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

-Bonus Meditation 1 Transcript-

Bonus Meditation 1 Transcript

Welcome to this Bonus tapping process for Week 1 of the *Seven Weeks to Financial Success and Personal Fulfillment*. This is Jessica Ortner.

In this tapping process, we will be letting go of the habit of comparing so that we can more clearly see our own gifts and talents.

Let's begin the process by taking a deep breath in. Inhale and exhale. Inhale and exhale. Inhale and exhale. Beginning on the karate chop point, tap and repeat after me.

Karate Chop: Even though I've been comparing myself to other people,
I love and accept myself.
Even though I've been comparing myself to other people,
I love and accept and myself.
Even though I've been so hard on myself,
I love and accept myself.

EB: This pressure I put on myself,
SE: Comparing myself to other people
UE: Leaves me frustrated and disappointed.
UN: I should be further along by now.
CP: They seem to be doing great.
CB: It seems so easy for them.
UA: They're just lucky.
TH: All these comparisons.

EB: My energy has been going outward.
SE: I've been focused on what everyone else is doing.
UE: Comparing myself
UN: This need to compare
CP: This need to prove myself to them
CB: I should be further along
UA: Why can't I get it together?
TH: They seem to have it all together.

EB: This pressure I put on myself
SE: This need I have to compare
UE: And then I judge myself
UN: And them
CP: I've been unfair to myself
CB: I haven't given myself enough credit
UA: I don't need to be like anyone else
TH: I love and accept who I am.

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EB: I have special talents
SE: I'm unique and creative
UE: I strive to be the best version of myself
UN: Instead of trying to be anyone else.
CP: Being myself will lead me to financial success
CB: And personal fulfillment
UA: I have unique gifts and talents
TH: As I recognize my gifts and talents, so do other people.

EB: I take any feelings of jealousy
SE: And I turn them into inspiration
UE: It's inspiring to see people succeed in their unique way
UN: Because I am discovering my own unique way.
CP: There is enough for everyone.
CB: As I celebrate other people's success
UA: And I celebrate my own success
TH: I feel safe and free to try something new.

EB: I turn my focus towards myself.
SE: What am I proud of?
UE: What can I celebrate now?
UN: What am I looking forward to?
CP: I am on my own unique journey.
CB: I feel blessed to be me.
UA: I feel the energy I need
TH: And I'm ready to take the next step forward.

Take a deep breath in. Exhale. Just spend a moment in silence thinking about all the value and gifts that you have.

Again, this is Jessica Ortner and on behalf of everybody at The Tapping Solution we want to congratulate you for committing to this process and we wish you the very best.