this money anxiety, that I have. You can be global like that, but do know that that may pop up. Ask yourself this, though. When I say it may pop up, is it popping up to where it was? Does it only pop up to maybe a 7 instead of a 10? Are you in general starting to lower the overall volume of the anxiety in your body when you think about things?

There’s more than one way to judge progress. One of them is by taking specific events, looking at them, reviewing them and really seeing that I no longer have any emotion around that. If you find that an old event that you’re revisiting there is some emotion, chances are it will be an aspect of it that you didn’t think about in the last tapping, and that if you go back in and do some more tapping around

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that specific aspect of it that you will in fact find that it too then releases. If it comes up again it's going to be another aspect of it, but we try and get as many aspects around it at the time that you're working on it.

In global, this I'm not enough as we talked about earlier, these feelings of I'm not enough, there are so many instances in our life when that came up that that's when we're going to look for more of an overall am I feeling better about this in general. Even if it's still high I am noticing, I can notice, that I'm bringing that whole volume behind that voice, behind the experiences, the sense of truth in that statement. I am bringing that down. While it's not 0, and while I may still have it, it doesn't mean that I'm not working on it. Those are really great ways.

Again, for anybody who is experiencing this sense of it's kind of popping back up again, know you're doing the right thing, know that you're continuing to work on it. I can tell you from working with people for very long periods of time, is that people will report that they start to notice that they have longer and longer periods of times of feeling in the well-being.

You're also measuring, wow, I felt good longer. I'm feeling good. That sense of feeling good, feeling peaceful is happening more often and it's lasting a little bit longer. All of these are signals, signs to you that shifts are being made. We want to look in a multi area way of addressing shifts and change, not just one way.

Catherine says, "Really insidious at how this negative self-talk commentary can just run on autopilot. Do I have to tap on everything I say to myself? It might take forever."

Catherine, we've handled this in other cases. I'll reiterate the part around recognizing at that time when I'm saying things to myself and changing it right then and there. We're tapping on past, but in our moment as soon as we recognize, oh my gosh, I'm going into my same old same old, change it right there.

You can tap in some ways, just in the recognition of my goodness, look at me, I just went right back into that, "Even though I used to say these kinds of things, even though I caught myself saying those same kinds of things all over again, I'm choosing to change that now. Even though that old tape still has some space in my head that I'm not enough, that I can't do it, that nobody's interested in what I've got, that I'm not worth it, I'm not deserving," whatever your thing is, "I choose to change it right now. I accept that I'm where I am and as I go forward I'm choosing to change it." That is your point of power, Catherine.

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Victoria says, “I have had this huge breakthrough about fear of success and fear of failure, and now I’m going through a time of bliss and amazing things happening. How can I know that it is my intuition that is guiding me and not the strong critical voice that has been with me for so long? Sometimes it is easy to tell the difference. Is it my doubt and fear that is still popping up when I am unsure and questioning myself?”

I love this question because it talks about what I’m saying, is that as we start to make shifts we start to notice small changes and we start to feel better about things in our life. There’s something that you said, which is that you’re going through a time of bliss, which tells me that you’re feeling good. I would say that if you were being guided by your strong critical voice you wouldn’t be feeling good.

That is the difference is that your strong critical voice has probably left you with feelings of not being blissful, being a little bit more fearful, and doubt, and that you’re still noticing it. You’re noticing the difference between when that voice is present and the feeling that you get, and when that voice has been quieted and that you get to be in your natural healthy state, that feel good state.

When you say is it my fear and doubt that is still popping up when I am questioning myself, yeah. Whenever you’re out of that you know that there’s something that’s going on, that I’m focusing in a way that’s causing me to feel this fear or to feel this doubt or to wonder how long is this going to last.

Think about what might be coming up. Is this really going to last? Good things never last. What did I learn about the good times? Do I feel that they’re all fleeting, that they don’t last, that they’re hard to come by, they’re few and far between? This is where you get to say, oh yeah, man, I didn’t think about that. I used to hear that all the time.

As I said, things like this get said all the time in our childhood with just, hey, all good things come to an end. We heard that very – we probably hear it on TV now just watching TV and commercials. We don’t think about what those things did on our belief level. We just took them in and say, yeah, that’s true. Good things never last. After all, we all went on vacation, we all had a good time and then the vacation had to end.

We recognized, wow, I have had a lot of these beliefs. I picked them up really in a very unconscious state. I just took them on. I took other people’s beliefs on. I acknowledged it all the time when the neighbors and I were talking, oh, but you know how it is, good times never last, good things never last. We go, yeah, it’s so true.

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Now we're really realizing, wait a minute, I don't want to believe that. I don't want that to be my belief, that there's a season. Fortunately there's an abundance of season. That while this good thing may be done for right now, what it leaves me is what's my next good thing because there is an abundance of good things. Now I can't wait so that I can say goodbye because I'm looking forward to the next one.

These things all shift. I love that you're asking these questions because you're starting to notice those shifts, and now we're trying to figure out what to do with them.

Diane asks, "When I have something come up I know the negative to tap on, but I am a little lost with how to do the turnaround into a positive."

Diane, what I would say here is, as I had said earlier, a couple of things are find some positive statements. Write them down. I know you're not struggling with the difficulty of what to say, but when to do that. Here's a couple of ideas is by having some of those positive things around that will give you some idea because you can read them and feel, do I feel ready to look at it from this different perspective?

Moving towards what we call the positive, or I prefer to say it as the way I wish to feel, the belief I'm choosing to move towards, is really about ready to accept it. If you're a 10 on something. Let's say we're working on something. I'm going to use that belief in the beginning. I am not enough. When that's at a 10, when you are feeling in that moment that that is at a 10, when you do a round of tapping chances are you're not going to be at a 0. You're not going to be able to one round of tapping and then you're like, oh, no, I am, I am enough, I'm plenty. I've always been enough. Chances are that's going to take a little while to come down.

When you're at a 10, there is no room for a positive. It's really difficult to get a positive in there. If you are filled with dread and fear around an event that happened, adding the positive in can feel like a very big stretch. A lot of times if it's added too soon we want to kick it right back out. It's like, there's no place for this. All I notice is that I can't accept the positive.

What I tell people is that when you're doing your own tapping, if you tap long enough you're willing to stay with what you don't want and really stay focused in that, it becomes the most natural thing as that charge comes down for you to move into a positive round or two, the different, the shift, we're going to call it positive, it's the most natural thing to take place because there is no charge.

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It's a little sign that your mind is more out of that fight or flight because now you can get creative. Maybe I can try that. Now, wait a minute, now that I look at that maybe that isn't so true. Maybe this old belief that I'm not enough isn't as true as it used to feel. Maybe there are plenty of times I have been enough. Maybe there were times before where I felt that that was the reason that this didn't happen or I didn't get picked for the chorus or I didn't get that auditioning part or my kids messed up or they failed their math test and I thought, see, it was my fault.

Now I see that, wait a minute, maybe there are other reasons I didn't get it. Maybe it wasn't a good part for me to get anyhow and I'm kind of glad I didn't. Or maybe I learned something from that. Or I have more resources. Since tapping on that I can see different things that I might be able to do. In other words, it will come up naturally because you're not fighting new ideas, new ways of seeing things. The timing is really about when I'm prepared to see things through a different light.

I like to play, this is one of my favorite ones, and it will give you an idea is, "Even though I'm not enough," I'm going to use that. I'm there, "Even though I'm not enough," and then at the next point go, "But what if I was?" Let's say we started at the eyebrow and said, "I'm not enough." At the side of the eye we went, "But what if I was?" Under the eye we'd go, "But I'm not enough." Under the nose, "But what if I was?"

In other words, we keep going back in and playing with this because you'll know when saying, but what if I was, or what if I could, even though I refuse to prospect for my business, what if I could, even though I won't do it, I absolutely refuse to do it, what if I did. Even though I'm not enough. What if I was?

You can see how this I'm always planting that, I'm going to play with it a little bit, this idea that but what if I could be, what if I am getting ready. By putting them both in there, you're going to know when it feels comfortable to be able to say, "Hmm, maybe it is a possibility. Maybe I am getting there."

Then that might shift your tapping a little bit, just into more of the, "I am open to the possibility that it could be happening right now. I am open to the possibility that I am starting to change this. I do feel different about it, so I must be making that change already right now."

These are great questions. You guys are really showing me how far along you're coming in your tapping to be able to ask those kinds of questions.

Here's one from Penny that I just love. It starts out with, "Hi, Mary. As I listened to a lot of your answers I noticed that a great majority of the problems stem from

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childhood. This just adds a new dimension to my worries that maybe I'm screwing my kids up as they see me worry about money. Knowing this is there anything I can do for my kids or have them start doing now to unblock anything that may have already been developed? Or is there anything I can have them do to keep future blocks from setting in? Just an FYI, their ages are 8, 10 and 14 so I would need age-appropriate techniques. Thank you so much, Penny."

Penny, I love this question on many, many different levels. When I first read it I thought this is great because I get to answer it from so many different levels. As children we learned our experiences, not just from our parents, but from all around us, the messages that we got from fellow playmates and from teachers and whatnot. We were always being bombarded. We are always being bombarded by other people's views and opinions and their beliefs and whatnot. Some of those we're holding up against our own. Is that true for me? That's what they believe. Do I believe that too?

The value in that is that we're starting to explore our own beliefs and recognize I don't want to take on somebody else's belief. Just like I had said in the couple of answers before, is that we hear things and now we're making decisions. Is that true for me?

What I love is first and foremost you're doing the most important piece, which is doing your work. Since your kids are watching you model, they're watching how you feel about money.

When you go to the grocery store, do you walk up and down the aisles with pleasure, anticipating that the money that you are going to spend is going to be well spent, that you're able to enjoy yourself spending that money? When you go out shopping for them, what is the message they get? Or do you go through the market in kind of a tight and anxious way? I don't know. Which one is it? Where's the one that's on sale? No, we can't buy those right now. That's too expensive.

You're setting examples in your present day life. As you are changing your own beliefs and anxieties around money, you are modeling that for them. On top of your own tapping around your beliefs, you're going to start paying attention to what it is you're saying.

I just happened to be somewhere and I heard some woman say to her child, because we've all done it, I'm a mother of three too, I get this, I know that I have put ideas into my children's head as well, she said to him, "That better be what you want because that's all you're getting for the summer." I thought to myself, I could feel my stomach tightening up getting that sense of, oh my gosh, that's all I



get, that's all I get, and feeling the contraction just hearing her words, and she wasn't even talking to me.

So it gave me something to tap about by all means. I think, she isn't saying that to her children thinking, boy, I hope I really screw up your beliefs about money. I bet you my words are going to come back to bite you in the butt when you're in your forties and you're trying to get your business going or you're trying to get your finances settled. I don't think that was her intention at all because she was saying make some good choices because this is what we've got right now.

While we have already indoctrinated our children with some of these beliefs, we are now aware of them. When they're repeating them back to us, when we're in a situation and you see them out shopping, you get to be aware of what you're saying to them. You get to listen to what they're saying back to you like, oh gosh, I'm really struggling like this because I know it took me a long time to save this money and I'm not going to get anymore for awhile.

You can say to them, "I'm curious. How do you feel? Do you think that money is easy to come by or do you think it's really hard?" Now you're asking them to question their beliefs right there. At the nice age of 8, 10 or 14, they're having to look at that, instead of being on autopilot and say to themselves, they're not thinking it out loud, they're wondering, huh, what is it I believe? You can say, "I used to believe that way too. Now I believe this."

Some of these things are happening not necessarily through tapping, but because you've done your tapping you're going to be aware of your beliefs. You're going to be aware of what you're listening for them and you're going to be able to help change them on a cognitive level without even really having to tap.

I will offer you this. There are I'm sure out there resources on how to tap with children and whatnot if you see that they have a belief that's really getting in their way. But here's a little game that you can play too, which is to create a list of wonderful abundance gratitude affirmations. There are tons out there.

Louise Hay has got some beautiful ones. I love the one, I've got it sitting right in front of me, it says, "Only good experiences lie before me." That was one that I had learned from Louise. Or one that she also says is, "Life loves me." I love that too. I have that printed up. I have it sitting on my wall. I look at it when I'm doing these recordings and whatnot.

One thing you can do with your children is just touch the spots. Instead of tapping, just have them touch their eyebrow. Then repeat one of those affirmations. Touch the side of the eye, or under the eye. To be honest with you,

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you don't have to go through all of those points. You might use some points that are very easy for them to reach without feeling too awed. After all, 14 is when they start thinking we're a little weird anyhow.

Maybe it's just the collarbone or maybe it's the hands over the heart. Saying that affirmation, pressing on the body and saying that affirmation, going through it. Not just about money, but about life. Life loves me. Life is abundant. Life is taking care of me. Only good experiences lie before me.

When we have those inner beliefs, we walk around with our arms much more open to receive. Think about what it would have been like for you as you were walking around with those very same kinds of beliefs. What would be different for you now?

Now you have the opportunity to help your children to embed those. They'll be able to question other people's beliefs when they say life is hard, money is hard, money doesn't come to me easily. They'll think to themselves, huh, that's interesting because I found it very different for me. I think money comes very easily. You're in a fabulous place with our kids to be able to teach them.

By the way, this isn't limited to our kids. We have all these other wonderful people in our lives who make statements all the time about money and what it's like and how hard it is. Think about co-workers. Think about other family members and being able to say not you shouldn't say that, but being able to say, wow, that's interesting. For me this is what I believe. For me, this is my experience. Now you are increasing your sphere of influence because now you're talking to other people and you're having them question their beliefs. If nothing else, you're affirming yours.

If you find an especially difficult person who you've said something to and they went, bah humbug, that's not how it is, you've got your head in the clouds, you go, hey, guess what, I have some work to do. I'm going to go and take that into my tapping about how it felt when that person got angry that I have my own belief or that I was contradicting them or I was making them push up against their belief.

Or maybe it brought up the why should it be easy for me when it's hard for you. You could be talking to a grandparent. I have another question here about somebody who was talking to their 90 some year old relative, and they really recognized some of those messages that were going around and things that they grew up with.

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How do you handle that? One, it brings up our sense of there's a feeling that comes with it that tells us, oh my gosh, I am carrying around this belief. I can silently thank them, because if that was in my subconscious and I didn't have access to it and they said something and all of a sudden my body became body electric that's helpful for me, because who knows how long it would have taken for that to come uncovered. But here it was, these relatives just being who they were, said what they said and by god I just found a whole bunch of stuff in my body around money that I get to tap on the anxieties about it and the beliefs I have about it.

There's a value there, as well as sometimes what we notice is that when people say it we find ourselves not rattled. Look at that information. They say it and we so easily go, huh, that's not how it is for me. We go, oh my gosh, two months ago I would have been miserable if they had said that. It would have sunk me back into so much doubt and fear. Look, now my mind kind of went, hmm, interesting that it's that way for you. For me it's a little different.

When you start to recognize that you go, oh my gosh, I am really making a change here. I can see things shifting. That's when you really get more in love with tapping because you can really see the changes that are happening, and now maybe we're having a little influence on somebody else. Maybe we're modeling for them a different way of doing it.

Victoria says, "I do the tapping meditations and I find trigger phrases arise in the moment and don't want to break the energy pattern, so I decide I will wait to write them down. Then after the tapping is complete I can't recall the trigger words. Am I clearing the energy or do I have some threads to unravel? Will this make itself known by continued repetition of the meditation?"

Great question, Victoria. I'm glad to hear that the meditations are being so helpful for you as well. My thought would be is that sometimes I notice for myself, and a lot for my clients too, is that while we're tapping on something sometimes this little phenomena can happen is that we get this, it's like a short little movie reel of all these different little times float before our eyes of past events. They're not full blown events. They're like little glimpses of it.

I think of it, my personal metaphor for that is like that bubble wrap. It's like I'm popping these little tiny memories that have popped up, they've risen to the surface, they're there, they flash before my eyes, but none of them really were big. I might just be releasing them as I'm doing this tapping.

I'm not sure if that's what might be happening, because when you're going back to try and collect them they're not there. My guess would be that if they show

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themselves again and again it will mean that they haven't cleared and that they're coming back up to show you. But if you never find them again, I'm just going to say go with that.

Feel comfortable with it, knowing that you're doing the work that your subconscious is working with you. It's going, hey, here are a few things, little incidences that happened along the way that might have carried a few emotional charges on them, and you're popping them, pop, pop, pop, pop, pop, as you're doing that tapping.

You'll continue to go forward with the meditation and you will be able to answer that. If something rears its head again and it becomes clearer and clearer, you might then want to take a break. You may say to yourself, you know what, this is about the third time I've thought of this. Let me just stop in the middle of the meditation, pause it, write that down because it's reared its head three times, then go back through the meditation.

Or focus your meditation on that event. Stop your mind and say, you know what, I'm going to just focus on this while I go through the rest of this meditation if it keeps presenting itself. But if they're popping up and they're disappearing, I'm going to say good for you, just keep going with that and you're on a good track.

We've got time for at least one more, so let me get this one. Emily asked, "My goal is to write a book but I have anxiety when I sit in front of the screen. I have tapped on fear of failure and fear of success, but I am still experiencing resistance. Now I am worried that I'm behind because I am not working on my goal."

As you heard me talk about the person who wasn't out prospecting, you can go through this by tapping. Again, looking at that forward picture. Imagine yourself sitting in front of the screen. Imagine yourself writing. If you find yourself I just can't even do that then ask yourself, what is it on the other side of writing this? What are my fears?

When you say I've tapped on fear of failure and fear of success, did you open that up? What specific fear do you have? Where has this happened? What could happen once the book is written? What are some of the things that your mind might be creating in this future picture that feels overwhelming for you?

In a few of these past Q&As I've given an example of a person that I work with who is writing a book that's ready to be published, ready to be launched. One of those things is the feeling of once she's reaching a much larger audience one of the things that came up was feeling that she's going to have so many more people

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that she's responsible for. Life is going to get its own momentum and she's never going to have any time to herself.

Those things can very easily get in the way of working. That's where procrastination comes from is our sense that there's something on the other side. As soon as I'm done with this that's going to be painful in some way and that's why I'm not doing it. Your mind will do more to keep you from doing this perceived threat, this perceived pain, than the pain that you have of being behind schedule.

I have myself, when it comes to creativity I love the tapping because I can't tell you how many times I have started out any project, whether it's a recorded project or whether it is a written project, by tapping on, "Even though my mind is blank, even though I don't know what to write, even though I don't know what order to put it in, even though I don't know what comes first, even though I'm sure my words are going to be unclear, even though I'm not sure what I'm saying, even though somebody's going to go what the heck was that about, even though I can't start..."

I have just tapped, tapped, tapped, just arguing, literally arguing for the fact that I cannot do it. Don't you get it? I can't do it. To only find myself at some point getting rather bored with my own tapping and going, what the heck, I'm just going to write this, and moved right in to what I needed to do.

So never underestimate the sense of a good rebellious tapping. I don't want to, don't want to, not going to, not going to happen. Sometimes I don't even have to go into – because there's anything on the other side, what am I afraid of, I've tapped on those as well, but sometimes just getting pump primed is what we're really looking for, is just getting yourself in motion and tapping on the I can't, I won't, here's all the things that I'm feeling right now, here's my concern right now, opens up the space for you to just do it.

I know I've talked to Nick about this before. We've talked about how him using the tapping to clear out blocks that he's been able to write. He's on his second book. It certainly is working for him. I know that it's worked for other people, as well as myself. Get in there. All the worry, what is it, just keep tapping and then see what happens. Let me know. I want to hear from you about that.

I want to try and get in one more. I know we have just a few minutes. One more, from Veronica. She says, "Hi and thank you for the critical voice module. One of my biggest wishes is that I can pay my flat and help my brother to pay his. I tap and I tap for feeling better with this impossible manifestation. When I believe that I'm changing my thoughts to positive ones I talk with my siblings or my parents

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and they always say, we do not have luck for business or for love or for getting money, etc., and I feel that. What I have been working for is destroyed. What can I do when a person says something negative and I cannot start tapping right here?”

Veronica, listen to everything that I said ahead of this because I’ve referred to that about what do I say. You have identified some beautiful words and sentiments and energies that have been laid down in your family. While you may not be able to feel that you can start tapping right there when they say it – and by the way that’s what bathrooms are for, because you can go to the bathroom and you can tap – is that you get to say that. You wrote them right here. You actually started by saying that I have these impossible manifestations.

My guess is because you have still some of your own belief that is that really possible for me to pay for my flat and help them. Can I help them pay, that that feels impossible. So what I hear is that you still have your own belief, and then theirs really activated. Like, oh my gosh, I thought I was doing so much better. That’s how you tap. You’re going to find a big difference. Take this question. Put it in your journal so that you can use this to say how true is that.

When we say, “Even though they taught me, that we have no luck in business, we have no luck in love, not for getting money, that was their rule, that’s what they believed, I love and accept myself and I’m open to the idea I can have my own way of seeing this.”

“Even though what would it mean if I didn’t have the same beliefs as my family did, would I lose that connection, who would I be, would they accept me if I didn’t have their beliefs, I honor myself for the loyalty that I’ve shown to them, my family and myself and their beliefs, and I’m still open to changing them.”

“Even though it still feels impossible to really ever be able to pay for my flat and help them too, that still feels impossible because they told me that we’re unlucky, we’re not good at it, what if I was, what if they weren’t but I was, what if they didn’t know they could be, they just believed this, what if I was really helping them by changing my belief and showing them that it is possible, maybe ultimately I’d be helping them, maybe I’m open to that, maybe I’m just going to start.”

Veronica, I wanted to end with one. This was a beautiful one, and I think it’s where we all are is to recognize that our tapping is influencing everybody else, not just that I can still stay connected to the people in my life, but that I’m also being able to influence them. We’re influencing our children, we’re influencing our co-workers, our neighbors, our best friends and our family members.

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If we're just willing to be able to be a little uncomfortable saying, hmm, that may be true that I'm not going to be holding their belief anymore. But what if I could be an example of living with a different belief? What if that freed them from having that belief that my siblings grew up with as well? What if they were able to have more happiness because I was willing to break the mold? Would I be willing to do that?

I know for most of us our answers are yes. Even if it's no, they should be, we've got something new to tap on. Then we can always get to say, but I'm going to open myself up to being able to change this for me.

Another great week of questions. You guys are really moving along this track. I can tell that you've been tapping. Even when you're stuck, you're doing something. You're listening to these. You're getting ready to do it. I know that some people are still struggling with procrastinating on getting the tapping done. I would say to you tap along with at least the modules right now. As long as you're doing that, there's a really good chance that you're going to break through and next thing you know you're going to be doing more of your tapping.

Until next week, you guys, I'll talk to you soon. Have a great day and stay brilliant.