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

- Meditation 1 Transcript-

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Welcome to Tapping to Overcome Financial Overwhelm. This is Jessica Ortner from thetappingsolution.com. If you are new to tapping, please sign up for our newsletter to receive free information including a graphic of where the tapping points are.

In this audio, we are addressing the feelings of overwhelm and the judgments we have around our financial situation. By addressing and clearing these feelings with tapping, we will become more resourceful and can make better decisions around our finances.

We will begin by focusing on some of the most common negative emotions people feel about their finances. If the words don't exactly relate to you, just focus on the negative feelings you do have about money. By focusing on these feelings and tapping, you'll find that those negative thoughts will begin to lose their charge and it's easier to move into more positive and resourceful ways of thinking.

Begin by finding a quiet place where you know that you won't be disturbed. Let's start by taking three deep breaths in. Inhale through your nose and exhale through your mouth. Inhale and exhale. Inhale and exhale.

Let's begin by tapping on the Karate Chop points and we will say the set up statement three times. So please tap and repeat after me.

Karate Chop: Even though thinking about money makes me feel overwhelmed,
I accept myself and how I feel.
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I accept myself and how I feel.
Even though thinking about money makes me feel overwhelmed,
I accept myself and how I feel.

EB: Just thinking about money feels overwhelming.
SE: It's a stressful situation.
UE: It's uncomfortable to think about.
UN: Sometimes I'd rather ignore it
CP: Because I can be so hard on myself.
CB: I feel overwhelmed even trying to think about money.
UA: All these uncomfortable feelings around my finances
TH: They keep me frozen and feeling stuck.

EB: It's hard to look at my financial situation.
SE: I should be better off.
UE: Things shouldn't be like this.
UN: I've wanted to change
CP: But sometimes it feels out of my control.
CB: It's easy to feel powerless when I think about my finances.

Meditation 1 Transcript

UA: Things shouldn't be like this.
TH: I'm upset I got to this point.

EB: Other people seem to make money easily
SE: But for me it's uncomfortable and stressful.
UE: It feels so unfair
UN: It's hard for me to focus on my finances.
CP: It leaves me feeling disempowered.
CB: Why can't I make this work?
UA: I should be better off
TH: All the ways that I judge myself

EB: It's safe to give my feelings a voice
SE: All these emotions are already there
UE: But now I give them a voice and let them go.
UN: As I address my feelings around money and I tap
CP: These feelings no longer have the same control over me.
CB: Awareness brings change.
UA: It's safe to give my fears a voice
TH: And to finally let them go.

Take a deep breath in, exhale. Now that we've addressed some of these old beliefs, we can begin to tap while focusing on how you'd rather feel instead.

EB: I begin to let go of all these judgments
SE: That I have around my financial situation.
UE: I begin to breathe deeply
UN: Because even in my current financial situation
CP: I can feel calm and centered now
CB: It's safe to let go of these feelings of overwhelm
UA: Because I am in control.
TH: I am in control.

EB: As I address my fears, I take back my power.
SE: Deep down I know things are changing.
UE: Deep down I know I'm capable of making money.
UN: In a way that feels good.
CP: I can begin to look at my financial situation from a place of compassion.
CB: I'm okay where I am
UA: Because I know things are getting better.
TH: I've replaced my overwhelm with a feeling of power.

EB: I choose to have patience

Meditation 1 Transcript

SE: I know the power of a single step.
UE: I am centered and clear
UN: I only need to be clear on the next step
CP: One step at a time.
CB: And with every step I feel more powerful
UA: Even though my current financial situation isn't what I want it to be
TH: I take a step forward and focus on how it will be.

EB: I see new opportunities.
SE: I create better habits.
UE: I now let go of the negative emotions around money.
UN: As I let go of the judgments
CP: And the comparisons
CB: I begin to see my own ability
UA: It was hard to see opportunity when I was overwhelmed.
TH: But no I'm clear.

EB: This is just the beginning.
SE: I commit to tapping as emotions around money come up.
UE: I get clear on the limiting stories I've had about money.
UN: And I begin to let them go
CP: I make room for new beliefs
CB: I can make money in a way that feels good.
UA: I have a lot of value to give
TH: So money flows to me.

EB: Today is a new day
SE: I have the patience I need.
UE: I see the opportunities to grow spiritually and financially.
UN: Now I have planted some powerful seeds
CP: And I allow these new beliefs to grow
CB: I am clear and calm about my current financial situation.
UA: I am more powerful than I thought.
TH: Today is a new beginning and I am ready.

Take a deep breath, exhale.

From all of us at The Tapping Solution, we wish you prosperity, abundance, joy and personal fulfillment. Until next time, take care and keep tapping.