



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

- Meditation 2 Transcript-

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Welcome to the tapping process for Week 2 of the *Seven Weeks to Financial Success and Personal Fulfillment*. This is Jessica Ortner.

This week Nick talked about the importance of tapping on fears we may have around what other people may think or say about our goals. So often we stop ourselves from even having goals because of this goal. So in this process, we are going to address that fear so we feel safe and powerful enough to finally get clear on our goals and take that step forward.

Let's begin by taking three deep breaths. In through your nose and out through your mouth. Inhale and exhale. Inhale and exhale.

Feeling centered and calm, let's begin by tapping on the Karate Chop point. Tap and repeat after me.

Karate Chop: Even though it doesn't feel safe to have these goals,
I accept myself and how I feel.
Even though it doesn't feel safe to have these goals,
I accept myself and how I feel.
Even though it doesn't feel safe to have these goals because I might be criticized,
I love and accept myself and how I feel.

EB: It doesn't feel safe
SE: What will others say?
UE: This goal feels uncomfortable
UN: Because I'm scared what other people will think.
CP: What if they make a comment?
CB: They've done it before.
UA: It feels safer to not have goals.
TH: And to not have expectations.

EB: I might be criticized if I don't reach my goal.
SE: I might be criticized if I do reach this goal.
UE: This fear keeps me stuck in place.
UN: All this fear around what other people may think.
CP: I don't try because I'm scared.
CB: I don't dream because it doesn't feel safe.
UA: All this pressure around what other people will think.
TH: It feels safer to not have goals.

EB: If I play small
SE: And people don't notice me
UE: Then I won't be criticized.
UN: But I wasn't born to play small

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CP: I can't control what others say.
CB: I can't control what others think.
UA: But I can control how I respond.
TH: Maybe this is easier than I thought.

EB: I know I deserve more.
SE: I deserve to dream.
UE: I deserve to set goals.
UN: I choose more for my life.
CP: I can't control what others think.
CB: But I choose how I feel.
UA: Maybe I can notice all the support I do have
TH: And smile at the thought of the naysayers.

EB: Because it will feel so good to prove them wrong.
SE: This can be a lot of fun.
UE: I can allow my heart's desires to pull me forward.
UN: I no longer need to resist my goals.
CP: It's safe for me to be clear.
CB: And it's okay if other people don't agree
UA: Because I follow my truth.
TH: I know what I want.

EB: And I'm ready to admit it to myself.
SE: And focus on it.
UE: And to have patience with it.
UN: It's safe for me to try something new.
CP: I can't control what other people think or say.
CB: But I now focus and listen to my inner voice.
UA: It's safe to be clear on what I want.
TH: Now I am ready.

Take a deep breath in. Exhale and take this moment now in this space to allow yourself to get clear on what you want. Maybe there's a new distinction. Maybe you have a new idea. Like Nick said, it's so important to put it down either on paper or create it in a vision board but stay in this energy and be clear in what you want and listen to all the different ideas that might come to mind because in this state anything is possible.

We wish you the very best in this Week 2. Please share with us your experience and until next time, take care and keep tapping.