

Clearing Your Subconscious Blocks to Attracting Success and Abundance

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Contents

Audio 1, Part 1: Disclaimer.....	4
Audio 1, Part 2: Why Clear Subconscious Blocks?.....	5
Audio 1, Part 3: What Are Our Blocks and What is Abundance?.....	7
Audio 1, Part 4: Tuning into Abundance	9
Audio 1, Part 5: EFT: What, Why and How	12
Audio 1, Part 6: General Clearing of Subconscious Blocks.....	17
Audio 1, Part 7: Releasing Abundance Blocks from Mother’s Side of Family	21
Audio 1, Part 8: Releasing Financial Blocks from Father’s Side of the Family	25
Audio 2, Part 1: Clearing Inherited Programs of Scarcity from Ancestors.....	29
Audio 2, Part 2: Releasing Cellular Memories from Society	33
Audio 2, Part 3: Cellular Memories that Block My Ability to Attract Money	37
Audio 2, Part 4: Anxiety and Fear About Being Successful	42
Audio 2, Part 5: “It Feels Dangerous/ Unsafe Being Successful”	47
Audio 2, Part 6: Fear of “Their” Reactions to My Success.....	51
Audio 3, Part 1: Clearing Old Programs about Deserving Issues	54
Audio 3, Part 2: “What if I Believe I’m Not Good Enough?”	58
Audio 3, Part 3: Clearing Traumas About What was Said and Done	62
Audio 3, Part 4: “I Was Taught to Resent Wealthy People”	66
Audio 3, Part 5: “It’s Not Fair”	70
Audio 3, Part 6: “Life Has to Be a Struggle”	74
Audio 3, Part 7: Recap/ Final words.....	77
About Carol.....	80

Audio 1, Part 1: Disclaimer

The information presented in these recordings is educational in nature and is provided only as general information. Emotional Freedom Techniques, also known as EFT, is a technique referred to as a type of energy therapy. Due to the experimental nature of EFT, and because EFT is a relatively new healing approach, and the extent of its effectiveness as well as its risks and benefits have not been fully researched, you agree to assume and accept full responsibility for any and all risks associated with listening to these recordings and/or acting on any information contained in these recordings.

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Audio 1, Part 2: Why Clear Subconscious Blocks?

(Total time: 4:22)

Welcome everyone, this is Carol Look of www.attractingabundance.com and this new program is called *Clearing Your Subconscious to Attracting Success and Abundance*, and I am delighted to present it to you in these audio recordings.

We all have subconscious blocks to getting what we want and getting to where we want to go, or else we would already be there. This set of recordings is designed to help you release and clear any of those blocks, and any cellular memories or energetic patterns from your subconscious mind, so that you can move forward with ease and certainty and faith – and even more importantly, move forward with a knowing that you deserve what you want in this lifetime.

Based on the evidence in our lives, we do know that some kind of limiting beliefs or blocks must be there. If you look at your relationships, your financial abundance, what keeps showing up for you? Is it based on your scarcity energy or prosperity energy?

And I know many of us have tried with our conscious minds and we do Law of Attraction exercises and we make vision boards and we try to set goals. We try with our conscious minds to make changes, and they don't last because the core issue is located in our subconscious mind.

Now sometimes we can't locate or identify what our blocks truly are, we just have the obvious evidence that they're there because we aren't where we want to be yet. So I know that can be frustrating, so that's one of the main reasons I devised this program, to help you clear them.

Remember, our subconscious mind is always in control, it's what *is* in control. So no matter how hard you try consciously to change your life, if your subconscious isn't on board or isn't aligned with what you want, you'll be derailed – either immediately or eventually.

We know a lot about motivation. It comes from the conscious mind, and it can last for only so long before you either burn yourself out or you resort to

your old ways. Now that doesn't mean you haven't been trying hard enough; so many of you have been trying so hard to make the changes. But if you're doing it based on motivation (which comes from your conscious mind), then you have to resort to the old ways, because that's how the brain works. And that's really new information for us that's very, very valuable, is that it's not our fault, it's really how the brain works.

So if you have subconscious programming that says *success is bad, money is dangerous, rich people are greedy*, if you have any programming in your subconscious mind, that's what's going to get in your way.

Now there's also inspiration, and that's what we really need to work from. Inspiration comes from deep within, and you have to be in alignment with your desires to feel inspired and to follow up with those feelings of inspiration. So when you feel inspired, there's no doubt, it seems easy, it comes to you very naturally. So that's why we want to use inspiration, rather than motivation.

And I've even gotten in trouble with a lot of people because I talk about letting go of goal setting. And it upsets them because they're so used to using their left brain, setting goals, trying to set up their lives that way, but they don't work because of subconscious programming. So that's critically important, and it's why many of us are relapsing and sabotaging and sliding backwards, even though we have the intention to move forward and really make changes in our life, on some level of success or abundance in some area of our life.

Audio 1, Part 3: What Are Our Blocks and What is Abundance?

(Total time: 3:59)

What really, are our blocks made up of? They're not physical like brick walls or stone walls, although they can feel that way. They are energetic in nature, rather than made up of matter. And as we know now, we don't even have to have this conversation anymore because it's been proven, everything is energy.

So rather than being made up of bricks or stone, which is also energy of course, these walls that we're talking about, these subconscious patterns and blocks are made up of energy, and that's where we need to do the clearing. So any subconscious blocks that you have, whether you've noticed them or you're just frustrated by them or you're just certain they're there; they are made up of energetic patterns and programs and cellular memories.

So perhaps you have a pattern that says you're only allowed to earn \$50,000 a year. That would be a subconscious block. Maybe you have an energetic pattern that rejects anyone who has money. So even business propositions and people that come toward you, you think they're not any good, so you reject them because of a pattern.

You might have a pattern to sabotage any financial success that comes toward you. Maybe you have cellular memories that you need to stop at \$100,000 a year, because of what your parents earned or what you heard about money.

Maybe you have cellular memories that money causes problems, or that success always makes other people unhappy. Maybe you have cellular memories that money can make you unhappy. If you learned that from your family, if you have a cellular memory that money can make people unhappy, or if somebody in your family or your life said it one time, that can be stuck in your subconscious mind as a program or a pattern.

So let's talk about abundance and success, because they too are patterns and programs and memories. And that's why we have been so unsuccessful or so many people have been unsuccessful at attracting the success and

abundance they want, is because they forget or neglect that the cellular memories and patterns and programming is in the subconscious mind. So they keep trying to muscle it and use conscious tools, rather than tools that access the subconscious mind.

Here's what we know about success and abundance:

Abundance or success, they're patterns, they're vibrations, they're feelings, they're memories. So if you tune into abundance on a vibrational level, you don't have to chase money anymore.

Now suppose you tune into your family's vibration about money and abundance, you're probably going to be in trouble because you're going to bump into, perhaps, their scarcity issues, their old patterns, their chaos, or problems around money or financial success. Maybe you bump into generations of conflict around financial abundance.

What about the depression? Maybe you're carrying generations of feelings and emotions and vibrations around abundance that's not very abundant. So you could have extreme scarcity patterns and programs running in your mind.

Audio 1, Part 4: Tuning into Abundance

(Total time: 6:27)

It is such good news that abundance is a vibration and a pattern, it makes it so easy to tune into this energy, but we just didn't know how. I didn't know how for years until I figured out this equation: that abundance is a vibration, not a dollar amount in your bank account. Which means we can tune into it on a vibrational level, we can work on our vibration of abundance, we can raise our vibration around abundance.

What's important to figure out is: what are things that you do to money and abundance, other than tune in? Right. So everyone's talking about success and money and abundance, but they're not tuning into it as a vibration, which would make it easy to allow and receive. What you're doing instead, is chasing it. How many of you have been chasing money, chasing abundance? How many of you fear it? That's another thing we do: instead of tuning in, we fear it. And we reject it. So instead of tuning into the vibration of abundance, we reject the vibration of abundance. What about we resent it? Or resent people with money and abundance? It's another way we tune in. Sometimes we blame money and abundance for our current problems.

So we put all that negative energy on top of money and abundance and success, and then we wonder why we can't attract it or allow it or be it. Sometimes many people see money or financial abundance as their ticket out of misery, and that just is putting way too much on top of it. And it pushes it away, naturally.

So none of these are true, they're just attitudes. It's not true that you should fear money, or reject money because it's not safe, or resent it. They're just attitudes. They too, are vibrational patterns or energetic programs. So we've really added way too much weight and heaviness to money, to financial abundance, we've made it so significant, it can't possibly come into our lives unencumbered or in a way that's easy, or peaceful.

And again, it's because we have these old programs and patterns in our subconscious mind. And they could have started the day you were born, they could have started when you were inside your mother. Depending on the energetic vibration, the memory, the cellular memories. Do you know about your mother's cellular memories about money? Very, very important.

So our subconscious blocks are in the way, that's what we know. And we're going to clear the subconscious blocks, even though we don't exactly know what they are. What we know is true is that we all have these programs and patterns and memories that are running and operating behind the scenes. So that's why we call them subconscious blocks to allowing what we want in our lives. We all need to clear them.

And if you come up to another comfort zone and bump into something that feels as if you can't go further, that's just another level of a block. I increased my income 700% before I hit another comfort zone, or what we call a ceiling. Good to know. So then I needed to do even more work on another comfort zone, another dollar amount, increasing financial abundance even more.

Think of the words *success, abundance, money, fortune*; see how you feel about those terms. Because those are the terms and words and images that we're going to be clearing by using EFT.

There are two things we need to do to attract more financial abundance or success in any area of your life into your life, two things: *lower resistance* and *raise vibration*. You need to lower your resistance about these topics, you need to lower your resistance and your pushing against, and you need to raise your vibration, which is your overall mood and attitude and feeling and optimism.

So we're primarily, in these recordings, going to use versions, advanced techniques of EFT to clear these blocks in order to lower your resistance. Because once you do, then you'll be in alignment with this abundance and success, and the financial picture that you want in your life. You have the picture, that's not the problem. You even have the goals, that's not the problem. You have desire that's off the charts, that's not the problem. The problem is being a vibrational match to what you want.

And I know you think you're a vibrational match, but if you're not getting it, that's the proof or the evidence that you've got subconscious programming that says *no*, programming that says *I'm not allowed to*. Energetic patterns and your subconscious mind that somehow tell you it's not a good idea to either get what you want, or become financially wealthy, or attract success in your life. Somehow the programs inside, deep inside, remember. Those

programs are running the show. That's the software, that's critical, that's what's doing the work.

So once we clear those subconscious blocks and programs and memories, cellular memories, about money, success, abundance, good fortune, opulence, all of those words. Once we clear those cellular memories that are negative and the programming that is keeping you from getting it, then you're in alignment and it's actually easy. Because there are no more roadblocks, no more walls, made of anything.

Audio 1, Part 5: EFT: What, Why and How

(Total time: 10:52)

EFT, Emotional Freedom Techniques, Meridian Tapping: What is it, how do we do it, and why do we use it? So EFT is one of the many new forms – new meaning the last 20 years – of energy psychology, energy therapy. And what we do is, we tap on specific meridian points on the face and the body while we're tuned in to our emotional or energetic problem.

So EFT is one of the best clearing tools to get to the subconscious mind, because we're going deeper than conscious thinking, it's so valuable. So what we do is, we combine the theories from ancient Chinese Medicine of acupuncture, we combine that with modern psychology.

The Chinese Medicine doctors from 4-5,000 years ago came up with a chart of meridians or lines or circuitry of energy that go through the body, and they really move between and among all of the organs, and north and south and east and west, throughout your entire body. And their theory is that if you have any blockages in these meridians, that you're going to have problems show up in your life. And they usually show up as physical problems or mental problems. So their theory is based on clearing and cleaning and moving any congestion from these meridians or these lines of electricity.

And EFT is based on the theory that any of your negative emotions, any problems in your life, are caused by disruptions in your energy system. So it's a perfect match. So no, we don't use needles, which is a great relief to many of you, we tap on specific acupuncture points instead. And the tapping is both relaxing, and it sends a mini-message through these lines of communication in your body, mind and spirit.

So remember, we're getting so deep with the tapping that we're not doing just the conscious process, setting goals is a very conscious process. So many of you have learned Meridian Tapping or EFT from a variety of teachers; I do it my own particular way, but I pretty much follow the basics, the general basics, that were taught by the founder Gary Craig years ago. And his version is based on TFT or Thought Feel Therapy, which was discovered by Roger Callahan in the early 80s. And they both use versions of tapping on these acupuncture points while we're focused on the problem.

Now many people say: “Why do we need to focus on a problem, isn’t that bad for us? Doesn’t that make it worse?” And that’s a misinterpretation of the Law of Attraction. What we need to do is focus on the vibration that’s already inside of us, otherwise we’re going to pretend to ignore it. And ignoring it doesn’t work. For those of you who have struggled for years with Law of Attraction exercises, you know that sometimes they don’t work. Because you’re pushing it and muscling it, and using your conscious mind and pretending that you don’t have the real feelings that you do have. That’s the beauty of using EFT: it is the primary tool to lower your resistance.

And remember, you need to lower your resistance as well as raise your vibration. And what countless people have been trying to do is just raise their vibration, and they ignore and turn their back on their resistance and their negative feelings. And turning your back on them doesn’t make them go away. So this is a premier tool to clear the energy and your body and mind on this deep, profound electric and energetic level.

So let’s do an example of EFT. Let’s say you have some fear of being successful – and it could be conscious or unconscious, that’s fine. What we start with is measuring it on the 0-10 point scale. So say out loud: *I’m afraid of being successful*. 0-10, how true does that feel to you? *I’m afraid of being successful*. Write down your number. And then we’re going to tap. And we start by using the set up phrase. Now some practitioners are dropping the set up phrase on the Karate Chop point – I don’t recommend that. It’s a wonderful way to get into your subconscious, to really work with yourself and get clear about what the issue is, so I recommend doing the set up statement.

What you do is, you tap on the Karate Chop point. And the Karate Chop point is on either side of, it’s on each of your hands, and it’s right where – if you’ve seen a Karate Master on television chop a board in half, it’s right on that place on their hand and on your hand. So I tap, because I’m right handed I use the fingers of my right hand to tap on my left hand. So I’m reaching over now, and I’m tapping on the Karate Chop point on my left hand, and I’m going to use the classic set up statement to get your body and energy system set up for the tapping on your face and your body.

So here we go. So you be my little echo, follow me, on the Karate Chop point:

Karate Chop: Even though I have this fear of success, *(repeat after me)* I deeply and profoundly accept myself anyway.

(Again) Even though I have some subconscious fears of being successful, I accept who I am no matter what.

(Then we do it a third time) Even though I have this fear of success, I accept who I am, no matter what.

Good, so that's how we do it, three times on the Karate Chop point. We name the problem, we name the vibration we're struggling with, and say *I accept myself anyway*.

Then we move to the tapping points, and the first tapping point is at the beginning of either one of your eyebrows. So tap there, right above the nose, at the beginning of your eyebrow, either one. Tap there and say the problem again:

Eyebrow: I'm afraid of being successful. *(And repeat after me)*

The next point is on the outside side of the eye, the little bone there. Don't go all the way back into your hairline or your temple, it's just on the corner bone. And say it again:

Side of the Eye: I'm afraid of being successful.

The next point is under the eye. And say a version of the problem:

Under the Eye: I have this fear of succeeding.

The next point is under the nose:

Under the Nose: I have this fear of success.

The next point is what we call the Chin spot. It's above the chin, below the lower lip, in the crease there. Just tap right there and say:

Chin: I have this subconscious fear of being successful.

The next point is the Collarbone point, and what you could do is take your hand and put it into a light fist, and just tap on both of those collarbone points, right there; right where the knot of a man's tie would be. Tap there, it's the next point in the sequence, and say:

Collarbone: I have this unconscious or subconscious fear of success.

The next point is about four inches below your armpit, and it's in the side of your ribs, on your side there, as if you have a seam going up and down your body. Tap there, and say:

Under the Arm: I have this subconscious fear of success.

And the final point is on top of the head, it's called Bai Hui. Tap around in a circle on the top of your head, it may feel very relaxing to you, and say the problem again:

Top of the Head: I have this subconscious fear of success and it's getting in my way.

Good. And now you take a deep breath.

So even those of you who are advanced with EFT, I recommend that you do that kind of simple tapping on it, it works beautifully. And remember, what we're doing is we're calling up the file. We cannot edit a document without having the document called up. So we go get the document, in this case the target was *My fear of success*, and then we do the tapping.

For EFT to be most successful, we need to choose a very clear target. We need to choose a target that we're going to tap on. And the target needs to be an emotion or a feeling, an event, or it could be a symptom in your body. So once you get clear on that's how to make EFT more effective, it becomes easier and easier.

So what we tapped on was the fear of success. You can tap on other emotions like resentment, hurt, guilt, frustration. Or you could tap on an event: *The time my father told me that I wasn't any good with money; the time my parents fought about money and it seemed very unsafe; the time my teacher said -something- about money.* Or a symptom in your body. Some of you, when you think about the words and the terms *money*, *success*, and *abundance*, you actually can feel a tightness in your body. And that's another good target for EFT.

But in order to make EFT the most successful, you need to target an emotion, an event, or a symptom. And then be very, very specific. You measure it, how true does it feel, you choose a target, you measure it on the 0-10 point scale, you do the tapping, and then you measure again.

So in our sample exercise, go back and say it out loud again: *I have this fear of success*, does it feel any different? It should have gone down; the truth of the statement or the charge in your body should have gone down. And if not, keep tapping on that and keep getting more and more specific.

Audio 1, Part 6: General Clearing of Subconscious Blocks

(Total time: 11:29)

We're going to start with some EFT exercises that are quite general about having subconscious blocks. I assure you that just talking about the subconscious blocks and programming and cellular memories and my asking you to think of the terms *money* and *success* are already bringing up different files in your mind, so you're already starting to percolate here.

What we want to do is tap on words, issues, blocks, programs, memories, that are getting in your way of being in complete alignment with what you want. Now if any of you are unclear about what you want, write it down. Write it down right now, in front of you. *I want to double my salary, I want to get my book published, I want to be promoted, I want to have so much money that buying that big house that I saw last month is no problem, I want a body that looks like this, I want a relationship that looks like this.* So remember, while we're talking primarily about financial abundance and success, all of these tapping sequences can be applied and directed towards other areas of your life.

So a general clearing will sound something like this:

Even though I have some subconscious blocks to attracting success and abundance – and what I'd like you to do is say that statement out loud: I must have some subconscious blocks to attracting abundance. And how true does that feel to you on the 0-10 point scale? Does that resonate with you? Does that feel like a yes? Even though you may not be able to identify them, this is a fabulous way to start the tapping.

So say out loud: *I must have some subconscious blocks to attracting abundance.* How true does that feel, or how uncomfortable do you feel with that? How much does it resonate? On the 0-10 point scale, ten is as high as it can be.

Some of you are going to be so uncomfortable, and this is good, I know it doesn't feel right, but this is good because it means we're bringing up the issues that we're going to clear. And some of you will say "Well I think I do, so I think it's right, it's only about a 4." And that's fine, because what we

need to do is tap on the assumption and the knowledge. Remember, your subconscious mind knows everything, has all the memories stored there of every day of your life. So that's where we need to access, and that's what we're doing with the EFT clearing.

So you have your number, and let's get started. And be my echo again, follow along with me. I start on the Karate Chop point, I'll do that set up statement three times, before I tap on the points on the face and body, and I'll narrate so you know exactly where I'm tapping.

Karate Chop: Even though I must have some subconscious blocks to attracting abundance, I accept who I am anyway.

Even though it's true I must have some subconscious blocks to attracting abundance, I accept who I am and how I feel.

Even though I know for sure that I have some subconscious blocks and old patterns to attracting success I want, I choose to let go of these patterns now.

Good, so that's the set up statement, three times. Then we go to the Eyebrow point and tap on the eyebrow.

Eyebrow: I must have some subconscious blocks to attracting abundance.

Side of the Eye: I know that I have subconscious blocks to attracting success and abundance.

Under the Eye: and My subconscious mind knows that I have these blocks.

Under the Nose: I must have subconscious blocks and old patterns that block attracting abundance.

Chin: I'm sure I have some subconscious blocks to attracting abundance.

Collarbone: I just can feel it in my body, that I have subconscious blocks to attracting what I want in my life.

Under the Arm: It's been so frustrating for me.

Top of the Head: I know I have subconscious blocks to attracting what I want.

Good, take a deep breath. And go back to the Eyebrow.

Eyebrow: I know I have subconscious blocks to attracting what I want in my life.

Side of the Eye: I must have subconscious blocks, because look at my life!

Under the Eye: All these general, old patterns of blocking abundance.

Under the Nose: I wonder where they came from.

Chin: All I know is that they're there.

Collarbone: I can feel these blocks.

Under the Arm: I don't know exactly what they are consciously.

Top of the Head: But I know they're there.

Eyebrow: These remaining subconscious blocks to attracting what I want.

Side of the Eye: But I want it so badly!

Under the Eye: I keep doing what's right to get it.

Under the Nose: So my blocks can't be conscious.

Chin: My blocks must be in my subconscious.

Collarbone: and That's okay.

Under the Arm: I appreciate my subconscious mind.

Top of the Head: For what it's been trying to do to me.

Eyebrow: My subconscious mind has been trying to protect me.

Side of the Eye: That's why it keeps these patterns running.

Under the Eye: So I thank my subconscious mind.

Under the Nose: For trying to protect me.

Chin: Thank you subconscious mind!

Collarbone: I understand that you thought it wasn't safe to get what I want.

Under the Arm: But I'm accessing your programming now.

Top of the Head: So I can release all these subconscious patterns to blocking success and abundance.

Take a deep breath. Good, go back to the Eyebrow.

Eyebrow: It feels so good to let them go.

Side of the Eye: It feels so good to acknowledge my subconscious mind.

Under the Eye: It feels so right to acknowledge that it was trying to help me.

Under the Nose: It feels so right to acknowledge my subconscious mind.

Chin: It was trying to protect me.

Collarbone: Because that's the programming it had.

Under the Arm: I appreciate my subconscious mind.

Top of the Head: and I'm going to give it new programming as I release the old patterns that block success and abundance.

Great, take a deep breath.

Now go back again to the original sentence, *I must have some subconscious blocks to attracting abundance*, how does that feel to you now? Is the charge still as high? Maybe we released some of the tension around that, maybe we released some of the truth around that. I know for me, even that phrasing, which I've done before on myself, felt wonderful; acknowledging, thank you, thank you subconscious mind, you were trying to do what was right for me in your opinion, based on the programming that you've been given.

So this is a wonderful way to start out this entire series by talking to your subconscious mind, saying "I know you thought you were protecting me, thank you very much, and now we're going to give you new patterns, new programs, the old ones were useful at some time, but not anymore."

For those of you who really got a strong drop in your number for that particular phrasing, I would go back and do it again. And remember, even the statements and what I'm saying to you before and after we're doing the tapping is very effective, because I'm really addressing your subconscious mind. I'm talking about how it works, how it's protected you, talking about the difference between the conscious and subconscious mind; so all of this material is helping you and supporting you and strengthening you to become more in alignment with what you've chosen in your life.

Now some of you, with that first clearing and the first EFT sequence, you may have been thinking specifically of financial abundance. Some of you may have been thinking of a particular success; something to you that feels like success, when you get there it will be successful.

Others of you are thinking about your body and your health and your weight or relationships. It's fine, what you can do is go back now and listen again, with a different topic in mind. That's why this program is so useful for everybody, you can use it again and again, we all have subconscious blocks to getting what we want, or else we would be there. And our blocks, remember, can be feelings (fear, guilt, resentment, worthiness issues), they can be around events that happened about success, or we can have those symptoms in our body (tension, insecurity, pain) that show up as a result of much conflict around success.

Audio 1, Part 7: Releasing Abundance Blocks from Mother's Side of Family

(Total time: 10:02)

For this next EFT clearing sequence we're going to talk about clearing from your mother's side of the family. So we both have a mother and father, whether we met them or not, whether we were raised by them or not, and we have the maternal side of our energy and cellular memory, as well as the paternal side. So no matter where you were in the birth order, no matter how well you knew your mother, whether your mother is still living or has passed over, none of that matters. What we're talking to is that part of your mind that knows there are cellular memories, energetic patterns and subconscious programming from that side of your family. And of course then, we'll follow with sequences around the paternal side of your family.

So say this statement out loud. Now for those of you who are accustomed to regular EFT, getting the number, the before and after number, which is called the intensity rating or the SUDS-scale, is a little more difficult because it's not as specific. If you had an anxiety about riding in an elevator, you could get that number pretty clearly.

What I'm doing is asking you to access a feeling about the *possibility* of subconscious memory, so I'm very aware it's a little difficult to nail down the numbers, but try to do it anyway. Be easy about it, just guess, what do you think the truth of these statements are, what does it feel like to you in your mind, body and energy system?

So here we go with the mother's side of the family. Say this statement out loud: *I have cellular memories and subconscious blocks from my mother's side of the family.* So that's our originating statement. How does that feel to you, does that feel true? Does that feel obvious? Do you notice any tension in your mind and your body? What does that feel like when you say that, *I have cellular memories and subconscious blocks about abundance from my mother's side of the family?*

Good, and then we start tapping. So we start on the Karate Chop point, and follow along and repeat after me.

Karate Chop: Even though I have cellular memories and subconscious blocks about success from my mother's side of the family, I deeply and profoundly accept her, her family, and I accept me.

Even though I have cellular memories about finances from my mother's side of the family, I choose to accept her, her family, and who I have become.

Even though I know that I have cellular memories and programming and subconscious blocks from my mother's side of the family, I deeply and profoundly accept myself anyway.

Then go to the Eyebrow point.

Eyebrow: These cellular memories from my mother's side of the family.

Side of the Eye: The cellular memories about money that are negative.

Under the Eye: The cellular memories about money from my mother's side of the family.

Under the Nose: I want to clear these cellular memories from my mother's side of the family.

Chin: My mother's side of the family had many subconscious blocks and energetic programming around money.

Collarbone: My mother's subconscious blocks around money.

Under the Arm: She got these subconscious blocks around money from her family.

Top of the Head: I want to clear the subconscious blocks around success and abundance from my mother's side of the family.

Eyebrow: I just know there were subconscious blocks from my mother's side of the family.

Side of the Eye: My mother's side of the family had so many cellular memories about money.

Under the Eye: My mother's side of the family had so many blocks about money.

Under the Nose: Think of all that programming from my mother's side of the family.

Chin: So much programming from my mother's side of the family.

Collarbone: It was so negative about success and money.

Under the Arm: I picked up whatever my mother picked up from her family.

Top of the Head: All these negative programs around success and money from my mother's side of the family.

Good, take a breath.

Good, and just measure if you can, how is that feeling to you? *I have cellular memories and subconscious blocks to abundance from my mother's side of the family.* That should be loosening up, feeling a little bit better, maybe you even feel hopeful that you're starting to release it. And I'd like to do another sequence using that wording. It's very, very important, because your subconscious mind knows exactly what I'm talking about. And again, you could have inherited them in utero or after, your first year of life, year ten, you could have inherited them when your mother was even considering having you and getting pregnant.

Karate Chop: Even though my mother's side of the family has many financial blocks and memories, I choose to release them now.

Even though I've been carrying all these financial blocks and subconscious memories about money from my mother's side of the family, I choose to feel calm and peaceful.

Even though the maternal side of my family had so many destructive programs around success, I choose to release them now.

Good, and go right to the Eyebrow.

Eyebrow: I choose to release those maternal blocks to success and abundance.

Side of the Eye: I can still be part of her family and release the negativity around success.

Under the Eye: I know my subconscious mind learned these blocks and programs from my mother's side of the family.

Under the Nose: I just inherited them when I was born.

Chin: My mother's side of the family has so many negative memories around success and abundance.

Collarbone: and I choose to lovingly release them now.

Under the Arm: and I can still keep the best of my mother's side of the family, the best thoughts, the best feelings, the best traits.

Top of the Head: While I release the negative programming around being successful.

Good, take a deep breath.

Great, and measure that. Say it again: *I have cellular memories and subconscious blocks to abundance from my mother's side of the family.* I hope that feels better to you, even if you can't put your finger on it, remember, this is a little less specific than traditional EFT, we are getting to the heart of the matter. See if that feels better, looser, lighter.

And if you think there's more there, or you would like to use different language around the tapping sequences, please feel free to do so. You may know something very specific about what your mother's side of the family thought and believed around money, financial success, success in general, having a good relationship. And so you can go ahead and go back and plug in any of the wording that feels right to you.

Remember, we are lovingly talking to our subconscious mind, *thank you for protecting me, thank you for giving me the programming you thought I needed to have. I used it, I appreciate it, and now it's time to let it go.*

So this will be so important to your overall financial and successful picture, moving forward, getting in alignment; and the good news is: you don't have to know every single block or program that was in generations of your mother's family. You're acknowledging that they were there, and you're acknowledging that it's time to let them go.

Audio 1, Part 8: Releasing Financial Blocks from Father's Side of the Family

(Total time: 10:57)

Alright, how are you doing? If you need to get up and walk around and stretch your legs and become a bit more grounded, please feel free to do so.

We're going to move on to the next EFT tapping sequence to clear the cellular memories and negative programming about success and abundance in your life from your father's side of the family. Now this may be a little different, depending on how you were raised. I grew up with my father being the main breadwinner. So there's a bit more punch to my understanding and my knowledge or my assumption of the programming that came down through the man's line, the paternal side of my family. It's not that my mother's side of the family didn't have many ideas – negative and positive – about money or earning or abundance or women and money, but I am more oriented towards the man's side because I was raised by my father and mother, my father's the one who earned the money when we were growing up.

So just think about that, and again, all of this that I'm saying about patterning, programming, subconscious blocks – all of this is going into the soup and helping you clear what's been in your way. The name of the game is to get back into alignment with what you want. Maybe you were never in alignment because you were born with this programming. But this is critical to your success, and once you do this tapping and release these programs that have been there for your whole lives, then you can move forward.

And I know so many of you have been frustrated, you think you've been doing all the right steps that the Law of Attraction has been telling you, and that other programs have been telling you, but it's been too conscious, left brain oriented. And the subconscious mind has the power. Think of that, the subconscious mind has a memory of every single thing you've ever done, ever heard, or ever seen in your life, that's pretty powerful.

So now we're going to do the exercise very similar, we're just going to plug in the words *father* and *paternal side of the family*, but it's really important

to redo it with this new wording, even though it will sound quite similar to you.

So let's say this statement now: *I have negative programming and memories and blocks from my father's side of the family.* How does that feel to you, does that feel more true, is there more of a charge? *I have negative programming, memories and subconscious blocks from my father's side of the family.* See if you can get a number on it. If you can't, it's okay, it's definitely coming up, what we're doing is bringing up the file. I promise you, just talking about these topics, we're bringing it up for you. So if you can't get a number, that's okay, if you can – wonderful, write it down, measure it before and after. And here we go with the typical tapping, we're going to start on the Karate Chop point.

Karate Chop: Even though I inherited negative programming, memories and blocks to abundance from my father's side of the family, I deeply and profoundly accept myself anyway.

Even though I inherited negative programming, memories and subconscious blocks to abundance from my father's side of the family, I choose to honor him, his family, and the programs.

Even though I inherited the negative programming and memories and blocks from my father's side of the family, I deeply and profoundly accept all of me, I accept all of him, and I accept that he just handed me what he had learned.

Good. It's very important to accept it rather than reject it, because when you reject it you push it away and the pushing behavior has an energy of scarcity and fear and block. So you just acknowledge it, own it, and then release it just gently. Now go to the Eyebrow point.

Eyebrow: I inherited all this negative programming about success from my father.

Side of the Eye: I inherited so much negative programming from the paternal side of my family.

Under the Eye: My father taught me, energetically, what he learned.

Under the Nose: I know my father wanted me to be very, very successful.

Chin: But he could only teach me what he knew.

Collarbone: My father could only teach me what he knew.

Under the Arm: My father gave me the programming and blocks that he

got.

Top of the Head: No wonder I had all this paternal programming lodged in me.

Eyebrow: I inherited negative programming and cellular memories from my father's side of the family.

Side of the Eye: I inherited negative programming around success and abundance from my father's side of the family.

Under the Eye: and I honor that I was taught what they taught was necessary.

Under the Nose: I honor the programming as I learn to release it.

Chin: All this negative programming that came from my father's family about money.

Collarbone: There were so many cellular memories around money from my father's side of the family.

Under the Arm: I can feel myself releasing it now.

Top of the Head: I can feel myself releasing the old programs from my father's side of the family.

Eyebrow: My father didn't even know what he was teaching me.

Side of the Eye: He didn't even know what his family was teaching him.

Under the Eye: and I honor that I inherited it, as I was supposed to.

Under the Nose: and I assume it served a purpose until now.

Chin: and It's time to let it go.

Collarbone: With love and appreciation.

Under the Arm: I release the negative programming around money from my father.

Top of the Head: and From his whole family.

Eyebrow: I release the negative programming around abundance.

Side of the Eye: My father's side of the family just taught what they knew.

Under the Eye: I think I feel lighter already.

Under the Nose: I think I feel lighter already.

Chin: I choose to honor my father and his side of the family.

Collarbone: For teaching me what they taught they needed to teach me.

Under the Arm: Around money and success.

Top of the Head: and I choose to let it go now.

Good, take a deep breath.

Great. And again, why would I say “honor it” first? You need to honor, acknowledge, and even bless it, before you let it go. Otherwise you set up a battle, a conflict, an energetic chaos – which you don’t want, you don’t want any more energetic chaos or trouble around money, around finances, around abundance.

So again, you may be thinking of successful relationships, you may be thinking of a successful business concern that’s not really about making that much money, you may be thinking of success with your health and your body, and you can use these tapping sequences about your father’s side of the family the same way I suggested around your mother’s side of the family.

So you acknowledge and honor what they taught you, it came right down in the DNA, but as we know from Bruce Lipton, we do not have to follow all the DNA secrets and all the DNA programs, we can let go of those. But you can use this tapping sequence around your health, around relationships, around any kind of success in your life. Financial abundance, professional success, love life abundance, health abundance, thriving, being strong – any of that.

The point is, we are saying to our subconscious mind: *We know you’re there, thank you for trying to help me.* We are absolutely certain from science and fact that there are subconscious programming programs and patterns from our mother’s side of the family as well as our father’s side of the family, and we honor them and acknowledge them, and we’ve used them, and it’s time to let them go.

So if you feel confident in your own EFT tapping, please use your own language, add more phrasing, pause the recording and do another round. You can go around and around and around, as you can imagine. Use any language that feels right to you.

Audio 2, Part 1: Clearing Inherited Programs of Scarcity from Ancestors

(Total time: 11:24)

So let's continue with EFT clearing sequences on changing, releasing, clearing and letting go of cellular memories that are negative, around attracting success and abundance, letting go of programming, subconscious blocks that are in our mind that we really don't have much control over because they're in the subconscious part. They're running our lives, they control us, but we keep trying to control it with conscious mechanisms, conscious behaviors, and it's not working. So I understand many of you who are frustrated.

But EFT, Meridian Tapping, has been the best tool I have found in my life, 20 years in the mental health field, the best tool to clear out the emotions, the events, the feelings that are blocking us. But this program is new in its target for the obvious subconscious blocks, really targeting and acknowledging that we all have blocks, or else we'd be where we want to be.

So the topic of this next sequence is going to be generational and ancestral beliefs about scarcity. Now we already tapped on the mother's side of the family, the father's side of the family. This is just different enough wording that I think is very, very important.

So let's pick a target. Remember, we pick a target that's a feeling or an event or a symptom, we scale it from 0-10, how true does it feel, how strong does it feel inside of us, and then we do the tapping. So how about this as our statement? *I inherited scarcity feelings or beliefs or programs – I inherited scarcity programs from my ancestors. Say that out loud. I inherited scarcity programs and memories – very important about cellular memories – from my ancestors.*

So this means that we're covering some of the same ground as the father and mother and paternal and maternal sides of the family, but this is another angle.

So when you say that out loud – and we're specifically talking about scarcity programs – how does that feel to you? Do you feel something in your body? Does it feel tight or tense? Some people have difficulty tracking their

emotions, but they can really get the physiological response inside of them. See if you can write down a number on the 0-10 point scale, ten would be "Oh, that's totally true! I know it in my bones, all these scarcity programs." Because some of you really believe and know and feel that you've got programs running in the background that aren't yours. You know they weren't yours. We all know that about many programs.

We'll start with the Karate Chop point again.

Karate Chop: Even though I inherited scarcity programs and memories from my ancestors (*repeat after me*), I deeply and profoundly accept myself anyway.

Even though I inherited programs and memories about scarcity from my ancestors, I accept who I am even though I have these programs.

Even though I inherited ancestral beliefs about scarcity, we all do, I deeply and profoundly accept myself anyway.

Go to the Eyebrow point.

Eyebrow: All these scarcity programs in my subconscious mind.

Side of the Eye: I inherited them from my ancestors.

Under the Eye: I didn't realize that scarcity is a program.

Under the Nose: I didn't realize that scarcity is a cellular memory.

Chin: But it is.

Collarbone: and If scarcity is a memory in a program.

Under the Arm: That means I can change it.

Top of the Head: Even though I inherited these scarcity programs, I can change them.

Eyebrow: I inherited programs and cellular memories of scarcity from my ancestors.

Side of the Eye: We all did, because that's how it works.

Under the Eye: I inherited so many cellular memories about lack and scarcity from my ancestors.

Under the Nose: and They've been really weighing me down.

Chin: All these old cellular memories that have been operating in the background.

Collarbone: These cellular memories have been running the show.

Under the Arm: These cellular memories and scarcity programs from my

ancestors.

Top of the Head: Have been running the show in my abundance life.

Good, take a deep breath.

Taking the deep breath seems to continue moving the energy along these Meridian pathways, it keeps processing it for you. So say the sentence again: *I inherited scarcity programs and memories from my ancestors.* Does it feel any lighter? Does it feel any different? Does it feel worse, more true? Sometimes, if our issues appear to feel worse to us, it just means we've nailed it on the head and we need more work.

Our entire family has scarcity programming. Our generations, our ancestors, and we want to release that. *My entire family has had negative cellular memories about money and success for generations* – there's another good one. Say that one out loud: *My family has had negative cellular memories about money and success for generations.* How true does that feel? 0-10. And we'll do more tapping.

Karate Chop: Even though my family has had these negative cellular memories about money and success for generations, I choose to release them now.

Even though my family has held on to negative cellular memories about money and success, I choose to let them go.

Even though these old ancestral beliefs around money and success have been working on me, I choose to change them now.

Eyebrow: These old ancestral beliefs about money and success.

Side of the Eye: Generations of scarcity programming.

Under the Eye: Decades and years and centuries of scarcity programming and cellular memories from my ancestors.

Under the Nose: They've been very powerful.

Chin: They've been a part of my DNA.

Collarbone: and I'm almost ready to let them go.

Under the Arm: First I want to acknowledge that my mind thought they were reasonable.

Top of the Head: I want to acknowledge that my subconscious mind thought it was protecting me.

Eyebrow: Thank you subconscious mind.

Side of the Eye: For protecting me with generations of ancestral beliefs.

Under the Eye: I'm ready to replace the old beliefs about scarcity.

Under the Nose: With new beliefs about abundance.

Chin: and Financial health.

Collarbone: I love financial success!

Under the Arm: Just because they didn't.

Top of the Head: Doesn't mean I can't change or replace this programming.

Eyebrow: I am releasing the old cellular memories about money right now

Side of the Eye: I am releasing the cellular memories around success as I tap.

Under the Eye: I feel lighter already.

Under the Nose: I am releasing those old beliefs around success and money.

Chin: I'm releasing the beliefs that didn't serve me.

Collarbone: Because I have new beliefs that are going to work even better for me.

Under the Arm: I choose to find new and more positive results.

Top of the Head: I love the new feelings of abundance in my body, mind and spirit.

Good, take a deep breath.

Wonderful. And again, as with the other sequences, you can do this one repeatedly, if it really feels strong to you I recommend doing it again. And continue clearing... there are probably many, many scarcity programs and cellular memories from both sides of our families and from generations and all our ancestors, and they gave them to us because that's what they do, that's normal, that's what happens. And now we are making a decision to leave them, bless them, and let them go.

Audio 2, Part 2: Releasing Cellular Memories from Society

(Total time: 9:53)

We're going to need to clear societal beliefs that are limiting, and societal programming that's negative or restrictive around financial abundance. Now what do I mean by society? What you grew up in, the emotional and energetic vibration that you grew up in, that – yes of course – your family was a part of, but the society includes what you watched on television, who the politicians were when you were growing up, your parents' attitude, your teachers' attitudes. What about your peers? One of your peers in first grade could've taught you something about money that formed your belief system and is still there now.

So the society you grew up in of course includes your family, but includes a much bigger picture. What was going on in the 70s when you grew up? What was going on in the 60s or the 50s or the 40s, what was going on that helped shape and form the societal energetic belief system around money, success, abundance, reaching your goals – what was the soup that you grew up in?

Our sentence for this set up statement for the EFT clearing will be: *I learned cellular memories that block abundance from the society I grew up in, how about that?* So say that one out loud. Does it feel true, does it have a charge, can you measure that on the 0-10 point scale?

Now it may seem like you're too close to it, you're in it, so how do you measure it? And that's fine; as I said: this is a little different than traditional EFT where we take an anxiety or a pain, we measure it before and after. This is a little more challenging to measure, but you may get that hit in your gut, in your stomach, and you may know for certain that this is a very highly charged set up statement for the clearing.

And then we go to the Karate Chop point as usual.

Karate Chop: Even though I learned cellular memories that block abundance from the society I grew up in, I deeply and profoundly accept myself anyway.

Even though I've been holding on to cellular memories that block abundance from the society I grew up in, I deeply and profoundly accept all of me.

Even though the society I grew up in taught me cellular memories about abundance and money and success, I choose to release the patterns that are no longer useful for me.

Eyebrow: I have subconscious blocks from the society I grew up in.

Side of the Eye: and They're lodged in my cellular memories about money.

Under the Eye: There were so many memories from the society I grew up in.

Under the Nose: Those decades were so important, and how people thought about success.

Chin: I remember my teachers and coaches.

Collarbone: My friends and television.

Under the Arm: All these blocks to success and abundance.

Top of the Head: All these blocks about success from my society.

Eyebrow: I wonder how many cellular memories about abundance came from my society.

Side of the Eye: The societal beliefs that I don't even know about.

Under the Eye: They must be operating somewhere.

Under the Nose: All these societal beliefs that are blocking success and abundance in my life.

Chin: I just learned them.

Collarbone: That's what we did back then.

Under the Arm: That's what kids are doing right now.

Top of the Head: It's hard to get away from societal beliefs.

Eyebrow: This negative programming about abundance from my society.

Side of the Eye: It's been operating in the background for decades.

Under the Eye: These old beliefs from my society about money.

Under the Nose: I choose to release them now.

Chin: I want to release them now.

Collarbone: I didn't know any better.

Under the Arm: and That's why I've been fighting against them.

Top of the Head: Isn't it nice to know that I don't have to fight anymore?

Take a deep breath.

And say the sentence again: *I learned cellular memories that block abundance from the society I grew up in.* How does that feel? Maybe you have a more specific target now, a specific teacher, the news, something that was going on during the decade when you were growing up, the very early decades. And that's fine, you can tap on that.

Let's do one more round, go back to the Karate Chop point.

Karate Chop: Even though I have cellular memories and old programming that block abundance from the society I grew up in, I deeply and profoundly accept myself anyway.

Even though my society and all that it included back then taught me cellular memories about money and success, I choose to release these patterns.

Even though I learned cellular memories from the society I grew up in, that are blocking my ability to attract what I want now, I choose to install new programs about success in my life.

Eyebrow: This old programming from society.

Side of the Eye: These cellular memories that have been blocking my abundance.

Under the Eye: My society was very powerful.

Under the Nose: I grew up in that society.

Chin: No wonder I have their patterns.

Collarbone: I want to release the old cellular memories that are blocking abundance.

Under the Arm: The old cellular memories from the society I grew up in.

Top of the Head: All those old memories and programs that are blocking my abundance.

Eyebrow: Even though my society installed programs around abundance.

Side of the Eye: I choose to release them now.

Under the Eye: I choose to install new programs about success and abundance in my life.

Under the Nose: I honor that I learned so much from my society.

Chin: And not all of it was very useful.

Collarbone: All these old blocks from my society have been getting in my way.

Under the Arm: But I choose new programs now.

Top of the Head: I love the new programming about abundance that I've installed.

Eyebrow: I feel so much more in alignment.

Side of the Eye: I love feeling in alignment!

Under the Eye: I choose to be in alignment with new programs of abundance.

Under the Nose: I love feeling abundant!

Chin: These new programs about abundance.

Collarbone: They're updated, they're installed, and they're so positive.

Under the Arm: I'm feeling so much more optimistic.

Top of the Head: I love the new abundance programs that are so attractive in my mind!

Take a breath.

And measure again, how are those statements feeling to you, any releasing? And you can keep doing them, pause the recording, do it again; very, very effective.

Audio 2, Part 3: Cellular Memories that Block My Ability to Attract Money

(Total time: 12:12)

Earlier in the program I asked you to say the words out loud: *money, abundance, success*, to see what kind of a vibration you got about those words. They're very, very important, and just the terms or words can make us tense, stressed out, or restricted. And whenever we have restriction like that we are resisting what we want, and we can't raise our vibration.

So many of you know there's a program I did called *The Energy of Money*, about healing your relationship with money, and that would be great for you to also listen to. But right now what we're going to do is some more specific tapping about the word money and cellular memories that you have to block it, and subconscious programming that you have that is blocking just the word and term and the physical peace of money. That's very, very important, okay.

So think about money now, and what does that feel like to you? Do you feel tense in your body? How does it feel to think about money? Say out loud: *I have cellular memories that are blocking my ability to attract money*. How does that feel? Probably quite true, see if you can get it on the 0-10 point scale. *I have cellular memories that block my ability to attract money*.

Now these cellular memories could be from 2 years ago, 10 years ago, 30 years ago, a past life; they could be from anywhere. But if we don't clear the chaos and conflict around money itself, it can't come into your life. Or if it does, you don't treat it well or you resent it, or you hate people who have it. Or when someone offers it to you, you reject it. I always say to people: "If you're not in alignment with money, I could give you a check for \$1,000,000 and you'll lose it on the way to the bank," because you're not in congruence or alignment with accepting and receiving the flow of money coming in and out.

So see if you can get a number about the tension, about what does it make you feel when you say *I have cellular memories that block my ability to attract money*. See what you get on that, see if you can write down a number, and we'll do some tapping to clear basically all the chaos and

energetic electrical impulses around the word money that make you uptight and tense. When you're uptight and restricted, you can't attract. Very, very important.

Karate Chop: Even though I have cellular memories that block my ability to attract money, I deeply and profoundly accept all of me.

Even though I know I have cellular memories that block my ability to attract money, I choose to attract and allow money into my life now.

Even though some old cellular memories have been blocking my ability to attract money in my life, I deeply and profoundly accept myself anyway.

Eyebrow: I was just processing the memories that I was given.

Side of the Eye: I was just using cellular memories around money.

Under the Eye: I didn't know better.

Under the Nose: Of course I have cellular memories in my subconscious mind that block money.

Chin: It makes so much sense to me.

Collarbone: Of course I have cellular memories that block money.

Under the Arm: This subconscious programming has been blocking money from being drawn into my life.

Top of the Head: These old cellular memories about money have been blocking my ability to attract it.

Eyebrow: But money is just a vibration.

Side of the Eye: But it became such a loaded topic.

Under the Eye: Money is just cash.

Under the Nose: Money is just energy.

Chin: Why am I chasing it so much?

Collarbone: I wonder if that's my mother or my father.

Under the Arm: I wonder how I really feel about money.

Top of the Head: I wonder what my true feelings about money really are.

Eyebrow: I wonder what my true feelings about money really are.

Side of the Eye: What are my true feelings about money?

Under the Eye: What do I really feel about money?

Under the Nose: These old memories about resentment.

Chin: These cellular memories that have guilt in them.

Collarbone: All this family guilt about money.

Under the Arm: All this family guilt about money.

Top of the Head: No wonder I push it away from me.

Take a breath.

Okay, that's a critical feeling that many people have around money. So if you let yourself earn \$50,000 a year, can you let yourself and allow yourself to earn \$100,000 a year or \$250,000 a year without feeling guilty?

Wherever it comes from, that's a biggie. Guilt and anxiety are often the two biggest feelings, emotions around money; that and trauma that something happened around money.

So go back to the Eyebrow and say, well first say out loud: *I feel guilty about earning money.* Does that have any truth to it? *I feel guilty about earning so much money.* So here you are picturing earning more money and doing all your exercises to imagine yourself with this money and abundance. If you feel guilty, that will block it, it's a cellular pattern and program that will contradict your desire. So your desire may be a 10, may be off the charts, but your guilt will dampen it immediately. So see if you can measure the guilt, *this guilt around money, my guilt around attracting money.*

Let's go back to the Karate Chop actually.

Karate Chop: Even though I have a lot of guilt around attracting abundance, I deeply and completely accept myself anyway.

Even though I know I have guilt in my cellular memories around attracting money, I accept who I am no matter what.

Even though the thought of attracting as much money as I want brings up lots of guilt for me, I choose to feel calm about it anyway.

Then go to the Eyebrow point.

Eyebrow: All this guilt about attracting money.

Side of the Eye: I wonder where it comes from.

Under the Eye: This subconscious programming that says I should be guilty.

Under the Nose: It doesn't matter where it comes from.

Chin: It's obvious I have subconscious programming around guilt and money.

Collarbone: All this guilt about attracting success and abundance.

Under the Arm: All this guilt about attracting success and abundance.

Top of the Head: These old programs about guilt and money, and money and guilt.

Eyebrow: I choose to feel calm and peaceful now that money is easy to attract and allow in my life.

Side of the Eye: I choose to feel calm and peaceful as I allow money into my life.

Under the Eye: I have so many things I want to do with all that money.

Under the Nose: It feels good to release the subconscious guilt program.

Chin: It feels so calming to let go of the subconscious guilt about money.

Collarbone: It's about time I let go of that old guilt about money.

Under the Arm: These cellular memories of guilt about money.

Top of the Head: I knew what they were used for and I'm letting them go.

Good, take a deep breath.

Great, measure the guilt again, that idea of "Attracting all the money that you want and all that you want to do with it" – how does the guilt feel now? You may need to return to this tapping sequence and do it again. But remember, my primary point is you will not be in alignment or congruence if you feel guilty about attracting a lot of money. You will automatically negate your desire, even if your desire is a 10+++.

So we need to release these subconscious cellular memories and programs that tell us *No, we're not allowed to, we shouldn't, we're not supposed to, it's not fair to others*. Whatever the programming is, we can release it with the tapping so that we're in alignment and congruent with the amounts of money and the abundance and the success that you want.

And it's fine if you want to include talking about the charities you're going to give to – wonderful, that's an excellent way to know that your money is flowing in, flowing out, to projects and charities; even more flows in. Of course it flows out to taxes and expenses. And then more flows in... When you get the rhythm, the rhythm of money flowing in and out, money flows in and out.

The problem is many people want money to flow in and then they want to hold on to it and be really uptight about it. And once again, that is an energy and a feeling that blocks the flow and blocks your ability to attract it, it is a cellular memory and a program of sorts.

So that's what we're doing with the tapping: releasing, letting go, so that we're so clean and ready to receive all the money and success and abundance and happiness and joy that is available and ready for us.

Audio 2, Part 4: Anxiety and Fear About Being Successful

(Total time: 11:54)

We must go back and do some more tapping and clearing on basic anxiety and worry around money or attracting financial abundance. So when you think about success in your life, think about financial abundance, the anxiety can be current and conscious or it can be old and subconscious. And we can address both with very simple tapping sequences about anxiety.

So if the word anxiety isn't quite right for you, choose *worry, tension*, whatever it is, and still tap along with me. Say out loud: *I feel anxiety about being successful*. So it's similar to the intro exercise with EFT I did; *I feel anxiety about being successful*.

So this is what I learned from so many people who came to my workshops, they kept saying "I want to be successful, I want to attract financial abundance, I want to be better in my field, better at my craft, I want to publish a book or an article, I want to be top of my game," but they had such anxiety – so that was true, that was their desire – but they had such anxiety about being successful and what it would mean, that they blocked it. So they had internal, subconscious memories that were operating and programs that were operating by themselves, that were clearly blocking them.

So they would say "Oh no, I really want to be successful." And I believed that they wanted to be, but they had never gotten to the real truth, which is my favorite question: What's the downside of getting what you want? So that's a very important question for you all to ask yourselves right now. Think of the success that you want, the success in any part of your life – professional, personal, physical, spiritual – think of the success you want in your life, and ask out loud: *What's the downside to getting that success?*

It's quite possible that there are several downsides that scare you. That you say you want to be successful, you want to get whatever it is in your life, even if it's spiritual peace, time to meditate, romantic success, financial abundance, but you have such anxiety and worry that you keep blocking it.

So it's one step forward and one step back and you feel stuck, as if you never get anywhere.

So you've measured *I feel anxious, I feel anxiety about being successful*, and let's start tapping.

Karate Chop: Even though I feel such anxiety about being successful, and I know it's a subconscious program, I deeply and profoundly accept myself anyway.

Even though thinking about being successful makes me so anxious, I accept who I am even now.

Even though I have subconscious blocks to being successful, and I don't even know what they are, I accept who I am and how I feel.

Eyebrow: I don't even know what they are.

Side of the Eye: These subconscious blocks to being successful.

Under the Eye: I'm not even sure what these old patterns are.

Under the Nose: But they make me anxious.

Chin: So when I think of being successful.

Collarbone: These old programs make me feel anxious.

Under the Arm: I wonder where I got them.

Top of the Head: It doesn't really matter.

Eyebrow: These cellular memories that make me anxious.

Side of the Eye: No wonder I'm blocking my success.

Under the Eye: I have old cellular memories about success.

Under the Nose: and They block me.

Chin: This old subconscious programming.

Collarbone: About success and abundance.

Under the Arm: That gets in my way.

Top of the Head: I didn't realize I had a conflict because of subconscious programming.

Good, take a deep breath.

So all we're addressing is that your conscious mind says "I want success, I want to have this happen in my business, I want to be promoted, I want a new job," and your subconscious mind is saying "Yes, but... Yes, but... No, but... That's not safe... That's not good for you... That's dangerous." And that

subconscious programming is running the show. And that's what we're addressing with this clearing statement.

See if you can get a number. Has your anxiety gone down when you say *I feel anxiety about being successful*? The truth is, we're acknowledging a conflict. You have a couple of yes's and a couple of no's about getting to the place you want to get to. So let's do some more on that, it's very, very effective.

Karate Chop: Even though I have subconscious anxiety about being successful, I must have a conflict, I deeply and profoundly accept myself anyway.

Even though these fears and anxieties are from subconscious programming, I accept who I am and how I feel.

Even though I have subconscious programming that's very fearful about success, I accept who I am anyway.

Eyebrow: This subconscious programming.

Side of the Eye: There's so much fear in my subconscious mind.

Under the Eye: No wonder I feel stuck.

Under the Nose: No wonder I don't get anywhere.

Chin: Subconscious programming is making me fearful about success.

Collarbone: and It really feels like anxiety.

Under the Arm: What if I could let it go?

Top of the Head: What if it's not really *mine*?

Eyebrow: Well it's in my subconscious mind.

Side of the Eye: So it's mine now.

Under the Eye: These subconscious fears.

Under the Nose: I can let them go now.

Chin: These subconscious memories and cellular memories about anxiety.

Collarbone: I'm not quite sure where they came from.

Under the Arm: and That's okay too.

Top of the Head: All I know is when I think of my success, I feel worried and unsettled.

Good, take another deep breath.

Excellent. Say the sentence again: *I feel anxiety about being successful.* Hopefully that anxiety and fear has gone down dramatically. If not, keep tapping and keep acknowledging that subconscious programming and cellular memories are the culprit here. And if you had one memory from your past about success not being safe, then that's what will be operating right now. We're going to do a whole sequence on tapping for safety in the next segment.

But right now just keep acknowledging that you've got a conflict, you're okay, you just have a conflict.

Eyebrow: I have a conflict about being successful.

Side of the Eye: I didn't realize how strong it was.

Under the Eye: My subconscious conflict about being successful.

Under the Nose: All of my subconscious programs that block success.

Chin: My subconscious programming that blocks success.

Collarbone: All this subconscious programming that makes me afraid to be successful.

Under the Arm: I didn't realize I had such a conflict about being successful.

Top of the Head: This conflict is located in my subconscious mind.

Eyebrow: I choose to release my success conflicts now.

Side of the Eye: I choose to release any subconscious conflicts I have to success.

Under the Eye: I choose to release all these subconscious conflicts to success.

Under the Nose: I want to be in complete alignment with success.

Chin: All these subconscious conflicts to success.

Collarbone: I can let them go now.

Under the Arm: It feels so much freer.

Top of the Head: To let go of these success conflicts.

Eyebrow: I want to be successful about success.

Side of the Eye: I want to be lined up with success.

Under the Eye: It feels good to acknowledge the subconscious programming.

Under the Nose: It feels good to replace the subconscious programming.

Chin: With new subconscious programming of success and abundance.

Collarbone: I love feeling congruent with success and abundance.

Under the Arm: I love allowing abundance to flow into my life.

Top of the Head: All my success conflicts have left me now, and I feel strong and confident and abundant.

Good, take a final deep breath.

Good. And if those words about conflict and subconscious programming and memories about conflict about success, if that really rings true to you – now here we're using the word *success*, which is another word that brings up lots of feelings – then I recommend you keep tapping, not on money, but on success. If that really speaks to you, then that's the target for you.

Audio 2, Part 5: "It Feels Dangerous/ Unsafe Being Successful"

(Total time: 9:59)

One block that keeps getting in people's way is that they imagine being successful and it doesn't feel safe because of other people's reactions. So this is the segment on safety.

I want you to say out loud: *It feels dangerous to be successful*. Do you get any truth on that, does that feel right to you that it feels dangerous and unsafe to be successful? Because if we don't unpack that, electronically and energetically with a sequence, with the tapping, then you're going to continue to gravitate towards safety, which means not being successful.

Now sometimes it's about other people's reactions, sometimes it's about standing out, but I want you to see if you can say both statements: *It feels safe to be successful*. If you don't have a ten on that, 100% congruence, you've got some work to do. The other side is what I first suggested: *It feels dangerous being successful*.

So it's likely that *It feels dangerous* gets a stronger charge. And again, these are cellular memories about something you learned or heard or witnessed about being safe with success or with standing out.

See if you can get a number on either one of those. *It is safe to be successful*, 10 should be "Oh, 100%." Maybe you're only at a 5 or a 6. Or say the other statement, which may just trigger you more easily: *It feels dangerous being successful*. And we're going to work with both sides of that wording.

Karate Chop: Even though it doesn't feel safe for me to be successful, and it's that old unconscious, subconscious programming again, I deeply and profoundly accept who I am.

Even though I have safety issues about being successful, I choose to accept all of my energy.

Even though there are some cellular memories that make me believe it's unsafe to be successful, I choose to break those up now.

Eyebrow: These cellular memories about success and safety.

Side of the Eye: Those old cellular programs that say it's not safe to be successful.

Under the Eye: It feels dangerous being successful.

Under the Nose: Now that's an old program.

Chin: It feels dangerous being successful.

Collarbone: I have all these subconscious blocks to being successful.

Under the Arm: No wonder I keep blocking myself.

Top of the Head: It's the old programming!

Take a deep breath.

And measure whichever statement was easier to work with, *It feels safe being successful* and get a truth/ no truth on that, or *It feels dangerous being successful*. They're just the flipside of the same coin, and some people prefer to do it in the positive, others prefer to address the idea of danger.

And measure that, your number should have changed with that. But we'll go back and do it again.

Karate Chop: Even though I have safety programming about being successful, and I know it's in my subconscious mind, I choose to feel calm and peaceful.

Even though I have these safety issues about being successful, and it's old programming in my subconscious mind, I accept who I am and how I feel.

Even though it feels dangerous for me to be successful, I recognize its old cellular memories, and I choose to move on.

Eyebrow: I've had this old program around safety.

Side of the Eye: I didn't want to stand out.

Under the Eye: I'm afraid to stand out.

Under the Nose: That's definitely an old memory for me.

Chin: These old safety issues about standing out.

Collarbone: It still feels dangerous for me to be successful.

Under the Arm: But what if I acknowledged that that's a subconscious program?

Top of the Head: What if I understood it's just a cellular memory?

Eyebrow: I choose to release the cellular memories about danger and safety.

Side of the Eye: I choose to release the cellular memory that says success isn't safe.

Under the Eye: It's an old subconscious program.

Under the Nose: I recognize it and know it well.

Chin: I acknowledge that somehow, I must have needed to use it.

Collarbone: I acknowledge the old subconscious programming.

Under the Arm: and I choose to release it now.

Top of the Head: I'm replacing the old programming about danger.

Eyebrow: With new programming around safety

Side of the Eye: It's only a memory.

Under the Eye: I want to want to feel safe.

Under the Nose: I can feel safe and successful.

Chin: I love feeling safe and successful.

Collarbone: Safety is within *me*.

Under the Arm: Now that's a new program.

Top of the Head: Safety comes from within me.

Good, take a deep breath.

Great. How are we accessing the subconscious mind? The tapping is very important because it's slightly distracting and at the same time it's accessing the energy electrical system in your body. So you're getting so much deeper than having a conscious conversation. So while you're tapping, you're accessing the energy and electricity, you're addressing, concretely, the subconscious programming, and you're suggesting to yourself that you are replacing the old programming with new, updated programming that serves you.

Go back to the Eyebrow.

Eyebrow: I love my new safety programming.

Side of the Eye: My subconscious mind can feel safe now.

Under the Eye: I love feeling safe being successful.

Under the Nose: I love being safe being successful.

Chin: I can clear the subconscious blocks around danger and safety.

Collarbone: I choose success in my life.

Under the Arm: and I feel in alignment now.

Top of the Head: As I release the fears of success.

Eyebrow: I feel the congruence.

Side of the Eye: I feel the new cellular memories.

Under the Eye: I just feel better.

Under the Nose: I appreciate the programming and what it needed to do for me.

Chin: and It's time to move on.

Collarbone: I choose to release the old cellular memories.

Under the Arm: That made abundance unsafe.

Top of the Head: and I embrace my new safety and my new successes and my new energetic alignment.

Good, take a deep breath.

Great, say the statements again to yourself: *It feels safe being successful, or It feels dangerous being successful.* See which numbers are changing and whether you need to do more tapping on this idea of standing out. Many of you know I have an entire CD on *Afraid to Shine*, which is a huge issue for people. And if that's necessary for you or you need to keep going in that direction, it's a wonderful topic for ongoing clearing.

Audio 2, Part 6: Fear of “Their” Reactions to My Success

(Total time: 8:18)

A conflict that is very common is a fear that someone’s going to be mad at you for being successful. They may be mad, jealous, envious; we’ll get more into this when we talk about the traumas and old programming from your past. But I want you to think about that fear. *I’m afraid someone will be unhappy if I’m successful.* It’s the same category as safety, it’s just a deeper version of it and we’re going to tap for that.

So think about that, think about you getting the success you want. Go ahead and picture it, feel it, whatever kind of success it is in your life. Are you worried or uptight that someone’s going to be mad at you or upset with you? See if you can picture who that might be, and whether it sounds logical or not, what your fear really is. If you do stand out, if you are successful, what are they going to say? What might they be upset about?

So say the statement out loud to get our measurement. *If I’m successful, they’ll be mad at me.* See if that feels true, does that feel upsetting to you? *If I’m successful they’ll be mad at me.* See if you can get a number, and we must tap that old program and cellular memory away in order for you to be congruent.

Karate Chop: Even though I’m afraid to be successful because they’ll be mad at me, I deeply and profoundly accept myself anyway.

Even though I’m afraid to be successful because they might be mad at me and I know it’s an old subconscious program, I accept who I am anyway.

Even though I have this subconscious program running that says they’ll be mad at me, I choose to release it now.

Eyebrow: What if they’re really mad at me?

Side of the Eye: This cellular memory about their being upset.

Under the Eye: It’s a cellular memory.

Under the Nose: I wonder if it’s from my life.

Chin: This old, cellular memory.

Collarbone: About *their* reaction.

Under the Arm: No wonder I don't feel safe.

Top of the Head: This old cellular memory about their reaction.

Eyebrow: I have this old program running.

Side of the Eye: From a long time ago.

Under the Eye: That it's not safe to be successful.

Under the Nose: "They" won't like it.

Chin: and It feels like a subconscious program.

Collarbone: It feels like a cellular memory.

Under the Arm: No wonder I keep blocking my success.

Top of the Head: No wonder I keep blocking my success.

Good, take a breath.

And many of you may even be able to feel that in your body as a cellular memory, almost a wincing or a protecting yourself or hiding or not feeling safe, specifically because of their reactions. So this is a critical tapping sequence, to clear the old programs that are in your subconscious mind. You learned it at some point, you learned it wasn't safe.

Karate Chop: Even though I still have a subconscious fear that they'll be mad at me, no wonder I block my success, I accept who I am and how I feel.

Even though I still have a cellular memory that's blocking my success, I choose to feel confident now.

Even though subconscious memories are afraid of their reactions, I choose to feel calm and peaceful.

Eyebrow: This old energetic pattern of fear.

Side of the Eye: This energetic pattern is very old.

Under the Eye: This old energetic pattern around fear.

Under the Nose: The pattern is a fear of them.

Chin: No wonder I block abundance.

Collarbone: The pattern is a fear about their reaction.

Under the Arm: No wonder I have these conflicts.

Top of the Head: It doesn't feel safe to do what I want and get what I want.

Eyebrow: These old fears and memories.

Side of the Eye: What if they're going to be mad at me?

Under the Eye: These old fears and memories of their reactions.

Under the Nose: These cellular memories.

Chin: I've had them for a long time.

Collarbone: But I can let them go.

Under the Arm: and I can allow ease and abundance right into my life.

Top of the Head: Wouldn't it be nice to feel relaxed about success?

Eyebrow: Wouldn't it feel fun to be relaxed about success and abundance?

Side of the Eye: I'd like to install that new program.

Under the Eye: I love feeling relaxed and successful.

Under the Nose: I love letting go of the old patterns.

Chin: They're just energetic patterns.

Collarbone: and I love letting them go.

Under the Arm: I think it's time to let them go.

Top of the Head: I feel easy about it already.

Eyebrow: I feel good and calm and peaceful.

Side of the Eye: I love letting go of the old programming.

Under the Eye: I thank my cells for their memories and let them go.

Under the Nose: I have new, positive memories now.

Under the Nose: Fun, and joy, and abundance.

Chin: Success, and joy, and ease.

Collarbone: It feels so good.

Under the Arm: and I'm very grateful for my new patterns.

Top of the Head: and I feel grateful that I can feel easy and happy being as successful as I want to be, because it feels so safe.

Great, take a deep breath.

Another great clearing. You can repeat that, do it again if that's necessary. These are such important topics to clear, these subconscious blocks, for all of us.

Audio 3, Part 1: Clearing Old Programs about Deserving Issues

(Total time: 9:30)

Now for the next segment on clearing more blocks to success and abundance in your life.

Deserving issues are huge; it's not unlike the guilt that we talked about a little while ago. If you feel guilty, you don't feel deserving, and then you will push abundance away from you or reject it, or you'll feel as if you need to be punished in some way. And a very easy way to punish yourself is to not accept or not attract or receive something good in your life. So that's how guilt plays into that.

Deserving issues are a little different. Do you feel deserving of what you want? Do you think you deserve all the abundance possible that could be sent to you – and it could be gazillions and gazillions of dollars. Do you think you deserve what other people deserve? Do you think you deserve so much you don't know what to do with it? So much happiness, so much joy, so much money, so much good health.

If that triggers any guilt or any "Oops, I *don't* deserve it," those are also old programs, beliefs, feelings, thoughts, and memories that you've got stored inside your subconscious mind, and we just need to clear them in the same fashion that we've been clearing everything else.

So here's our phrase for the EFT clearing statement right now. Say out loud: *I deserve what I want to attract into my life.* Now, first, why don't you think about the huge things that you want to attract in your life, the really big things.

And then say *I deserve what I want to attract in my life.* And how true does that feel on the 0-10 point scale? Do you feel deserving, does that feel like a 10, does that feel good to you when you say "I deserve to have what I want, to attract what I want, I deserve what I want to attract"?

We want to get that number so high – almost a 10, if not a 10 – that you become more in alignment and in congruence with those things or behaviors or feelings or health, that you do want in your life.

So see if you can measure the number of how true does that feel, *I deserve everything that I want to attract into my life*. And then we'll do tapping as usual. Start on the Karate Chop point and repeat after me.

Karate Chop: Even though I have some subconscious blocks to feeling deserving of what I want, I deeply and profoundly accept myself anyway.

Even though I have some subconscious blocks to feeling deserving of so much abundance, I deeply and profoundly accept myself now.

Even though I have more old programming in my subconscious mind about deserving issues, I accept who I am and every part of me.

Eyebrow: I have these conflicts about deserving what I want.

Side of the Eye: All my conflicts about deserving what I want.

Under the Eye: This old subconscious programming.

Under the Nose: I have all these cellular memories that say I don't deserve it.

Chin: I have some old programs from my subconscious mind that are blocking abundance.

Collarbone: I wonder where I got them.

Under the Arm: These old cellular memories and subconscious blocks.

Top of the Head: I have blocks to feeling deserving because of these old programs.

Good, take a breath.

And why don't we say that out loud again, *I deserve what I want to attract in my life*. See if you feel any more deserving. If you were only at a 5 before, has that inched up a little bit or a lot? How does that issue of deserving play out for you?

Usually when people have any kind of emotional or energetic conflict to deserving success and abundance of any kind, they find themselves sabotaging. So whether it's procrastination or being late or not getting things done or given or sent to the right people, they just get in their own way. And that's one of the clues that there are some deserving issues.

So get your new number, rate it again. *I deserve what I want to attract in my life*. And let's do another tapping round.

Karate Chop: Even though I still have subconscious conflicts to deserving what I want, I deeply and profoundly accept all of me.

Even though I have cellular memories that block my feeling deserving of what I want, I accept who I am and how I feel.

Even though I have subconscious blocks to feeling deserving of all the abundance I could possibly want, I deeply and profoundly accept all of me.

Eyebrow: All these old energetic programs.

Side of the Eye: They're stuck in my cellular memories.

Under the Eye: Cellular memories about deserving issues.

Under the Nose: These old memories about not deserving.

Chin: It doesn't even matter where they came from.

Collarbone: I can feel that they're there.

Under the Arm: and It's almost time to let them go.

Top of the Head: All of these deserving issues and all of these deserving programs.

Good, take a breath again.

Then go right back to the Eyebrow.

Eyebrow: What if I started to feel deserving of abundance?

Side of the Eye: I'd love to feel so free and easy about it.

Under the Eye: There's no good reason why I don't deserve it.

Under the Nose: I believe you deserve it.

Chin: So I believe *I* deserve it.

Collarbone: I'm ready to believe I deserve all that abundance that's lined up for me.

Under the Arm: I choose to believe that I'm ready to deserve what I want.

Top of the Head: I love feeling so deserving.

Eyebrow: It's time to release the old cellular memories.

Side of the Eye: It's time to let the subconscious blocks go from my mind.

Under the Eye: I feel lighter already.

Under the Nose: It feels so good to feel deserving of what I want.

Chin: My desire has always been high.

Collarbone: But I've never quite felt deserving enough.

Under the Arm: No wonder I've been blocking success and abundance from

my life.

Top of the Head: I feel more in alignment, even as I tap.

Good, take a deep breath.

And say the sentence again to make sure the truth of it, and the congruence, keeps going up: *I deserve what I want to attract in my life.* That should feel very good to you and solid and congruent and in alignment. And when it is – and you may need to tap on this issue another time or several more times – when you're in alignment it feels easy, and free, and the abundance comes to you because you're no longer blocking it.

Audio 3, Part 2: “What if I Believe I’m Not Good Enough?”

(Total time: 10:02)

Another classic block to receiving success and abundance of any kind in your life is an emotion or a feeling that “I’m not good enough.” So that when it comes to financial abundance, just as an example, you think “Well, others are allowed to have it, but not me, I’m not good enough.” And this can come from a feeling about your family, that no one in your family is successful; it can come from a feeling of shame, that somehow you’re defective and you don’t deserve it; it can come from those terrible comparisons we all make between ourselves and other people that say “we don’t measure up.”

So somewhere you got this impression that you’re not good enough – you had to learn it, you didn’t come out feeling it – and it’s lodged in your cellular memories, in your energetic patterns, and in your subconscious mind. So what we need to do is clear this out of your subconscious mind so that you don’t have the attitude “I’m not good enough, you’re allowed to have abundance, but not me.”

I want you to feel so free and so understanding of prosperity, that you know there’s enough for everyone. So 10 people, 100 people, 1000 people with your exact credentials, and your job, and living where you are, could also earn and make complete abundance and gazillions of dollars. There’s enough for everyone, you’re entitled to it – now even that word *entitled* could trigger you, by the way – and you can let go of this old pattern.

It really is an old tape, an old pattern, “I’m not good enough.” It’s like a loop-de-loop, “I’m not good enough,” and then you think you’re not good enough and then those thoughts actually make you believe that you’re not good enough.

So we want to tap and clear that with EFT sequences. So here we go. Now, why don’t you say the phrase outside: *I’m not good enough*, and see if that rings true. Does that feel true to you? *I’m not good enough*. Does that feel true, that you’re not good enough? See if you can get a number on it, *I’m not good enough to attract abundance*. And then we’ll measure it after some tapping.

Karate Chop: Even though I have this impression that I'm not good enough, and I'm sure that comes from my subconscious programming, I deeply and profoundly accept who I am anyway.

Even though I have old subconscious programming that convinces me I'm not good enough, I accept who I am and how I feel anyway.

Even though I think abundance is not for me, it's only for others, I accept who I am and how I feel.

Eyebrow: I'm not good enough.

Side of the Eye: That just feels like the truth.

Under the Eye: What if I'm not good enough?

Under the Nose: That's how I've always felt.

Chin: Back to the deserving issues.

Collarbone: I'm just not good enough.

Under the Arm: These old cellular memories.

Top of the Head: That convince me I'm not good enough for abundance.

Eyebrow: I wonder where I got this feeling.

Side of the Eye: I know it's in my cellular programming.

Under the Eye: and I can feel that it's an energetic pattern.

Under the Nose: If a pattern is energetic.

Chin: Then I can change it.

Collarbone: That feels so freeing to me.

Under the Arm: I love knowing I can change these energetic patterns.

Top of the Head: I choose to change these energetic patterns now.

Good, take a deep breath.

And that really is good news. All patterns and behaviors are energetic in their core, which means we can change them. That's why it is exciting to work on subconscious programming and cellular memories, because that's all it is: a memory. Which means we can erase it, delete it, eliminate it, and clear it.

So check again the original statement: *I'm not good enough to attract abundance*. How does that feel to you now? Hopefully it doesn't feel as true. Or if you measured the opposite, if you said *I am good enough for abundance*, and it didn't feel very true at all, you want to measure that the other direction.

I'm not good enough to attract abundance. We want that not to feel true at all. I want you to feel aligned, totally good enough, and not based on anything you've achieved in your life but just because you are you. Every human being deserves as much abundance as someone else.

So let's do another tapping round on that one, it's a very potent emotion.

Karate Chop: Even though I'm convinced I'm not good enough, I deeply and profoundly accept myself anyway.

Even though I have programming that convinces me I'm not good enough, I accept who I am anyway.

Even though there must be some old cellular memories that communicate this to me, I accept who I am no matter what.

Eyebrow: Abundance is not for me.

Side of the Eye: It's only for other people.

Under the Eye: and I know that because I don't feel good enough.

Under the Nose: What if I *am* good enough?

Chin: What if I've always been good enough?

Collarbone: What if the subconscious programming has been wrong all along?

Under the Arm: What if that subconscious programming isn't for me?

Top of the Head: What if I *am* good enough, no matter what?

Eyebrow: I choose to release these cellular memories.

Side of the Eye: I choose to let go of the memories that say I'm not good enough.

Under the Eye: It feels so freeing to let go of the energetic patterns.

Under the Nose: They were just patterns that I kept practicing.

Chin: and I choose to let go of them now.

Collarbone: I choose to let go of this energetic pattern.

Under the Arm: I feel so good letting go.

Top of the Head: The truth is I *am* good enough for abundance, and the truth is I have always *been* good enough for abundance.

Good, take a deep breath.

And say the phrase out loud again to measure it: *I'm not good enough to attract abundance.* Hopefully that is feeling completely different, as we are

releasing the patterns, the programs, the cellular memories that somehow gave you this information that you weren't good enough. But you are good enough, you deserve abundance, you deserve success, anything you can attract you deserve, anything you deserve you can attract.

And prosperity consciousness is the name of the game. Remember earlier, when we talked about scarcity and lack, prosperity consciousness is what we want to build. And if you're thinking *I'm not good enough*, or thinking about scarcity, or thinking there's not enough to around for everyone, "If you have it I can't have it, if I have it you can't have it," then that will also restrict your energetic patterns and your ability to allow and receive financial abundance, physical health and wealth, into your life.

So keep working on all of these topics and release those energetic patterns that have just been practiced so well, you're really good at them. It takes practice to be this good at thinking you're not good enough. But you can practice the other direction and tap away the negative emotional and energetic pattern that keeps you stuck into not feeling good enough or not deserving or not feeling worthy of the abundance that you have been asking for, hoping for, and desiring.

Audio 3, Part 3: Clearing Traumas About What was Said and Done Around Money

(Total time: 11:48)

When working with attracting success and abundance we always need to address old traumas, because traumas and events in our lives do lock into place cellular memories.

So we need to discuss and talk about, and you need to write about it and think about it, what was done in your family around money, what was said in your family or society or group of peers around money? How did you learn traumatic events about money or financial success?

So maybe it was just messages, again, that you were given. But usually there are particular events – and we call them traumas, with a little t or a Big T – events that create this subconscious programming.

So I had a client who said her parents fought about money night and day. Whenever they were together, they always gravitated towards fighting about money. So she learned that money was just a hassle, and trouble, and a problem, and she didn't want to have anything to do with it. So it was many, many little mini-traumas, because the fighting was so unpleasant, and she started to associate unrest and discomfort and negative feelings around money, because it's all her parents fought about. If they had fought about health, maybe that would have happened to her as well.

So there's an example of a trauma, with a little t, lots of fights about it, lots was being said about money; you know, the father would say to the mother "you don't know how to take care of money," she would say "you don't earn enough," and they would just be at each other's throats.

So this client of mine said "I basically made a contract or a vow back then never to want to deal with money." Well of course that entered her programming, she made a vow, she had this energetic pattern around money that it was just trouble.

So see if you can identify something that was said about money, about a wealthy person, or something that was done around money. Was there a huge fight in your family around money? Any talk about bankruptcy and

what that means? Did somebody's business go under? You know, what did you learn about money at the dinner table with your family? What did you hear about it? It's very, very important, and you probably, most people have dozens of these, but we can work on just a few of them and make dramatic changes.

So what I'm going to say in my wording is "old traumas and programming about money and abundance," and you can just think of the topic or the problem or the conflict that you had about money or that you learned about money while I'm saying the word "trauma." And it's fine, it will get folded in to that.

So here's the sentence: *I have old traumas and programming that have been blocking my allowing abundance.* How does that feel to you, do you feel it in your bones, do you know it to be true? See if you can measure that, does that feel true, do you get a charge on that? And see if you can measure it. "Ooh, yes, that really feels true, that's about an 8 on the 0-10 point scale."

Karate Chop: Even though I have many old traumas that created programming around money, I deeply and profoundly accept myself anyway.

Even though my subconscious mind remembers many old traumas around money, I accept who I am and how I feel.

Even though my subconscious mind has so many traumas around money and finances, I choose to release them now.

Eyebrow: These old traumas and chaos around money.

Side of the Eye: They got programmed into my subconscious mind.

Under the Eye: I learned that money causes problems.

Under the Nose: No wonder I keep sabotaging my success.

Chin: No wonder I have this programming around abundance in my life.

Collarbone: I choose to change the programming now.

Under the Arm: It's true that I learned money was a problem.

Top of the Head: But it doesn't have to be.

Eyebrow: All these cellular memories around money.

Side of the Eye: Those traumas and events taught me to be careful.

Under the Eye: Those traumas and events around money taught me to reject it.

Under the Nose: I don't want to have anything to do with money.

Chin: No wonder I keep sabotaging my success.

Collarbone: I learned that money is a problem.

Under the Arm: That's what my subconscious programming has been telling me.

Top of the Head: and I feel better already as I release it now.

Take a deep breath.

And that often feels really good to people, just to acknowledge there must've been trouble and fighting – even if you don't remember it consciously at your age now, it is highly likely that somebody in your family talked about money, success, business, or abundance with a negative attitude, or you witnessed something, an event, around money that was very troubling to you. So this is a very valuable tapping sequence to keep releasing and clearing your cellular memories from any conflict around money.

Because remember, conflict equals restriction, tightness, tension, and when you have those feelings, you're in resistance. And remember what I said right in the beginning, there are two things we need to do if we want to attract financial abundance: we need to lower our resistance and raise our vibration. And what we're doing here is releasing the resistance that's really been trapped in our energy.

Let's do another one on this exact topic. Go to the Karate Chop point again.

Karate Chop: Even though I have many old traumas around money, and I know those programs are still running back there, I choose to allow financial abundance into my life now.

Even though I have many old traumas and programming about money in my life, I choose to allow successful programming and financial abundance in.

Even though there were many old traumas and events around money, I feel better knowing I can allow success and abundance back into my life.

Eyebrow: I haven't been able to change these old programs until now.

Side of the Eye: I didn't even know they were running.

Under the Eye: My energy feels so much better.

Under the Nose: I think it's true that those programs have been running

my life.

Chin: These old programs around money from all the trauma I witnessed.

Collarbone: All the traumas I heard about money and success.

Under the Arm: They were formed into subconscious programs.

Top of the Head: and I believed them year after year.

Eyebrow: I feel ready now, to transform those old programs into positive expectations.

Side of the Eye: I feel ready now, to transform those negative programs into positive expectations.

Under the Eye: It's the truth that I have some old traumas around money.

Under the Nose: and It's the truth that I'm able to change them now.

Chin: I am releasing and clearing all the old traumas.

Collarbone: I love feeling lighter already.

Under the Arm: It feels so much safer to attract success and abundance now.

Top of the Head: I can allow success and abundance to be easy now.

Eyebrow: I'm clearing out those old programs.

Side of the Eye: It feels better and better in my whole body and mind.

Under the Eye: My vibration is so different.

Under the Nose: I think I understand prosperity consciousness.

Chin: I feel so much relief.

Collarbone: I feel so much relief about prosperity and scarcity.

Under the Arm: I'm leaving the scarcity behind.

Top of the Head: It didn't do me any good, and I love feeling free to attract abundance into my life now.

Good, take a deep breath.

And if you need to, go back and think of one of those old traumas, what was done, what was said. Hopefully the charge is considerably reduced. And more importantly, I hope you are continuing to feel lighter, in congruence, in alignment with what you want, as we are wiping out these old programs. We are letting them go, gently and kindly, and we're acknowledging that they were there for a reason but we don't need them anymore. But at some point our mind thought we did need them to learn and to protect ourselves. But now we can be safe, and easy to attract as much abundance, and to feel deserving of as much abundance as you could possibly even imagine in your life, in every area.

Audio 3, Part 4: "I Was Taught to Resent Wealthy People"

(Total time: 10:05)

I want to talk a little bit about the prejudice many people have against wealthy people. So what were you taught as a child about wealthy people? What did you learn from their personalities? What big biased opinions did you develop, probably from your family and society, about people who have money?

And you'll hear friends or colleagues, or maybe even in your own head, statements about wealthy people that are outrageously biased, both directions, the same way people could be biased and prejudice against poor people.

So what we want to do is unpack that, what you were taught, how did you feel about them. I have many clients who say they feel resentful towards people who have a lot of money for several reasons. One, they don't have a lot of money so they feel resentful of people who do; number two, they learned from a parent or somebody in their life close to them, they heard and learned that those people were... what? Fill in the blank: nasty, greedy, unkind, stepped on other people.

So they learned the prejudice. They either had their own experiences – and some people, of course, had the experience where they absolutely love wealthy people and think they're the most generous people on the planet, whereas others would say the exact opposite.

So this sequence and tapping will be about resentment, because that's another emotion that will restrict your energy, it makes your resistance really high, and it blocks you from being able to be wealthy yourself because you resent wealthy people. So if you resent them you're not going to want to be one of them.

And remember the energetic principle: you can't get wealthy when you feel poor. And if you're resenting wealthy people, you are in the energy of poverty, you're in the energy of "they have what I want." You don't feel very rich. You have to feel rich to get rich, and I know sometimes people say "But

my bank account is low, I am poor, so how am I going to feel wealthy?" – you need to work on it energetically.

And one of the ways to help you out of that position emotionally and energetically is to enjoy wealthy people, appreciate wealthy people, have gratitude for people who have done what you want to do in this world, in your profession or in a different profession, so that you start to appreciate wealth and what it does for the world, and appreciate that if they can do it, you can get there too; which is a completely different energy than resentment, feeling small and petty, being upset about competition. So it's a critically important set of programming beliefs that we need to release.

So let's use the word resentment, I think that's appropriate for this exercise. Say out loud: *I resent wealthy people*. Now you may have a word, you may hate wealthy people, you may feel jealous of wealthy people. So go ahead and insert what feels right to you. *I resent wealth people*, and 0-10 how true does that feel? Get your number on it, be honest, say it out loud. Be truthful because then we'll be able to really tap it away.

Karate Chop: Even though I was taught to resent wealthy people, I don't like them, I accept who I am, no matter how much money I have.

Even though I was taught to resent wealthy people, it doesn't really seem fair, I accept who I am and how I feel.

Even though I have resented wealthy people my whole life, no wonder I can't become one, I deeply and profoundly accept myself now.

Eyebrow: I have always resented wealthy people.

Side of the Eye: I didn't realize how prejudiced I really was.

Under the Eye: When I think of someone wealthy I get upset.

Under the Nose: This is an old energetic program.

Chin: It's an automatic reaction from my subconscious mind.

Collarbone: I don't even have to know where I learned it.

Under the Arm: I just know it feels true to me.

Top of the Head: I feel resentful whenever I think of someone with a lot of money.

Good, take a deep breath.

And measure the statement again, *I resent wealthy people*. Hopefully that number has gone down as you start to change the energy, and change the subconscious programming that convinces you that you *should* resent them.

Remember, if you resent wealthy people or have prejudices against them, you won't want to be one. So that's why we want to wipe out that programming and replace it.

Karate Chop: Even though I still have resentment and dislike for wealthy people, I accept who I am and how I feel.

Even though I still have resentment for all those wealthy people, and rich people, I accept who I am anyway.

Even though I have these old cellular memories about rich people, and they're not very nice, I accept who I am no matter what.

Eyebrow: All these old cellular memories about rich people.

Side of the Eye: I feel so uptight when I think about them.

Under the Eye: I don't think they're very good, or nice.

Under the Nose: I have a belief that they take money away from me.

Chin: Where did I get that programming?

Collarbone: It's time to release these energetic blocks.

Under the Arm: To becoming wealthy.

Top of the Head: I want financial wealth.

Eyebrow: I appreciate financial wealth.

Side of the Eye: I'm allowed to have as much wealth as they have.

Under the Eye: I choose to feel differently about wealthy people.

Under the Nose: I used to resent them.

Chin: I choose to feel calm and peaceful whenever I think of wealthy people.

Collarbone: This is an old belief pattern.

Under the Arm: This is old subconscious programming.

Top of the Head: and I'm so happy that I'm releasing it now.

Eyebrow: I don't have to understand where it came from.

Side of the Eye: It's just something I was taught.

Under the Eye: But I hate resentment.

Under the Nose: I want to feel prosperity.

Chin: I choose to feel calm and peaceful.

Collarbone: When I think about wealthy people.

Under the Arm: Because now when I think of me.

Top of the Head: With all the success and abundance I want to attract. I choose to feel calm and congruent.

Good, take a breath.

And hopefully by now that resentment is gone. Say it again: *I resent wealthy people*. There's no point to having that energetic stance, except that it keeps you from being rich, and wealthy, and affluent yourself.

So what we can keep doing is tap and release that. You don't have to understand exactly where it came from, you may end up with phrases, things you heard from your parents, from people in society.

The good news is, what we're doing is addressing all the big issues that happen with people who are blocking their success and abundance. There is plenty of money out there, there are so many millionaires and billionaires who are making money no matter what the economy is doing. There is plenty of abundance for each one of us.

But if our consciousness is of poverty, lack, "I hate rich people, it's not fair," then we will block it from coming into our lives. "It's not fair" is another program, another cellular memory that you may have heard, you were taught it, somehow you were raised to believe that, that can block us from attracting abundance and attracting what we want into our lives.

So this next segment, let's tap on the fairness issue, I think it's a very important one.

Audio 3, Part 5: "It's Not Fair"

(Total time: 8:24)

Now this is very important, this idea and notion of life being fair or financial abundance being fair or not. The argument is not whether it's fair or not, my argument with you is that if you have that stance and that energetic programming and that electricity in your body and mind when you think of situations that upset you; if you go to the place of "it's not fair," that restricts your success, it shuts down your abundance, and it causes you to come from a place of poverty, restriction, tightness, stress and tension.

And all those feelings and feeling states in the body shut down your ability to attract any kind of abundance – financial abundance, health, wealth, relationship abundance. Anything that you're looking for will in fact be shut down if you have the stance and the attitude of "it's not fair, they have what I want, I want what they have, they didn't deserve it." So we can even go back to the deserving issue if you don't think someone else deserves it.

Remember, what we're measuring and looking at, is the energy of your come-from. And if you can increase your come-from to one of prosperity from poverty, to prosperity from lack, to joy and relaxation and comfort and ease around the entire topic of financial abundance, everything will change in your life.

It's one of the reasons I'm so excited about this program and the other Attracting Abundance programs, because I know it works. I had to get through major blocks in my life, dollar amount blocks, deserving blocks, worthiness blocks, standing out issues, all these issues, safety issues. They're huge for everybody I've ever met.

And once you break through them, the entire financial picture and what's available to you changes; you change your ceilings, your comfort zones, what you appreciate. And then of course, serendipitously, you attract opportunities that bring more financial abundance into your life. And it really becomes fun, becomes a bit more of a game rather than struggle and turmoil and all of those feelings that really feel crummy and mix up your vibration.

So I want you to say out loud: *It's not fair*. And perhaps you're thinking of a situation financially about a friend or a colleague or a neighbor, and I want you to really get into the feeling because that's how we're going to collapse it.

It's not fair. 0-10, how true does that feel to you? *It's not fair*. Okay, and then we'll start tapping again.

Karate Chop: Even though I have this energy that it's not fair, and it feels like a subconscious block, I deeply and profoundly accept myself anyway.

Even though every cell in my body feels that that situation is unfair, I deeply and profoundly accept who I am.

Even though it doesn't feel fair to me at all, I work really hard, I accept who I am and how I feel.

Eyebrow: But it's just not fair.

Side of the Eye: I can feel this subconscious programming coming out.

Under the Eye: It just isn't fair.

Under the Nose: It doesn't feel fair to me at all.

Chin: I hate this feeling when it doesn't feel fair.

Collarbone: I can feel the restriction in my energy patterns.

Under the Arm: It really doesn't feel fair.

Top of the Head: and I don't think it's fair.

Eyebrow: It's not fair to me.

Side of the Eye: It's not fair to me.

Under the Eye: It's not fair, and never has been.

Under the Nose: Why do they get all that money?

Chin: Why do they get all that attention?

Collarbone: and I'm better than they are anyway.

Under the Arm: I'm better at my profession than they are.

Top of the Head: It doesn't feel fair to me.

Good, take a deep breath.

And measure that again, say out loud; think of the situation that was annoying you, and say out loud: *It's not fair*. Hopefully that number has gone down and you're just not as upset about it or frustrated about this "situation" that used to bother you.

And we want to keep tapping and moving that subconscious energy and pattern out of your system and out of your body. Go right back to the Eyebrow.

Eyebrow: I used to think it wasn't fair.

Side of the Eye: Now I don't really care that much.

Under the Eye: It's really none of my business.

Under the Nose: But I still think it's not fair sometimes.

Chin: It doesn't seem that fair.

Collarbone: But that's okay.

Under the Arm: It's just my perspective.

Top of the Head: and I don't really care anymore.

Eyebrow: I can feel the relief as I raise my vibration.

Side of the Eye: I can feel the relief as I raise my vibration.

Under the Eye: Oh, it feels so good to me right now.

Under the Nose: I'm releasing these cellular memories about it being fair or not.

Chin: I feel so much better.

Collarbone: I don't care if it's not fair.

Under the Arm: I want to focus on abundance and appreciation.

Top of the Head: I love abundance and appreciation!

Eyebrow: I love feeling lighter about all of this.

Side of the Eye: I love clearing these cellular memories about abundance.

Under the Eye: I don't even care if it's fair or not.

Under the Nose: Because I'm focusing on my vibration.

Chin: I am reducing my resistance.

Collarbone: and I'm raising my vibration.

Under the Arm: and I feel so much better.

Top of the Head: That I know I'm already attracting abundance on an energetic level.

Good, take a breath.

Alright, measure that again: *It's not fair*. And hopefully that phrase doesn't even mean anything to you anymore, seems boring, and it's just not got your attention. We want to reduce the power and the charge on that phrase, and all of these phrases and all of these conflicts because as we do, you are moving closer and closer to attracting the financial abundance you want.

Some of you with the first tapping sequences changed all you needed to change. And you may already be noticing changes financially, and opportunities in your life, that we are hitting everything that is a classic problem and block, subconsciously and in cellular memories that get in our way to attracting the financial success and abundance that we want.

Audio 3, Part 6: “Life Has to Be a Struggle”

(Total time: 7:04)

What are your convictions, what feels true to you about money, abundance, wealth and success?

A very common conflict that comes up in my workshops with people who come to attract more success and abundance, is the belief and the conviction that life has to be a struggle. It is one of the strongest beliefs I have ever seen in other people. Life just has to be a struggle. So the minute things get easy, people start to complicate it! They start sabotaging, they make it too complicated, they make it complex; just so they're in congruence and in alignment with this belief that life has to be a struggle.

Now one thing that is critical to know about beliefs is that beliefs always win, because beliefs are in the subconscious mind. And that's why talking about abundance and just talking on a conscious level about goal setting doesn't work in the long term. Sometimes it doesn't even work in the short term.

So it's absolutely critical to release this conviction and belief that life has to be a struggle, because if it has to be a struggle and that's your belief in your subconscious programming, you will move heaven and earth to make that come true. And if that means you lose all your money or you sabotage business deals, or whatever happens, you will do that so that you feel right.

That's why we want to clear these programs out of your cells, out of your memory, out of your energy, so that you can be in alignment with attracting unbelievable, outrageous success and abundance.

So see if that feels true to you: *life has to be a struggle*. Measure that on the 0-10 point scale, does that feel true to you? *Life has to be a struggle*. See if you can put a number on it, 0-10, and we're going to do our tapping sequences to clear that, so that life can become more joyful, feel easier, your expectations can be of success and abundance, and then you can attract into your life what you want.

Karate Chop: Even though I learned that life has to be a struggle, I accept who I am no matter what.

Even though I learned that life has to be a struggle, and that conviction is trapped in my subconscious mind, I choose to let it go free now.

Even though I learned that life has to be a struggle, I accept who I am anyway.

Eyebrow: This old energetic program that life has to be a struggle.

Side of the Eye: But doesn't it?

Under the Eye: I thought it was true.

Under the Nose: Doesn't life have to be a struggle?

Chin: Doesn't life have to be a struggle?

Collarbone: That's what my cellular memories are telling me.

Collarbone: I almost can hear them right now.

Under the Arm: I'm convinced that life has to be a struggle.

Top of the Head: and That's what my old energetic programming is telling me.

Eyebrow: These subconscious blocks to attracting abundance.

Side of the Eye: Life has to be a struggle.

Under the Eye: That's one of the programs that I keep running.

Under the Nose: Life has to be a struggle.

Chin: No it doesn't.

Collarbone: I can change that programming.

Under the Arm: I feel better already.

Top of the Head: I feel more gratitude even right now.

Good, take a breath.

And say it again: *Life has to be a struggle*. Hopefully your number or charge on that has gone down and been reduced. We really want to take that out of your programming so that you can feel life could be a breeze and simple and fun. The more fun you have and the more relaxed you are, the more you raise your vibration, lower your resistance; and that's when the Universe hears you and sees you. Remember, the Universe hears your vibration, not your words. It's of critical importance.

Go back to the Eyebrow.

Eyebrow: I used to think life had to be a struggle.

Side of the Eye: But not anymore.

Under the Eye: I used to have old programming that life had to be a

struggle.

Under the Nose: It feels so good to change my subconscious programming.

Chin: It feels so relaxing to release those cellular memories.

Collarbone: It feels so good to let go of that belief.

Under the Arm: It's just a belief.

Top of the Head: and I'm letting it go as of today.

Eyebrow: I love letting it go.

Side of the Eye: I feel so much better.

Under the Eye: It was a belief I used to have.

Under the Nose: It was subconscious programming.

Chin: I had many cellular memories about life being a struggle.

Collarbone: and I'm letting them go, even as I tap.

Under the Arm: I feel so good about it.

Top of the Head: I feel so much better already.

Good, take a deep breath.

And say again: *Life has to be a struggle.* And hopefully again, the number has been reduced significantly. Remember, we want alignment and congruence with you with attracting success and abundance of all kinds into your life, but if you have the expectation that life needs to be a struggle, you will have to match up with that and then Law of Attraction will see that, hear that, and give more struggle to you.

Audio 3, Part 7: Recap/ Final words

(Total time: 7:07)

Important points to remember:

The Law of Attraction hears your vibration, not your words. So it's our job to reduce our resistance and raise our vibration. In order to do that we need a clearing mechanism, such as EFT; some kind of body-based, energy-related technique that can clear the vibrations and reduce your resistance.

Your vibration is made up of your beliefs, experiences, and memories. And these all get stored in your cells and in the subconscious mind. And until they are released or changed or erased, you'll continue to play them over and over again. If you keep running the same programs – which is what we all do – nothing's going to change, it can't change. It's like watching the same channel on television over and over again: you can't get the news if you're watching the Cartoon Network, and you can't get a cartoon if you're watching CNN or MSNBC.

So what we want to do is lower your resistance, raise your vibration, and release these old beliefs and the subconscious programming, the cellular memories, and these energetic patterns. Remember, everything is a pattern, everything has a vibration, and what we need to do, is change it at the basic, core level, which is what we can do with the EFT clearing.

So let's do some more tapping.

Karate Chop: Even though I have some remaining subconscious programs that block my full abundance, I deeply and profoundly accept myself anyway.

Even though I have remaining programs that are energetic and block my success, I accept who I am no matter what.

Even though I have a few remaining subconscious programs, and cellular memories that say I don't deserve abundance, I choose to appreciate what they were doing for me, and let them go now.

Eyebrow: All those old subconscious programs.

Side of the Eye: It's time to let them go now.

Under the Eye: I love the new reprogramming.

Under the Nose: It feels so easy.

Chin: I know I have released so many old programs.

Collarbone: I know I have released so many of these cellular memories.

Under the Arm: and I feel as if I've replaced them with positive expectations.

Top of the Head: I feel I've replaced them with the prosperity consciousness.

Eyebrow: I love prosperity consciousness.

Side of the Eye: I feel deserving and I know you are too.

Under the Eye: I can bless people who have what I want.

Under the Nose: I love blessing other people who have what I want.

Chin: There is so much abundance already in my life.

Collarbone: I love raising my vibration.

Under the Arm: I love feeling good.

Top of the Head: and I love raising my vibration.

Eyebrow: I can feel my energy changing now.

Side of the Eye: Everything feels better to me.

Under the Eye: I feel so much lighter and more joyful.

Under the Nose: My resistance feels totally different.

Chin: My vibration is so high right now.

Collarbone: I love knowing that I can release these old programs in my mind.

Collarbone: I choose to feel calm and peaceful as I notice so much abundance in my life.

Under the Arm: Thank you Law of Attraction, for bringing me exactly what I want.

Top of the Head: Thank you Law of Attraction, for so much abundance in my life.

Eyebrow: Thank you Universe, for bringing me the perfect resolution to those conflicts.

Side of the Eye: Thank you Universe, for releasing the old cellular memories.

Under the Eye: Thank you Law of Attraction and Universe, for releasing the old negative programming.

Under the Nose: It feels so good.

Chin: Thank you Universe, for releasing so much of that old programming.

Collarbone: My energy is completely different.

Under the Arm: I feel so much better.

Top of the Head: Thank you Universe, for bringing me so much abundance in my life, I appreciate it all.

Good, take a deep and final breath.

Excellent. Congratulations, you have released so many old programs and the old cellular memories, and changed your energy. And now the Law of Attraction can see you and really see the alignment that you want. Instead of getting a yes/no, yes/no/maybe answer, the Universe and Law of Attraction can now hear and feel that congruence, that you're in alignment with attracting success and abundance into your life.

So keep tapping and keep raising your vibration and lowering your resistance, and enjoying your cells and how they feel, enjoying the energetic composition of abundance, and enjoy prosperity consciousness, and enjoy that the sky is the limit.

You deserve it, keep tapping, and until next time. Thank you, this is Carol Look of www.attractingabundance.com.

About Carol



Carol Look is a success and abundance coach in the energy psychology field. Her specialty is inspiring clients to *attract abundance* into their lives by using EFT and the *Law of Attraction* to clear limiting beliefs, release resistance and build “prosperity consciousness.” Before becoming an EFT Master, Carol was trained as a Clinical Social Worker and earned her Doctoral Degree in Clinical Hypnotherapy.

A pioneer and leading voice in the EFT community, Carol is the author of the popular books, [*Attracting Abundance with EFT*](#) and [*Improve Your Eyesight with EFT*](#). While Carol’s signature work in the energy field has been focused on combining EFT and *Law of Attraction*, she is highly regarded for producing training products of the highest quality on topics such as [weight loss](#), [clearing clutter](#), and [pain relief](#), as well as [attracting abundance](#).

Carol was an internet radio show host for 4 seasons, and has been invited to speak as a *Law of Attraction* and EFT expert for dozens of worldwide Energy Healing telesummits. She appears as an energy psychology expert as well as one of the primary EFT practitioners in the DVD documentary [*The Tapping Solution*](#) and in the documentary using EFT for veterans with PTSD, [*Operation: Emotional Freedom*](#).

Carol closed her private practice several years ago in order to focus primarily on her passions – coaching small groups and teaching energy psychology workshops for professionals and lay people around the world. For more on Carol’s work and schedule, visit www.attractingabundance.com.